



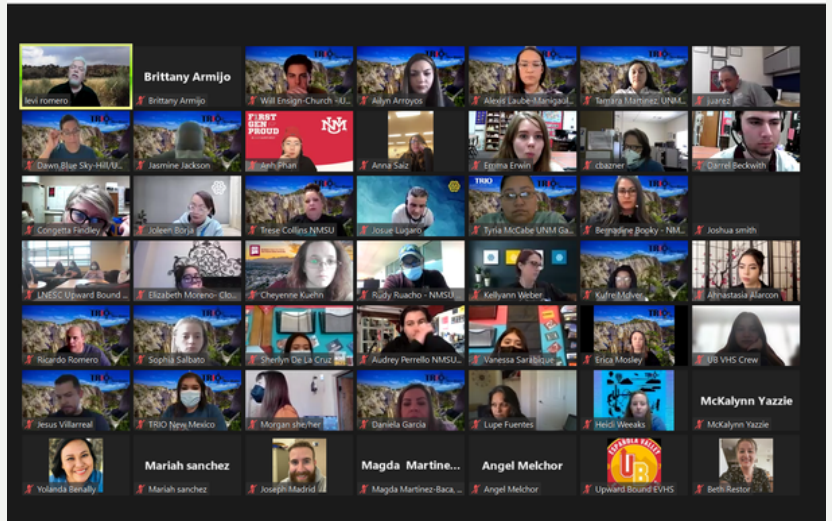
Physical copies of the newsletter is now available with bonus content and something that could earn you a prize! Pick up your copy now!



# TRIO DAY!

by Brittany Armijo  
TRIO/SSS Tutor/Mentor

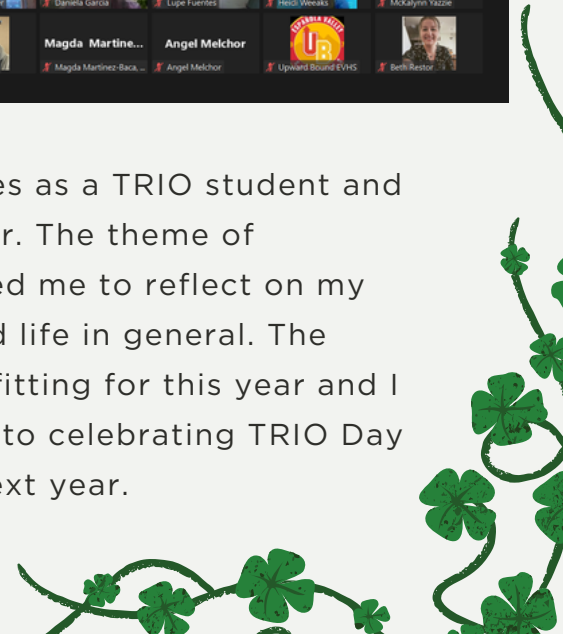
TRIO Day 2022 was a fun day where I got to meet fellow students from different campuses all over New Mexico. I learned a lot about the history behind TRIO/SSS and about the other participants of TRIO. It was interesting to hear about everyone's backgrounds and experiences. I enjoyed discovering other students' experience with TRIO and how similar/different they were I



**Querencia** (que-ren-cia)

(n) A place where one feels safe, a place from which one's strength of character is drawn; a place where one feels at home

to my experiences as a TRIO student and as a tutor/mentor. The theme of Querencia allowed me to reflect on my TRIO journey and life in general. The theme was very fitting for this year and I am look forward to celebrating TRIO Day with everyone next year.





# STUDENT OF THE MONTH

***McKalynn Yazzie***  
*AAS in Automotive Technology*  
*TRIO/SSS Student Club President*



**How does it feel be a student of the month?**

- To be a student of the month, it feels unbelievable although there are other hard-working students that also deserve this award.



**Do you have any student habits you would recommend to other students? What are they?**

- No student habits that I know of right now, but I would highly recommend other students who are struggling academically to ask for help.




**What is your favorite thing about TRIO? About UNM-Gallup?**

- The friendly students and staff are my favorite things about TRIO, and they are so welcoming! With UNM-Gallup, I can stay close and go far in my education at UNM and the automotive instructors are awesome!



