

SPRING TERM 2022

TRIO SSS NEWSLETTER

OSU TRIO SSS's Termly Newsletter

TRIO SSS

BY THE PEER MENTOR TEAM

TRIO Student Support Services helps students develop excellent academic skills, persist to graduation and foster the habits of lifelong learning, within a culture of inclusivity and equality. To accomplish this mission, TRIO SSS ongoing support throughout a student's college career and promotes development through advocacy and services beyond what is offered to traditional OSU students.



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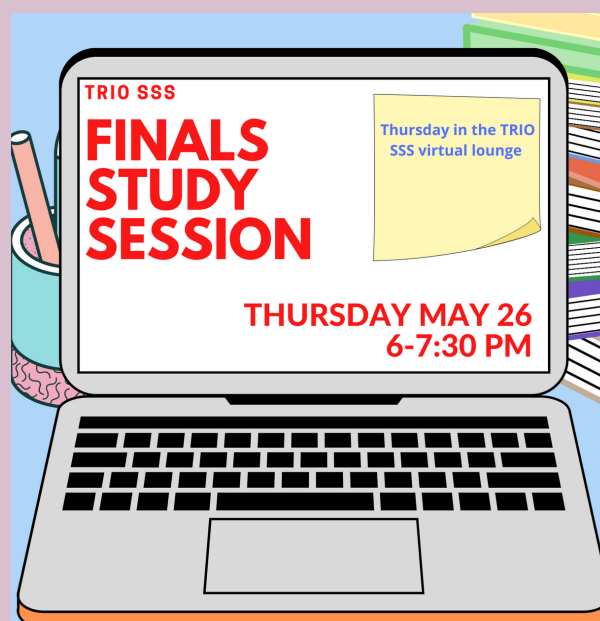
UPCOMING TRIO EVENTS:

HONOR ROLL CELEBRATION: APRIL 27, 2022, 11AM-1PM

FINAL STUDY SESSION: MAY 26, 2022

IMPORTANT DEADLINES:

Last Day To:	
Drop a Course (100% Tuition Refund)	Apr 9
Withdraw from a Course (50% Tuition Refund)	Apr 23
Change the Grading Basis of a Course	May 19 by 5pm
Withdraw from a Course (No Refunds Available)	May 19
Withdraw from Term	Jun 9
Classes End	Jun 9
Finals Week	Jun 12 - Jun 16
Spring Term Ends	Jun 16
Grades Available Online	Jun 21



**Tutors & Peer Mentors
will be here to help
you prep for finals.**

Accommodation requests related to disabilities should be made by 5/23/22 to Jennifer Bahena at (541)737-4784 or at bahenaj@oregonstate.edu



Peer Mentor Spring Term Office Hours

Located in the TRIO Lounge
Waldo Hall 301

TRIO SSS PEER MENTOR OFFICE HOURS Spring TERM 2022

Times	Monday	Tuesday	Wednesday	Thursday	Friday
10:00 am - 11:00 am	Ashley	Daniel	Jennifer		Daniel
11:00 am - 12 pm	Ashley	Daniel	Jennifer		Daniel
12:00 pm - 1:00 pm	Alan	Maria	Alan	Dominador	Natalie
1:00 pm - 2:00 pm	Alan	Maria	Alan	Dominador	Natalie
2:00 pm - 3:00 pm	Natalie	Daniel	Alan	Quetza	Natalie
3:00 pm - 4:00 pm	Natalie & Keegan	Dominador	Maria	Quetza	
4:00 pm - 5:00 pm	Keegan	Dominador	Maria	Keegan	
5:00 pm - 6:00 pm	Keegan	Dominador	Maria	Keegan	

Come drop by and hang out!

- Free printing
- Fridge & Microwave
- Computers
- Comfy Couches!!

TRIO Tutoring

Tutor: Course Tutoring List

Alan Pena	PH 201, 202, 203, 211, 212, 213 MTH 251, 252, 256 ENGR 201, 202, 211, 212, 213	Daniel Garnica	MTH: 111, 112 CS: 160, 161, 162, 290
Alexandra (Alex) Saccente	MTH 111, 112, 251, 252, 254, 256, 306		BI: 211, 212, 213 CH: 231, 232, 233, 324 MTH: 251, 252 ST: 351 WR: 327 PSY: 202 H: 225
Ismael (Fish) Valentin	PH 211, 212 CH 201 MTH 103, 105, 111, 112, 251, 252, 254, 256, 306 COMM 111 ENGR 201, ST 314 CE/CCE 200-400	Ryan Phan	
Jahiro Perez Arellano	MTH 103, 105, 111, 112, 251, 252, 253, 254, 256 ENGR 211, 212, 213		BI: 211, 212, 213 BB: 314, 450, 451 CH: 121, 122, 123, 231, 232, 233, 261, 262, 263, 331, 332, 324 COMM: 111 ST: 351, 352 HHS: 231 PSY 201, 202 WR: 121 SOC: 203
Kitty Liu	BI 211, 212, 213, 311 BB 314, 450, 451, 490, 492 CH 231, 232, 233, 334, 335, 336 ST 351 PSY 201	Siena Glenn	
Melissa Swearingen	MTH: 111, 112, 251, 252 COMM: 111 HHS: 231 WR: 121		BI: 101, 102, 103, 211, 212, 213 CH: 121, 122, 123, 231, 232, 233 MTH: 103, 105, 111, 112 ST: 351 PSY: 202 WR: 121
Henry Nguyen	CH: 121, 122, 123, 231, 232, 233, 261, 262, 263 MTH: 111, 112, 251, 252	Rayan Taha	

