Jose Durbin and Marcella Motsinger Join TRIO Team

Hey! My name is Marcella Motsinger. I am from Harrisburg, IL and attending my second year at Southeastern. I am majoring in Occupational Therapy and hope to continue that through a doctorate degree. My plan is to transfer somewhere by or preferably in St. Louis.
I was raised in Harrisburg and attended school there since pre-k. I love being from a small town. I love that you never see a stranger and the close relations you gain with your classmates throughout the school years. I have been involved with dance my entire life. I’ve been taking dance at Touch of Class Dance Studio for 19 years now. My mother is the owner and artistic director of the studio; so you can imagine, dancing plays a huge role in my life. I was a swimmer for the Harrisburg Bullfish for 14 years, until my last season in 2013.
In the summer, I am a lifeguard at the Harrisburg Park Pool. If I could get a degree in lifeguarding, that’s where I would be because it’s the best job in the world.

As for a more personal background, I come from a very large (and very loud) Italian family from the south. We like to eat pasta for breakfast, lunch, dinner, and midnight snacks. My dream job since I was a little girl is to be a CIA investigator or a bridal consultant. Who ever said those could never be in the same sentence?
The number one thing on my bucket list is to go to the Oscar’s with Leonardo DiCaprio and the second thing is to go dog sledding in Nome, Alaska. I want to live at least three years of my life in Italy, Greece, or Australia. My favorite animal is a sloth, my best friend is a guy, and I believe in the saying, “high heel, high hopes.” Have a good year!

MERRY CHRISTMAS FROM TRIO

My name is Jose Durbin. I was born in Southeast Missouri and grew up in a little town called Bloomfield. I moved to Harrisburg Illinois when I was in 6th grade. I’m 20 years old. I am really involved in political Science. That is one of the biggest things I enjoy. I also enjoy working with my community on community service activities. I attend little chapel church. My future plans are going to college and getting a degree in youth ministry and Political Science.

2015 GRADUATION CEREMONY

May 8, 2015: 7:00 PM in Deaton Gymnasium.
For those graduating in May, be sure to apply for graduation as soon as you return in January 2015.
Could You Use a Little Cash for College?

Don’t miss out on the Spring Round of TRIO Grant Aid Scholarships! It’s **FREE money** to those that qualify. Think of it as a part-time job and you set the hours!

The next competition of Supplemental Grant Aid Scholarships will begin in **January 2015**.

How Do I Qualify?

1. SIC student with 2 semester enrollment in SSS/TRIO
2. Verify FAFSA/Pell Eligibility
3. Letter of Application
4. 2.5 OGPA and 2.5 for the Semester
5. Attendance, Participation, & Completion of Required SSS/TRIO activities
6. Attendance of the Mandatory Grant Aid Orientation Meeting: (Grant Meetings January 13-14, see Spring Activity Schedule).
7. Other requirements as determined by the SSS/TRIO Director

Study Skills Workshop—Learning the Basics
Friday, January 30, 12:30-1:30pm, VPAC Lobby

Financial Literacy Workshop
Wednesday, February 4, Noon-1pm, PDR

Transfer Workshop
Wednesday, February 18, Noon-1pm, VPAC Lobby

TRIO Day South
Saturday, February 28 @ SIU-Carbondale

Interview Skills & Tips Workshop
Wednesday, March 4, 12:30-1:30pm, PDR

College Visit
Friday, March 27: Murray State, Kentucky, Time TBA

Resume Writing Workshop
Wednesday, April 1, 12:30-1:30pm, VPAC

Spring Cultural Trip
Saturday, April 11: TBA

Study Skills Workshop—Final Exam Tips
Thursday, April 23, Noon-1 pm, VPAC Lobby

Stress Management Workshop
Dr. Bric Steward of Steward Chiropractic: TBA

Honor’s Dessert Reception: TBA

Pick up TRIO Graduation Stole/Exit Interview
Starting May 4, 8:00 am – 4:00 pm, E106

