

SSS Winter Newsletter



SSS Wraps Up The Semester!

Happy holidays from SSS to you!

Here we are once again, completing yet another semester filled with amazing New and Continuing SSS students!

As we wind down the year, we would like for you to take a moment to reflect on your challenges this semester but also most importantly the successes of another semester of achieving accomplishments towards reaching your academic and career goals.

The staff at the *Student Support Services Program* is exceptionally proud and feels privileged to be given the opportunity to serve each and every one of you. Without our students, their challenges, their exceptional dedication and commitment to achieving their goals, our profession would not be as gratifying. You truly allow us to be thankful for the jobs we work hard to fulfill each and everyday.

On behalf of the *Student Support Services program*, we would like to wish you a safe, restful and joyous holiday and New Year ahead.

Sandra Fuentes, Director
Student Support Services



SSS Grant Aid will be offered Spring 2010

Despite the constant news of budget cuts, our TRIO budget will include Grant Aid for qualifying SSS students in the Spring 10' semester. Keep in mind that only those students who keep their GPA above 2.750 will be eligible. Other qualifying requirements:

1. 4 SSS or SSS approved workshops (Learning Center, Cineculture, etc)
2. 5 hours accumulated with SSS tutors at Writing Center 176 = 1 workshop
3. 5 hours pre-approved community service (see Genevieve) = 1 workshop

12/23-1/4 SSS Staff Holidays
1/11 All SSS Staff available
1/14 & 1/15 New Student Orientation
1/18 HOLIDAY Martin Luther King Day
1/21 Spring Semester Instruction Begins
1/21 Application period begins for degree to be granted in May 2010
2/3/10 Last day to add class
2/15/10 HOLIDAY – President's Day
2/18/10 Last day to add a class w/out permission
2/18/10 Last day to Drop or Audit classes
February/March – SSS Spring Recognition Event TBA
3/6/10 – Transition from Student to Teacher Conference, CSU Stanislaus
3/29-4/2 Spring Break
3/31 Holiday Cesar Chavez Day
4/4 – EASTER
4/5 – TRIO DAY CSUF campus
April – SSS Graduate School Tour Trip, Date/Location TBD
4/15 – 4/18 CSUF Vintage Days
4/26 Fall 2010 registration begins for continuing students
MAY – SSS Grad Recognition Dinner, Date/location TBA
5/12 Last Day of Instruction
5/13 – 5/14 Dead Days
5/17 – 5/20 FINALS
5/22 – Graduation Commencements
5/24 – Summer Classes Begin



SSS Staff wish you and yours a blessed and Merry Christmas!

The Counselor's Corner

Greetings SSS Students,

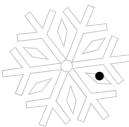


The fall 2009 semester has now come and gone. Wow, I do not know about you but this semester really flew by. For the SSS students here at Fresno State that means that you are now that much closer to graduation than you were four months ago.

During the winter break between all the holiday celebrations, family gatherings, and hectic work schedules take some time to reflect on your accomplishments over the last semester/year.

- For those freshmen who just completed their first semester, congratulate yourselves on making it through. It may have been very challenging but you did it! If you did not do as well as you would have liked do not get discouraged. Begin planning early the steps you need to take to get back on track and be sure to ask for help.

"Our greatest glory is not in never falling but in rising every time we fall." Confucius



Continuing students as you look back on your previous semesters recognize those study techniques that helped you get to where you are today. You should also be aware of those that did not work and have the courage to try new ones. Learning from your past mistakes and being willing to make changes is one of the best learning tools you have available to you.

"The majority of men meet with failure because of their lack of persistence in creating new plans to take the place of those which fail."

Napoleon Hill

- All students need to reflect on the importance of family, health, spiritual growth, and in the value of giving back to your community by helping others either through the giving of your finances or through the gift of time.

"If you find it in your heart to care for somebody else, you will have succeeded." Maya Angelou



Talking about planning and preparing for the future, be sure to schedule your first appointment for the spring 2010 semester early to go over any questions that you may have regarding financial aid, class schedule, personal issues, or to go over your DARS Report.

"The will to succeed is important, but what's even more important is the will to prepare." Bobby Knight

Wishing you all a very Merry Christmas and a fun but safe New Year, see you next year.

Joe Guerra
Counselor
Student Support Services
California State University, Fresno



Fresno's Christmas Tree – Fresno City Hall



Even Bulldogs love winter in Fresno!

Another Message from Joe:

News from the Kennel Bookstore

Textbook affordability has remained a top priority for Associated Students, Inc. and we would like to give kudos to the Kennel Bookstore for an exciting partnership with Chegg, the premier textbook rental company.

