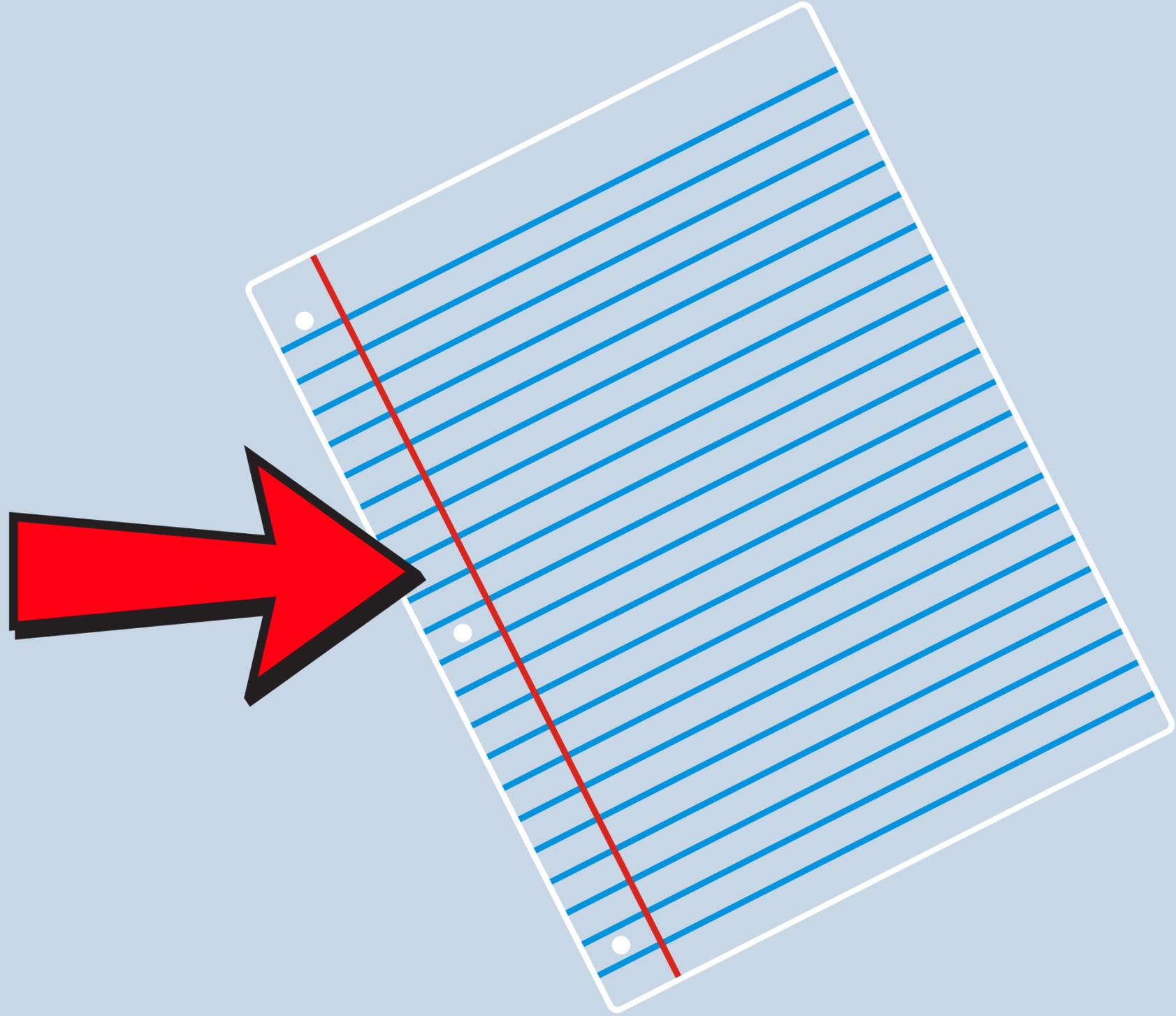


MARGIN

IMAGINE

SCHOLARSHIPS





Making Space for What Matters Most



A few months ago, I opened my calendar and realized there wasn't a single white square left. Not one. Every inch was filled. And I realized—I had no margin.”

