

THE PILLAR

A MONTHLY JOURNAL OF THE TRIO SSS COMMUNITY

"Helping Students Realize Their Full Potential"



April 2018
ISSUE

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**"REMEMBER WHY
YOU STARTED."**

Student Spotlight— Tatiana M.A. Gomes



The TRiO Student Support Services program is happy to spotlight Tatiana Marlene Andre Gomes in this month's newsletter. She is both a participant and a peer mentor for the TRiO office. She is planning to graduate this May with a Bachelor of Arts degree in International Studies with a focus on Sub-Saharan Africa, and intends to get her BS degree in Public Health in fall 2018. In addition, she is earning a certificate through the official Peace Corps Prep Program housed in the CU Denver International Studies Program. This program will help her gain intercultural competence and sector specific skills through professional development opportunities. Tatiana continues to mentor and tutor students in the sciences. Her success has come from her dedication, motivation, and solid work ethic to create change and combat social issues we face today.

When asked about her college experience she said, "My college experience has been bittersweet. Excitement and passion for learning has always been part of my identity, and I knew college would give me the chance to expend my knowledge and grow as a human, which happened, however the journey was about the hardest thing I have ever faced. Today I look back and feel unsure of how I made it this far." Tatiana believes that every thing in life, whether good or bad, works for a greater good and her last four years was no exception. College has definitely helped her define and shape the person that she is today. One of her favorite memories in college was debating with other students about social issues including religious differences, race, ethnicity, colorism, and other social determinants of success. Tatiana stated, "I am always passionate about social issues but I had no idea how interesting and fun a conversation can be when all people involved have the same information yet different views." Through this, she realized that her ideal job would have to include discussion and interactions that enhance learning about other people's perspective and experiences and use them to better their overall health, well-being, and social position.

Tatiana started her journey with the TRiO SSS program in spring 2015. She stated, "The TRiO program is a home away from home for me," especially because her mother is in Angola and she lives a college student life in Colorado. She felt that it was nice to have a place to feel safe and secure. Within the last three years, I have experienced nothing but warmth and selfless love there." Tatiana also noted that the office staff have helped her with building resumes and cover letters, find an internship, and stay on-track with her goals (both short and long term) among other things. Tatiana provided a Hot Topics Session named, "From a Health Perspective: Effects of Social Differences and Diversity" for students to discuss how historical events, current political/social tensions, and inequality in our society affect population (students). She stated that in addition to academic support, the TRiO office is the one place she can fall asleep as if she were in Angola at her mother's house.

Continued on next page....

Student Spotlight— Tatiana M.A. Gomes

With the help of the TRiO office, she had the opportunity to complete two independent studies in Sub-Saharan health and one internship with a refugee resettlement center, the African Community Center (ACC). Interning as a Health Coordinator at ACC gave her a glimpse of how it felt like to work with disadvantaged populations as well as experience the duties of a health coordinator. For one of her independent studies courses, she had the opportunity to travel to Luanda, Angola, where she was born and collected health data on the people and the vital statistics of the city. Tatiana has volunteered the last two years at the Feeding Families for the Holiday with Cuttin' Up Beauty Academy (CUBA) through the Black Student Services, and one year at the Epworth Foundation, Denver Feed-A-Family, through the Society of TRiO Students Club. Currently, Tatiana is serving as the Society of TRiO Students Club President for 2017-2018.

After college, Tatiana intends to spend time with her mother, considering she has not lived with her since she was fifteen. She also plans to work as a health specialist in a clinical setting before applying for medical school in Cuba. On her free time, she enjoys cooking, dancing, going to the gym, and singing as loud as her lungs let her. If she won a million dollars, the first thing she would do is buy her mother a 2018 Range Rover. Her favorite quote is by Maya Angelou, "I'm a woman phenomenally. Phenomenal woman, that's me". This quote speaks to Tatiana because in a society where men dominate, her mother was able to feed and help in the development of three happy and decent women, regardless of whatever and whoever came her way. Tatiana's mother always reminded her daughters to make room for happiness, and because of that, Tatiana feels that she has grown to be as strong, happy and devoted as her mother, she also has a personal attachment to the words of Maya Angelou.