Beginning January 5, when Kennel puts their textbooks on sale, Fresno State students will also be able to rent many of their textbooks, possibly saving them hundreds of dollars. Students will now be able to shop for new textbooks, the largest selection of used textbook books (saving them 25% off new price), digital books (savings of 20-50% off new price), and rentals (savings up to 70% off new price). Chegg is positioning itself to be the leader in textbook rentals, and Kennel Bookstore is excited to partner with them to save students money.

Visit www.kennelbookstore.com beginning January 5 to order your textbooks. Kennel Bookstore – offering textbooks the way you want them.

COUNSELOR APPOINTMENTS SPRING 2010

Remember that you must see your SSS Counselor a minimum of 2 times each semester.

- Your 1st counseling session can be made as early as January 18 thru Mar 12, 2010.
- 2nd Counseling appointments can be made as early as March 8th for the week of March 15 (mid semester) thru May 14, 2010.
- If you cannot make your appt for some reason, please call 24 hrs in advance to reschedule or you will be considered a "no show".



*"Success is the sum
of small efforts,
repeated day in and
day out."*

Robert Collier

A special message from Toni Rudd – SSS Reading Writing Coordinator

Happy Holidays,

This is just a reminder that we all need to treat our brains right, keep them in excellent shape so we have a great Spring 2010 semester. How do we do that? You guessed it! Read for PLEASURE over the Winter break. Keep reading--just 15 minutes to 1/2 hour a day (at least) will keep you from losing the momentum you've built up all semester. What will you read? Well, for some of you, there are those books that you borrowed from me and have not returned yet (smile). You could always finish those so you can return them in the Spring so another student can have a crack at them. There's always that book that you just skimmed during the semester, but it seemed like it might be a good one to read. You can always go to the library and check one out for free (that involves remembering to return them to the library once you're done, so that "free" doesn't disappear into a big fat fine.) Take a date to the bookstore, collect a stack of interesting titles, buy a cup of hot chocolate or cafe mocha, and scan books together. However you do it, HAVE SOME FUN AND READ!!! Happy Holidays to all of you.

Here is a list of several that I (and a friend or two) have read over the last year or so:

Rain of Gold by Victor Villasenor -- the first book in saga about a family from Mexico, starting before the Revolution. True story.

Latehomecomer by Kao Kalia Yang -- the true story of Kao's immigrating to the United States.

Three Cups of Tea by Greg Mortensen --the true story of a mountain climber who got lost and rescued in the mountains of Afghanistan.

The Notebook or *A Walk to Remember* by Nicholas Sparks -- drama and a bit of romance

The Secret Life of Bees by Sue Monk Kidd -- a young white teenaged woman's relationship with a group of black women in the 1960's.

Dogs from Illusion by Charlie Trujillo -- a Vietnam era story.

The Kite Runner by Khaled Hosseini -- a story about growing up in Afghanistan

The Host by Stephanie Meyer -- a science fiction romance from the author of the *Twilight* saga.

The Shack by William P. Young -- a spiritual story about a man who has a tragic loss and has a meeting with God.

Now is the Time to Open Your Heart by Alice Walker-- a woman's spiritual journey to find herself.

Creating a Weekly Time Management Schedule – Tip from SSS Tutor Mindy Rodriguez

Using a weekly schedule helps the student keep track of what they need to do. Information that needs to be on the weekly schedule: classes, work, appointment/meetings, homework time, and extra time. The student should set 2 hours of studying for every hour in class. The student should keep up with schedule but also be open for change. The student must not forget to add in leisure time. This is a time to relieve stress. This means time for family, friends, and gatherings. Applying time management will help students meet their goals, be productive and achieve success whether in work or in school. Student always say they have no time, but if they manage their time better, they can make time. (Sample schedule below).

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-9:00	CLS 116	Friends	CLS 116		CLS 116		Visit parents
9:00-10:00		MATH	Study Group	MATH	Meet with Teacher	Study for Math Test	
10:00-11	Econ 65		Econ 65	Friends	Econ 65		Study for Econ Test
11:00-12	Friends	Biology		Biology			
12:00-1pm	Study Group		Study for Biology Test		Meeting with ASI	Party	Go to the beach
1:00-2pm							
2:00-5pm	WORK	WORK	WORK	WORK	WORK	Family Party	Go to the Park

SSS FALL 2009 EVENTS

Northern California Grad Forum – Fall 2009

Story by Joe Guerra, *The Guerra Van Blog*



On November 7th, 20 SSS students joined 85 other Fresno State students and traveled by charter bus to UC Santa Cruz to attend the 2009 Northern California Forum for Diversity in Graduate Education event (total of 107 Fresno State students). Altogether, there were over 1,500 students registered for this year's event making it one of the largest in the Forums 20 year history.

The Forum is an all-day event designed to acquaint students from underrepresented groups with the academic and career opportunities associated with advanced study in a wide range of disciplines.

