



Successful College Students...

...divide up the tasks. Readings get broken up into manageable chunks (not 200 pages in one sitting). Quizzes and tests are studied for over the course of a week (not 3a.m. the night before). And paper ideas start gestating when the assignment is handed out (not the day before it's due, when you can barely formulate an idea, much less think through an issue).

~taken from *The Secrets of College Success*, Jacobs & Hyman

Time Management Tip:

Aim to make all the classes. Going to class is one of the most time efficient things you can do. When you miss class, it takes three times as long to learn the material on your own as it would have taken to go to the lecture. And you never really learn it as well.



Anxiety is a thin stream of fear trickling through the mind. If encouraged, it cuts a channel into which all other thoughts are drained

~ Arthur Somers Roche

TRiO Achiever's Groups (TAG)

Spring Happenings :




Nicole Gustafson-Binger is a licensed therapist that works for Gateway Technical College as a Special Needs counselor. She has been collaborating with the Elkhorn / Burlington TRiO Specialist - Kathy Saunders - to provide the best services possible to the students in those TRiO locations.

Many students today are overcome by anxiety and other life issues that can hinder academic success. The pursuit of higher education is even more of a challenge for those who suffer from these issues. In an effort to move students toward success the need for counseling support was evident.

Nicole will be working with students who attend the TRiO TAG meetings on a biweekly basis. She will be using techniques like relaxation, meditation and counseling to provide these students with some relief.

Anxiety and other life issues can be debilitating. They can prevent someone from achieving success in whatever it is they pursue. Gateway's TRiO program personnel partner with our students and staff to provide a pathway to success. Attending your scheduled TAG meeting is an important way to connect with other students and learn strategies to succeed in college and beyond!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1  Academic Advising all week Study Sunday 1-5pm Kenosha Campus Library, Computer Labs & ASC	2 TAG Elkhorn 11-12pm E229 Need Relief? 2-3pm Racine R102	3 Asian American Heritage Celebration 11:45 -12:45pm Racine Student Commons	4 TAG Burlington 9-10am 106 Resume & Cover Letter Clinic 4-6pm Racine L123 You Are Your Own CEO 3-4pm Racine R113 Asian Celebration 11:45 -12:45pm Kenosha Student Commons	5 Resume & Cover Letter Clinic 4-6pm Elkhorn N219 Asian Celebration 11:45 -12:45pm Elkhorn Student Commons	6 <i>College Closed Holiday Recess</i>	7
8	9 <i>College Closed Holiday Recess</i>	10 Take Action In You! 2-3pm Racine R205 TAG - Kenosha S139 12 - 1pm Fall Registration Begins Today	11 Raise Responsible Children 10:30-11:30am Kenosha A107 TAG - Racine R214 12 - 1pm	12	13	14
15 Study Sunday 1-5pm Kenosha Campus Library, Computer Labs & ASC	16 TAG Elkhorn 11-12pm N218	17 Mock Interviews 12-1pm AND 5-6pm Racine R206	18 Raise Responsible Children 3-4pm Racine R102	19 Mock Interviews 12-1pm Elkhorn S240 5-6pm Elkhorn N218	20	21 Earth Day Celebration Kenosha Campus 9 -2pm
22 Study Sunday 1-5pm Kenosha Campus Library, Computer Labs & ASC	23	24	25 TAG Burlington 9-10am 106A TAG - Racine R214 12 - 1pm Scholarship Application How-To 4-5pm Kenosha A104	26 TAG - Kenosha S139 12 - 1pm	27 Deaf Interpreter available upon request. Contact Alyson Urdahl (urdahla@gtc.edu) or Lisa Sadowski (sadowski@gtc.edu)	28
29 Study Sunday 1-5pm Kenosha	30 TAG Elkhorn 11-12pm E229					

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