The mission of TRiO-SSS at CMU is to assist participants in achieving their academic potential, gain valuable life skills and expand cultural horizons through one-on-one interactions and group activities.

The FishBowl is the TRiO tutoring center that is available to all TRiO participants located in HH 137. The lounge will be available for tutoring and studying throughout the fall semester from 8:30am to 4:30pm Monday through Friday.

In This Issue

- #1 Job Skill Needed
- TRIO Events & CMU Calendar Dates
- Student Choice Craft
- Fall Funnies + D2L

Keep in mind that TRiO participants are required to participate in a minimum of two activities per semester. Look throughout this issue for opportunities.

Stanford psychology expert: This is the No. 1 work skill of the future—but most fail to realize it

By, Nir Eyal

The most important skill of the 21st century

The workplace is rapidly changing, and in the near future, there will be two kinds of people in the world: those who let their attention and lives be controlled and coerced by others and those who proudly call themselves “indistractable.”

Researchers have been telling us that attention and focus are the raw materials of human creativity and flourishing. And in the age of increased automation, the most sought-after jobs are those that require creative problem-solving, novel solutions and the kind of human ingenuity that comes from focusing deeply on the task at hand.

That said, being indistractable is the single most important skill for the 21st century. Many experts, including Adam Grant, who said that “success and happiness belong to people who can control their attention,” have addressed the importance of focus.

*Read the full article HERE for helpful tips on how to implement this skill: https://www.cnbc.com/2019/10/09/stanford-psychology-expert-most-important-work-skill-of-the-future.html

"Success is the sum of small efforts – repeated day in and day out."

– Robert Collier

I wanted to share some tidbits from an article, as you prepare to enter, or re-enter, the workforce. I think it also has validity for your college education and this is a great time to work on such skills. The link to the full article is below -this is only some of the highlights:
On the Radar: Fall 2019

**OCTOBER**
- 24th-26th - Graduate School Conference - CSU Ft. Collins
- 29th - Etiquette Dinner

**NOVEMBER**
- 1st - Cultural Topic: Dia de Los Muertos
- 4th - Food Budget and Menu Planning for the Holiday
- 6th - Is Graduate School in your future?
- 8th - First Gen Day!
- 12th - Leadership and Communication lab
- 14th - Coping Skills and Managing your Stress
- 20th - Finals Preparation & Test Anxiety
- 22nd - Personality Workshop
- **25th-Dec.1st** - Thanksgiving Break (No Classes)

**DECEMBER**
- 5th - Stress Management - your personal wellness
- 9th-12th - FINALS WEEK
- 13th - Residence Halls close
- 14th - Jan 21st Winter Break

**CMU DATES TO KNOW**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Oct 21st</td>
<td>Deadline to add or drop a Second Module class/Last day to withdraw from late start classes.</td>
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<tr>
<td>Oct 25th</td>
<td>Priority Registration starts for Spring 20</td>
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<tr>
<td>Nov 6th</td>
<td>Deadline to withdraw from 2nd module class</td>
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<tr>
<td><strong>Nov 23rd –Dec 1st</strong></td>
<td>Thanksgiving Break—No classes</td>
</tr>
<tr>
<td>Dec 9th-12th</td>
<td>Final Examinations</td>
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<tr>
<td><strong>Dec 13th</strong></td>
<td>Graduation!</td>
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<td>Residence halls close</td>
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FALL Craft - student choice

MAKE YOUR OWN SKULL STRING ART

Here is a link to the craft:

https://abeautifulmess.com/2013/10/make-your-own-skull-string-art.html

How To:

Supplies: 2’x3’ piece of wood (about ½ inch thick), white nails, black paint, and white string.

1. Paint your piece of wood black and let it dry completely.
2. Print out a skull photo (we used one we found with Google) as a blueprint copy with the widest part of the skull measuring about 18 inches. The shape of our skull print is all that matters - so no worries if the print comes out a little pixelated.
3. Tape your skull on top of your black wood and use a highlighter to plan out where you want your nails to go (you will want to make an outline around the skull, eyes, nose, and mouth). Space your nails about one inch apart and make sure to put one at any point your outline switches direction.
4. Use a hammer to nail in your nail outline, but be careful not to go through to the other side of the wood. Once your nail outline is in place, you can rip off the paper skull guide underneath the nails.
5. Tie your string to one of the nails that outlines the head and follow the nails to make a string outline around the head (go around the head twice). Do the same for your eyes, nose, and mouth outlines.
6. Starting at the bottom of your skull, begin to wrap the string in a zig-zag pattern between the nails and continue to zig-zag your string until your area looks full. Make sure to switch the direction of string often and include strings going both horizontally and vertically.
7. Repeat this process for the middle third of the skull and then, finally, for the top third of the skull.
Fall Funnies

A BMW can't take you as far as a diploma.

~ Joyce A Myers

We have launched the D2L TRIO Classroom. Remember you are the TEST SUBJECTS.

Not all participation has been logged yet, so do not fear if you do not show you have met participation requirements.

Likewise, the system is showing people at 100% complete when only one item is logged, I am working to correct this.

If you have suggestions as we go—pop in and let us know!