What's budgeting?
Basically, it's making sure that you don't spend more than you bring home.
Now that you all have extra time, you could implement the following easy tips to budgeting your money:
☆ Add up your money including all sources of income.
☆ Estimate expenses. A list would be helpful.
☆ Figure out the difference.
☆ Track your expenses throughout the month.

Why should I create a budget?
Budgeting helps you achieve academic and financial goals in the short and long-term.
Budgeting makes it easier to plan, to save, and to control your expenses for a better future.
Budgeting can help you avoid debt and improve your credit score.

Plan ahead what you can spend, so you don't get in trouble with your finances.
Mint.com and Personal Capital are great online resources to keep track of your finances. Other apps could be found at http://www.gottabemobile.com/2016/04/19/best-budget-apps/

For more information, check the following websites
https://www.facebook.com/BeMoneySmartMSUB/
http://www.practicalmoneyskills.com
https://www.everydollar.com/
Take care of yourself

Making time for yourself can be just as important as work and school. Part of a healthy life is making sure that you give yourself a little break and treating yourself every once in a while. Now that most of us are taking a break from school, take into consideration some of the tips below.

**Food:**
When you get home and feel like you are going to rip your hair out, try and cook your favorite meal whether it is mac and cheese with little pieces of hotdogs like mama used to make or a piece of northwest salmon with a honey glaze over a bed of kale. Once it is ready sit down with a good book and a glass of your favorite beverage and enjoy a few minutes to yourself.

**Exercise:**
Now that summer is upon us, skip the gym one day and go on a hike in the Beartooths, wander Norm’s Island with your pooch, wonder around Riverfront park and feed the ducks or whatever outdoor activity you love. Remember you have to work off that mac n cheese.

**Sleep:**
Remember to get a healthy 7 hours of sleep each night, and 10 if you can. If you have time a little nap on a Saturday afternoon will always help you recharge.

**Medical Care:**
You have been so busy with school work, maybe it’s time to set up an appointment and have a check-up. How are your teeth? Visit your dentist. Healthy body, healthy mind.

Other tips include mediation or relaxation exercises, visits to family or old friends, get more involved, and make yourself a priority.

Just Remember at the end life is always too short. You have all year to work and study, make sure and give yourself some “me” time. So carve out 30 minutes each day and enjoy.

Reminder

Please return all books, calculators, voice recorders, and any other resources or equipment you have checked out. We need to update information about our equipment every semester, so we can purchase additional resources if needed. (Plus you can always re-borrow items or borrow something NEW). If you have any issues, please call Kim Kost 406.657.1675

If you think you might need tutoring for Summer or Fall 2016 classes, now is the time to submit your Tutoring Request Forms [http://www.msubillings.edu/sss/forms.htm](http://www.msubillings.edu/sss/forms.htm)
David was awarded the 2016 Outstanding Senior in Rehabilitation & Related Services the present academic year in recognition for his hard work and remarkable work in the campus and our community. He has been part of our program for several years and has been actively involved in other clubs. David’s life’s purpose is that of a single father and his daughters are the reason he works so hard. He knows how to be a great example to his daughters which is why he was nominated for the Striving for Excellence in Leadership While Caring for One’s Family Award in the Leadership Recognition Program last April. He wants to pursue his master’s degree in the Rehabilitation Program and become a counselor and we are sure he will make an excellent one. Finally, last year David worked as a librarian at the MSUB Library and as a mentor in Tumbleweed. Currently, he is also working at the Rimrock Foundation and Faith Chapel. Last month David majored in Human Services with a perfect institutional 4.00 GPA.

Derrick was awarded the 2016 College Business Outstanding Achievement Award in Finance the present academic year. He is an excellent student, who has been a participant in SSS TRIO since returning to college in 2011. Moreover, he tutored for the SSS TRIO program for four years. Derrick is an incredibly busy student and a responsible father. He works very hard to provide for his family and himself while keeping an outstanding student, employee, and father profile.