You can request them using this link: <http://tinyurl.com/osutriotutor>

Other Tutoring Resources

Economics: Located in Bexel 100H

Math: Located in Kidder 108 and online

Physics: Located in Weniger 334 and online

Writing: Located on Library 2nd floor and online

Chemistry: Located on Library 3rd floor

Engineering: Located Johnson 221

Overview of Tutoring Resources: shorturl.at/npxEN



WINTER 2022 HONOR ROLL

Pratiksha Aga
Raymond Agosto
Jissel Alvarez
Evania Balmes Ventura
Brittany N Bayer
Clarence E Beard III
Colton T Berry
Angel M Bowe
Anthony M Broncheau
Katherine P Bronstein
Jose D Caballero
Jaylin Camacho-Figueroa
Mackenzie E Cazier
Alan Chew
Yessenia L Cifuentes
Makayla A Clawson
Luis M Contreras
Luis A Corona
Karina Corona-Barrera

Maximilian H Dammer
Marisol De La Torre
Jovana De La Torre
Brandy Deliguin
Kevin H Do
Garrett Dubow
Annabella R Eisner
Jadzia A Engle
Adam G Farhat
Derek E Fortanell-Bautista
Duncan B Garcia
Jamile L Garcia
Alondra Garcia Martinez
Roberto Garcia Perez
Javier Garcia Ramirez
Nain Garcia Rojas
Andrea Garcia Torres
Luis A Garcia-Lamas
Yvet Gaspar Morales



WINTER 2022 HONOR ROLL

Tomi J Gates
Gisselle Gonzalez
Vanessa Gonzalez-Pintor
Alyssa R Harris
Claire D Havener
Anima Haynes
Karla A Hernandez
Jessenia Hernandez Torres
Diana Hernandez-Flores
Keyshawn D Jackson
Quetza K Juarez
Mihret T Kamal
Mihret T Kamal
Kelsea M Kees
Crystal M Kelso
Tony H Le
Bethany A Leach
Lisbet Leon
Michelle Lira Licon

Kitty Liu
Edwin Lopez
Julia A Lopez
Carlos E Lopez-Parra
Yajaira J Madrigal
Adah Mallery
Vanessa Marcilla
Aida V Marquez-Murga
Zephyr K Martinez
Rose M McFarland
Hayleigh A Middleton
Evelyn A Minjares-Carrillo
Jennifer Moctezuma Abarca
Cecilia Morales Barajas
Luna Moreno
Isabelle Morin
Trinity Morolt
Andrea Mota Cerda
Matthew Murdock



WINTER 2022 HONOR ROLL

Thuy-Tien H Nguyen

Thy Y Nguyen

Kilian S Niewald

Makenzie R Noggle

Eric A Nop

Marta Nunez

Kelvyn Olivas

Jorge L Olivera-Radillo

Scott C Olson

Damara Ortiz Ojeda

Eliza Ortuno

Julia M Oseguera

Abdullah F Oumar

Alan Pena

Anna M Peon Marin

Jahiro Perez Arellano

Alyssa V Pinoliar

Jeffrey Pollard

Maya G Purcell

Ria F Purcell

Hailey M Quigley

Tyler D Quinones

Ashli N Quintela

Joshua J Ray

Morningstarr Redcrane

Christina Renteria

Maria A Reyna

Carlos I Rivero Quinonez

Rose Roberts

Jackeline Rodriguez

Brianna A Rubio

Alexandra J Saccente

Katie Salle

Ameyalli Sanchez Lopez

Mark H Ser

Victoria L Shade

Vincent M Sheoships

April Sillas-Cervantes



WINTER 2022 HONOR ROLL

Kathryn M Slough
Natalie Soto-Leon
Alyssa Thibodeau
Hunter L Thompson
Samantha J Thompson
Jennifer Tobar Salazar
Thong B Tran
Toni Trinh
Voky Truong
Brynn E Tupper
Vanessa Valencia Torres
Cecilia I Valle
Tina N Vu
Anders J Warrick
Mackenzie N Wayman
Ali Wilson-Yaakola
Christine Zhan

Student Spotlight: Domindaor Castro

My name is Dominador Castro (He, Him, His). My hometown is San Francisco, California. I am majoring in Kinesiology, with a concentration in Pre-Physical Therapy. I am first-generation, as well as low-income. TRIO has impacted me in ways I cannot explain, the academic counselors I had in my TRIO program in my community college made sure I didn't get trapped at CC and got me in and out of CC in two years. The Counselors here at TRIO OSU have made sure that my classes transferred correctly, and overall helped me graduate this spring term with no student loans! What I have learned from being a Peer Mentor was that I never knew that my college career and overall experience are actually really inspiring and influential to the students I mentor and interact with my favorite quote is actually one of my own, it goes like this "I'd rather be blind and a mute than have sight and speech without vision and voice" it basically means that if you don't have a vision for your life or a voice in this world, then what is the point of having the ability to see and speak.

