

TRIO Newsletter

Spring 2018



A Note From The Director

Winter is a unique time of year on campus. Many of us are either enjoying a variety of winter activities such as traying down Bell Field (watch out for the bump), snow shoeing through the Arb or simply enjoying the warmth of being inside.

TRIO has enjoyed a very active Winter Term full of collaborations and new programming. This term we saw an amazing turnout at our Class Act discussion on Mental Health and Socioeconomic Status (special thank you to the TRIO Peer leaders, Office of Health Promotion, SHAC and the organizers of Break the Silence). We also welcomed back to campus five alumni for our 2nd Annual Alumni Panel, an event that generates many networking opportunities for current students. Winter Term also saw a shift in the professional staff as we said goodbye to one (Kristin O'Connell) and welcomed another (Phillip Lundquist).

As the year moves forward and we look to the spring, TRIO will continue its effort to provide Financial Literacy to all of its students as well as guide First-Years through their transition with our new passport model. Thank you to our many colleagues across campus who support our students and our initiatives in providing opportunity and access. ~Trey Williams, Director

UPCOMING EVENTS

- **TRIO All-Class Retreat:** Friday, March 30-Saturday, March 31
- **Class Act:** Friday, April 20, 4:30-6pm
- **Senior & Faculty Luncheon:** Thursday, April 26, 12-1pm
- **Theatre Night:** Friday, April 27

An interview with Phillip Lundquist

Phillip Lundquist has been working at TRIO for two months as our assessment coordinator and academic advisor. He supports data analysis and programming to increase student success. We conducted an interview with him:



What is your favorite part about working with TRIO?

The people. Everyone has been wonderful; great to work with and to talk with informally and formally.

What did you do before coming to TRIO?

I was in CCCE working with food, energy, and health programs for 4 terms. Before that, I was in grad school, also working with service learning programs.

Why did you decided to work for TRIO?

I knew Trey and Melanie in a committee, and they believed I would be a good fit for this position. There was an opening position and they asked if I was interested after providing me some information. It sounded amazing, so I applied and here I am.

What do you like to do on your free time?

I'm a great big nerd. I love playing video games like Mass Effect and watching sci-fi films. When it's warm outside, I like to do some gardening. I also love fun facts, especially those that are sci-fi related.

What are your favorite places you've visited?

I didn't study abroad in undergrad, so when the opportunity came in grad school I took it. I really liked Iceland mainly because it was a solo trip before the group trip. I was able to explore the scene with a few maps I had. It was really pretty with a small town and the ocean nearby.

Swing by TRIO House and visit Phillip in his office on the second floor of TRIO from 9 a.m. - 1:30 p.m. weekdays!

TRIO Class Act

TRIO's once-a-term event for Winter 2018 discussed the intersection of Mental Health and socioeconomic status. TRIO worked together with SHAC and the Office of Health Promotions to engage Carleton's students in a discussion to explore how one's income is connected to being prone to mental health problems. Class Act featured anonymous stories from Carleton students who shared about how their SES affected how they deal with mental health problems. TRIO also promoted the idea that the goal was to make people more aware of the intersection and encourage students by offering presentations about the effect happiness has on mental health. The talk left students with a sense that it was possible to get through winter and other troubling times, despite their SES. Class Act ended with smaller intimate discussions at individual tables that allowed students to participate more and share any personal feelings they had about mental health. The responses varied widely and everyone took something away from this presentation.



Alumni Lunch



On February 10, TRIO offered a unique experience to its junior students. TRIO reached out to Carleton alums from the Minneapolis/St. Paul area to come back to campus and be on a panel to talk about their experience at Carleton and how it helped them get to where they are now. The panel featured a variety of majors from Biology to Linguistics and people who were working from community organizers to working on "The Cloud." These alums truly modeled the variety of places a Carleton education could get students. The panelists answered questions like how to find a balance at Carleton and what was an opportunity they regret they missed out on. After the panel, students had the opportunity to meet the alums more personally and ask them any more questions they had. Robin Wonsley left the group with a resounding word of encouragement that many people hope rings true to them through their Carleton education: "Don't think your current situation is your permanent situation." TRIO Juniors gained an extra resource to network from and hopefully some inspiration to push through the rest of the term and to graduation.

OCS Spotlight: Hannah Hemmerly, '19



It is half way through the Arts and Architecture program and I have already been to two time zones, two countries, three cities, five cathedrals, and so much more. This experience has been an incredible whirlwind that will just continue to pick up speed; we still have Spain and Italy to come. We are constantly excited, tired, and laughing. I have thoroughly enjoyed the opportunity to bounce from city to city throughout Europe, experiencing a vast array of cultures. Even though I definitely miss the Minnesota snow, this abroad experience has been fantastic!

