SSS Alumni updates
Alumna Cindy McMillan Speaks to Student Support Services Social Work and RHS Students

Cindy McMillan, an alumna of the UND Student Support Services program, spoke to a group of SSS students majoring in Social Work and Rehabilitation and Human Services at a luncheon on December 5th. Cindy talked about her journey as a non-traditional student at UND, admitting that there were times when she wondered how she would survive starting college as an adult. However, Cindy’s career at UND demonstrates that she more than survived, graduating with honors in 2008 with a major in Social Work, and minors in Criminal Justice, and Chemical Use/Abuse Awareness. She said that during her college years, Student Support Services became her refuge on this busy campus. Her SSS advisor, Mary Fredricks, was her guide, helping her determine the classes she needed to take to complete her program.

At the December 5th luncheon, Cindy also provided an insider’s view into the life of a social worker employed in the field of addiction counseling. Cindy described her challenging work as the only Licensed Addictions Counselor at the Northeast Human Service Center focused on adolescent addiction. She also provided practical tips to the students about their upcoming internships. Throughout her talk, her advice about all their class work was, “When you start in your internships, all of that comes together, but take advantage of every opportunity provided during your internships.” Cindy’s final words of wisdom to SSS students were that they obviously had compassion to be in their majors, but the field of Social Work requires a, “tender heart, and tough skin.”
Hello to TRIO Alumni and Friends,

The University of North Dakota TRIO Programs have had a busy but fulfilling fall season. The five programs work with people from age 11 through adults to provide services that will assist them in attaining a college education, so needless to say, the services are greatly varied! But TRIO staff members are truly creative and enjoy the opportunities presented to find new ways of taking down barriers that may be preventing student success.

This semester, TRIO alumni (former participants from one of the five UND TRIO Programs), have volunteered in a variety of ways. For Upward Bound, McNair and Student Support Services, alumni have served as mentors/speakers to groups of current participants about their educational journey and success as well as their current career. The students gain so much from hearing from someone who literally has “blazed a trail” to success which may be a pattern that current students can also use to be successful.

TRIO alumni also serve on the TRIO Advisory Board, which met this fall to hear from TRIO Program staff and students regarding program activities and goals, and give input and suggestions, which everyone appreciated.

Neil Reuter, former Director of UND TRIO, continues to serve as the chair for the UND TRIO Alumni Committee, and during a committee meeting last month planning occurred for additional alumni activities. Opportunities in the upcoming semester for TRIO alumni participation are: to be involved during TRIO Day activities (which will be held February 14th) as a speaker for student groups; to advocate legislatively for TRIO; and to become involved nationally in a March policy seminar which involves advocating for TRIO. If any alumni are interested in these opportunities, or have additional ways in which they would like to assist, please contact Neil at (701) 772-1769 or neilreuter@gfwireless.com.

You also are most welcome at any time to come and visit our main office on the third floor of McCannel Hall on the UND campus, or contact us at (701) 777-3819 or elaine.metcalfe@und.edu. We are always happy to hear how you are doing and wish you the best this holiday season and always!

Sincerely,
Elaine Metcalfe, Director
UND TRIO Programs

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Toni Fettig graduated from UND with a major in Biology and a minor in Chemistry in 2008. Toni participated in the UND TRIO/Student Support Services program and worked as a counselor for the UND Upward Bound summer program. She is now a biologist for the Three Affiliated Tribes Fish and Wildlife Division in Newtown, North Dakota.

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SSS Alumni Update

Elaine Metcalfe, TRIO Director

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Toni Fettig graduated from UND with a major in Biology and a minor in Chemistry in 2008. Toni participated in the UND TRIO/Student Support Services program and worked as a counselor for the UND Upward Bound summer program. She is now a biologist for the Three Affiliated Tribes Fish and Wildlife Division in Newtown, North Dakota.
My name is Karlee West. I come from a little town called Mentor, Minnesota which has a population of less than two hundred people. I attended school at Fertile-Beltrami all the way from kindergarten until graduation. Fertile-Beltrami public school has students from all over the area. There are students from Fertile, Beltrami, Bijou, Mentor, and the Maple, Union, and Cable lake areas.

I liked going to school because I got to be with my friends, participate in extracurricular activities, and I enjoyed many of my classes. I have a laid back personality and I don’t usually worry about things until the last minute. Thanks to Laurel Johnson and the Talent Search program I took my ACT my junior year and I started thinking about college seriously way sooner than I would have otherwise. If I needed information on a particular college or if I needed help trying to fill out forms she was always eager to help.

I am currently attending the University of North Dakota and I do work study at TRIO as an office assistant. I really enjoy working here at TRIO, I’m getting real world experience in the work place and everybody here is so nice and they always help me if I have any questions. It is also nice to come and work for such an important program for students in high school and college, and I fully recommend people to apply to be a part of any of the TRIO programs they qualify for. The staff is so nice and they will do everything they can to help students succeed.

