

# TRIO NEWS

Volume 1, Issue 2

March 2017



## Congratulations Fall 2016 Dean's List

Saleemiah Davis	Kenneth Tillman-Myrie
Alexander Harrington	Danielle Wilson
Gissel Ramirez	Meghan Maio
Bria Satterwhite	Quynh Bui
Caleb Mason	Exavier Drummond
Caroline Steinhauer	Nicole Derasmo
Andrew Biccum	

## You're Half-Way There!

Believe it or not, the beginning of March marks the middle of the Spring 2017 semester! Stay focused on finishing the semester strong!

## Check Out the New Website

The TRiO section of the SUNY Orange website is updated! Check it out [sunyorange.edu/trio](http://sunyorange.edu/trio)

## Fall Schedule is Now Available

It's time to start thinking about the fall! Don't forget to set up time to meet with your Success Coach to plan for the new semester soon. Early registration begins April 10th.

### 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

- How To Avoid the Mid-Semester Slump
- Strong Password Key to Account Security
- Healthy, Easy, Cheap Breakfast
- Important Dates & Workshops



## How To Avoid the Mid-Semester Slump

It is a puzzling phenomenon that happens to college students every semester right around this time – the mid-semester slump. The time when all the promises you made to yourself about being an exemplary student go out the window as the thought of having fun renders you incapable of being productive. But it's time to break the cycle!

### Plan Ahead

It's time to make a study schedule and stick to it. If you stop yourself now then you still have a chance; you haven't fallen too behind that you can get back on top. Go to class, take good notes again, get off of Facebook, Twitter, and Instagram. Social media will still be there in an hour and forty-five minutes. Make time for the library and make time for study sessions. A little planning can go a long way, and keep you away from those difficult late night study sessions.

### Be Realistic

I'm sure you've all been guilty of it once or twice. I sure know I have. That feeling you have on Monday morning when you know this week is going to be one of those weeks where you surrender any hopes of being a good student and decide that you'll just catch up over the weekend. Let's be honest, no you won't. By that time bigger and better things will grab your attention and you fall even further behind. A week's worth of work is not meant to be done in 2 to 3 days. Don't start blaming your "unreasonable" professors for all the work, you did it to yourself. Instead avoid the anxiety and don't stress yourself out just yet. Be realistic about the goals you want to achieve by making realistic plans.

### Don't Stop Now

As the weeks countdown and you see the end is near, make sure that whatever you do, don't stop. Once you have a routine going and you see that it works for you, why would you ever stop? Don't lose your momentum just yet. Keep up with class readings and notes and the second you become lost, see your professors immediately. Don't tear yourself down and revert back to your old ways. Be proactive. Professors are there to help.

### Keep It Exciting

For every task you accomplish, reward yourself, with anything as small as a pat on the back to a study break. The semester always flies by, so relax and stay on top of your work. If something you're doing isn't working for you anymore, try something new. Avoid falling back into the slump. Be excited and engaged; or at least be excited about the prospect of the holidays around the corner!

For the full article, visit: <http://blog.suny.edu/2012/11/survive-the-mid-semester-slump/>

# HAPPY BIRTHDAY!

Thalia Aviles  
Andrew Biccum Jr.  
Audett Dawson  
Carolina Castillo  
Emma Paulsen  
Kevin Montanya  
Amy Ngo  
Kinberly VanGorden  
Stanley Urbanski



Fall 2017  
Early  
Registration  
Begins April  
10th!

## Congratulations!

TRiO student and mentor Renita Johnson has been selected as a recipient of the Phi Theta Kappa All-New York Academic Award in recognition of her outstanding academic achievements.

Johnson, a resident of Middletown who moved to the area from upstate New York in order to attend SUNY Orange, is also a double major at the College. She will graduate this May with a liberal arts degree (concentration in biology) and expects to earn her nursing degree in December. She is currently president of the College's PTK chapter, serves as a student senator, sits on the Athletic Advisory Committee, works as an anatomy and physiology tutor, and serves as a peer mentor/advisor for the College's advising office and TRiO program. Last Fall, Johnson was a member of Colts' first-ever women's cross country team and helped guide the squad to the Division III national junior college championship meet.