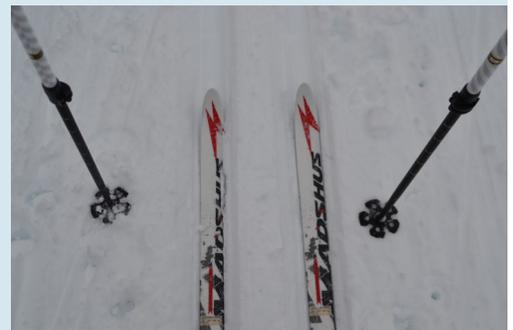


-Hannah Hemmerly 19' Art History

Fun Winter Activities

Just because it's cold outside doesn't mean you can't have fun! Carleton has a lot of activities that make the chilly winds, snow, and ice more exciting. Below is a list of winter activities that you can do **for free**.

1. Skiing. Borrow skis from the Rec for free and ski in the Arb! Enjoy the woods with the trails manicured by the Arb Office.
2. Snowshoeing. Want to enjoy a walk through the Arb, but the snow is too high? Check out snowshoes from the Rec and immerse yourself into the vast winter landscape.
3. Ice Skating. Have you ever wanted to unleash your inner Michelle Kwan? Borrow ice skates from the Rec and skate on the Bald Spot!
4. Traying. Take a tray from the dining hall and sled down at high speeds down Bell Field. Make sure you return the tray by the time the snow melts!



Financial Literacy: Summer Money

You've heard about summer love, right? What about summer money? June through August can be a great time to save some cash for the upcoming school year. While individual needs and expenses vary, here are some suggestions to make the most of your summer:

- Keep your options open: Apply for multiple jobs and internships to increase your odds of landing a gig that works for you
- Make a budget
 - Identify your income source(s) and amounts
 - Identify your savings goals
 - Identify your expenses (housing, family obligations, food, tuition, transportation, etc.)
 - Use an online budgeting tool like CashCourse's Budget Wizard: <https://www.cashcourse.org/Student/Financial-Tools/Budgets> OR
 - Use a mobile budgeting app like Mint or Clarity Money
- Explore funding options: Does your job/internship pay enough to cover everything in your budget? If so, great! If not, what else is available?
 - Internship funding through the Career Center (applications DUE 4/4/18): <https://apps.carleton.edu/career/students/internships/Fund/summer/>
 - Fellowship funding through the Office of Student Fellowships (contact Marynel Ryan Van Zee at mryanvanzee@carleton.edu; if you've missed deadlines, consider applying early next year)
 - Free housing with Carleton alums or parents, depending on location
 - Second jobs in food service, child care, yard care, or other positions with flexible hours



With a realistic budget and a solid plan, you can take charge of your summer spending and savings. Schedule a meeting with Melanie, Trey or Phillip to discuss more.

TRIO Peer Leader Profile: Paulina Hoong



Paulina is a senior psychology major and cross-cultural studies minor from Fairmont, Minnesota. She likes to run, listen to podcasts, bake, and paint in her free time. We asked her some very intriguing questions.

Why did you become a TRIO peer leader?

I wanted a way to give back to an organization that had been important to me during my first couple years at Carleton. I knew that I would have an opportunity to make an influence on TRIO and I was excited to help shape the organization.

What is your favorite part about being a TRIO peer leader?

My mentees! I love talking to them, learning about their lives, and witnessing their transition into Carleton.

What is one tip you have for making the most out of your Carleton experience?

Carleton has a lot of funding for you to do almost anything you want. Whether it's study abroad, an internship, or a fellowship, the institution has money for you to use. I've had the opportunity to study abroad in Spain and Japan, investigate food on a fellowship in China, and intern at social justice nonprofits in the Twin Cities and Argentina, and I couldn't have done it without Carleton funds.

What is your favorite memory at Carleton?

DJ-ing Midwinter Ball during my junior year! I loved the feeling of changing the music and hearing people screaming in excitement over the song I was playing.

If you could have any food at a TRIO event, what would it be?

Pizza! (Just kidding).



Kudos

TRIO wishes to thank everyone who collaborated with us this term. We so appreciate your support! Special thanks go out to the following individuals: Carolyn Livingston for sponsoring Comfort Food Friday with the Dean. Stephanie Ruckel, Gabe Barela, Ashley Belisle, Marynel Ryan van Zee, and Rachel Leatham for leading TRIO workshops. Marit Lysne, Janet Lewis Muth, Eliot Ayala, and Lauren Kempton for presenting at and/or promoting Class Act. Our amazing alums Amenah Agunwamba, Martina Cameron, Edwin Avalos, Robin Wonsley, and Kayla Kramer for attending our Alumni Lunch. Joe Baggot, Ana Sontag, and Elliott Courchaine for always coming through in a pinch. Thanks also to Phuong Nguyen and CCCE for co-sponsoring the Fall in Love with Civic Engagement panel!