I am double majoring in Graphic Design Technology and Communications focus in visual communication. It took me a while to decide on my majors. In high school I loved my chemistry class and wanted to go into something related to that. The field I thought I wanted to go into was chemical engineering or a related field. I really thought hard on it but after discussing it with my sister I realized that it probably wasn’t the best choice for me. When I was registering for classes at the freshman getting started program, I was advised to take a career exploration course. The tests I took in that class such as the STRONG interest inventory test and the MBTI helped map the career fields I would be interested in and one major that always was on the list was graphic design.

This semester I am taking my first design classes which include Principles of Graphic Design and Computer Aided Design/Drafting or CADD for short. I am also talking a visual communication class which is very interesting and I am learning a lot. Next semester I will hopefully finish the few general classes I have left and finally be able to fully dedicate myself to the programs of my choice.

I really do enjoy the classes here at UND. There is such a variety of classes students can take that it makes registering for class exciting. I usually have all my classes picked out before the previous semester even begins. Some of the classes I have had the most fun learning in would have to be French I, Principles of Graphic Design, visual communication, CADD, and college composition. I am the type of student that likes teachers that tell jokes or have a down to earth personality. When I get a teacher like that it drives me to work harder in class and it makes learning the information memorable.

I really like the programs and groups that students can participate in as well. I am a sophomore here at UND and I have been involved in Hall Government since my first semester freshman year. I love helping with events and trying to think of new ideas or collaborating with others who have ideas. I am my residence hall’s AIM (ARH Integrated Media Board) representative this year and we have been doing a lot of programs which has really been rewarding. I am also a member of the group GaPS (Graphics and Photography Society) and we have a few programs in the works and I am excited about those as well.

College isn’t always easy though, there are some challenges. One of the challenges for me in college has been time management, which most students also struggle with. The newfound freedom makes it hard to concentrate on homework sometimes and balancing school, social, extracurricular, and work can be tough. After spending about a year and a half here I have just about found the best way for me to balance my schedule. I am taking 18 credits right now so it can still be a little difficult, but it isn’t anything I can’t handle. I also had a slight problem with financial aid this year with the verification process. It involved a lot of paperwork and patience on my end but the people at TRIO and at the Financial Aid office helped me figure out what I had to do and tried to make the process as quick and stress-free as possible.

On a more positive note, my most satisfying college experience would have to be finishing my first year here at UND. I had that epiphany moment where I thought: “I made it through my first year, I can do this, I deserve to be here!” It was a definite confidence booster and it is making me strive to work harder this year. I started transitioning away from my high school mentality and started moving toward a more college-level academic focus.

I would definitely advise any high school students to register for college and apply for financial aid right away. The earlier you apply the more scholarships and grants there are available to you. Also go to class and get your homework done on time, because it really is one of the key components when trying to succeed in college. Last, don’t be afraid to ask for help whether you go visit a tutor, ask your professor, or even ask one of your high school teachers.
Talent Search alumnus working with students

In 2006 I graduated from Goodridge High School which is located in the middle of a small, rural farming community in Northwest Minnesota where I grew up on a dairy and grain farm. In my Junior and Senior years of high school I attended Northland Community & Technical College in Thief River Falls part time as a PSEO student in the afternoons. After high school I continued my education at NCTC and completed my Associates of Arts degree in the Spring of 2007.

TRIO Advisor Dawn Eckhardt worked with me to make sure I was on the right track for getting into the right college by taking all the required classes that are needed while in high school to be accepted into a university. Dawn was a huge help in setting up and bringing us to college tours and made sure that each student found the college that was right for them. It was also helpful having someone knowledgeable when filling out college, scholarship, and financial aid applications. She always had or could find out the answer to any college related questions that were ever asked.

In the Fall of 2007 I began working on my B.S. degree in Science Education at Bemidji State University and in the Spring of 2009 I graduated with a degree in 5-9 general science and 9-12 Life Science Education. My favorite classes while in college were Animal Behavior and Aquatic Biology because we did things that were completely new to me. Both were challenging classes, but also very fun and interesting. While in college at both NCTC and BSU I received tutoring from tutors on the campuses for certain classes in which I struggled and was able to overcome any obstacles that I faced because of the help that is out there, but just asking for help was my first step. I am currently working on finishing up my Masters degree in Education through Bemidji State.

I have been employed as a high school science teacher at Marshall County Central High School in Newfolden, Minnesota since the Fall of 2010 teaching 7-10th grade. In addition to teaching I am also the advisor for Robotics, River Watch, Envirothon, and the 8th Grade Science class trip to Wolf Ridge Environmental Learning Center each May. It is my goal to get students interested in science either through the classes I teach or the extracurriculars I advise so one day they may pursue a career in the field or so they can solve the basic problems that arise in their lifetimes. A challenge I see facing today’s students is that they will be applying for jobs in the future that don’t even exist today and many students in high school already have their minds made up on the job or career in which they are going in to. It is my advice to get involved in and try out as many things as possible in high school and college to find what interests you and keep an open mind for the future. Expand your horizons while you are still young and never allow the doors in your life to close.

