



Winter 2017 Newsletter

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A NOTE FROM THE DIRECTOR



Happy New Year!

As we are two months into 2017, this year has already proven to be transformative one. TRIO looks to continue its goal of supporting students both in and out of the classroom while connecting with the greater Carleton Community. This Winter Term marked the first time in recent years that TRIO has organized an all-class retreat in addition to hosting a Saturday Alumni luncheon. From snow tubing to networking, these events help us continue to maintain a strong community on campus but also assist our students in navigating potential future opportunities.

As a federally funded program, we consistently monitor activity at our nation's capital. During this transitional phase of new leadership, TRIO professionals from around the country will be heading to Washington D.C., joining together in an effort to meet with representatives and express the importance of our programs.

We thank each and every one of you for your continued support of not only our students, but also our program. TRIO is excited for all that 2017 has to offer both for our students and for our distinguished Alumni.

Trey Williams

What Is A Quantitative Skills Coordinator?



Last spring, alumni Kristin O'Connell '04 joined as our Quantitative Skills Coordinator. Nearly every discipline on campus—from traditional STEM fields to political science—uses quantitative reasoning skills. O'Connell focuses on helping students use data to support and evaluate arguments. “My job is to make students all across campus become more comfortable and confident with developing and using quantitative reasoning skills,” says O'Connell.

As a Quantitative Skills Coordinator, O'Connell's main purpose is to normalize the differences in education that students have before coming to Carleton. On her position, O'Connell said, “ I help students understand that transitioning to Carleton is bumpy for all students, and when you hit a bump, it can feel like you're the only

one having difficulty. However, students don't realize that other students are experiencing the same struggles. When students hit a bump, we work hard to send the message that it's normal, and that we can use this as an opportunity to grow. Learning to learn at the college level takes some time, and we know students are most successful when they utilize all their resources and take care of themselves.” O'Connell works with staff and faculty to promote best practices and collaboration for teaching quantitative skills.

Within TRIO, O'Connell plans several workshops where students learn to develop quantitative skills. Last term, O'Connell planned an event where first-year students met with math faculty to learn how to succeed in math classes. While students learned valuable study skills, they also learned to get comfortable with interacting with faculty. “It's important for students to build relationships with faculty because they are the best resources for student success. Additionally, faculty are important resources students utilize when they look at other opportunities, such as internships or graduate schools,” says Assistant Director Melanie Cashin. For students who couldn't make it to the workshop, O'Connell put together a webpage for students to check out, which can be found at https://apps.carleton.edu/campus/trio/students/academic_resources/stem/calc/. After the workshop, O'Connell says students felt more confident about succeeding in their math classes and approaching faculty.

When asked what she enjoys about her job, O'Connell said, “My favorite part is working with students.” Previously, Kristin worked with faculty at Carleton's Science Education Resource Center, but she didn't have the opportunity to work directly with students until she took her position as the Quantitative Skills Coordinator. Now, Kristin works one-on-one advising freshmen sophomores, and juniors. “I like seeing the impact I can make on students.”

Building Blocks of Successful Students

MANAGE YOUR TIME
work ahead and give yourself enough time to revise & iterate

LEARN INTENTIONALLY
develop new (& efficient) learning techniques

GET ENOUGH SLEEP
to allow your brain and body to function at a high level

MANAGE HEALTH & WELLBEING
find a balance to take care of your body/mind/spirit

UTILIZE RESOURCES EFFECTIVELY
go to office hours, TA's, prefects, study groups, ASC, etc

Kristin O'Connell works on the TRIO website and researches teaching methods so she can advise students. Above is an example of a resources she created for students.

Class Act: It's Not You, It's The Education System



On January 27th, nearly 70 students attended TRIO's Class Act discussion on the impact of socioeconomic status on educational outcomes at the Great Hall.

We had Educational Studies Department Chair and professor Anita Chikkatur speak about how class affects K-12 education, college access, and student access to various forms of capital.

After an activity in which students thought about their own pre-college experiences, students moved into a small group discussion.

Students shared their own experiences on whether their high school prepared them for college, how their parents and socioeconomic

status affected their choice of pursuing higher education, and how socioeconomic status affected their own educational experiences at Carleton.

