Dear Students,

First and foremost, we here at FISA hope this letter finds you all safe and healthy. Congratulations to your acceptance into our wonderful University. We as mentors are here to continue to provide you the support, guidance, and adequate resources to make sure you achieve your academic goals. Do not hesitate to contact our FISA Team if you need any assistance.

YOUR FALL FISA MENTORS

RITA

EMMA

ALYSSA

ARIANA

JASMIN
REOCCURRING FALL 2022 EVENTS

MINDFUL MONDAY
Stop in to take an intentional moment to relieve stress, connect with yourself, and refocus your mind.
Open to all TAMU-CC students

EVERY WEDNESDAY
RESUME CAFE
TIME: 5-7 PM

COPING TOOLBOX
His virtual weekly workshop offers students a chance to learn, develop, and practice techniques for relaxation and mindfulness that will help you to manage the stressors of college life.

Food Bank Friday
Fall 2022
September 9 30
October 14
November 4
9:00am-12:00pm
Register at:

FREE YOUR MIND FRIDAY
Looking to enhance your current personal and academic self-care practices? Stop by Free Your Mind Friday for helpful information and tips to get started!

2ND FRIDAY OF THE MONTH
2:00 PM-3:00 PM
UC COPANO ROOM 216
OTHER SERVICES PROVIDED BY CASA

- Tutoring
- Supplemental Instruction
- Writing Center
- Academic Success Coaching

- TRIO SSS TEACHER PREP
- TRIO SSS STEM
- ISLAND HARBOR
- TEXAS SUCCESS INITIATIVE

FIRST ISLANDER SCHOLARS' ACADEMY (FISA)  
CENTER FOR ACADEMIC STUDENT ACHIEVEMENT (CASA)

OFFICE LOCATION: GSSC 107  
EMAIL: CASA.FISA@TAMUCC.EDU

Check your Islander email frequently for campus events and updates.