

# The TRiO Times

## Student Support Services



### How We React Is Our Choice

By Josh Hinds of [GetMotivation.com](http://GetMotivation.com)

Long before I started speaking, writing and coaching on personal development topics I was a student. In fact I'm still very much a student first.

During my studies, as you might imagine I've learned a lot of ideas -- some I've found applicable and have implemented in my life, and some, as I've progressed in my own personal development journey no longer fit quite like they once did. If you think about it, that makes sense -- we are always growing after all.

Throughout my years of study and application in the field of personal development, one idea always seems to ring true. In fact, it has played such an important part in my own life's journey that I feel compelled to share it with you here now.

Ready? here goes...

*You can't always control what happens to you, but you can always control how you react to what happens to you.*

Did you get that? Please read that again as it's that important. Even better, grab a 3x5 index card (or your journal) and write it down.

In life, any number of things can happen -- good or bad. As someone far brighter than I once said, "the only constant is change." Before I continue let me say that the point of my writing here is not to get into a discussion on the line of thinking that says that we are attracting into our life each and every negative event -- be it disease, the death of a loved one, or insert whatever devastating thing you can think of -- that happens to us (either consciously or on a subconscious level). That's not my point here. Besides, there are no shortage of experts who have addressed that particular line of thinking elsewhere.

What I am saying, is that no matter what may have happened to us, whether it was someone taking advantage of us, a shift in the economy that led to being downsized, or virtually any other situation you choose to apply to this, the simple truth remains -- how we choose to react to it is well within our control.

That is not to say that it's always going to be easy, sometimes it means accepting things we have a hard time accepting, and taking corrective measures that are anything but comfortable.

However, the powerful thing about acknowledging this truth is that in doing so we come to realize that we are able to get over simply accepting the role of victim -- the part that says, this happened to me -- this is why I'm this way, and as a result I can't do anything to change where I am.

Instead we are able to move to a more empowering position of, this happened, but by taking action I can change my particular situation for the better.

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Mott Community College

Learning Center - TRiO-SSS  
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STUDENT SUPPORT SERVICES

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Through fully embracing the belief that you have control over how you react to what occurs in your life you unleash your personal greatness. You no longer have to accept that you are at the mercy of whatever may come your way, but rather that you can take an active role in defining, and in turn get on with living your perfect life.

While it is true that it isn't always easy to fully embrace and accept this truth day in and day out -- it is imperative that you do make the effort to do so just the same. Fortunately, in most cases it is as easy as being aware of it -- even if at first you notice you have resistance to it -- by keeping the idea in mind, in time you will come to accept it as well as benefit from all that goes along with viewing challenges and adversity in this light.

Inside this simple, yet profound thought is exactly what is needed in most cases to move you from a place where you feel stuck or out of control to a place where you realize that by applying action -- and acquiring new skills, whatever you identify that is needed to learn -- you can in fact take an active step towards changing your place for the better.

If you find yourself in a place in your own life where all is going well, then all the better. The idea will only make more concrete the reality that you have all you need to achieve your goals and dreams.

Keep clearly in mind that great personal power comes from knowing that come what may, for better or worse you can play an active role in shaping -- and in turn living the life you were meant to live.

It's your life, LIVE BIG! Josh Hinds

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Josh Hinds of <http://GetMotivation.com> specializes in helping people to achieve maximum success and live the life of their dreams. He is the author of *Why Perfect Timing is a Myth: Tips for Staying Inspired and Motivated Day in and Day out!* available at <http://GetMotivation.com/booklet/>

## Michigan State vs. Indiana Football Game

On Saturday, October 13th, 18 SSS members enjoyed a trip to Spartan Stadium to witness the MSU victory over Indiana, 52-27! Although it was a little chilly, a great time was had by all!



