

Let's Talk TRiO

STUDENT SUPPORT SERVICES



SIC Student Support Services TRiO
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May 2, 2011

Time to Start Saving!

Savings can help you achieve any financial goal. Yet, if you are like most people, you don't save as much as you'd like to, or don't save at all. The time is now and with a little time and effort, saving is easy.

- ▶ Set a timeline for when you'd like to reach your goal.
- ▶ Set a schedule by dividing the total goal amount by the number of weeks, months, or pay periods between now and your goal date.
- ▶ Be vigilant by treating your savings contribution just like any other must pay expense such as groceries or rent.
- ▶ Find Money to Save, everyone can cut back on something
- ▶ Keep track of everything you spend for a week.
- ▶ Make purchases with cash to avoid impulse buying.
- ▶ Lower your bills.
- ▶ Conserve gas and electricity.
- ▶ Rank your nonessential expenses. Keep the ones you like the best and cut the items at the bottom of the list.
- ▶ Pack a lunch or cook more dinners at home.

REMEMBER TO PAY YOURSELF FIRST!

How to Cram for a Test

Note: We don't recommend cramming for an exam, please study ahead of time or form a study group.

1. Find out what you really need to study
2. Get out your lecture notes
3. Rewrite your notes
4. Go through your study guide & look up important topics in your textbook
5. Look at the beginnings & ends of textbook chapters
6. Review your flashcards & cramming notes
7. Test yourself
8. Grade your self-test
9. Contemplate possible essay questions (if applicable) and how you would like to answer them
10. Get some sleep
11. Review all your cramming notes or flashcards one more time

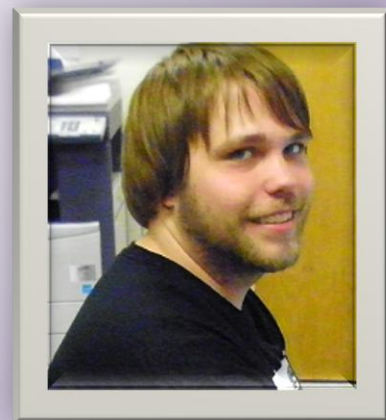
Next week...Tips to help you focus on those final exams!

Counselor's Corner

Please make your appointment for **Summer/Fall Advisement** with Joni as soon as possible if you have not done so already. Summer classes begin June 6 and Fall classes begin August 15. We do have some Education courses that begin early – May 2.

Basic Skills Test: If you are an Education major and have questions about the Illinois Basic Skills Test, please see Joni. Please keep in mind that this test must be taken in order to be admitted into Teacher Education Programs at many universities. There is an online study guide and practice test available. Special Education majors must have 100 clock hours of experience (SIU-C.) If you have questions about the requirements at the institution to which you plan to transfer, ask Joni.

★ SSS TRiO WEEKLY STAR★



TRiO would like to congratulate Charles Carter on his Presidential Scholarship to Buena Vista University in Storm Lake, Iowa. Charles is majoring in Secondary Education. Wonderful work Charles!

WEEKLY BUZZ

- ✓**Final Exams Study Kits**- Wednesday May 4, 11 am to 1 pm-Student Center-**Only 25 Kits**-First Come, First-Serve.
- ✓Students that are graduating need to see Joni for a quick **Exit Interview**. You will also receive a **gold TRiO Pin!**
- ✓SSS Students that received an invitation to the TRiO SSS Honor's Reception need to contact Lisa ASAP to RSVP.

