

# TRIO NEWS

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## TRIO at the Bronx Zoo!



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## HAPPY BIRTHDAY!

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## It's Time for the 2018-2019 FAFSA!

It may seem early, but the FAFSA application for the 2018-2019 school year is open! Login to your FAFSA account at <https://fafsa.ed.gov> to get started. You will need your FSA ID if you have previously applied for aid.

This application will use your 2016 tax returns. The IRS Data Retrieval Tool is ready to use. This should make your application even easier.

Also, when you finish the federal application, be sure to also fill out the New York State application. The excelsior scholarship will be part of this application this year (no separate application required).

If you will be transferring to a new school in the fall, you can add that school to the application at any time. If you need assistance with any piece of financial aid, see your success coach. We would be happy to help!

### Get help paying for college

Submit a Free Application for Federal Student Aid (FAFSA)

**New to the FAFSA?**

**Returning User?**

- Make a correction
- Add a school
- View your Student Aid Report (SAR), and more...

**Start A New FAFSA**

**Login**

### 5 Tips to Beat the Mid-Semester Slump

1. Reward yourself for the little goals you accomplish
2. Practice time management to curb the overwhelming feelings about all that needs to be done.
3. Keep yourself healthy! Get enough sleep, eat well, and exercise.
4. Take time to relax, and don't feel guilty about it.
5. Study hard. College is hard and you need to put in the work and effort if you want a positive outcome.

# Halloween Trivia

Jack o' Lanterns originated in Ireland where people placed candles in hollowed-out turnips to keep away spirits and ghosts on the Samhain holiday.

Tootsie Rolls were the first wrapped penny candy in America.

Halloween candy sales average about 2 billion dollars annually in the United States.

The fear of Halloween is known as Samhainophobia.

"Halloween" (the movie) was made in only 21 days in 1978 on a very limited budget.

While the setting for the story is in Illinois, the vehicles have California license plates.

If you see a spider on Halloween, it is the spirit of a loved one watching over you.

The Ouija Board ended up outselling the game of Monopoly in its first full year at Salem. Over two million copies of the Ouija Board were shipped.

The ancient Celts thought that spirits and ghosts roamed the countryside on Halloween night. They began wearing masks and costumes to avoid being recognized as human.

Halloween is the 2nd most commercially successful holiday, with Christmas being the first.

Chocolate candy bars top the list as the most popular candy for trick-or-treaters with Snickers #1.

## Dates To Remember:

October 2: Application for December graduation open

October 16: Weight training for beginners

October 16: Transfer Workshop

October 18: Second Half-Semester courses begin

October 23: Weight training for beginners

October 24: Deadline to drop a second-half semester course without a "w" grade

October 24: SUNY Albany Transfer Visit

October 25: Career Strategies Workshop (NBG)

October 26: Career Strategies Workshop

October 26: Circle of Courage Workshop

October 31: TRIO/EOP Halloween Party

\*\*For additional workshop information, go to the TRIO website\*\*



TRIO & EOP  
Halloween Party  
October 31st  
11:00 am  
Dress up and bring a treat to share!