“If we feel this way as adults, imagine our TRIO students—first-gen, overextended, trying to do everything right, but running on empty.”



A young woman with voluminous curly brown hair is smiling warmly at the camera. She is wearing a blue polo shirt and has a pink backpack strap visible. She is holding a purple smartphone in her hands. The background is a brightly lit school hallway with other students walking in the distance, slightly out of focus. The overall tone is positive and energetic.

What is Margin?

Margin is the
***Intentional Space* we**
create to breathe,
reflect, and restore.

It's not laziness — it's sustainability.
It's the rhythm that sustains
growth, not the pause that stops it.

What is Margin?



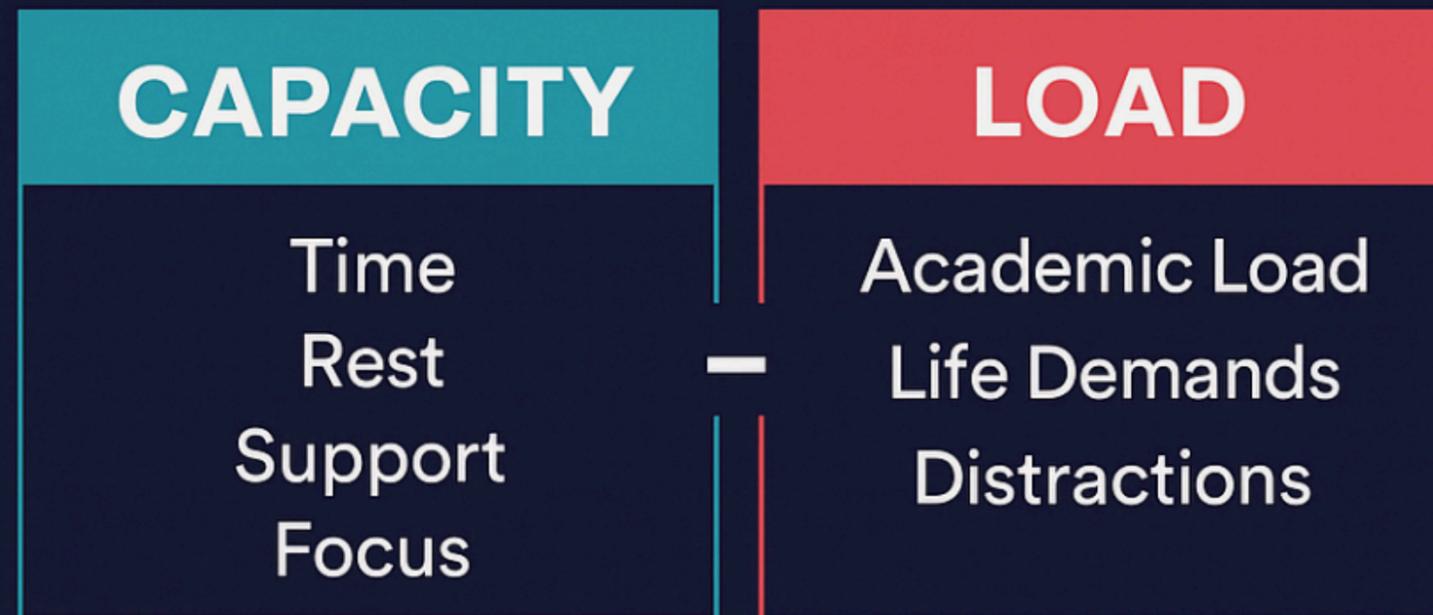
Today we're going to talk about margin — what it is, why we lose it, and how we can help our students build it.

To add margin to your life means intentionally creating extra space and resources—in your time, energy, finances, and commitments—to act as a buffer against unexpected demands, to foster creativity and rest, and to prevent burnout and overwhelm

THE MARGIN EQUATION

$$\text{MARGIN} = \text{CAPACITY} - \text{LOAD}$$

For students, it looks like this:



Let's Have Some Fun....

Break Out Room #1

Question: "If you could add one thing to your capacity side this week, what would it be?"

And if you could remove one thing from your load, what would you choose?"