We concluded Class Act with ways students can reduce inequality in the educational system. There are several opportunities to get involved on and off campus such as volunteering in the nearby middle schools, participating in summer or post-BA programs such as Breakthrough Twin Cities and College Possible, and promoting and referring students to campus resources. Students came together to talk about ways they can commit to reducing inequality in the educational system. Students reported feeling informed about education inequality and empowered to take steps to make a change.

We look forward to seeing you at Class Act next spring!

TRIO Global Edge Interns

Three Carleton TRIO students have been selected to participate in the Global Edge Internship Program this summer. Lisa Au, Sergio DeMara, and Paulina Hoong, along with 15 other Carleton students will travel to Argentina, China, or South Africa to focus on service-related internships in developing countries. The Career Center funds program, travel, and living expenses for all participants in this highly competitive program. Congratulations Lisa, Sergio, and Paulina!



Winter Retreat

During the first week of Winter term, all TRIO students were invited to attend a two-day All Class TRIO Retreat. After classes, students left campus on Friday afternoon and were taken to Camp Omega in Waterville to have fun in the snow, bond with each other, and participate in multiple learning activities. The retreat kicked off with an icebreaker activity. Students were presented with a roll of toilet paper and were asked to grab as much as they needed. Later, Assistant Director Melanie Cashin revealed to the students that they must offer one fact about themselves per sheet. After the icebreaker, the students engaged in a service project that involved writing letters of encouragement to low-income middle school students. Once the activity was completed, it was time to go snow tubing! After a couple of hours, students went back inside the cabin to warm up, enjoy hot cocoa, and play games.



The next day, everyone participated in a professional development activity where students learned how to emphasize transferable skills when applying and interviewing for internships or jobs. Afterwards, students were free to continue snow tubing or stay inside. Students went back to campus with new friends to start off the term!

Handling Stress

1. Use breathing techniques to calm you down

3-6 Breathing (ratio 1:2)

- i. Inhale for 3 seconds
- ii. Exhale for 6 seconds
- iii. Repeat several times

30-second Exhale (ratio approx. 1:6)

- i. Inhale deeply
- ii. Exhale slowly, barely letting out air and continuing until no air remains
- iii. Return to natural breaths
- iv. If you repeat, take a few natural breaths between each. Rarely do people use more than 3-5, and often 1 will do

2. Reduce stress hormones by exercising

Even 20 minutes a day makes a big difference

3. Practice self-care by taking breaks

Take walks, whether it's by yourself, with a friend, or with one of your TRIO Peer Leaders!

4. Make a to do list to prioritize

Talking with your adviser, professors, and friends can help keep you accountable

5. Seek campus resources

Remember you don't have to do everything by yourself. Helpful resources include:

- i. Writing Center, Career Center, Math Skills Center, tutoring and prefect sessions, professor office hours
- ii. SHAC resilient workshop series
- iii. Various activities offered by the Office of Health Promotions

FRESHMAN & SENIOR COMPARISON

We asked TRIO freshmen and seniors 3 questions and compared their responses!

FRESHMEN

SENIORS

What is your favorite thing about Carleton?

Shalin Carranza

My favorite part of Carleton is the fact that I am a part of an inclusive community where who I am is accepted and respected. My identities, my tastes and my points of view are all freely expressed and encouraged.

Stephanie Valle

I am really grateful for the chance to get excited about opportunities on campus. This term I was finally able to take a course that I've had my eye on for a while, Experimental Photography, and although this isn't a requirement or in my major, I love that I've had the chance to explore other interests.

What are your go-to resources when you need help?

Sergio Demara

I love attending my prefect sessions. Prefects function as tutors for that subject and hold weekly meetings which help if you ever miss class or need help on homework.

Elissa Koele

The best resource on campus is the Career Center. I know that it's not academic, but they are the bomb. They help with every aspect of post Carleton life whether it be the job hunt or graduate school. They are supportive, knowledgeable, and overall super helpful.

What do you want to do before you graduate?

Alex Cardenas

Coming into Carleton, my goal was to build a snowperson. I did this earlier in the term!

Cynthia Chang

I would love to take a professor or alum to lunch or coffee!