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**Congratulations to Spring 2014 Grant Aid Scholarship Winner, Justin Bailey of Pittsburg, IL pictured with TRIO Director Lolita L. Mack.**
Many of our students use Southeastern Illinois College as a stepping-stone to a four-year college and a bachelor’s degree. Glenn DuBois, chancellor of Virginia’s community colleges and himself a graduate of a community college, offers a 10-step plan for making the leap:

1. **COMPLETE YOUR ASSOCIATE’S DEGREE.** National research shows that community college students who finish their degree program complete the baccalaureate at a much higher rate than those students who transfer with simply a grab bag of credits.

2. **SHOP AROUND.** Examine all of the options available to you as a transfer student. Examine both public and private four-year institutions to decide what will be the best fit for you. The four-year institution that you had your heart set on in high school might not ultimately be the best choice for the subject you want to pursue.

3. **PLAN AHEAD.** The earlier you begin to prepare for transfer, the better. Visit your top choices, collect transfer materials, and find out if there are any transfer agreements between where you are and where you want to go. The more information that you have, the easier it will be to make a decision.

4. **KNOW WHAT ACTUALLY TRANSFERS.** Make sure you are picking courses that are transferable to colleges and universities. There are Web sites, tools, and advisers at both community colleges and universities to help you choose wisely. [http://www.itransfer.org/students.aspx](http://www.itransfer.org/students.aspx) or [https://www.transferology.com/](https://www.transferology.com/)

5. **DON’T BE SHY.** Meet regularly with advisers at the community college. Keep your adviser informed of your transfer plans, and as transfer approaches, set a time to meet with an adviser at your target institution. If you try to navigate this process without the help of advisers, you might not be able to maximize your community college courses.

6. **CHOOSE A MAJOR.** Pick your major early, and seek advice about the best courses to take to meet requirements. By choosing your major early, you can take the prerequisites that you need for that program at the university. Well-planned course taking will help you finish your transfer program more efficiently, saving you time and money in the long run.

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8. **GET ADMITTED.** Make sure that you apply to both the institution as well as the program that you want to attend at that institution. If you get admitted to the university, it often does not mean that you are admitted to the specific program that you want to study, like engineering or nursing. Make sure you complete those application materials, too. The deadlines for the university admissions materials and the program admissions materials might be different. Do your research!

9. **MAKE THEM SHOW YOU THE MONEY.** Fill out the Free Application for Federal Student Aid (FAFSA) if you have not done so already. Call the university admissions office to see if it has scholarships set aside for transfer students—many institutions do. Make sure that you meet all of the deadlines for financial aid. Otherwise, you might miss out on assistance that is available to you.

10. **ATTEND ORIENTATION.** You might think that you do not need this because you already are a college student. But navigating the university is different. Take advantage of the opportunities that the universities have created for transfer students. These orientations will help ease the transfer process.

11. **STAY FOCUSED.** This one is easy to forget. Whether it’s your associate’s or bachelor’s degree we’re talking about, finishing on time is not easy. But it can be done if you are focused and work hard. Keep your goal in mind even when you’re working in your hardest class, which you don’t much like. It will all pay off.

**SO WHAT HAPPENS WHEN YOU TRANSFER?** The four-year college will look at the courses you took and the grades you earned here and decide how much credit to give you. Each course is worth a certain number of credits, and students need to earn enough credits, usually 120, to graduate.

You can learn more about transferring to a four-year college, such as information about individual college requirements and application deadlines, by making an appointment with me – or just dropping by to discuss your plans – the sooner, the better!
COCO WHO? DRESSING FOR SUCCESS: COLLEGE STYLE

by Marcella Motsinger

In the wise words of Rachel Zoe, ‘Style is a way to say who you are without having to speak’. So, who are you? You can tell a lot by a person based on what they wear. You can tell if a girl got up four hours before class, you can tell if that guy woke up ten minutes before class, and sometimes you can even tell if a certain someone woke up an hour and a half before class but spent most of the time in the shower or figuring out what to eat for breakfast.