## Graduate and Reward Trip Planned for Orlando, Florida!

This year SSS will be taking one combined Graduate/Reward Trip to Orlando, Florida! This trip is scheduled for May 14-18, 2008, and we will be visiting Walt Disney World and Universal Studios. If you are applying for graduation for the 2007-2008 year, please let your Coordinators know.

Invitations will be sent out to those who qualify for this trip mid-March. Graduates will be automatically invited; those who qualify as Reward students will have to earn the trip based on the following criteria:

**Earn** a overall cumulative GPA of 3.0 or higher (mid-term grades will be used to establish a GPA for winter semester)

**Earn** 350 participation points or more

**Have** attended MCC full time for fall and winter semesters (or a total of 24 credits), completing and passing all courses registered for

If you have any questions, please ask your Coordinators. This is going to be one awesome experience!

# Upcoming Events....



Come experience some Detroit basketball as the Pistons take on the LA Lakers on Thursday, January 31st at the Palace of Auburn Hills! We will meet in front of the Prah building at 6:00 p.m.; game time is 7:30 p.m.

Earn 30 points for attending this event. **LIMITED SEATS!** Call 232 4696 to RSVP by January 24th.




## University Tour

Friday, February 8th  
9:00 am - 12:00 pm

Earn 30 points for attending this tour

**RSVP REQUIRED**  
810 232 4696 by February 1st



Don't forget Coordinator Chat! Earn 20 points when you come in on a Chat day. Whenever you see this picture on the calendar, that's a Chat day!

## SSS Student Transfer Luncheon



Friday, January 18th  
Genesee Room  
12:00 p.m. to 2:00 p.m.

Attendance is by invitation ONLY. Invitations will be sent separately by mail.

Questions? 810 232 4696



## Celebrate National TRiO Day! Volunteer Service

Saturday, February 23rd  
Food Bank of Eastern Michigan  
Service begins at 9 a.m.

Earn 50 points for attending this event!

**RSVP REQUIRED**  
810 232 4696 by February 16th

# ★ ★ ★ ★ ★ STUDENT HIGHLIGHTS ★ ★ ★ ★ ★

SSS member **David Deng** finished ninth at both the National Junior College Athletic Association (NJCAA) and MCCA races at the regional cross country meet held on October 23rd. He also qualified for nationals, which were held on November 10.

SSS member **Charles Hornaday** will be attending a two week missionary trip to Trinidad during the winter break. Charles received this opportunity through his church and will be traveling with his grandfather. They will be completing carpentry work while there.

SSS member **Shawn Elswick** was selected to attend a conference in Las Vegas, NV on the subject of Domestic Violence. Shawn attended the conference with MCC public safety officer Sgt. Nancy Metcalfe, MCC Registrar Troy Boquette, and MCC Associate Registrar Chris Engle.

### A's and B's Jar Winners for Fall Semester

- September - DeShana Jones
- October - Marquisha Byas
- November - Christene Calhoun
- December - Danielle Duffie

*Congratulations to all the winners!*

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[www.mcc.edu/learning/lc\\_trio.shtml](http://www.mcc.edu/learning/lc_trio.shtml)

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## Don't forget about Workshop Wednesdays!



SSS is continuing Workshop Wednesdays - workshops presented by the SSS program on a variety of topics! Sessions will be held in the morning and afternoon so you can fit these workshops around your classes and into your schedule. Members will earn 30 points for attending a workshop session and light refreshments will be served. The upcoming workshops for January and February are:

### Living Well Workshop Wednesday, January 23

10 am & 3 pm

Learning Center - Prah Building

Identify the impact of personal choices, learn ways to correct negative patterns, identify the benefits of healthy exercise, nutrition, and sleep habits, and receive factual information about stress.

Call 232 4696 to RSVP by January 16

### Money Sense Workshop Wednesday, February 20

10 am & 3 pm

Learning Center - Prah Building

Learn to organize and monitor income and expenses, how to set up a budget, the pros and cons of purchasing on credit, keeping track of financial aid, and more!

Call 232 4696 to RSVP by February 13

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