

Quarterly Newsletter for KEY Student Services, a TRIO Program at The Evergreen State College

## 10 Tips for Surviving College

1. Get organized with calendars and planners
2. Connect with other students in your classes
3. Talk with your faculty
4. Find a quiet, ideal place to study
5. Meet frequently with your KEY advisor
6. Use campus resources- from clubs to counseling
7. Get involved on campus
8. Don't procrastinate:  
Prioritize your life
9. Stay balanced: make time for you!
10. Stay healthy: remember to eat right, sleep, sweat



A U.S. Department of Education TRIO Program, KEY Student Services provides comprehensive support services for first generation to college students, low income students, and students with disabilities at The Evergreen State College. It is 100% federally funded at \$1,430,440 for a 5-year grant cycle

## Welcome to Evergreen!

Welcome to the 2007-2008 academic year! For all those returning KEY students, we missed you this summer, and we're glad you are back. And for all you freshmen or transfer students, we at KEY Student Support Services want to especially welcome you to this remarkable campus.

We have lots of activities and workshops planned for fall quarter. Be sure to check the calendar of events on the back of the newsletter so you don't miss out!

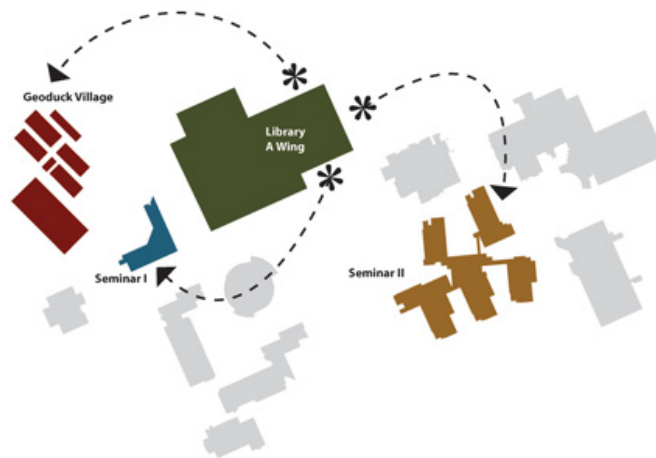
Remember to be an "active KEY student," you need to meet with a KEY advisor **at least twice** each quarter and attend **one** KEY event per quarter. Call 867-6464 to schedule your appointments. Be sure to stop by and meet our new director Stacy!



*Stacy Dawn Stacia Jenny*  
Stacy Schwenke, Dawn Carlson, Stacia Lewis & Jenny Carter

## *We Have Moved.....*

Our office has moved from it's location in the Library Building to Seminar I Annex F. Our phone number (360-867-6464) and email ([key\\_trio@evergreen.edu](mailto:key_trio@evergreen.edu)) are the same. You can get information on other moves by visiting the website at <http://www.evergreen.edu/directory/home.htm>



# Introducing Stacy Schwenke...

## KEY has a new Director!

I am happy to join a terrific team of professionals and students at KEY Student Services. I arrived in early September and have had the opportunity to meet many of you. The Evergreen community has been very welcoming and supportive during my transition and I am excited about this new and enriching opportunity!

I was born and raised in Michigan's beautiful Upper Peninsula, a.k.a. the UP. That makes me a Yooper - to those of you familiar with that part of the country. As a true Yooper, I speak with a bit of an accent. This, apparently, is similar to that of the better-known Canadian accent, or so I've been told. I was raised in a family of hunters and fishermen and have spent much of my life out-of-doors hiking, biking, camping, swimming, canoeing, snowshoeing, shoveling snow, and swatting mosquitoes. I expect that many of these experiences will translate well to life in the Pacific Northwest.

My work experience includes public school teaching, direction of an Upward Bound Math & Science (UBMS) project, and a short period working in the business-side of higher education. I completed undergraduate degrees in geography and mathematics in Northern Minnesota where I and my accent fit right in. A graduate teaching assistantship brought me back to Michigan to pursue geographical research. However, I soon realized a stronger desire to teach rather than continue with research. This interest led to teacher certification and eventually on to educational administration.

With the demise of the Michigan economy, my husband (Steve) and I realized that in order to put our graduate degrees to work we would have to leave our beautiful home. We fell in love with the Pacific NW after an extended visit to the region. The move to Olympia and returning to TRIO has felt like coming home.

Now that you know my life story, please stop by and share yours. I look forward to meeting and working with you!