"If **opportunity** doesn't *knock*, build a *door*."

Milton **Berle**

## Open Sesame: Strong Pass- words Key to Account Security

In a well-known story, a simple woodcutter overhears a secret password-- "Open Sesame"--that a group of thieves uses to unlock a magically sealed cave containing a vast treasure. Because the password was easy to remember, the woodcutter was ultimately able to appropriate the treasure for his own use. Had the thieves taken just a few simple common-sense precautions to protect their password, however, the story might have turned out very differently.

Substitute "online account" for "magically sealed cave," and the same holds true today. Most of us have significant financial and personal information that's readily accessible through the Web, in most cases protected by nothing more than a username and password. Given the damage that can result from unauthorized access to this treasure trove of information, it makes sense to pay attention to a few simple common-sense rules that apply to online passwords.



Don't share your password

Do use strong passwords

Don't write down your passwords

Do use different passwords for different accounts

Don't let your guard down

For the full article and more tips, visit: [http://www.360financialliteracy.org/Topics/Budgeting-Spending/Budgeting-and-Saving/Open-Sesame-Strong-Passwords-Key-to-Account-Security/\(language\)/eng-US](http://www.360financialliteracy.org/Topics/Budgeting-Spending/Budgeting-and-Saving/Open-Sesame-Strong-Passwords-Key-to-Account-Security/(language)/eng-US)

## Federal Trade Commission

What to do if your identity is stolen:



<https://www.consumer.ftc.gov/articles/pdf-0009-taking-charge.pdf>

<https://identitytheft.gov/>

# Healthy, Easy, Cheap Breakfast

Breakfast is the most important meal of the day, right? Here are two recipes to try to add some variety to your morning meal without breaking the bank!

## Overnight Oatmeal

1/4 cup uncooked old fashioned rolled oats (quick oats also work)  
1/4 cup plain Greek yogurt (regular yogurt works too)  
1/4-1/3 cup milk  
1 1/2 tsp vanilla (optional)  
Sweetener of your choice  
Fresh fruit

1. Place oatmeal in a small canning jar (or container)
2. Add in yogurt, milk, chia seeds, vanilla, and sweetener
3. Stir up, then place in refrigerator covered, to eat the next morning
4. Add fresh fruit just before you eat

## Egg Cups

3/4 cup cooked and crumbled sweet Italian sausage  
2 small handfuls fresh spinach, chopped  
6 large eggs  
1/4 cup milk  
1/3 cup shredded cheese  
Salt & black pepper to taste  
Salsa (optional)

1. Preheat the oven to 350 degrees F. Spray 6 or 7 muffin cups with non-stick spray.
2. After you cook the sausage, scoop it into a paper towel-lined bowl to drain and cool, then wipe out the pan with a paper towel. Quickly cook the spinach in the same pan, just until wilted. Let it cool, then squeeze any excess moisture out of it.
3. In a medium bowl, whisk together the cooled sausage and spinach with the eggs and milk. Scoop into the prepared muffin tins (I find it easiest to use a 1/3 cup measuring cup) almost to the top. Sprinkle cheese on top. Then give each one a good dose of salt and pepper.
4. Bake 25 to 30 minutes, or until egg is cooked through. Easy way to check the egg: touch the middle of the muffins... if they are still wet and gooey, they'll need a little more time in the oven. They should feel cooked through.
5. Serve egg muffins immediately- with salsa, if desired.

For more easy, affordable recipes visit: <http://mywebroom-blog.com/cheap-and-healthy-recipes-easy-enough-for-any-college-student/>



## Dates To

### Remember:

March 3: Deadline to apply for May Graduation (with department awards)

March 7: Second Half-Semester Courses Begin

March 13: Deadline to drop 2nd Half Semester Course w/o "W" grade

March 20-26: SRPING BREAK

April 3: Deadline to apply for May Graduation

## Workshops:

### Middletown:

3/7 (11-12): Leadership skills

3/9 (11-12): Art of the Interview

3/14 (11-12): 20 Money Tips for College Students

3/16 (11-12): Degree-Works

### Newburgh:

3/8 (11-12): Art of the Interview

3/14 (11-12): Leadership Skills

3/27 (11-12): Degree-Works