

# TRiO NEWS

Volume 1, Issue 4

May 2017

## TRiO Recognition Ceremony!

On April 20 and 24, the students and staff of the TRiO program gathered for a luncheon to celebrate the success of our students and the program this past year. We were excited to honor our graduates and our students who achieved the honor of Dean's List. Two students were also awarded the TRiO Spirit Award: Julie Maio in Middletown and Steven Ryder in Newburgh. These two students completed all of the program requirements in addition to being involved in TRiO and campus-wide activities beyond the basic requirements. A special thank you to the peer mentors who are a continuous support for so many of our students.

Dr. Young attended the Middletown ceremony to congratulate all of the students on their hard work and continued success. Juan Carlos Pineiro, Director for the Center for Student Involvement at the Middletown campus and TRiO graduate, presented and inspired all of us to push forward and aim high in our goals. We thank both of these leaders for their time and commitment to all of the students at SUNY Orange.

We hope to see YOU at next year's ceremony!



Photo Credit: Dr. Young

### TRiO Staff:

Eric Hardwick, Director

Melissa Barczak, Success Coach

Alyson Stater, Success Coach

Caleb Mercado, Administrative Assistant

### Student Mentors:

Diana, Renita, & Fabienne

### In This Issue

- TRiO Recognition Ceremony
- Pros & Cons of Summer Classes
- Maximize Your Summer Job
- Important Dates
- 10 Fun Kid Activities for Adult Bodies & Minds



## HAPPY BIRTHDAY!

Anthony Pagani  
Christian Lewis  
Danielle Wilson  
Kaitlyn VanDalen  
Katrina Brown  
Luis Heredia  
Marilyn Lopez  
Ronane St.Thomas  
Samantha Tsang

Congratulations  
to Meghan Maio  
for winning the  
SUNY Orange  
Poetry Slam!

## The Pros & Cons of Taking Summer Classes

Considering if summer classes are right for you? Then it's time to figure it out by looking at both sides of the issue. There are both pros and cons to this decision that should be weighed carefully. Some factors might even surprise you.

### Pros:

#### Getting General Education Courses Out of the Way

Whether you see them as an interesting window into different disciplines or an uninteresting detour from your major, summer classes give you the chance to take them in less time. This means you can dive into classes directly related to your major sooner, or even graduate early!

#### Sticking to the Routine

If you don't stop working, that work ethic doesn't go away. So by taking summer classes you'll already be fully in the swing of things by the time you get back to school.

### Cons:

#### Less Variety

At college, you might find a huge selection of classes. If you don't want to study European history, you can study ancient Asian civilizations instead! With summer classes you probably won't get that kind of selection. You'll have to take whatever is available with whatever teachers are available. Even though you won't have to be in the class for very long, it can still be a drag if you're studying something you have no interest in.

#### Shorter Classes

This was already listed as a pro, but it can also be a con. With no time for study groups, reviewing tests and asking teachers for help, you'll be forced to adapt or risk failing. The material also comes at you so fast that if you're not clear on an initial concept, you probably won't understand the later related concepts. If you're the kind of student who can't easily deal with a fast paced class that has no time for review, then summer classes probably aren't the best choice for you.

To read more pros & cons, visit [study.com](http://study.com)



# Maximize Your Summer Job

For the full article, visit: [Fastweb](#)



If you're a student, you'll likely have a summer job to help save money to pay for school and/or an internship to help build career connections for your future. But, who says you can't have both?

It doesn't matter what type of summer job you choose – you can utilize the experience by taking a few simple factors into consideration when job searching this summer.

Consider the following when considering your summer job options:

## Budget

Decide how much you need to make this summer to cover your expenses over the year. Consider the cost of tuition as well as other expenses during the school year like textbooks and materials.

If you set up a goal, anything you earn over the goal will become a bonus that you can save for later, larger expenses or use over the summer as you wish. (We suggest saving, for the record.) With that in mind, budgeting will become a lot easier and a lot less stressful.

## Network

You should consider every job, no matter how mundane, as an opportunity to make connections and build your contacts. While it would be ideal to have paid internships in your field for every job in college, that's unrealistic to expect.

Try to look at every job as an opportunity to build upon your skill set and social network.

## Build Your Resume

While not all jobs you hold will be able to relate to your future career, try to look for positions that utilize qualities necessary in your particular field of study.

That way, you will be able to add your job experience to your resume and it will speak to your career potential in that field, since you already have a basic skill set.

## Location

Are you hoping to continue this position part-time over the school year or would you rather utilize this position to check out a city you may want to pursue a career in one day? If you want to keep your position, it's important to consider its proximity to your school.

# 10 Fun Kid Activities for Adult Bodies & Minds



Today, adults are buying coloring books, joining drum circles, and performing in community theater—all in the name of health. And it's working. "[Being creative] is good for our health in many ways," says Gay Hanna, executive director of the National Center for Creative Aging. It can boost memory, alleviate depression, reduce stress and more. Here are experts' top picks for childish activities that deserve to make a comeback.

1. Coloring Books: research shows coloring can reduce anxiety among young adults
2. A Blank Canvas: painting has been shown to help people with mild depression or anxiety express their feelings!
3. Jigsaw Puzzles: working with others on a puzzle can increase levels of well-being
4. Pretending: continuing to step into other people's shoes as an adult allows you to see ideas and problems from a new vantage point. In turn, you might be able to bounce back more easily from bad news.
5. Hopscotch: staying active throughout the day can decrease your chance of a deadly disease.
6. Mixtapes: take time to pull out your favorite songs from the past and build your lifetime soundtrack.
7. Drums: banging on a drum (or something that resembles a drum) can improve your mood.
8. Video Games: playing video games can be associated with higher levels of well-being.
9. Keep A Diary: doing so leads to better physical and mental health
10. Gold Stars: give yourself a token each time to engage in a new, healthier behavior. When you reach a milestone, reward yourself.

See the whole slideshow at [usanews.com](http://usanews.com)

## Dates To Remember:

May 15: Grades distributed after 3 pm

May 18: Commencement

May 22: Summer Session 1 Begins

May 22/23: Add/Drop Period

May 26: Deadline to Drop a Summer 1 Course Without a 'W'

May 29: Memorial Day, School Closed

May 30: Apply for Summer Graduation

### SUNY Orange Summer Schedule

The college will be closed on Fridays in June and July.

The college returns to the regular schedule in August.