



TRiO News

FROM NEW YORK TO WASHINGTON!

To kick-off the spring semester, 20 TRIO students enjoyed a trip to our nation's capital. It was a 3-day adventure filled with museums, monuments and lots of fun.

The trip started with an early morning at the Middletown campus, where students and staff loaded onto a bus to head down south. After arriving in Washington, D.C., students and staff spent time checking out monuments, the Smithsonian museum, the White House, and even visited the nation TRIO offices. It will be a trip to remember for all of our students who attended!

COCOA COMEBACK!

The annual TRIO/EOP Cocoa Comeback was another great social event to welcome back students to the spring semester.

NEW this year! We were excited to welcome our Newburgh students back for the spring semester with a Cocoa Comeback on the Newburgh campus!

Make sure you are checking your email so you know all of the fun events planned for this spring!



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TRIO STAFF

- Eric Hardwick, Director
- Caleb Mercado, Administrative Assistant
- Melissa Barczak, Success Coach
- Alyson Stater, Success Coach
- Mentors: Diana, Zebadiah, Julie, Brianna, & Tomas
- Student Workers: Meghan & Savannah



NEWBURGH OFFICE GRAND OPENING!

We are excited to officially open the Newburgh campus TRIO/EOP office and student work space!

Our kickoff was the cocoa comeback on January 31st. We opened our doors to students, staff, and faculty. Our goal is to create a welcoming and open environment for our students who attend classes exclusively on the Newburgh campus.

The office will be open daily from 9-3. Students will have access to reference books, text books, calculators, computers and printers. We will also be able to do all advising and coaching sessions in a private setting.

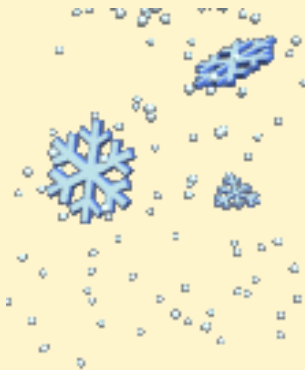
The office is located in Tower, rooms B 34 and B 35 (across from the Center for Student Involvement). We hope to see all of our Newburgh students soon!

Newburgh TRIO/EOP Office: Tower B34 and B35, open 9-3 daily

SUNY ORANGE IN-CLEMENT WEATHER POLICY

The start of the spring semester often is met with snow and ice. SUNY Orange uses multiple communications to ensure all students know about closures, delays, and early dismissals.

Be sure you sign up for text alerts, check your email, or go to the website for up to date information about closures and delays.



MOMA TRIP

In December, TRIO students were treated to a day of art and culture. The Museum of Modern Art is located in mid-town Manhattan and is home to some of the most famous art pieces in the world, including Van Gogh's Starry Night and Monet's Water Lilies. The students went on a guided tour through the permanent collection. Many students also braved the cold New York City weather for a quick lunch break at the famous Rockefeller Christmas tree.





PREVENTING THE FLU

Flu is a serious contagious disease that can lead to hospitalization and even death. CDC urges you to take the following actions to protect yourself and others from influenza (the flu):

1. Take time to get a flu vaccine.

CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses.

While there are many different flu viruses, a flu vaccine protects against the viruses that research suggests will be most common.

Flu vaccination can reduce flu illnesses, doctors' visits, and missed work and school due to flu, as well as prevent flu-related hospitalizations.

2. Take everyday preventive actions to stop the spread of germs.

Try to avoid close contact with sick people.

While sick, limit contact with others as much as possible to keep from infecting them. If you are sick with flu symptoms, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities.

Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.

Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.

Avoid touching your eyes, nose and mouth. Germs spread this way.

Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.

3. Take flu antiviral drugs if your doctor prescribes them.

If you get the flu, antiviral drugs can be used to treat your illness.

Antiviral drugs can make illness milder and shorten the time you are sick. They may also prevent serious flu complications, a hospital stay.

Studies show that flu antiviral drugs work best for treatment when they are started within 2 days of getting sick, but starting them later can still be helpful, especially if the sick person has a high risk factor or is very sick from the flu.

TRIO STUDENT

MENTOR PROGRAM

Ever wonder what our student mentor's do? Are you thinking about using a mentor to help you succeed? Here are some top ways our students use the mentors:

1. Help with assignments : Of course, our mentors cannot DO the assignment for you, but they would be happy to provide some feedback.
2. Study help: they are all successful students who have mastered how to study. They have great tips to share!
3. Schedule assistance: Our mentors know the best instructors and classes to take!
4. Time management: Our mentors can help you figure out how to make the most out of each day.
5. A listening ear: Sometimes you need to hear it from another student in your situation. Our mentors can offer another person to talk to when life starts to interfere with your success as a student.

Mentors work a variety of hours in our Middletown Campus office. You can make an appointment or simply stop by and see if anyone is available. They are a great addition to the services we provide at TRIO!



