



TRIO students are required to participate in our College Experience Program. Our hope is to connect you with other students who are going through the same obstacles, frustrations and successes that you are experiencing and to build a support network through TRIO. We will also be asking you to look toward your future. We will explore your transfer or employment goals, transitioning from this college to the university or workplace and your influence on our community. Our goal is to give you the information and knowledge of resources that will make your time here at Gulf Coast State College a positive and successful experience.

☐ **TRIO Orientation**

You have already completed your TRIO orientation and have received your academic planner. This orientation was to explain the TRIO program and all the services we offer and our expectations of you during your time with us. You should create a Florida Shines log in to discover additional services and resources available to you: <https://www.floridashines.org>

☐ **Career Center Evaluation**

You are required to complete a career assessment to explore your major and career options that are available to you. You will need to go online to <https://www.careeronestop.org/Toolkit/Careers/Interest-Assessment-Questions.aspx>, or complete the Career Assessment through **GCSC Career Coach**. A copy of this inventory needs to be turned in to a TRIO staff member for our auditing files. TRIO Staff are available to discuss your results and help you find a major that meets your needs. ***Recommended for Freshmen between 1-30 credit hours or anyone who is unsure of their academic major or career path***

☐ **Attend a Campus and/or Community Cultural Event**

This event can include any TRIO sponsored which are posted in CANVAS announcements. Events may be virtual or live/face-to-face. Other events may be approved as well, just ask TRIO staff. You must fill out an Event Evaluation Form (located on CANVAS or a hard copy can be picked up in the TRIO office) to receive credit. ***Recommended for all TRIO students***

☐ **Applied Study Skills/Time Management Workshop**

This workshop will help you develop and understand your individual learning styles and how best to apply it to your coursework. You will also explore motivation techniques and time management tools to better prepare you to succeed in college. You have the option to review the TRIO Workshop located on CANVAS or attend the on-campus Counseling Center Workshops. A list of available workshops will be posted on CANVAS or in the TRIO Offices. You must complete workshop evaluation form on CANVAS to receive credit for completing the online workshop or have the presenter of the on-campus workshop sign the Workshop Evaluation Form. Evaluation forms are located on CANVAS or may be picked up from the evaluation form drop box which is located on the counselor's door in SUW90A. ***Recommended for Freshmen between 1-30 credit hours or anyone who feels they need to build their study skills***


☐ **Transition Workshops**

Depending on your college track, you will choose to complete the workshop called **“From this College to the Next”** focusing on students transferring to a 4-year university or the workshop entitled **“To College and Beyond”** focusing on students who are on the AS Degree track. You must fill out an Event Evaluation Form. Evaluation forms are located on CANVAS or may be picked up from the evaluation form drop box which is located on the counselor’s door in SUW90A. ***Recommended for sophomore students between 30-45 credit hours or anyone who is close to graduation***

☐ **Career Pathways Workshop**

This is located in CANVAS and consists of a live, video, or a power point presentation to help you better understand your career pathway and options for employment. Many helpful links are provided as you learn more about growing career fields. You must fill out an Event Evaluation Form to receive credit. Evaluation forms are located on CANVAS or may be picked up from the evaluation form drop box which is located on the counselor’s door in SUW90A. ***Recommended for all TRIO students***

☐ **Resume Building**

Each TRIO student should make an appointment with a TRIO staff member and work on building their resume. Our goal is for each sophomore student to have a resume that can be built upon as you progress in your academics and career. A copy of the resume needs to be on file with TRIO to be in compliant with the TRIO grant. Here is an example of a resume you can use: [Black Tie Resume Template.docx](#)  ***Recommended for all TRIO students***

☐ **Financial Literacy Workshop**

Each academic year you **MUST** complete the financial literacy workshop hosted by TRIO. They are presented as self-paced and virtual so you can work on in your own time. They include information about paying for college, credit/credit reports, budgeting/savings, interest/interest rates, cost of living expenses, and many more topics! ***Recommended for all TRIO students***

If you have questions, please contact Kendra Kizziah, TRIO Counselor at kkizziah@gulfcoast.edu or Bonnie Farr, TRIO Program Coordinator at bfarr@gulfcoast.edu. We are here to help you.