



OCTOBER



2023

DATES TO REMEMBER: OCT

- 10/06 TRB FINANCIAL LITERACY (PART 2)
- 10/07 TRIO RETREAT: EMBRACE YOUR JOURNEY II
- 10/11 NATIONAL COMING OUT: BOOK CLUB
- 10/16 ALL ABOUT SCHOLARSHIPS: PART 1
- 10/19 ALL ABOUT SCHOLARSHIPS: PART 2
- 10/20 TRB FINANCIAL LITERACY (PART 3)
- 10/21 EXPLORING BROWNSVILLE
- 10/24 BUILD YOUR SKILLS WITH UTRGV CAREER CENTER
- 10/25 GRADUATE COLLEGE + TRIO PUMPKIN ACTIVITY
- 10/27 ALTAR DEL DIA DE LOS MUERTOS

FALL 2023 CALENDAR OF EVENTS



RETURNING STUDENTS:
 WE WANT TO HEAR FROM YOU!
 PLEASE SCHEDULE YOUR
 CHECK-IN WITH OUR STAFF!

TRIO SSS PARTICIPANTS,

WE HOPE YOU ALL HAVE HAD AN AMAZING START TO YOUR ACADEMIC YEAR!

WE ENCOURAGE OUR STUDENTS TO STAY DEDICATED AND UTILIZE OUR SERVICES TO KEEP GOING STRONG. REMEMBER THAT TRIO SSS IS DEDICATED TO PROVIDING SUPPORT AND HELPING YOU ACHIEVE YOUR GOALS. WHETHER YOU NEED ACADEMIC RESOURCES, CAREER GUIDANCE, TUTORING, OR 1:1 MENTORING, OUR TEAM IS HERE TO OFFER SUPPORT AND HELP YOU SUCCEED! PLEASE REMEMBER, OUR DOORS ARE ALWAYS OPEN.

LOTS OF WORKSHOPS AND EVENTS COMING UP THIS MONTH SO MAKE SURE TO STAY INVOLVED!



STAY SPOOKY

- TRIO SSS STAFF



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.



DO YOU WANT TO ATTEND OUR SPRING GRADUATE + CULTURAL TRIPS?
 HERE IS HOW TO QUALIFY

- ATTEND WORKSHOPS
- PARTICIPATE IN THE TRIO SSS CONFERENCE
- REFER OTHER STUDENTS TO TRIO PROGRAM
- COMPLETE CANDYLAND: PATH TO SUCCESS/ GOAL SETTING
- COMPLETE PROGRESS REPORT
- GPA/GRADES

+ MORE!





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WELCOME OUR NEW PEER COACH ASSISTANT!

VERONICA PAREE

AS A PEER COACH, VERONICA CAN HELP YOU WITH: TIME MANAGEMENT, REGISTER FOR CLASSES, NAVIGATE ASSIST, MENTORING, MENTAL HEALTH PEER SUPPORT

STOP BY THE LAB TO SCHEDULE YOUR 1:1 MENTORING SESSION



Coming soon



RSVP



RSVP



THE FALL 2023 RETREAT WILL BE ON SATURDAY, OCTOBER 7 FROM 11AM-7PM IN THE FIRST FLOOR OF BMSLC. THIS IS A GREAT OPPORTUNITY TO MEET OTHER PARTICIPANTS AND ENGAGE IN TEAMBUILDING ACTIVITIES, SELF-REFLECTION EXERCISES, AND GROUP CONVERSATIONS. PLEASE RSVP TO ENSURE WE HAVE ENOUGH SUPPLIES AND FOOD.

OUR FALL 2023 TRIO SSS CONFERENCE IS FRIDAY, NOVEMBER 3, AND SATURDAY, NOVEMBER 4! SAVE THE DATES AND PLAN TO ATTEND! IF YOU ARE INTERESTED IN PRESENTING AT THE CONFERENCE, PLEASE COMPLETE THE INTEREST FORM. THE SSS STAFF WILL REVIEW YOUR PROPOSAL AND HELP YOU PREPARE FOR YOUR PRESENTATION. THIS IS A GREAT OPPORTUNITY TO SHARE YOUR KNOWLEDGE WITH OTHER PARTICIPANTS, GAIN PRESENTATION SKILLS, AND EXPAND YOUR RESUME..



SPECIAL S/O OUR NEW TRIO SSS PARTICIPANTS:



THE STAFF HAS BEEN BUSY RECRUITING NEW PARTICIPANTS DURING INVOLVEMENT FAIRS, CLASSROOM PRESENTATIONS, AND WELCOME WEEK ACTIVITIES. WE HAVE WELCOMED MORE THAN 50 NEW PARTICIPANTS IN JUST FOUR WEEKS! WE STILL HAVE SPOTS OPEN AND ANYONE IS ENCOURAGED TO RECRUIT STUDENTS WHO QUALIFY.



SEPTEMBER RECAP



2023

VISION BOARD ACTIVITY



HISPANIC HERITAGE MONTH KICK-OFF: MEXICAN INDEPENDENCE DAY CELEBRATION



WRITING CENTER AT UTRGV



BROWNSVILLE WRITING CENTER (BLIBR 3.206)

LINK FOR UTRGV WRITING CENTER'S WEBSITE:



SEPTEMBER RECAP



2023

FINANCIAL LITERACY (PART 1)



MENTAL HEALTH WEEK AT TRIO SSS



SELF-CARE CONVERSATION WITH PROF. ROBLES



LET'S TALK ABOUT MENTAL HEALTH WITH TRIO SSS
NATIONAL COFFEE DAY



Did You Know?

DID YOU KNOW THE COUNSELING CENTER OFFERS FREE AND CONFIDENTIAL COUNSELING SERVICES TO ADDRESS MENTAL HEALTH CONCERNS AND TO PROMOTE PERSONAL GROWTH FOR CURRENTLY ENROLLED UTRGV STUDENTS?

UTRGV COUNSELING DEPARTMENT'S SERVICES INCLUDE:

- ONLINE SERVICES (NEW)
- CONSULTATION
- INDIVIDUAL AND GROUP COUNSELING
- MENTAL HEALTH SCREENINGS
- PRACTICUM AND INTERNSHIP TRAINING OPPORTUNITIES FOR GRADUATE STUDENTS
- PRESENTATIONS, TRAININGS, AND WORKSHOPS FOR CLASSROOMS & OTHER GROUPS
- REFERRALS TO OTHER HEALTH, SOCIAL, & ACADEMIC SERVICES
- SUICIDE PREVENTION GATEKEEPER TRAINING
- WORKSHOPS

VAQUEROS CRISIS LINE

THE VAQUEROS CRISIS LINE IS A 24/7 CONFIDENTIAL* HELPLINE FOR ENROLLED UTRGV STUDENTS EXPERIENCING AN EMOTIONAL CRISIS THAT MAY INCLUDE SUICIDAL THINKING, THOUGHTS OF HARMING SELF OR OTHER, CONFUSION, PANIC, OR OTHERWISE FEELING DISTRESSED. A TRAINED COUNSELOR WILL BE AVAILABLE ON THE LINE TO PROVIDE ASSISTANCE.

665-5555

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