Personally, I don’t want to be just one thing. Your mood is set within 15 minutes after your alarm clock plays that dreadful alarm tune. Just like any other girl, I have many moods. (Yes girls, it’s time to fess up to this.) I can wake up in the best mood ever with the biggest smile on my face, throw on some pink, slide on some heels, toss my purse over my shoulder and walk out of my house with my curls bouncing and my best mop in the best p in the best way. I am all for leggings, comfy tights. Wear them with a long-sleeved t-shirt or a tank top, go ahead. But do it comfortably. Skirts should always fit comfortably. DOUBLE STRAPS are a NO NO. If your skirt is too short. If you don’t have to question, don’t wear it. Double straps must match. NO white after Labor Day.

Another saying I want to bring up: ‘Fashion is limitless!’ And remember, if the shoe fits, buy them in two colors! However, in order to gain respect from others, you must first respect yourself. If Marilyn says it, you know it’s real; ‘Your clothes should be tight enough to show you’re a woman, but loose enough to show you’re a lady’ (Marilyn Monroe). Don’t give people a reason to call you any unladylike names. There are three main things I highly recommend you think about before leaving your home. Let’s think about this…

- Skirts should always fit comfortably.
- Double straps are a NO NO.
- Skirts should always fit comfortably.
- If you’re going to wear a tank top, go ahead. But do it comfortably.
- Your undergarments are meant to be under your clothes. Not next to them. No. Double. Straps.
- Leggings are NOT pants.
- I am all for leggings, comfy is good. But anything thin and black we all know is see-through. So treat them like tights. Wear them with a skirt, dress or a long shirt.

Make a new statement! And remember, if the shoe fits, buy them in two colors! However, in order to gain respect from others, you must first respect yourself. If Marilyn says it, you know it’s real. ‘Your clothes should be tight enough to show you’re a woman, but loose enough to show you’re a lady’ (Marilyn Monroe). Don’t give people a reason to call you any unladylike names. There are three main things I highly recommend you think about before leaving your home.

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Fashion isn’t just about clothes. Let’s remember a few things other than clothing to keep it classy:

- Your hair should be 1-2 colors. Any more and no one will take you seriously.
- Avoid bright colors for eye shadow; natural is great. (Let’s keep that in the 80’s)
- No nail polish is better than chipped nail polish. (Don’t forget your toes!)
- If you wear lipstick, don’t try and match it. Be Bold.
- Colored pony tail holders/bobby pins... Just don’t go there.
- Pearls really do go with everything. (Always wear a pearl)
- Don’t forget earrings. Girls with long hair, keep the earnings short when hair is down.
- The clearance rack is good for your soul!

With all this being said, I ask you again, Who Are You? Take pride in your appearance. This is the body you have so ‘you better work it’, as Ms. Jay from America’s Next Top Model always says. Love what you do, never second guess yourself, and take chances; that’s what life’s about right? Stay in school but always remember where you came from. Travel, see the world; it’s here for a reason! Spoil yourself with a shopping spree, it’s healthy. Play Shopping Roulette with a friend at least once a year. (Rules: Go to at least 3 stores and buy whatever you want without looking at the price tag.) You work hard for your money, so spend it, and enjoy it!
TISS THE SEASON TO BE GIVING!

Need an inexpensive holiday gift idea? Here’s an easy recipe I love to make this time of year!

- 3 cups pretzel sticks
- 1 1/2 cups Crispix cereal
- 3/4 cup pecans, chopped
- 1/2 cup cashews pieces
- 1/2 cup dried cranberries
- 12 ounces white chocolate

Directions:
1. In a large bowl, combine pretzels, cereal, nuts and cranberries.
2. Melt chocolate according to directions on package. I sometimes use almond bark or white chocolate or even milk chocolate.
3. Slowly pour over mix, stir gently.
4. Scoop mix onto waxed paper to cool, about 20 to 30 minutes.
5. When completely cooled, break into bite size clumps & enjoy!