Students attending the Forum also had the opportunity to meet with representatives from over 100 of the nation's leading graduate schools to obtain information about the school and its graduate programs. Next years Graduate Forum will be held at California State University, Sacramento. Students wishing to attend the Forum must meet the following criteria:

- Sophomore, junior, or senior class standing
- Grade-point average of at least a 2.75 GPA
- Membership in a group underrepresented in higher education



SSS Counselor Joe Guerra
With SSS students & other CSUF
students attending Forum.



Peer Mentor Genevieve Perez
visits an informational booth.

Another *Guerra Van Blog* Exclusive
By Joe Guerra:

SSS Student Featured in 38th Annual Student Art Show

The 38th Annual Student Art Show ran from December 3 – 9 at the Conley Art Gallery.

For the second year in a row, one of our own SSS students, Abiam Alvarez, had one of his artistic creations on display at the showing. On display at the Art Show he had an art piece he titled "Red Composition (thigh muscle)", made of ceramic.



Members of SSS Staff and other SSS students attended the Art Show to support and to congratulate Abiam on his success.



SSS Students Attend Bulldog Football Game

24 SSS students attended FSU Bulldogs vs. Louisiana Tech Football game at Bulldog Stadium on November 21, 2009.

The weather was great, and the Bulldogs played a great game that kept everyone in attendance on the edge of their seats. Students were able to purchase a guest ticket at discount price so many brought friends, family or date with them. Many SSS students were able to experience the campus cultural event of attending their first college football game ever. Some students took pictures with the Bulldog Mascot "Time Out", won prizes from pep team, did the "red wave", and some were even featured on the video screen. The Bulldogs ended the night in VICTORY by winning over Louisiana Tech 30-28!



Where's your picture?

REQUIRED PHOTO FOR DATABASE:

Please come into the office during the first 2 weeks of Spring semester to have an SSS staff member take a photo of your smiling face. SSS has a new database system and we must comply by having a photo of all students enrolled in SSS for this program year.



TRIO SSS STAFF

Sandra Fuentes, Director
 Joe Guerra, Counselor
 Toni Rudd, Reading/Writing Coordinator
 Kimberly Hughes, Program Assistant
 Generieve Perez, Peer Mentor
 Cher Chang, Peer Tutor
 Jessica Raygoza, Peer Tutor
 Mindy Rodriguez, Peer Tutor

Student Support Services

5048 N Jackson Avenue
 Lab School 185F
 Mail Stop LS 140
 Fresno, CA 93740-8022
 559-278-1000 phone
 559-278-1441 cell
 Website: csufresno.edu/sss

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**FUTURE TEACHERS
Save The Date!**

Saturday, March 6, 2010

"Transition From Student to Teacher Conference"
CSU Stanislaus

Conference Highlights:

- Workshops/
Breakout sessions
- Motivational Speakers
- Teacher Vendors/
Exhibits
- Freebies/
Raffles
- Continental Breakfast & Lunch

Flu Season is Here – Take Precautions!

Campus administrators are concerned about the spread of the H1N1 influenza A virus and are closely following information from county, state and federal officials. Regular updates are being provided to the university community via e-mail and on the Fresno State news site, www.FresnoStateNews.com and the home page, www.csufresno.edu.

Fresno State officials in the Environmental Health and Safety office and the University Health and Psychological Services (Student Health Center) are monitoring the situation. In addition, Assistant Vice President Dave Moll (Risk Management & Sustainability) is reviewing the campus Business Continuity Plan with the appropriate university personnel.

Please take common sense measures to avoid transmission of the flu. Wash your hands and cover your coughs with a tissue. If you have flu symptoms, the Centers for Disease Control and Prevention recommends you stay at home for at least 24 hours after your fever is gone.

The symptoms of H1N1 influenza A are very similar to regular seasonal flu symptoms. These include fever, coughing, runny nose, sore throat, head and body aches, lack of appetite and lethargy. With H1N1 influenza A there may be additional gastrointestinal symptoms such as nausea, vomiting and diarrhea.

FACTS ABOUT TRiO

WHAT IS TRiO?

- TRiO refers to a series of federally funded programs committed to providing educational opportunity for all Americans regardless of race, ethnic background or economic circumstance.
- Legislated under Title IV of the Higher Education Act of 1965, these programs were created to assist under-served Americans in overcoming class, social and cultural barriers to higher education. The name TRiO is not an acronym, but was coined to represent the initial three programs, Upward Bound, Educational Talent Search, and Student Support Services.
- SSS was created to assist eligible students in developing the academic skills and personal development necessary to successfully pursue a college education.
- Students who participate in SSS are more than *twice as likely* to remain in college than students from similar backgrounds who do not participate.

TRiO Program Participant Benefits

Benefits of Participation:

Academics
 Individual Tutoring
 Academic Workshops
 Individual Academic, Grad School, Financial & Career Advising

Opportunities
 Free Printing /Computer Lab
 Grant Aid for Qualified Participants
 Cultural & Educational Events

Meet People
 Social Gatherings
 A Mentor!