**"I'M A WOMAN
PHENOMENALLY.
PHENOMENAL WOMAN,
THAT'S ME."**

MAYA ANGELOU

McNair Corner



Welcome McNair Student Assistant

My name is Kayla Medina. I am a student assistant for the newly established TRiO McNair Program at CU Denver. I am beyond excited for having the opportunity to be involved in helping the program director, Teresa De Herrera and the program coordinator, Jessica Luna build the foundation of the program. The McNair program guides and supports first generation, low income, and minority students in pursuing graduate school. Our goal is to ignite the area of passion for each student in order for them to do research in something they truly enjoy. We are here to help students find their passions and guide them academically so they can be successful in the future.

We are excited that we are rapidly reaching our goal of the number of students admitted to the McNair program! We are proud that our students are committed to pursuing an education beyond a bachelor's degree, and going on to graduate school to fulfill their desire to obtain a Ph.D. Our students are the ones who have made the impossible to possible for the TRiO McNair program to be in the University of Colorado Denver.



TRIO Explorer—Ranks Barima



The TRIO SSS program is happy to highlight Ranks Barima's study abroad experience during the winter term in December 2017. He completed the CU Denver in Dubai: Up Close and Personal program. Participants in the program explored the Emirate of Sharja's cultural centers, attended lectures, and engaged with students and faculty at the American University of Sharja. Dubai is known for having some of the finest modern architecture in the world. Students had the opportunity to explore these sites during class visits. The architecture of the buildings is quite impressionable as you can tell from the photos. Below, you can read about his experience.

When asked about his experience Ranks stated, "Dubai in the United Arab Emirates (UAE) is an amazing place which is very progressive and developing at a rapid pace. When you look at pictures from a decade ago and compare it to the current Dubai, it looks like a completely different Emirates. One of my favorite experiences was going camel back riding and having to experience how they used to travel across the desert." During his trip, he had the opportunity to try the modern way of desert travel riding in a Toyota 4x4. He also noted that undeniably, they had amazing food from all over the world and his favorite was Shawarma. Unfortunately, he did not understand the Arabic language, but found it beautiful when he heard people speak.



One of the many outcomes for students who travel abroad is to grow personally. Ranks stated, "I think I learned how easily I can adapt to different situations if I am willing to try. It was a cultural stock for me when I arrived in Dubai. I was not expecting the kind of diversity I witnessed and the coexistence of their traditions and culture with the western way of life is seamlessly amazing. You get to experience cultures from all over the world, hear people speak different languages, try different food and most of all feel very engaged and entertained. When you step a foot onto the grounds of Global Village, it is as if you have entered another dimension outside of our world." During this trip, students had the opportunity to explore the unique traditions in business, culture, and a brief overview of the local religions to understand the people of the region.



As he reflects on his experience, he would encourage other students to travel aboard. Ranks noted, "I was skeptical about participating in a study abroad program, mostly because of the cost. After hearing other TRIO students talk about their experience and my own experience, I will say you should jump on the wagon. If you have the opportunity to participate in any study abroad program, you should because the experience you get is invaluable and you meet people that will become lifelong friends." He also shared that he met with CEO's and various people within the government. In addition, he was introduced to the Dubai Future Accelerator Program and learned many things that you would not receive from the normal classroom experience. As your travel, he recommends getting to know the locals and respecting the culture and customs of the place, and you will fit in. His final notes to students about studying abroad include not being afraid to try new things, push the boundaries of your comfort zones, and remember to have fun while you are learning.



If you are considering studying abroad, visit the CU Denver Global Education/Study Abroad website to learn about short-term and semester long programs. You can even schedule your first-time appointment to complete the intake form. The office is located at 1380 Lawrence Street, 9th Floor. The telephone number is (303) 315-2001.

Society of TRiO Students Club Activity

- The STS Club is happy to announce that we are accepting applications for executive board positions. The applications will be sent out via email as well as the STS's MyLynx account. This is a great opportunity to develop your leadership and interpersonal skills. Positions for President, Vice-President, Secretary, and Treasurer are open to any student who have been active during the 2017—2018 academic year. Additional details will be sent out by email.
- The STS Club is hosting the first Springlicious Movie Night, Wednesday, April 18th from 2:00 pm to 4:00 pm. This event is open to all CU Denver Students. Refreshments will be served. See You There!



