



EXCEED Students Attend Conference



2 TRiO students - Amanda Hudson and Stephanie VonBerg traveled to St. Charles, Illinois the weekend of October 17 for the MAEOPP (TRiO) Adult Student Leadership Conference. They attended the 3 day event with other TRiO students from colleges all over the Midwest such as Adrian College, Missouri State University, Northern Illinois University, Winona State University, Western Nebraska Community College and more. They attended a keynote speaker address on Friday with the Ron and Rodney Lewis, co-founders of the LEWIS Influence (www.lewflu.com). These twin brothers pictured here provided guidance and inspiration for many first generation college students. On Saturday the students participated in a group activity involving all 150 conference attendees called "If I Ruled the World". During this activity Stephanie VonBerg took the microphone and began advocating for her team publicly - something she later admitted was a life-changing event for her. Additional workshops included "Building Your Brand" and "Understanding the B.F.F. (Belief, Faith, Fight)". The entire weekend - speakers and events - was a transformational one for both students.



*God grant me the serenity
to accept the things I can-
not change, the strength to
change the things I can
and the wisdom to know
the difference.*

Tips to Prevent Holiday Stress & Depression

Acknowledge your feelings. If someone close to you has recently died or you can't be with loved ones, realize that it's normal to feel sadness and grief. It's OK to take time to cry or express your feelings. You can't force yourself to be happy just because it's the holiday season.

Reach out. If you feel lonely or isolated, seek out community, religious or other social events. They can offer support and companionship. Volunteering your time to help others also is a good way to lift your spirits and broaden your friendships.

Be realistic. The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones. For example, if your adult children can't come to your house, find new ways to celebrate together, such as sharing pictures, emails or videos.

Learn to say no. Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity. If it's not possible to say no when your boss asks you to work overtime, try to remove something else from your agenda to make up for the lost time.

Seek professional help if you need it. Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless, and unable to face routine chores. If these feelings last for a while, talk to your doctor or a mental health professional.

Retrieved online from the Mayo Clinic: <http://www.mayoclinic.org/healthy-living/stress-management/in-depth/stress/art-20047544>



December 2014

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

Mon	Tue	Wed	Thu	Fri
1	2 Launch Box Elkhorn E229 2-3pm	3	4	5 Team EXCEED Holiday Party! 4:00 to 6:00pm Elkhorn E229 Food, Games & Dancing! Bring a friend! RSVP to club advisor Kathy Saunders 767-5410 or saundersk@gtc.edu
8 <i>Bookstore Textbook Buyback</i>	9 <i>Bookstore Textbook Buyback</i>	10 <i>Bookstore Textbook Buyback</i>	11 <i>Bookstore Textbook Buyback</i>	12 <i>Bookstore Textbook Buyback</i> December 13 - Last Day of Fall Semester
15 Bookstore Rental Return Deadline	16	17	18 Graduation Kenosha 7:00pm	19
22	23	24 <i>College Closed</i>	25 <i>College Closed</i>	26 <i>College Closed</i>
29 <i>College Closed</i>	30 <i>College Closed</i>	31 <i>College Closed</i>	<i>College Closed</i>	2 First day to use SP2015 FA book authorizations



FOR MORE INFORMATION PLEASE CONTACT:

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