Alumni Lunch

On February 11th, nine TRIO alumni visited current TRIO students to talk about their experiences post-Carleton. Over 50 TRIO students listened to a group of alumni from all backgrounds. Alumni participated in a panel discussing how identifying as a TRIO student impacted their decisions after graduation.



The panel began with alumni describing how TRIO helped them while they were at Carleton. College Possible Recruitment Specialist TA Kieu '14 said, "Carleton was a shock. TRIO was not that visible, but it was a strong support system for me. I experience imposter syndrome. I felt self-doubt as a first generation student. The Sociology and Anthropology Department and Women and Gender Studies Department empowered me and they gave me strength to succeed." As a former College Possible coach, Kieu worked with low-income and first generation high school students to help them gain access to college. Her background as a TRIO student helped her in her position. "Using my own experiences, I could identify with my students."

When asked about the decision on whether to enter the workforce or graduate school after Carleton, alumni had varied responses. Former TRIO Peer Leader, author, and Carleton faculty member Kao Kalia Yang '03 said, "I went to graduate school right after graduation and it was the best decision for me. My MFA at Columbia opened teaching opportunities for me. It was the only way I could get good writers and teachers that helped me build confidence." State Representative Fue Lee '13 chose to not enter graduate school after graduation. Lee worked as a political organizer and as an assistant at the Minnesota Secretary of State before running for office. "After hearing the concerns of my neighbors, I wanted to go into politics, but I thought I needed to go to law school. My friends encouraged me to run for office without going to law school."

Students reported enjoying the panel. "I liked that they expressed what it means to be in TRIO at Carleton. I also enjoyed hearing how they overcame the struggles of being a TRIO student and how they incorporated their experiences in TRIO in their current occupations," said Cynthia Chang '17.



After the panel, students had the opportunity to speak with alumni in small groups. "I really liked the small group discussions after the panel. It was nice meeting one-on-one with the alumni and asking them more specific questions about their field," said Diana Delgado '18.

Thank you to Michael Hanslick '00, TA Kieu '14, Chai Lee '09, Fue Lee '13, Billy Moua '15, Christian Olivares '15, Savannah Steele '09, Kao Kalia Yang '03, and Adalinda Estrada '07 for volunteering to speak to our students!

Study Abroad Stories

“I traveled to Kyoto in the Spring of 2016 on the Linguistics and Culture in Japan Program. The study abroad course consisted of two linguistics courses and an Asian Studies course about the history and culture of Japan. I really enjoyed the experience, having a four day weekend where I was able to explore different parts of Japan, develop my conversational Japanese, and enjoy delicious Japanese food. By studying abroad, I was able to gain a sense of independence that I would otherwise not be able to develop by staying on Carleton’s campus. I highly recommend this program because it was a refreshing and invigorating way to start fall term and provided a healing process from the rigorous work of Carleton.” - [Wendy Lo '18](#)



“The study abroad program that I am on is Studio Art in The South Pacific. We have gone to the Cook Islands, New Zealand and Australia. We did a lot of drawing using watercolor, ink, pen, and gouache. We also learned how to do print making. The experience has been really fun, scary and overwhelming all at the same time. This program is not all about drawing. It's also about exploring nature and learning about the indigenous people of the South Pacific. I totally recommend this program to anyone who likes nice weather and relaxing days at the beach with no mid-terms or finals to worry about.” - [Pa Yao Vue '19](#)

Financial Literacy

Important Dates:

Round 2 Financial Aid deadline: **March 27, 2017**

2016 Tax Return Filing deadline: **April 18, 2017**

Round 3 Financial Aid deadline: **June 1, 2017**

Remember, FAFSA has made the **switch to prior-prior year taxes** (that is, 2015 taxes), so you can submit **NOW!** Submit your FAFSA (and CSS Profile, if applicable) by the Round 2 (**March 27**) deadline to know what your financial aid package looks like before you leave for summer.

Another reason to submit early? If your or your family's financial situation has changed in the last year, you may need to appeal your financial aid package. Appeals take time to resolve, and unpaid bills may impact your ability to register for classes.

See [Trey](#), [Melanie](#) or anyone in Student Financial Services with questions.