TRiO Student Staff Job Opportunities

TRiO SSS is looking to hire two to three Peer Mentors (PM) and possibly two Office Support staff beginning fall 2018. If you are a participant of the program who is in good standing, at least a junior with a 3.00 cumulative GPA and have been in the TRiO SSS Program for at least one semester, you are eligible to apply for the PM position. You must have at least a 2.50 GPA for the Office Support position. Stop by the TRiO SSS Office and pick up an application. Our office would like to begin the interview process in April or May before finals and have the selection process completed by early summer.

Student applicants must have work-study to apply

The Beauty of International Studies



You think that because you have no time to do anything but study, a major is nothing more than a degree. Well, I would say that when we are just back from Spring Break we tend to not see any light at the end of the tunnel. However, let me introduce you to the beauty of International Studies and maybe we can put our busy student life into perspective.

When I chose International studies as a major I knew it was an interdisciplinary degree, meaning that I had the opportunity to focus, besides the core courses of the program, on a regional area, the Middle East in my case, and

to choose from a global affairs area of expertise, so I selected Peace, Human Rights, and National Security. One of the most incredible things about majoring in such a flexible program is the broad offer of courses they provide so you can tailor your passion with this degree. This is when I remember that the paper I am procrastinating, I actually can finish it with curiosity and, who knows, I might be able to include some information I learn from other classes. In addition, International Studies gives you the opportunity to conduct your own research in almost anything you want to dedicate time while you are in school. You see? It's all about flexibility.

The advantage of this degree is that it is unique and at the end, you will learn a language first. I was able to study Arabic, as one of my classes here at school, and second, I had the opportunity to immerse myself studying abroad in the wonderful culture of Morocco. So yeah! A new language and cultural skills are a must for our future and most importantly, we will be able to apply them to every kind of environment.

It is of course what I tell myself in order to finish the semester with some mental sanity, and what reminds me that International Studies is what I wanted all along....

My personal love story.

Submitted by: Yolanda Valencia | TRiO SSS Office Staff

Tutoring at TRiO Office

As part of our tradition of creating opportunities to support students academically, the TRiO SSS and McNair programs are now providing tutoring for our students. If you need help or are struggling with Math and/or Science classes come to our open lab tutoring sessions with our newly hired McNair Graduate Assistant, Hiba Eltom.

Subjects

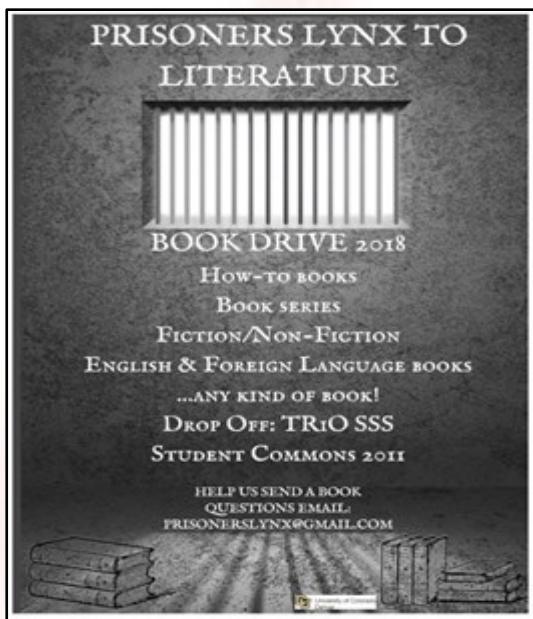
- Math through Pre-calculus
- Biology Courses
- Biochemistry
- Chemistry
- Physics

Day and Time: Fridays in April from 8:00—10:00 am

Location: TRiO SSS and McNair Office, SC, Suite 2011, Solution Room 1



Prisoners Lynx to Literature



Prisoners Lynx to Literature is a new student organization here at CU Denver. This organization focuses on providing opportunities for incarcerated individuals to experience educational, interpersonal, and intellectual development through literacy. We will establish local partnerships within the community to support our mission. Within these partnerships, we will work with libraries, various colleges at CU Denver, and local prisons to further our social justice issue of providing these opportunities to incarcerated individuals who sometimes lack the opportunity for literacy. The idea was born from a recent Lynx Alternative Break focused on prison reform. The organization provides currently incarcerated individuals with the opportunity for engaging with literature to enrich their minds. We are currently accepting book donations. We need fiction, non-fiction, novels, English and foreign language books.