**Is there someone you are particularly thankful for or would like to acknowledge?**


- I would like to thank the staff at TRIO/SSS and my automotive instructors Felix and Abel.

 **What other activities do you participate in around campus and in the community?**

- I volunteer to do automotive mechanical work at UNM-Gallup automotive shop. I am currently the president of TRIO/SSS.



**5 Fun Facts about you**

- Enjoys volunteering and helping others in and around the community
- President of TRIO/SSS club
- Enjoys time at UNM-Gallup auto shop
- Fan of Rip Wheeler from the show, Yellowstone
- I'm the only hell my mama ever raised. 



**Is it okay to take breaks and let assignments off every now and then?**

- Yes, it is totally okay to take breaks but do not take advantage of letting assignments off all the time or procrastination will get the best of you.





# What's New?

## TRIO/SSS STUDENT CLUB

### DO IT FOR YOUR FRIENDS

TRIO/SSS' New Referral Program!



We would like to welcome our new President, McKalynn Yazzie, and Vice President, Brittany Armijo!



TRIO/SSS' new incentive program allows you to tell all your friends and family about our program and you get rewarded for it!

So go ahead and spread the word! Pick up your referral cards at the office. There is a limit of 5 referrals per student.

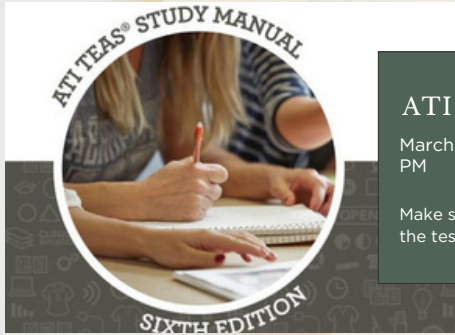


- MARCELLA L.**
- ROXANNA C.**
- ELIXA M.**
- JENNIFER S.**

We are currently looking for someone to fill in the Secretary position for our TRIO/SSS Student Club. If you are interested, please let us know!  
*Application online or in office.*



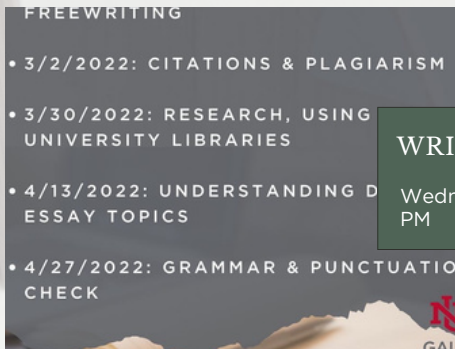
# Upcoming Events



## ATI TEAS TEST

March 14 and 15 at 8:00 AM & 1:00 PM

Make sure you are registered to take the test on these days.



## FREEWRTING

- 3/2/2022: CITATIONS & PLAGIARISM
- 3/30/2022: RESEARCH, USING UNIVERSITY LIBRARIES
- 4/13/2022: UNDERSTANDING D ESSAY TOPICS
- 4/27/2022: GRAMMAR & PUNCTUATIO CHECK

## WRITING WORKSHOP

Wednesdays from 4:00 to 5:00 PM



## SPRING BREAK

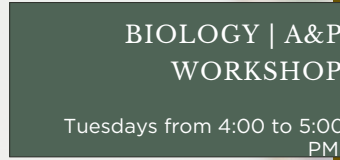
MARCH 14 - 18, 2022



## PAINT NIGHT WITH MS. DANA ALDIS

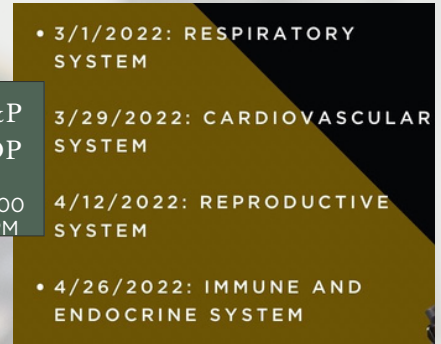
MARCH 30, 2022

Food will be provided.