Why We Lose Margin

We fill every moment with noise —
digital, emotional, mental.



Overcommitment
Perfectionism
Constant Connectivity
Fear of Missing Out

“Without margin, we live in reaction, not creation.” — Gregg Vanourek



The Margin Equation For Students

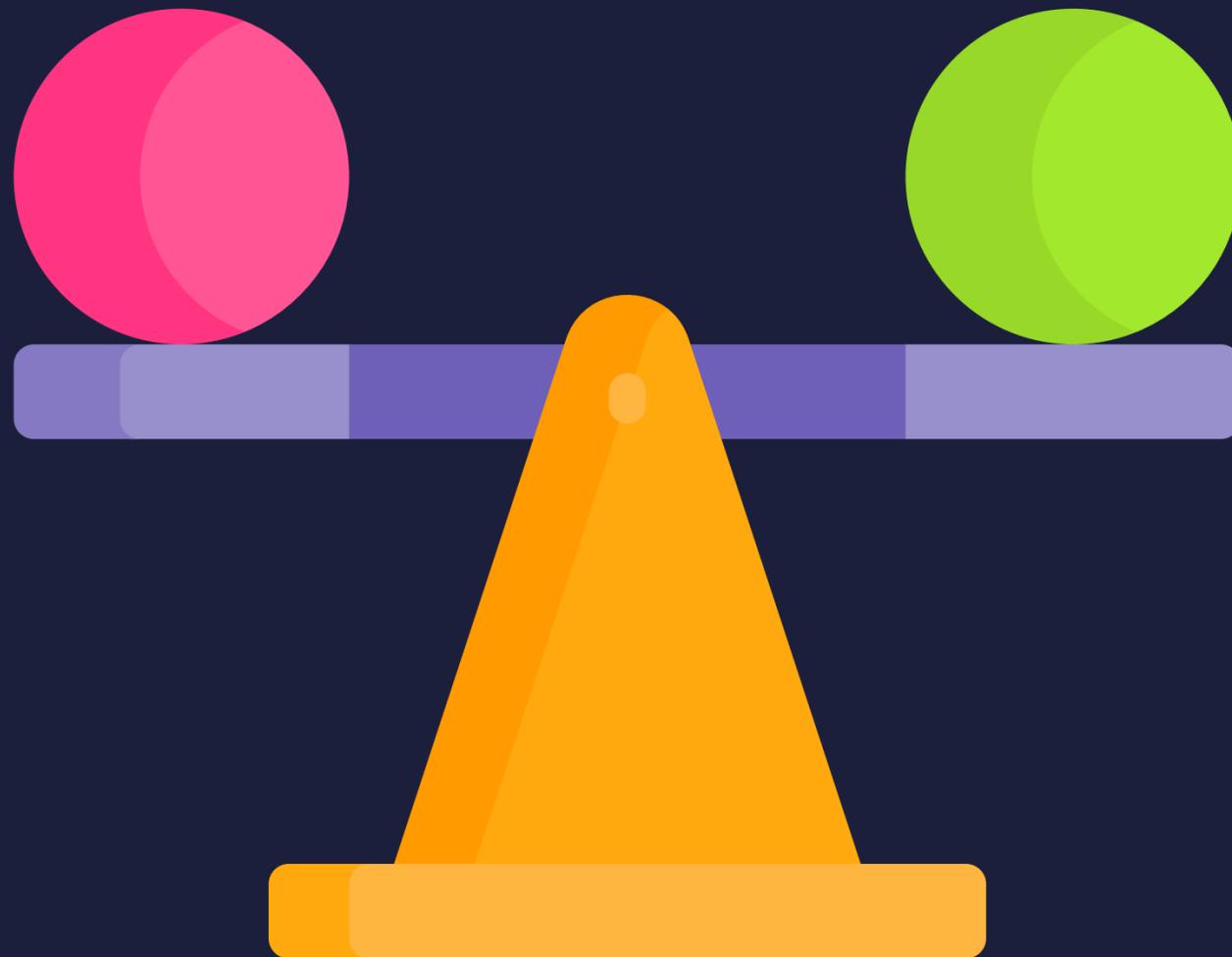
For students, it looks like this:

