Welcome back and Happy New Year! I hope that you had a refreshing break, and are ready for the final push to finish out another semester and school year.

Last term presented some pretty significant challenges to all of us, but I hope those events have not caused you to question yourself, TRiO, or SUNY Potsdam. You went to college, and specifically came to SUNY Potsdam for a reason. We in TRiO will continue to do our utmost to help you succeed, so do not hesitate to come and talk to one of us if times get tough for you. I truly believe in the “Team TRiO” concept, so just like any team, we rally round and support our teammates if they are experiencing difficulties.

Now onto happier things. Despite winter not being able to make her mind up as to what weather she wants to give us, we have several events that we are excited to be bringing to you over the next few months.

But first, many congratulations to the 52 students who made the President’s or Dean’s List for the Fall ’15 semester. This represents over a quarter of the students who are currently a part of Team TRiO. Remember when we took your picture when you first joined? Well, that picture is now proudly displayed on our Wall of Fame outside our office. All of you represent what TRiO is all about; that we all believe that hard work and dedication will lead to success. We are all proud of each and every one of you.

National TRiO Week
As I am sure that you are aware, National TRiO Day is a day of celebration, reflection and action around increased access to higher education for disadvantaged students.

Every year on the last Saturday of February, high school and college students, teachers, Members of Congress, local officials, TRiO Program staff, participants and alumni and many others:
• Celebrate the positive impact of federal TRiO Programs in our communities throughout the nation.
• Reflect on the importance of educational opportunity programs in creating a fairer society for all Americans.
• Act to protect and further access to higher education for low-income and first-generation students.

At the end of February, the 24th, 25th, and 26th, to be exact, SUNY Potsdam TRiO will celebrate National TRiO Day with a series of events and awards. Running throughout the three days will be a “Stuff for Students” campaign. A table will be set up in the Union where students, faculty, and staff can donate items in return for a delicious cookie. Last year’s “Cans for Cookies” was a huge success, so this year we will also be collecting toiletries and other essential items. All items collected will be donated to the Campus Pantry to help students who, from time to time, experience hardship.

We will also recognize those TRiO students who have achieved outstanding academic success during the last twelve months by awarding our annual TRiO Achievers Award. To qualify, each selected student will have
either overcome personal adversity to increase their overall GPA, or has increased said GPA by 0.4 or more. Those recognized will receive a certificate and a TRiO stole that can be worn at graduation.

It’s The Most Wonderful Time of the Year
I must admit that this semester is my favorite. I get to celebrate TRiO student successes, and I am very proud of everything that each student achieves as they work towards their degrees. The services that we provide help students to become more accomplished academically as well as making them realize that they are not alone on campus; TRiO is one of the many programs at SUNY Potsdam whose sole purpose is to see you succeed.

For your part, all you have to do is step through the door of 119 Sisson Hall and ask for help. After all, the only thing you’ve got to lose is a bad grade!

Be well, and stay strong.

Important Dates

January 25: Classes begin
January 29: Last day to add/drop
February 1: First day to submit tutor requests
February 14: Valentines Day
February 24-26 National TRiO celebrations including “Stuff for Students” drive
February 25: TRiO Achievers Ceremony

Attention: Seniors

Are you planning to graduate in May or August 2016?
Let’s make sure you are on the right track.
Will you have completed all of your General Education requirements? Have you taken enough Liberal Arts credits?
Have you finished your Modern Language requirement? Are you completing at least 45 credits of upper division credits?
We can help you to answer all of these questions and more. Schedule an appointment with Faye or Tanya to ease your mind about graduation requirements. Call 267-2347 to set up an appointment soon.
National TRiO Day

National TRiO Day is a day of celebration, reflection and action around increased access to higher education for disadvantaged students. Federal TRiO Programs help low income, first generation and students with disabilities enter college and earn a degree.

This year, in celebration of National TRiO Day, SUNY Potsdam TRiO will have an Award Ceremony recognizing those students who made significant gains in their cumulative GPA, and those who regained acceptable academic standing after prior difficulties.

We will also have Stuff for Students drive starting February 24 – February 26 in the Student Union. Anyone bringing in a canned or dry good, and new this year toiletries and other essentials, will receive a delightfully tasty cookie to savor. These donations will replenish the student pantry on campus. The pantry is located in Dunn Hall, room 101C. See Diane Billing, e-mail billindm@potsdam.edu for more information. Let’s surpass last year’s donations.
TRiO Student Support Services is a federally funded program which serves 200 eligible students throughout the year. The goal of the program is to provide the academic support necessary to help students remain in school and reach graduation.

Students are selected to participate in the TRiO program based on the students’ request for assistance and federal eligibility. Students may stop by 119 Sisson Hall to fill out a short application.

TRiO participants must have a need for academic support. They must be U.S. citizens and accepted for college enrollment. Participants must also meet one or more of the following criteria:

- Be a first generation college student, i.e. neither of their parents has a four-year college degree.
- Fall within income limit set by the U.S. Department of Education and verified by the TRiO office.
- Have a documented physical and/or learning disability.

TRiO Staff

Director: Mark Millward
Academic Skills / Tutor Coordinator: Faye Lamar
Program Counselor: Tanya Dow
Project Staff Assistant: Valerie Pelkey

119 Sisson Hall
SUNY Potsdam
Potsdam, NY 13676
Phone: 315-267-2347
Web: www.potsdam.edu/TRiO