My greatest challenge throughout college was definitely my transfer to OSU. My A&P class did not transfer, and with that being a core prerequisite class for my upper-division classes, I could not progress with my education, and that is not taking into account the cost and time it would take to retake that series, but with TRIO we collaborated with student advocacy and other administration and finally got it approved and saves a lot of time and money. I guess my greatest achievement would be graduating college as an out-of-state student with zero student loans. My advice for students is to advocate for themselves and ask questions. it never hurts to ask your professor questions or ask for an extension on an assignment. They are there to help you succeed, and not there to make you fail



**"I'd rather be
blind and a
mute than have
sight and
speech without
vision and
voice"**

Student Staff Spotlight: Jennifer Bahena

I'm Jennifer Bahena (She/her/they/them) and I'm from Anaheim, California. I am a first generation transfer student pursuing my Bachelors of Science degree majoring in Psychology. Since being an out of state student, TRIO has helped me navigate my way through the university. TRIO gave me the benefit of teaching me about the resources we have here on campus and allowed me to connect with others. Being a Peer Mentor gave me the opportunity to connect with others, get out of my comfort zone and help others who are in the position I was once in as an incoming student and as a mentee myself.

My greatest challenge was leaving my hometown and away from my family and friends and basically living on my own in a new state and environment. However, I think it's still one of my greatest achievements because I was able to learn responsibility, become independent, get out of my comfort zone and have a college life experience away from home.

My advice for students is to get out of your comfort zone, go to events and take advantage of the opportunities and resources that are given!



"Being a Peer Mentor gave me the opportunity to connect with others, get out of my comfort zone and help others"

Student Staff Spotlight: Quetza Juarez

My name is Quetza Juarez, and my pronouns are she/hers. I'm from the Gorge. I was born in Hood River, Oregon, and my major is Human Development and Family Sciences with a Human Services focus. I am the oldest member of my family, as well as the eldest grandchild, and I am the first person in my family to attend college!

TRIO SSS has had a significant impact on me by allowing me to find a small community at a university in a predominantly white environment. As a person of color and a first-generation student, it's difficult not to experience imposter syndrome. TRIO SSS has provided me with numerous services to help me thrive and feel confident enough to persevere. As well as being capable of providing me with substantial assistance and support to continue to attend Oregon State!

My goal after graduation is to attend graduate school and eventually become a high school counselor or a licensed social worker. My ultimate goal is to assist the underserved communities.

My greatest challenge has been coming to Oregon State University without any guidance or funds and having to rely solely on myself. I'd always known I wanted to break the cycle and be the first individual in my family to attend college, and I kept visualizing it in my head until it became a reality. Although it's been difficult, I'm grateful for the resources that have helped create more opportunities, and in some ways, it's been my greatest achievement.

"I'd always known I wanted to break the cycle and be the first individual in my family to attend college"



Student Staff Spotlight: Ashley Solis

Hi, my name is Ashley Solis (she/her/hers) and I am from Newberg, Oregon. I am a first generation college transfer student who is majoring in Design & Innovation Management with a minor in Marketing.

I decided to participate in TRIO when I transferred to OSU because I wanted to be a part of a program that reminded me of a similar college/career success program in high school called AVID. I appreciated the sense of being a part of a community in AVID, that I was seeking out something similar in college. I had a hard time transitioning to college my freshman year at George Fox University. So when I transferred to OSU my sophomore year, I was grateful for a much smoother transition. I also appreciate how much TRIO support has to offer such as counselors, tutoring, and events to meet other students within the program. And now being a mentor. What I have learned and experienced being a Peer Mentor so far is developing leadership skills, listening more, networking, and stepping out of my comfort zone.

My greatest challenge has been stepping out of my comfort zone. Being an introvert, it is sometimes challenging to put myself out there and get to know people. It can be an uncomfortable situation, but I learned that it helps build my inner strength, confidence, and be adaptable to change. And I know that if I don't try, it is a missed opportunity. My advice for students is to consider stepping out of your comfort zone, because you never know what opportunities you may come across.

My greatest achievement has been incorporating my artistic projects into bigger opportunities. For example, painting graduation caps for students that are graduating. It started off as a fun project during my senior year of high school, when my friends asked me to paint their caps because they knew of my artistic abilities. But then they started posting on social media, and eventually it was noticed by other people. To this day, I still am painting caps which became a small business. Not only am I painting caps for students from my hometown, but also for students from different parts of Oregon and even in other states!

**"There
are no
regrets
in life,
just
lessons"**



Winter Term Throwback!



Contact Us



Please feel free to contact us with any questions and comments regarding TRIO!

Amy Davila-Klautzsch , Program Director.

Oregon State University TRIO Student Support Services

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