(Time + Rest + Support + Focus) –
(Academic Load + Life Demands + Distractions)



Life Balance

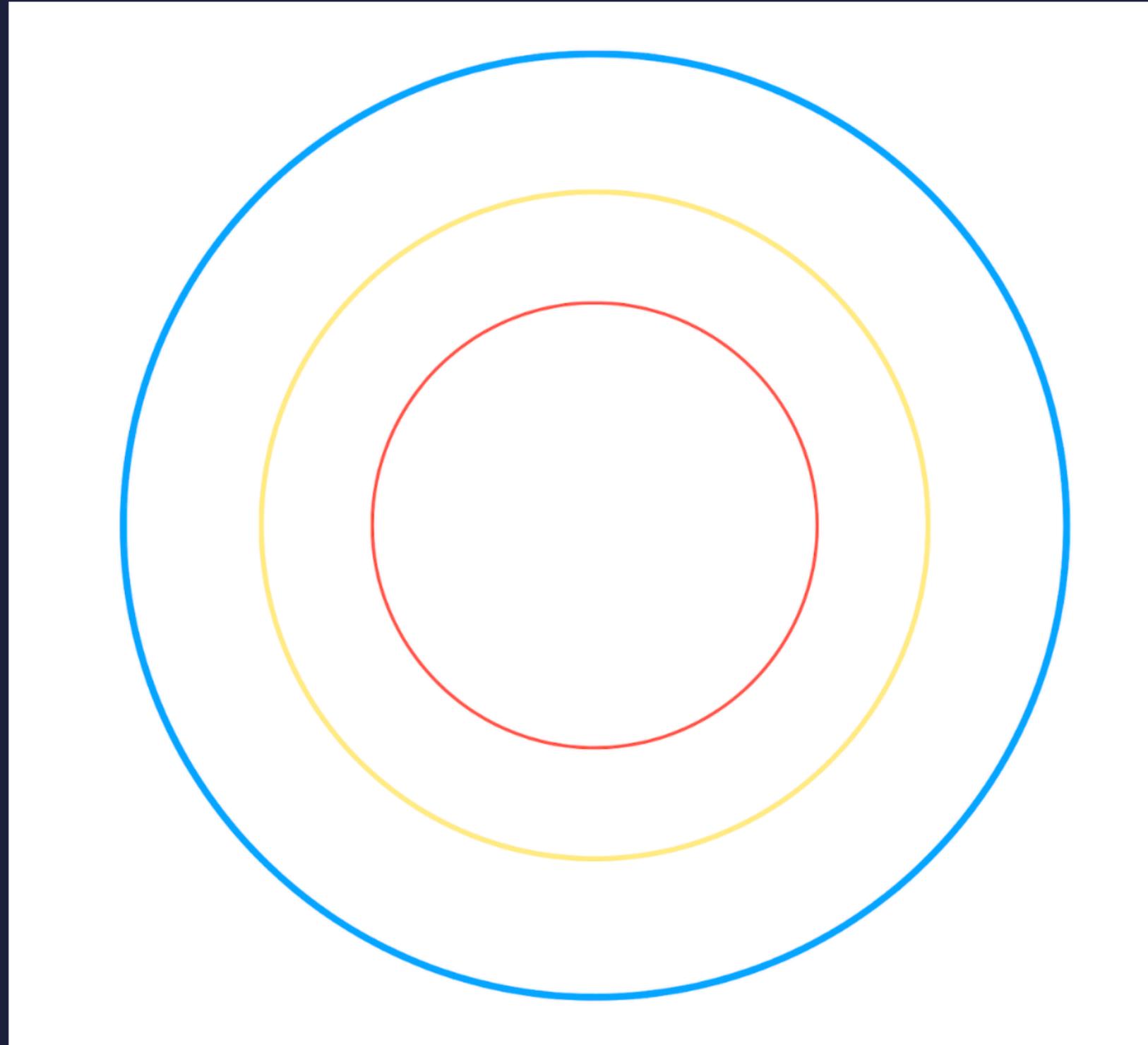
Focused and Calm
On Time
Creative
Patient
Eager