This amazing student is married with two children which is why he was awarded the Striving for Excellence in Leadership While Caring for One’s Family Award in the Leadership Recognition Program in 2015. He works for State Farm (Bonnie Dedmore). He started working there part-time in spring semester and moved to full-time upon graduation. Derrick served as the SSS TRIO student representative for Ex-Officio; chair of the Deans College of Business Student Advisory Board, student member of the Departmental Rank and Tenure Committee, and a member of the Honors Club. Last month Derrick majored in Business Finance (Finance BSBA) with a 3.65 GPA.

TRIO Advocates

Let’s welcome the new positions for TRIO Advocates Officers:

★ Shimmeri Secrist - President
★ Richard Dawes - Vice President
★ Roger Salzman - Treasurer
★ Derrick Alexander - Secretary

Remember you are all members of TRIO Advocates, but we would love you to be more actively involved in the school activities. We hope for your participation in the club.

One opportunity is to participate in Orientations this summer to share information about the club with incoming freshmen. Orientations are scheduled for June 9 & 10, June 23 & 24, July 14 & 15, and August 4 & 5. Do you want to volunteer? Come for few hours to set up a table at the luncheon and after that stop by our office to pick up some goodies as a token of our appreciation.
MSUB is working hard and making sure more incoming students are well-prepared for college level classes. The school is providing different summer programs, so new students can benefit in subjects such as math, writing, college skills, and so forth.

These classes are going to be offered to the general public, for those who want to improve their academic skills and pass the Compass test.

If you know anybody who is thinking to enroll in the fall, please let them know about these great opportunities they can choose from. They can save money and time, getting those skills polished.

Summer Math Program

Self-Paced Math Pilot Program

The program main goal is to improve student placement in math and supplement students learning paths by providing an opportunity for them to work in various settings for the purpose of raising their placement.

This program includes accurate identification and placement of students, learner-centered instruction, and integrated lab support.

City College will use Pearson's MyFoundationLab (MFL), which provides assessment and customized learning modules for content mastery.

MFL aligns with and leverages current City College capabilities and future goals, so it can be scaled to serve large numbers of students and be suitable in the future.

Students will work with an instructor one-on-one, in small groups, and as a large group to improve their math and study skills.

Students will have the flexibility to work individually during the first half of the summer and/or with a group during the second half of summer. Upon completion of the program, students will retake the placement exam and re-placed accordingly.
SSS TRIO and MSUB strive to enhance the self-image of our new students by providing the academic and interpersonal skills that will lead them to a more successful first year college experience.

The ABC will include 20 sessions:
- Welcome to your College Experience
- Time Management
- Emotional Intelligence
- How You Learn
- Thinking in College – Critical Thinking Skills
- Reading to Learn
- Getting the Most
- Studying
- Test taking
- Information Literacy and Communication
- Relationships
- Diversity
- Wellness
- Money
- Majors and Careers ... and more

The same sessions will be offered in different times and days in its week, so more students can attend. Plus, some of the topics will also offer online.

**Staying Active in SSS TRIO**

Have you been wondering if you need to reapply for the SSS TRIO program each semester?
The answer is No. Once you are accepted into the SSS TRIO program, you are accepted in the program until graduation.
To stay in the SSS TRIO program, students must do the following each semester:
- Update documentation each semester with your mentor.
- Participate in 3 or more services each semester.
- Sign in and out every time you visit our office.

Don’t forget that SSS TRIO staff are available during the summer between the hours of 8 to 5 pm to assist you with any needs you may have.
Staff

MSUBILLINGS
Student Support Services
TRIO

Contact Info

Professional Staff:
Kelly Buck, Director
Kim Kost, Academic Coordinator
Daysi Onstad, Academic Counselor
Diane Moen, Interim Office Manager
Paradice Medicine, Office Aid

Peer Mentors:
Jessica Esplin, Peer Mentor
Daniel Mehrens-Wallace, Peer Mentor

https://www.facebook.com/sos.trio?fref=ts

Office Hours
8:00 am to 5:00 pm Monday - Friday
Evening and weekend appointments may be available.
Call for details.
Phone 406.657.2162
Fax 406.657.1667
Check us out on Facebook & Tumbler

Schedule an appointment online at
http://www.msubillings.edu/sss/