## BIOLOGY | A&P WORKSHOP

Tuesdays from 4:00 to 5:00 PM

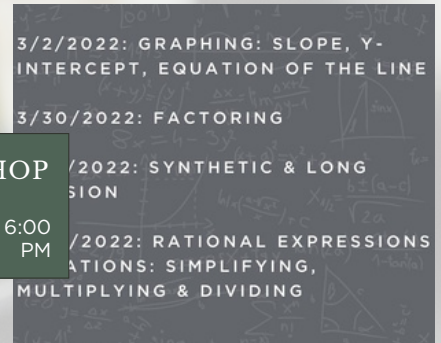


• 3/1/2022: RESPIRATORY SYSTEM

3/29/2022: CARDIOVASCULAR SYSTEM

4/12/2022: REPRODUCTIVE SYSTEM

• 4/26/2022: IMMUNE AND ENDOCRINE SYSTEM



## MATH WORKSHOP

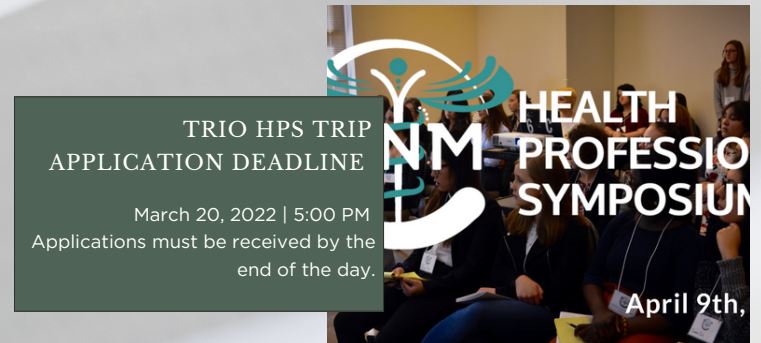
Wednesdays from 5:00 to 6:00 PM

3/2/2022: GRAPHING: SLOPE, Y-INTERCEPT, EQUATION OF THE LINE

3/30/2022: FACTORING

4/6/2022: SYNTHETIC & LONG DIVISION

4/13/2022: RATIONAL EXPRESSIONS OPERATIONS: SIMPLIFYING, MULTIPLYING & DIVIDING

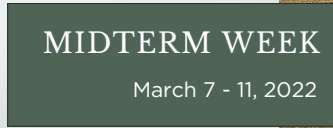


## TRIO HPS TRIP APPLICATION DEADLINE

March 20, 2022 | 5:00 PM  
Applications must be received by the end of the day.

## HEALTH PROFESSIONS SYMPOSIUM

April 9th,



## MIDTERM WEEK

March 7 - 11, 2022





# Midterms Week

study habits, study tips, and more!

## PLAN AND ORGANIZE

- Make sure you plan your study schedule.
- List down what chapters need to be reviewed, what resources are available to use, etc.
- Divide your list by subject and determine in which order you will study.

## SET SMART GOALS

- Specific, Measurable, Achievable, Relevant, and Time-bound

## GOAL SETTING

**S**PECIFIC  
**M**EASURABLE  
**A**TTAINABLE  
**R**ELEVANT  
**T**IMELY

## TAKE BREAKS AND HYDRATE

- For every 30 minutes to 1 hour of study time, make sure to take a 10-15 minute break!

TAKE A  
BREAK!



# FOREST APP 101

AN APP THAT ALLOWS YOU STUDY WITHOUT DISTRACTIONS  
AND YOU CAN BUILD A FOREST AT THE SAME TIME!



It is free on  
both iOS and  
Android!



Set a timer:  
a time you would like to study  
for  
ex. 25 minutes



You earn coins for every tree  
you grow and you can  
purchase a tree to be planted  
in real life!

It will lock your phone  
for however long you  
want to study for.



It helps you stay focused  
on your studies without the  
distraction of your phone.

If you leave the app,  
your tree/plant will  
stop growing.



**TRIO**

STUDENT SUPPORT SERVIC

**NM**

GALLUP