

## SPRING 2016



### Math Workshop by Professor Kawai- 2.16.2016

Students were informed about study strategies, test taking strategies and how to prepare for final exams. Professor Kawai made this workshop fun and informative for our Trio students.



### Stress Relief Workshop- 2.25.2016

This workshop was given by the Psychological Services department at Valley College. TRiO students were informed about what stress is, its symptoms and causes and given valuable tips on life style changes and relaxation techniques.



### Probation Workshop- 3.8.2016

The workshop was led by our Trio Counselor Gabriela Caballero. Students gained useful information about Academic Probation, how to improve their G.P.A., Campus Resources, the steps to academic success and how to get back on track.



### **UC Santa Barbara Field Trip- 3.11.2016**

TRIO students had the opportunity to visit UC Santa Barbara and gain useful information about programs that will benefit them. It was a very informative and interactive presentation and welcomed students to ask questions about their services and application process. They also enjoyed a tour of the campus.



### **Nursing Workshop- 3.16.2016**

The nursing workshop informed students about the nursing prerequisites, the TEAS test, and volunteer/internship opportunities in hospitals. The workshop was led by Wendy Gonzalez (Nursing Student).



### **Essay Workshop- 4.12.2016**

The essay writing workshop was led by the TRIO Director Barbara Schneider. The students gained useful information about effective ways to write a research paper, including how to use different strategies.



## **Financial Literacy Workshop- 4.20.2016**

TRIO invited the Matador Credit Union, to inform students about money management and financial literacy. The workshop impressed students and encouraged them to begin thinking about saving money for retirement.



## **LA Philharmonic, Walt Disney Concert Hall - 4.29.2016**

The Trio students enjoyed an amazing orchestra by Grieg w/ Thibaudet.



## **Test-Taking Workshop- 5.10.2016**

Students attended a finals prep test-taking workshop to prepare them for exams and upcoming finals. The workshop was held by Barbara Schneider, SSS Director.



## **Student Success Seminar - 5.21.2016**

TRiO's Student Success Seminar was a super success. There was delicious food, fun entertainment, motivational speakers and our award ceremony (including many scholarships given). The wonderful entertainment was provided by 2 of our own TRiO students – Lis Jones on vocals and Jorge Vasquez on guitar.