Merry Christmas from Shelly Boots!
FREE TUTORING AT THE STUDENT SUCCESS CENTER


Services offered in the Student Success Center include special needs accommodations, remedial tutoring and retesting, group and individualized peer and professional tutoring, course and technical support services, specialized help for students in vocational/technical programs and academic support materials, computer access, and online tutoring. See Amy or Ed for assistance!

TRIO Offers Services to Assist College Students

SIC TRIO offers many free services to our students to help our students be successful. Services include:
- Free Tutoring @ Student Success Center
- Academic & Personal Counseling
- Career Center
- Specialized software
- Private Computer Lab
- Culture Enrichment Activities
- Goal Setting Assistance
- University Trips
- Time Management

Free Scholarships!
- Free Printing for Notes & Assignments (Course & Angel)
- Study Skills & Personal Development Workshops (online & face-to-face)
- Transfer assistance
- Supplemental Grant Scholarships
- Peer and Faculty Mentors
- Financial Aid & FAFSA Assistance
- Financial Literacy Information
- Free Developmental Classes
- Free Tickets to on campus cultural presentations

Get Help Paying for College with FAFSA

First, make sure you find the correct website, filing a FAFSA is FREE, never pay to file your FAFSA. [https://fafsa.ed.gov/index.htm](https://fafsa.ed.gov/index.htm).

**STUDENT AID DEADLINES:** Pay attention to the deadlines! There are federal and state deadlines, and your colleges may also have a deadline. The State Deadline in Illinois is as soon as possible after January 1st. Awards are made until funds are depleted. File EARLY and get your place in line. You can finish your FAFSA later when you complete your taxes. Illinois MAP Grants go quickly so get in line ASAP!

The school code for Southeastern Illinois College is 001757. Visit the SIC Financial Aid Department and attend the TRIO FAFSA Fridays if you need assistance.

SIC Financial Aid Staff: Michelle Metten, Tarah Oldham, and Financial Aid Director, Emily Henson.

Congratulations to the TRIO Student of the Month for Fall 2014

<table>
<thead>
<tr>
<th>SEPTEMBER</th>
<th>OCTOBER</th>
<th>NOVEMBER</th>
<th>DECEMBER</th>
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<tbody>
<tr>
<td>JAYLYNE ALEXANDER</td>
<td>SUSAN DEAIN</td>
<td>JOSE DURBIN</td>
<td>SARA WATSON</td>
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</table>
SIC TRIO Website: [http://www.sic.edu/trio](http://www.sic.edu/trio)

Information available for:
- What is TRIO?
- SSS TRIO Program Eligibility
- TRIO Program Services
- TRIO Staff Page
- Calendar & Events
- Student Resources

Remain Up-to-Date on TRIO Events With:
TRIO TWITTER PAGE: [https://twitter.com/TRIOSIC](https://twitter.com/TRIOSIC)
TRIO FACEBOOK: [https://www.facebook.com/SICTRIO](https://www.facebook.com/SICTRIO)

TRIO LAB E-106 HOURS
SPRING/FALL SEMESTERS:
8am-4:30pm
SUMMER SEMESTER:
7:30am-4:30pm

SIC TRIO PROGRAM STAFF

<table>
<thead>
<tr>
<th>Name</th>
<th>Role</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lolita L. Mack, TRIO SSS</td>
<td>Program Director</td>
<td>252-5400 ext. 2432 <a href="mailto:lolita.mack@sic.edu">lolita.mack@sic.edu</a></td>
</tr>
<tr>
<td>Debbie Suh, TRIO SSS</td>
<td>Program Advisor</td>
<td>252-5400 ext. 2433 <a href="mailto:debbie.suh@sic.edu">debbie.suh@sic.edu</a></td>
</tr>
<tr>
<td>Anita Lowery, TRIO SSS</td>
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<tr>
<td>Shelly Boots, TRIO SSS</td>
<td>Program Specialist</td>
<td>252-5400 ext. 2435 <a href="mailto:shelly.boots@sic.edu">shelly.boots@sic.edu</a></td>
</tr>
</tbody>
</table>