## A Note From A KEY Student

September 2007

Thank You KEYB!

By: Marisa Foster, Senior



Being a KEY B student means many things to many people. For some it is a place of counsel and advice. For me it is a home away from home. The Ladies at KEYB are part of my family. Without them I would not have made it as far as I have at Evergreen. I have so much to be thankful for.

I started at KEYB as a Step Up student Fall 2006. This is where my journey began. Before I came to Evergreen and KEYB I only knew a few people. On that first day not only did I get to meet and get to know they "KEYB Gals" but I also met my now Best Friend Megan Kimball. She is/was also a Step Up student. Without KEYB I never would have met and befriended such an amazing person. Not only did I meet her but also other students whom I share a friendship with.

Like all students I have had my ups and downs academically. My first quarter here was the hardest and more trying for me. Without the emotional support of the KEYB office I do not think I would have passed my first program. Liisa (who is sadly not here) and Niki (who also is not here) were two very important to me (and still are). With their skill and guidance not only did I pass my program but I flourished.

Thanks could not be said without naming...JENNY! Everyone knows her as the sweetly shy lady that deals with us students. I know her as a strong woman who can handle it all.

Anytime I needed to talk, sit, whatever, she was right there. Always with a smile and a "you look so cute" to make my day better. I was honored and proud when she asked me to be a KEYB Mentor for Step Up 2007. It is a role in which I hope to make her and all of KEYB proud.

A HELLO is in order for our new KEYB Director STACY! I have only known you for a few days but I can tell that you were made for KEYB.

I cannot leave without a thank you to Stacia for all her graduate school advice. She is new to KEYB but has fit in like a glove. She is warm, friendly, and so very smart. Thank you so much.

KEYB could not be complete without DAWN! She is the rock that we all lean on. She always has a smile and a joke to make your day better. I can always count on her to have up front perfect advice. She knows how to laugh, how to have fun, and how to help everyone that comes into KEYB. Without her KEYB would not be what it is today!

So I will conclude this ode to KEY B by saying a heartfelt THANK YOU for all that you ladies do for us students. You are worth more than you know to all of us. WE LOVE YOU!

Marisa Foster

# TIPS FOR GREENERS TO SAVE SOME GREEN

## Money a little tight this fall quarter? Check out these money saving tips:

### PARKING:

Buy a parking pass for the academic year right away. It is cheaper than buying a daily pass and you won't run out of money and end up getting a costly boot on your car!

### FOOD IDEAS:

**The West and Eastside Food Co-ops** have a .35-cent bin for produce in the back. The Westside Co-op is at 921 Rogers St and the Eastside Co-op is at 3111 Pacific Avenue. There is a free low-income membership (no proof required) that you can request to receive a 10% discount on all purchases. There is also a free (clothes, books, misc.) store at the Westside Coop.

**The Food Bank** is located at 220 NE Thurston and is open MWF from 1-3 (#352-8597). You want to get there by 12:30 to get in line. You need to bring a picture I.D. with an address with you. Commodities (peanut butter, flour, and cheese) are available starting the 1<sup>st</sup> week of the month until they are gone. You can let them know if you are a vegetarian and you will get (better) alternatives to the hot dogs for protein.

**The Grocery Outlet** at 2100 Harrison Ave NW (where Hollywood Video and the Dollar Store is) has some great prices! Check it out!

**Food Stamps** (call 725-6600 to request an application). If you are a student, you have to work at least 20 hours a week, 16 hours a week work-study, or be a single parent to qualify.

**FOOD NOT BOMBS** has free food on Sundays at Sylvester Park (across from Starbucks) starting around noon.

**Vic's Pizza** (#943-8044 233 Division Street) gives away any unsold pizza at the end of the day (9 pm). Old School Pizza downtown sells great cheese slices for \$1.50 a slice.

### CLOTHES and HOUSEHOLD ITEMS:

**Dumpster Values** on 4<sup>th</sup> Avenue, **Goodwill** at Cooper Point and Black Lake, and **Value Village** on Sleater Kinney on the eastside has second hand clothing.

Outside of the **Housing Community Center at Evergreen** there is a bin of free clothes.

**Big Lots** (#753-5157 400 Cooper Point Road) has cheap laundry detergent and lots of discount household items.

### MOVIES:

After you've bought your parking pass, join the **Olympia Film Society** at the Capitol Theatre for \$20. You can see double feature foreign/independent films for \$4.00—and the popcorn is cheap!

