



# Honors College

WASHINGTON STATE UNIVERSITY



Trymaine Gaither is the Recruitment and Career Coordinator in the WSU Honors College and works closely with personnel in the WSU Enrollment and Recruitment Management Office to attract and recruit quality students to Honors. In addition to maintaining recruitment data for the Honors College, Trymaine facilitates the Honors 298 MESI course, *Happiness as a Life Skill*, to provide students with the tools to improve their performance, relationships, health and happiness. Trymaine also designs and facilitates retreats teaching implicit bias training using mindfulness practices and meditation techniques.

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