



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 you to go to the lecture, and you never really learn it as well.

TRiO Achiever's Groups (TAG)

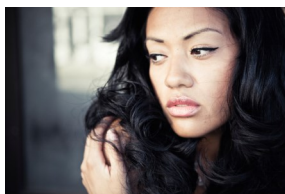
Spring Happenings :



Gateway's Student Support Counselors will be joining TRiO this spring to facilitate some TAG meetings. Subjects that they will be covering are: Attitude, Motivation & Anxiety.

Attitude, Motivation and Anxiety are three psychological states that can seriously impact an individual's ability to do well in college. Studies have shown that a positive attitude can have a big impact on success. In addition, motivation can affect the continuation of that success. Anxiety can be a barrier to success, however. The pursuit of higher education is even more of a challenge for those who suffer from this issue. In an effort to move students toward success the Student Support Counselors here at Gateway are partnering with TRiO to improve the likelihood that students will succeed in their coursework by addressing these three critical issues.

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!




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



April 2015

Deaf Interpreter available upon request. Contact : Lisa Sadowski (sadowskil@gtc.edu)

Mon	Tue	Wed	Thu	Fri
		1 TAG Elkhorn Elkhorn E229 3pm TAG Kenosha LSC Rm A113C 3pm TAG Racine LSC Rm L100E 2pm	2	3 Holiday - College Closed
6 Holiday - College Closed	7 Fall Registration - Continuing Students Time Management 5-6pm Kenosha MRC Time Management 4-5pm Racine L119B Developing Your Strengths 10-12pm Kenosha Bioscience 123A	8 Fall Registration - Continuing Students Developing Your Strengths 1-3pm Racine R212	9 Fall Registration - Continuing Students Job Fair Elkhorn 11am -3pm Developing Your Strengths 3-5pm Elkhorn N210	10 Fall Registration - Continuing Students
13 Deaf Awareness 12-1pm Kenosha MRC Team EXCEED 3:00 pm to 5:00 pm Elkhorn Rm E229 Racine Rm R222B Ken Rm A202	14 Business Management Students 3:30-5:30pm Elkhorn E229	15 TAG Elkhorn E229 3pm TAG Kenosha LSC 3pm TAG Racine LSC 2pm Diversity IQ 4-5pm Bio. 120 Enhancing Your Relationships 3-4pm Ken A130 Veteran's Bag Lunch Every campus via Lifesize	16 Enhancing Your Relationships 11-12pm Racine R306A	17
20	21 Bus. Resources 1:30-3pm Ken MRC Enhancing Your Relationships 1-2pm Elkhorn E229	22 TRiO Staff @ WAEOPP Conference	23 TRiO Staff @ WAEOPP Conference	24 TRiO Staff @ WAEOPP Conference 25 Earth Day
27	28 USG Meeting 12 - 1pm Districtwide	29 TAG Elkhorn Elkhorn E229 3pm TAG Kenosha LSC Rm A113C 3pm TAG Racine LSC Rm L100E 2pm	30	

FOR MORE INFORMATION PLEASE CONTACT:

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Your partner for college success!

www.gtc.edu/trio

TRiO / Student Support Services is a federally funded program through the U.S. Department of Education. Federal guidelines are used to establish program eligibility.