Ronald E. McNair Program alumni updates

**Erica Azure** is Director for Project Goal at Turtle Mountain Community College in Belcourt, ND. She has one more year to complete, and then it will be Dr. Azure!

**Jeri Ann Azure** graduated with a PhD in Clinical Psychology in August 2011. She is currently working as the Psych. Ed. Evaluator and Transitional Counselor for the Turtle Mountain Vocational Rehabilitation Project, local Evaluator for Turtle Mountain Prep Project, and Psych. Resident for Volk Human Services.

**Desiree Bernal** will have her Special Education Masters in August 2013. She currently lives in Idaho, and while finishing her masters is employed as a substitute teacher/para by the Asotin County Library.

**Emily Christofferson** went through some life changes this past year. She graduated in December with a degree in Anthropology, was married in July, was accepted into the graduate program at the University of Alaska Anchorage for Cultural Anthropology (which she deferred until next fall) and currently works for a consulting firm in Anchorage, AK that assesses the impact of development around Alaska.

**Crystal Evans** graduated with her PhD in Clinical Psychology in 2009. She currently is the Director/Psychologist at the Blackfeet Family Wellness Center in Browning, MT.
The UND Upward Bound program has very been busy this fall. The annual Campus Tours trip for juniors and seniors, took place Wednesday October 17th through Friday October 19th. On Wednesday evening at the University of Minnesota Crookston, students were fortunate to hear from former NBA player, Chris Herren, as he shared his impactful story about the devastating influence of drug and alcohol addiction on his career. Now in recovery, Chris shared a powerful message with students about the importance of making healthy choices. After the speaker, the group went on to Bemidji. The next morning, students registered for the ACT, toured Bemidji State University, and then drove to Thief River to tour Northland Community and Technical College. Following the day’s tours, the group arrived in Grand Forks for dinner, followed by “Nepal Night” at the UND student union and the UND Band and Choir concert at the Chester Fritz Auditorium. Students particularly enjoyed the vocal portion of the concert as they were able to watch UB Alumna, Danielle Szklarski, perform as a current member of the choir. Dani not only sings wonderfully, but is thriving in her first year of college as a freshman at UND this fall. Finally, on Friday morning, students toured the University of Minnesota Crookston campus and were returned home. Overall, students were able to see a variety of college campuses as well as engage in an assortment of educational activities.

More recently, Upward Bound seniors came to Grand Forks for the Senior Seminar trip. Students arrived the evening of Friday, November 30th and attended the Red River High School musical, “The Fantasticks”. On Saturday morning students were able to meet with their Bridge instructors, Joan Jorde, Bob Seidel, and Steven Rand, to learn what to expect for their upcoming Bridge experience. Following the instructors, students had the pleasure of meeting with UB alumna Lindsey Peterson, who is currently a freshman at UND. Lindsey answered questions and spoke to the seniors about college life, academic expectations, and how they can prepare for the transition from high school to college. Lindsey’s insightful thoughts were much appreciated! After the morning speakers, students were able to spend time completing college applications and scholarships, with assistance from staff. Later in the afternoon, students attended a, “Away in the Basement”, a comical musical at the Chester Fritz auditorium. Last, on Saturday night, students cheered on UND’s womens hockey team to victory at the Ralph Engelstad Arena. After breakfast on Sunday morning, students were returned home. Seniors left having a more in depth understanding of the summer Bridge program and what to expect in college.

Staff continues with their planning of upcoming student activities and visiting students out at their respective schools. To stay connected with Upward Bound happenings, please stop by and “like” us on Facebook: http://www.facebook.com/undupwardbound.

Check us out online
und.edu/student-life/trio
us on Facebook too
facebook.com/undtrioalumni
EOC program provides career exploration, depression screening event at NCTC

The Educational Opportunity Center in conjunction with the College Access Challenge Grant hosted a career depression screening day and a career exploration day at Northland Community and Technical College.

The career exploration day at Northland Community and Technical College was held November 27, 2012. Anyone undecided in their career choice or just inquisitive about the assessment process, came to join in the activities. They were able to take a career assessment test online and then see the results immediately. Counselors were on hand to help with discerning the results and how they apply to their career choices.

The depression screening day was held on November 8, 2012 from 1-3 in room 124. For many people, pessimism can be a source of humor or even a coping mechanism. Individuals that fall in this category may feel they are actually avoiding disappointments by preparing for the worst. But if your attitude interferes with everyday activities and interpersonal relationships, it may mean more than just a temperamental trait. Having a negative outlook on life can be a sign of depression or can increase the chances of becoming depressed. If you can’t remember the last time you felt optimistic or hopeful, take advantage of our depression screening day at NCTC.

Licensed counselors will be there to help you with taking an assessment and scheduling follow up appointments.

Because of the College Access Challenge Grant funding there will be free food available and also drawings for door prizes. Come and join us if you feel either one of these workshops may be helpful for you.