



Strive for *progress*,
not *perfection*.

FALL CALENDAR HIGHLIGHTS

Mondays @ 4pm - TRiO Talk is back!!

8/24 - Online Success Workshop

8/27 - Tasty Talk

9/8 - Time Management Workshop

9/24 - Hamilton Watch Party

9/30 - Virtual Game Night

10/5 - Exam Prep Workshop

10/7 - Taste of TRiO

10/22 - Stress Management

11/3 - Scholarship Workshop

11/19 - Ripley's Aquarium

12/1 - Yoga with Nick



August Scholar's Birthdays

Laura Broadley Emmitt Howze

Robyn Rivers Joana Rangel

Ann Sinouanthavysoul

Director's Welcome Message

It's the start of a new year and whew, it's definitely new. With the COVID-19 pandemic and racial issues, the days and times have been distressing. It's understood that with all the life changes and adjustments, as a college student, you may be feeling a low sense of academic motivation during this time. For many, campus life will be different and to add the overwhelming feelings of confusion and Information overload. But as your SSS Staff we are here provide assistance and support for your academic and/or personal concerns.

As DCCC students, you have been given several options of class selections. Those selections are as such, face to face, hybrid and online and the SSS staff will be adhering to the college campus plans. Most of our workshops and events will be done virtually, while you'll have the option of doing your one-on-one meetings virtually or face to face. With the state of the nation as in regards to COVID 19, we are asking that if you plan to come see us, practice the 3 Ws, wear your mask, wait 6 feet in distance and wash your hands. Practicing these safety measures will assure continual safety not only for you but for those who will serve you.

Despite the pandemic, we are excited to engage with you and have a number of events lined up to help academically and to enrich your educational journey. Please check your emails for our Fall 2020 Event Calendar and all other program announcements and correspondences. As stated before, we are looking forward to a great year with you and to those who are new to the TRiO Family, "Welcome" and let's make this the best year ever.

Your SSS Director,

Audrea T Lindsay



Shareka's Study Skills



Six Proven Study Tips for College Students

College students are suddenly forced to study from home, you may feel as though you've been set adrift on a foreign sea with no captain or visible land in sight. However your TRiO family is here to assist you with every step of your educational journey. Here are six study strategies to help you get

Change Your Surroundings

- Grab your laptop and notes, and find a quiet place to study. This means getting out of the house and experiencing a change of

Create a Super-Study Space

What is it that helps you concentrate? Is it your favorite music, complete quiet? Snacks? Find the things that help you focus and set up your own space. Think outside the box to create a room that encourages you to study.

Develop a Daily Routine

- Set a dedicated time to rise each morning, dedicated times for meals, and dedicated times for study. By writing your goals down, you're at least 1-2 times more likely to reach them.

Prioritize Your Work

- Dedicate the bulk of your study time to the classes you find most challenging. Spend less time studying for the classes that come easier.

Review Material Before Each Online Class

- Take good notes and be sure to review them before each class. This will help you to be more prepared during each session, but the other perk is that hearing the information repeated back to you will help you better retain it. If sessions are LIVE, RECORD them so you can watch again during your designated study time.

Study with Friends

- So you can't be together in person right now. But you can form an online study group. Use free services such as Facebook's Video Chat, Skype, and Google Hangout.

KEY POINT: You might sacrifice an "A" in that easy class, but doing so could earn you a solid "B" in another subject in which you struggle.

While there's much more freedom to be had, there are also many more distractions with few repercussions for indulging. It will take some self-discipline to get through this school year, but if you use these study strategies as a jumping-off point, it may be a little easier to navigate your way to a passing grade.

Welcome to the fall 2020 Semester!



Amanda's Computer Tip of the Month

Attending class on campus? Open Google Docs on your laptop, and turn on Voice Typing (under tools) and let it type out what the instructor says during lecture. That way when you go back and review your notes, you have what the instructor said written down already.



<https://www.facebook.com/trio.works.98>



https://www.instagram.com/dccc_ssstrio/

If you leave home, know your Ws!



WEAR
a cloth face covering.



WAIT
6 feet apart. Avoid close contact.



WASH
your hands often or use hand sanitizer.

@NCDHHS

#StayStrongNC

2020 GRADUATES

Courtney Billings	Sherry Hill
Edith Calderon	Laurel Keeling
Cami Carter	Empress McKee
Ashley Cook	Shililah McHone
Elias Coss y Leon	Brittney Pendergrass
Dominique Dulin	Amber Sayles
May Elbanna	Angela Smith
Haley Essick	Cykera Thomas
D'Andre Gaye	Eduard Vernet
Gabrielle Hammonds	Tanyiah Wilson
Quashawn Harris	Laura Zapata