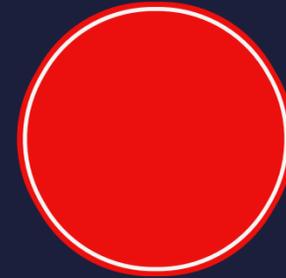
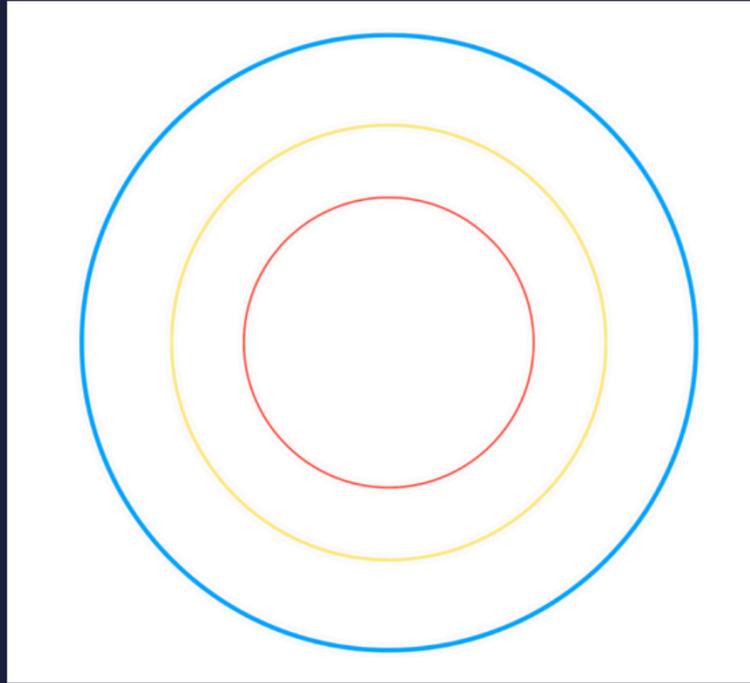
Late
Exhausted
Doing Just Enough
On the Edge
Exasperated

The Circle Challenge

Daily
Check
In



The Circle Challenge



Red - The survival Zone- Overwhelmed, reactive, running on fumes



Yellow - The Sustaining Zone- Busy but balanced, functioning but not fully focussed.



Blue - The Renewal Zone- Peaceful, Grateful and Connected



White - The Margin Zone- Where the Magic Happens.

“The white space around the circle is where you step back and see your life.

It’s the pause before you react, the breath before you speak, the quiet before you create.”



“Margin creates the space where
success can breathe.”

— Imagine Scholarships

Educator Reflection and Break Out Room #2

How can we rebuild margin when we are running on empty?



Questions for Break Out Room:

What drains my energy most right now?
What one thing can I remove this week to create space?

Practices That Create Space

Simplify your schedule

Prioritize rest

Slow your pace

Let go of perfectionism

Choose contentment over comparison

“Margin isn’t found; it’s designed on purpose.” — Unhurried Space

Before we go back into the rush of our day, let's take one deep
breath together.”

Think of one word that describes the space you want to create
this week — for yourself, or your students.

Educator Reflection: Breakout Room #3

How can we implement margin for our students?

Every time I share this message, I'm reminded that we can't just talk about margin — we have to make it easier for students to live it.

Thank you for all the space you create for your students — even when your own page feels full. You are the margin in someone else's story.

Almost everything will work again if you unplug it for a few minutes... including you."

— Anne Lamott

Thank you for joining the TRIO Coffee Chat!



Extend the Margin

“When we teach students to find margin, we teach them to thrive — not just survive.

Let’s help them build lives they don’t need a break from.”

Closing Thoughts

**We work with over 10,000 Trio Students Today
We would love to work with you too.**

Schedule a 20 min. call with me.

**I'll be speaking at the SWASAP Conference and sharing our course on
how to train Trio Educators on College Coaching Strategies and
Certifications**



Cheering For You Always !

Visit Imagine Scholarships for More Resources.

Book a call with me to give your students access to Imagine Scholarships