Office: E-120
Provides TRIO student assistance in:
✓ Financial Literacy
✓ Personal Enhancement
✓ Academic Retention

Office: E-124
Provides assistance for TRIO students in:
✓ Course schedules
✓ Transfer assistance
✓ Academic advising

Office: E-106
Provides assistance for TRIO students:
✓ Developmental courses
✓ Tutoring
✓ Technology questions (online courses)
✓ Social networking/Web

✓ Student supplies
✓ Lab assistance
✓ TRIO Student Advocate
JOIN SIC TRIO/SSS REMIND TEXTING: IT’S FREE

You have just decided to stay “in the loop” for all TRIO Workshops, Trips, and much more! Never miss another TRIO event with Remind Text Messaging! Just follow the easy sign up directions below.

SIGNING UP BY TEXT MESSAGING
Download one of the following Apps to get started:


TRIO’S CLASSCODE: @proflower
REMIND PHONE NUMBER: (618) 987-4806

You will need the @code and a Remind phone number to subscribe! (You can also download the iOS app or Android app to quickly create your account and join quickly.)

To sign up for text alerts, you will need to text our @code to the TRIO Remind phone number.
For example, our code is @proflower and our Remind phone number is 618-987-4806,
1. text: subscribe @proflower to 618-987-4806 OR
2. join proflower (no @ sign) to 618-987-4806

SIGNING UP VIA WEBSITE
1. You can also use the Remind Join page at https://www.remind.com/join
   a) Click the “I’m a Student” tab.
   b) Use the Classcode: @proflower
   c) Input your email address
   d) You will get a confirmation email, so be sure to click the verification link!

Can I sign up for both Text and Email notifications?
Yes! You can sign up via both text and email. Just follow the steps for both text and email subscriptions.

Let us know if you have any questions or trouble! For information on TRIO or Remind Texting contact: TRIO OFFICE/LAB: E106—Program Specialist, Shelly Boots 618-252-5400 ext. 2435

This is NOT the same as SIC Text.
You hear about it almost every day on the news. Someone has hacked a business or bank and now your credit card information is out on the world wide web for everyone to see. Don’t think that it can’t happen to you, especially at Christmas time while we are shopping more!

Here are some simple steps you can take to reduce or minimize the risk of becoming a victim of identity theft.

**Practice Safe Internet Use**
Delete spam emails that ask for personal information, and keep your anti-virus and anti-spyware software up-to-date. Shop online only with secure web pages (check the bottom of your browser for an image of a lock or look for “https” in the address bar). Never send credit card numbers, social security numbers and other personal information via email.

**Destroy Private Records**
Tear up or shred credit card statements; ATM, credit, or debit card receipts; bank deposit receipts; loan solicitations; and other documents that contain private financial information.

**Secure Your Mail**
Empty your mailbox quickly and get a mailbox lock. When mailing bill payments and checks, consider dropping them off at the post office or a secure mailbox.

**Be Careful with Your Social Security Number**
Your social security number is a major target for identity thieves because it can give them access to your credit report and bank accounts. *Never carry your card with you.* Instead, memorize your number and keep the card in a secure place at home or in a safe deposit box. *Never write or print your social security number on checks.*

**Check Your Credit Report**
At least once a year, obtain and review your credit report for suspicious activity. You can request a free copy of your report at [www.annualcreditreport.com](http://www.annualcreditreport.com) or by contacting any one of the three major credit reporting agencies.
SOUTHEASTERN ILLINOIS COLLEGE
TRIO STUDENT SUPPORT SERVICES PROGRAM
FALL 2014

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