



MARCH



2024

DATES TO REMEMBER: MARCH

03/04 - STUDY LOUNGE
03/06 - STUDY LOUNGE
03/18 - STUDY LOUNGE
03/20 - STUDY LOUNGE
03/22 - LIFE HACKS & ADULTING CONFERENCE
03/25 - STUDY LOUNGE
03/27 - STUDY LOUNGE

WE WILL ANNOUNCE OUR SPRING GRADUATE + CULTURAL TRIPS ATTENDEES! STAY TUNED FOR MORE INFORMATION CHECK YOUR EMAIL!



WELCOME TRIO STUDENT SUPPORT SERVICES STUDENTS!

AS WE STEP INTO THE MONTH OF MARCH AND GEAR UP FOR SPRING BREAK, WE WANT TO REMIND YOU TO PRIORITIZE SAFETY AND WELL-BEING DURING YOUR TIME OFF. WHETHER YOU'RE TRAVELING OR STAYING LOCAL, BE MINDFUL OF YOUR SURROUNDINGS, MAKE RESPONSIBLE CHOICES, AND LOOK OUT FOR ONE ANOTHER. TAKE THIS OPPORTUNITY TO RECHARGE AND RELAX, BUT KEEP IN MIND THE IMPORTANCE OF STAYING SAFE AND HEALTHY.

WE'RE HERE TO SUPPORT YOU IN ANY WAY WE CAN, SO DON'T HESITATE TO REACH OUT IF YOU NEED ASSISTANCE OR GUIDANCE. HAVE A WONDERFUL AND SAFE SPRING BREAK!!

UTRGV TRIO SSS



LAB HOURS

MONDAY - FRIDAY:
8:00AM - 5:00PM



TRIO SSS LAB GUIDELINES

WE WELCOME OUR PARTICIPANTS TO TAKE ADVANTAGE OF OUR ACADEMIC SPACE WITH THE FOLLOWING GUIDELINES IN MIND:

- TO BE USED PRIMARILY FOR ACADEMIC PURPOSES (STUDY, REVIEW, READ, ETC.)
- TO BE USED FOR ADDITIONAL SUPPORT (ACADEMIC, PERSONAL, PROFESSIONAL)
- TO BE USED FOR STUDY BREAKS

BE COURTEOUS WHEN WORKSHOPS AND MEETINGS ARE IN PROGRESS.

BE MINDFUL OF YOUR BELONGINGS AND YOUR NOISE (EARPHONES WHEN NEEDED).

DISPOSE OF YOUR TRASH IN BINS.

CLEAN UP IF YOU MAKE A MESS.

SPRING BREAK TIPS



SHARE YOUR LOCATION WITH FRIENDS AND/OR FAMILY



BE AWARE OF YOUR SURROUNDINGS



DRINK PLENTY OF WATER!



CHECK THE WEATHER APP TO BE PREPARED!

FOLLOW US ON INSTAGRAM FOR MORE PICTURES OF OUR EVENTS

LOOK OUT FOR GROUPME FOR UPDATES AND INFO!

Happy St. Patrick's Day



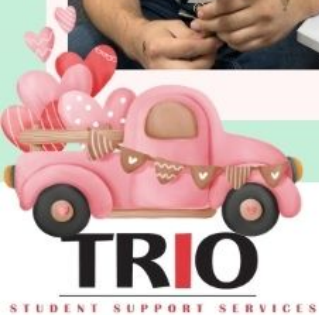
13	11	12	13	14	15	16
74° 58°	76° 61°	78° 65°	81° 67°	84° 67°	83° 69°	77° 59°



VALENTINE'S DAY



at TRIO SSS





FEB RECAP



CHARRO DAYS WEEK





FEB RECAP



2024



SATURDAY SELF-CARE

WHAT DID YOU LEARN ABOUT SELF-CARE?

"I LEARNED TO BE PATIENT WITH MYSELF BECAUSE I HAVE PATIENCE IN OTHERS BUT WHEN IT COMES TO ME I DON'T. I HAVE LEARNED TO ALWAYS PRIORITIZE SELF CARE AND DEDICATE MYSELF TIME AND LOVE THAT I HAVE GIVEN OTHERS."

WHAT DID YOU LEARN ABOUT YOURSELF?

"I LEARNED THAT I AM NOT ALONE, THERE IS A SUPPORT SYSTEM AROUND ME THAT IS MORE THAN WILLING TO HEAR ME OUT"



STUDENT TESTIMONIALS OF SATURDAY SELF-CARE WORKSHOP

"I ENJOYED ATTENDING THIS SELF CARE WORKSHOP WITH FRIENDS THAT SUPPORT YOU BUT THAT MAKE YOU FEEL SAFE. I LOVED THE ACTIVITIES SO MUCH, THEY DE-STRESSED ME AND GAVE ME A NEW PERSPECTIVE ON SELF CARE."



"WHILE LIFE HAS MANY ROADS AND CHALLENGES, WE HAVE THE ABILITY TO OVERCOME IT TO SUCCEED AND THRIVE."

"I USED TO THINK SELF CARE WAS SOMETHING I HAD TO EARN AND WORK HARD TO BE ABLE TO DO. HOWEVER, I'VE LEARNED THAT WE NEED TO AND SHOULD LET OURSELVES BE DESERVING OF THAT LOVE TOO."

Did You Know?

TRIO SSS

STUDY LOUNGE

BMSLC 1.105

THE PURPOSE OF OUR STUDY LOUNGE IS TO PROVIDE STUDENTS WITH A CONDUCIVE ENVIRONMENT FOR FOCUSED STUDYING AND COLLABORATIVE LEARNING.

KEY FEATURES:

1. QUIET STUDY AREA: A DESIGNATED SPACE WHERE STUDENTS CAN CONCENTRATE ON THEIR HOMEWORK IN A PEACEFUL AND DISTRACTION-FREE ENVIRONMENT.
2. GROUP STUDY SPACES: AREAS DESIGNED TO ACCOMMODATE VARIOUS STUDY PREFERENCES, FOSTERING COLLABORATION AND GROUP WORK AMONG STUDENTS.
3. TUTORING AND PEER COACHING AVAILABILITY: ACCESS TO TUTORING AND PEER COACHING SERVICES BY APPOINTMENT TO OFFER ACADEMIC SUPPORT AND ASSISTANCE WITH COURSEWORK.
4. ENFORCED QUIET HOURS: ESTABLISHMENT OF QUIET HOURS TO MAINTAIN A SERENE ATMOSPHERE CONDUCIVE TO STUDYING, ENSURING A PRODUCTIVE LEARNING ENVIRONMENT FOR ALL STUDENTS.

FIND THE MONTHLY SCHEDULE AT THE TRIO SSS OFFICE!