### MEDICAL/DENTAL NEEDS:

**Dental Clinic** at the Union Gospel Mission (Next to the food bank on NE Thurston) Call #943-6400 M-F, 8-4 p.m. for information on receiving free dental care at their volunteer clinic. You must be low-income and have a serious dental issue (infection, experiencing pain, or need immediate periodontal work.)

**Washington Basic Health** Log onto <http://www.basichealth.hca.wa.gov> or call 1-800-660-9840 to get an application for reduced cost health insurance.

### MENTAL AND PHYSICAL HEALTH:

**Evergreen Counseling Center** (Sem1 Room 4130 #867-6800) Open Monday-Thursday

8-6p.m. (Closed 12-1 for lunch) Walk in hours: Mon-Thurs. 1-2p.m. The Counseling Center provides confidential personal counseling and groups free of charge to TESC students who have paid the quarterly student health fee.

**Evergreen Student Health Center** (Sem1 Room 2110 #867-6200) Open Mon, Tues, Thurs, 8-5p.m. Wed, 8-7p.m. Fri, 8-12p.m. The Health Center provides office visits free of charge to registered TESC students who have paid the quarterly student health fee. The health fee does not cover laboratory and pharmacy charges.

**The College Recreation** (Center located behind the CAB) CRC 210 #867-6770 is a state-of-the-art facility. The CRC is home to Geoduck intercollegiate athletics, Leisure Education classes, club sports, and intramural competitions and offers a wide variety of weight equipment and a 25-meter swimming pool. Access to the pool and exercise equipment is free to full-time registered students.

#### Pool Hours:

Mon - Fri 8 a.m. to 4:30 p.m. & 6 -9 p.m.  
Sat 10 a.m. to 6 p.m.  
Sun noon to 4 p.m.

#### Rec Center Hours:

Mon - Fri 6 a.m. to 9 p.m.  
Sat 10 a.m. to 6 p.m.  
Sun noon to 4 p.m.

# KEY mail- Stay Informed



KEY has important news to share with KEY students via our bi-weekly **KOP (KEY Opportunities and Possibilities)** electronic newsletter. The KOP includes events and workshops that are happening on campus, internship and scholarship possibilities and more. There is even a section for you to post things for sale or other events you may be involved in that you want to get the word out about. KOP will only be delivered to your campus email addresses (because those addresses don't change).

We also send other notices to you via email and don't want you to miss out! The main correspondence you will receive from Registration and Records and Student Accounts and Financial Aid is being sent to you via email, so we consider it a necessity.

Instructions for setting up your @evergreen.edu account are on the web at <http://www.evergreen.edu/netservices/Accounts/>

There are two mail lists at Evergreen that you will automatically be set up to receive. They are called tesctalk and tescrrier. They are used for announcement and discussion purposes. It is good to have these to know what is going on within our community but it can fill up your inbox pretty quickly too! Some of you may be saying that you do not want to set up your evergreen account because you will receive too much junk mail. You can opt out of the mail lists so you won't receive all the extra notices.

## Don't Miss out on KEY Fall 2007 Events!

### **Wednesday, October 10th 1:00-2:00 pm**

What Did I Sign?! A financial aid workshop presented by our own Jennifer on the financial aid data sheet and what your responsibilities are as a financial aid recipient.

*Seminar I Annex F*

### **Wednesday, October 17th 1:00-3:00 pm**

New Digs and New Director! Come by and see us in our new location in the Seminar I building Annex F and meet our new director, Stacy. We will have fall-themed munchies.

### **Wednesday, October 24th 1:00-2:30 pm**

KEY Fifth Week Gathering. Hungry? Come to this gathering and enjoy lunch on us as well as some educational folly.

*Location: TBA*

### **Monday, October 29th 3:00-5:00 pm**

Meyer's-Briggs Workshop. Presented by our own Stacia Lewis. Interested in finding out more about your personality and how you relate to different people in class, at work, at home? You will need to sign up for this workshop as we have a limited number of materials. See Jenny to sign up.

*Location: TBA*

### **Tuesday, November 6th 6:00-7:30 pm**

Scholarship Workshop: Early Birds Get the \$ Housing, A Building Prime Time Advising

### **Friday, November 16th 8:00 pm**

*Fiddler on the Roof* at South Puget Sound Community College. Sign up for this event with Jenny. You will be required to pay a \$5.00 cash refundable deposit to secure your seat.

