

OFFICE INFORMATION

Office Hours:

Monday-Wednesday

8:00 am-6:00 pm

Thursday-Friday

8:00 am-5:00 pm

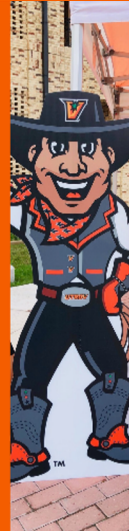
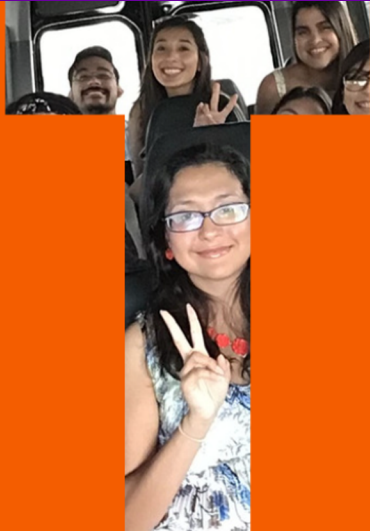
LOCATION

BMSLC 2.104

OCTOBER 2019

NEWSLETTER

STUDENT SUPPORT SERVICES



DATES TO REMEMBER

- 10/01 International Coffee Day
- 10/04 National Taco Day
- 10/04 World Animal Day
- 10/10 World Homeless Day
- 10/10 Mental Health Day
- 10/11 National Coming Out Day
- 10/13 Pickle Day
- 10/14 Indigenous Peoples' Day
- 10/14 Latino Aids Awareness Day
- 10/16 Boss Day
- 10/19 Sweetest Day
- 10/25 World Pasta Day
- 10/27 Black Cat Day
- 10/31 Halloween

National Breast Cancer Awareness Month
National Disability Awareness Month

HALLOWEEN BROWNIE BITES RECIPE



SCAN ME

DEAR TRIO STUDENTS,

It's hard to believe we are almost halfway through the semester. As we enter October, there are a few things you should remember. Most importantly, the 2020-2021 FAFSA application is open. So, start working on it. Also, midterms are right around the corner. Don't forget to prepare a study schedule. There are plenty of scholarship opportunities that are arising, so check your blackboard.

In addition, the progress report is due Friday, October 11. You do not want to be in the **dark** or wait until the end of the semester to know if you are passing your classes. Be proactive and make an appointment with each of your professors to discuss grades, academic progress, and recommendations. If you do not have grades yet, ask your professors for feedback, comments, advice and/or recommendations regarding your performance in the class. Each of your professors should sign your progress report and add any suggestions on the comments/recommendation section. Also, don't forget we do have tutoring in the Biology building (LHSB) for Biology, Chemistry, & Physics.

Rock your pink in support of Breast Cancer Awareness Month.

Also, always make room for self care.



















DON'T FORGET TO FOLLOW US ON SOCIAL MEDIA

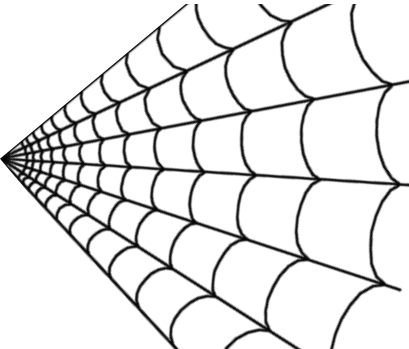


@TRiO Student Support Services-UTRGV



CTOBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		How to Read Effectively 12:30 pm-1:30 pm 	UTRGV Career Expo 2	Candy Land Your Way to Success: Create a Vision Board 12:30am-1:30 pm 	FAFSA Frenzy: Financial Aid Application Assistance 12:30 pm-1:30 pm 	
		Candy Land Your Way to Success: Identify Your Goals 12:30 pm-1:30 pm 	Don't be a Thief: Avoid Plagiarism 12:30 pm-1:30 pm 	Candy Land Your Way to Success: Put your Goals into Action 12:30 pm-1:30 pm 	FAFSA Frenzy: Financial Aid Application Assistance 3:30 pm-5:00 pm 	FAFSA Frenzy: Financial Aid Application Assistance 9:00 am-2:00 pm 
Pickle Day 13	Indigenous Peoples' Day & Latino Aids Awareness Day 14	Learn How to Cope with Stress in a Fun & Healthy Way 12:30 pm-1:30 pm 	Time Management in the Digital Age 5:00 pm-6:00 pm 	How to Effectively Study 5:00 pm-6:00 pm 	First Impressions Count: Etiquette Excellence Dinner 5:00 pm-7:30 pm 	Sweetest Day 19
	Budgeting 101: We have to do it 12:30 pm-1:30 pm 	Savings 101: It is possible 2:00 pm-3:00 pm 	Credit and Credit Score: Take care of it 12:30 pm-1:30 pm 	Big Ticket Items: Things to Consider 5:00 pm-6:00 pm 	World Pasta Day 25	
Black Cat Day 27				Halloween 31	SSS students, if you dress up for Halloween in your best costume you will receive a Spooky Bag!	



Important Reminder:

- Complete 2020-2021 FAFSA
- Schedule your peer coach/specialist meeting
- Create a study schedule for midterms

Did you know that on October 1, 1989, Denmark became the first country to legalize same-sex civil unions?