

TRiO



April 1, 2015

THE HOT SHEET TOP NEWS



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TRIO Monthly To-Do List

Quote: Success is where preparation and opportunity meet.—Bobby Unser

APRIL

Mark off items on check list as they are completed.



TRANSFER /GRADUATION

- ☐ ATU—April 10, ASUJ—April 17
- ☐ Graduation Practice *May 7*
- ☐ Graduation Ceremony *May 9*
- ☐ Meet with Advisor for degree audit/intent to graduate

REGISTRATION

- ☐ Summer II and Fall Registration will open on April 13
- ☐ Last day to drop a class and receive a "W" - April 9

FINANCIAL LITERACY

- ☐ Don't forget to play
"Financial Football" at

[http://www.igrad.com/games/
financial-football.aspx](http://www.igrad.com/games/financial-football.aspx)



(Do not use internet explorer for this website)

Finals and Graduation is fast approaching and many of you may feel overwhelmed or stressed.

Here are five healthy tips to help reduce stress.

Tip 1: Take a break from the stressor.

- * Though it is difficult—stepping away from a project can offer perspective.
- * Practice techniques to feel less overwhelmed.
- * It is important to not avoid stress, but 20 minutes to take care of yourself is helpful.

Tip 2: Exercise

- * Exercise benefits your mind as well as your body.
- * A 20 minute walk, run, swim, or dancing in the midst of a stressful time can give an immediate effect that can last for several hours.

Tip 3: Smile & Laugh

- * Our brains are connected with our emotions & facial expressions.
- * When stressed—a person holds the stress in their face.
- * So laughs & smiles can relieve some of the tension and improve the situation.

Tip 4: Get Social Support

- * Call a friend, send an email...share your concerns and feelings with another person.
- * Talk with someone you trust and who understands you.

Tip 5: Meditate or Pray

- * Meditation and mindful prayer help the mind and body to relax and focus.
- * Mindfulness can help people see new perspectives, develop self-compassion and forgiveness.

<http://www.apa.org/print-this.aspx>

NEED HELP
TO IMPROVE
YOUR GRADES?



We have tutors available to help you.

Contact Ronda McLelland, Tutor Coordinator, to make an appointment with one of our tutors at rmclelland@ozarka.edu or call 870-368-2033.