IMPORTANT DATES

February 5: Final day to drop a semester long course without a 'W' grade

February 15: Scholarship applications open

February 23: Deadline to drop a first half-semester course with a "W" grade

March 6: Second half-semester courses begin

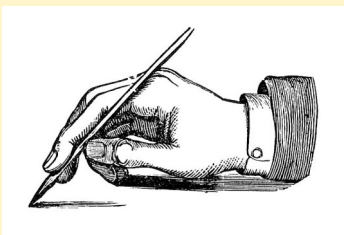
UPCOMING WORKSHOPS

February 21 (11-12): Writing a Winning Resume, Newburgh Campus, Kaplan 111

February 22 (11-12): Writing a Winning Resume, Middletown Campus, Shepard Center 351

March 7 (11-12): Art of Interviewing, Newburgh Campus, Kaplan 111

March 8: (11-12): Art of Interviewing, Middletown Campus, Shepard Center 351



MEET THE MENTORS: DIANA DICKEL

Current Major: Pre-Radiologic Technology

Career Goals: Radiologist Technician; eventually a Sonogram Technician

Best Advice To Be Successful: Be discipline and learn how to manage time intelligently

Favorite Thing About TRIO: The couches, Eric, Caleb and all the students

Favorite Song: What a Beautiful Name

Favorite Book: The Bible and Cien Anos De Soledad

Favorite TV Show: The Big Bang Theory

Favorite Movie: The Book of Eli

MEET THE MENTORS: ZEBADIAH FRANCIS

Current Major: Human Services

Career Goals: To help teens throughout high school and beyond to adjust to life

Best Advice To Be Successful: Create goals and steps to get to those goals. Finally, execute until you reach those goals

Favorite Thing About TRIO: Connected, friendly and open

Favorite Song: Back that Azz Up-Jevenile

Favorite Book: A Raisin in the Sun by Lorraine Hansberry

Favorite TV Show: Fullmetal Alchemist-Brotherhood and The Wire

Favorite Movie: Zootopia

MEET THE MENTORS: JULIE MAIO

Current Major: JRTEP

Career Goals: Special Education Preschool Teacher

Best Advice To Be Successful: Never stop trying, even when you're down, keep persevering

Favorite Thing About TRIO: Caleb :) The fact that everyone is so diverse but we all come together and look past all that and make friends with each other

Favorite Song: Can't Help Falling in Love

Favorite Book: The Best of Me

Favorite TV Show: Hawaii 5-0

Favorite Movie: Princess Bride

MEET THE MENTORS: TOMAS FLORES

Current Major: Pre-Radiologic Technology

Career Goals: Ultrasound Technician

Best Advice To Be Successful: Be like Nike—"Just Do It!"

Favorite Thing About TRIO: Having a supportive and calm environment

Favorite Song: I don't have one

Favorite Book: The Outsiders

Favorite TV Show: Naruto

Favorite Movie: The Outsiders



MEET THE MENTORS: BRIANNA DEROSSO

Current Major: Liberal Arts with social science and human service

Career Goals: Have a job I enjoy and be successful

Best Advice To Be Successful: Take notes. Make flash cards. STUDY!

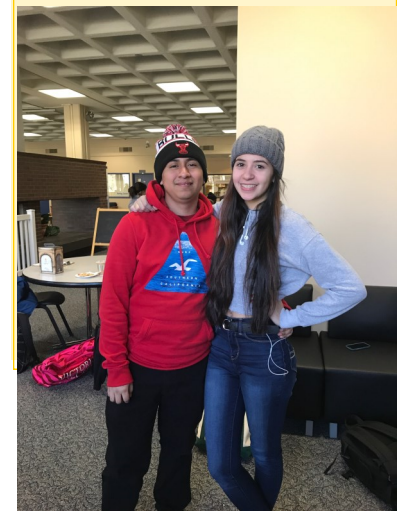
Favorite Thing About TRIO: TRIO is a family

Favorite Song: Special by 21 Savage

Favorite Book: Fifty Shades of Grey

Favorite TV Show: Scandal

Favorite Movie: Magic Mike XXL



MEET THE STUDENT WORKERS: MEGHAN MAIO

Current Major: Human Services

Career Goals: Open my own trial clinic

Best Advice To Be Successful: Try to do big assignments in chunks rather than trying to do it all at once

Favorite Thing About TRIO: We all come together and support each other through many different things

Favorite Song: Hallelujah

Favorite Book: Anything from Shakespeare

Favorite TV Show: Anything that is criminal investigation

Favorite Movie: Titanic

MEET THE STUDENT WORKERS: SAVANNAH MORERRO

Current Major: Liberal Arts-Humanities

Career Goals: To help people in any way I can. To make a difference in someone's life no matter how small

Best Advice To Be Successful: Never be afraid to reach out and ask for help

Favorite Thing About TRIO: How we're all like one big family

Favorite Song: While We're Young by Jhene Aiko

Favorite Book: Tuesdays with Morrie

Favorite TV Show: Sherlock

Favorite Movie: 9 by Tim Burton