If you would like to donate, feel free to stop by TRiO SSS (Student Commons, Suite 2011) to drop off your donation.

If you are interested or have any more questions, email yvonne.devora@ucdenver.edu.

Submitted by: Yvonne Devora | TRiO SSS Peer Mentor

National Stress Awareness Month

April is National Stress Awareness Month. Learn 5-ways to de-stress and help your heart.

According to a Special Health Report from Harvard Medical School, stress doesn't have to ruin your life or your health.

Constant stress — whether from a traffic-choked daily commute, unhappy marriage, or heavy workload — can have real physical effects on the body. It has been linked to a wide range of health issues, including mood, sleep, and appetite problems — and yes, even heart disease. Breaking the connection requires both learning to deal with stress and managing unhealthy habits.

These five simple tips can help you do just that.

Stay positive. Laughter has been found to lower levels of stress hormones, reduce inflammation in the arteries, and increase "good" HDL cholesterol.

Meditate. This practice of inward-focused thought and deep breathing has been shown to reduce heart disease risk factors such as high blood pressure. Meditation's close relatives, yoga and prayer, can also relax the mind and body.

Exercise. Every time you are physically active, whether you take a walk or play tennis, your body releases mood-boosting chemicals called endorphins. Exercising not only melts away stress, it also protects against heart disease by lowering your blood pressure, strengthening your heart muscle, and helping you maintain a healthy weight.

Unplug. It's impossible to escape stress when it follows you everywhere. Cut the cord. Avoid emails and TV news. Take time each day — even if it's for just 10 or 15 minutes — to escape from the world.

Find ways to take the edge off your stress. Simple things, like a warm bath, listening to music, or spending time on a favorite hobby, can give you a much-needed break from the stressors in your life.

Source: Stress Management, Special Health Report from Harvard Medical School.

<http://www.ewellnessmag.com/article/5-ways-to-de-stress-and-help-your-heart>

Submitted by: Joselinne A. Mendoza Ortega | TRiO SSS Peer Mentor



Sexual Assault Awareness/Activism Month

Clothesline Project

The Clothesline Project started in 1990 in Hyannis, Massachusetts when members of the Cape Cod's Women's Defense agenda were in the process of discussing the parallels between the lethality of the Vietnam War and that of domestic violence. Desiring to raise awareness of this staggering parallel and the realities survivors face daily, the members erected the first Clothesline Project consisting of 31 shirts. In the last 18 years, the project has grown to a worldwide movement representing 6 types of violence committed against persons of all gender identities and expressions, racial identities, and sexual orientation.



CLOTHESLINE PROJECT AT AURARIA...

The Clothesline Project has been installed at Auraria each April for the past 6 years and is a beloved project marking Sexual Assault Awareness/Activism Month. On this year's clothesline there are 257 shirts created over the last 4 years by survivors and allies connected to the Auraria community. Our clothesline project utilizes color coding to represent 6 types of violence community members have experienced. We have endeavored to represent all identities in our project and are committed to an intersectional representation of violence in our community.

White shirts represent those who have been murdered as a result of sexual or relationship violence.

Red, Pink, or Orange shirts represent survivors of rape or sexual violence.

Yellow or Beige shirts represent survivors of physical assault and/or battery.

Blue or **Green** shirts represent survivors of incest or child sexual abuse.

Purple shirts represent survivors of sexual orientation related hate crimes.

Black shirts represent survivors of racial, ethnic, political, or gender identity related hate crimes.

For more information please visit the Phoenix Center at <https://www.thepca.org/clothesline-project/>

Submitted by: Cynthia Cordova | TRiO SSS Peer Mentor

Kudos

Have an accomplishment? Please tell TRiO about it.

Inside the TRiO office, there is a sheet of paper for you to write share your accomplishments and awards you received.

- ⇒ Mardochee Mafuana made the Dean's List for Fall 2017.
- ⇒ Norma Baz is going to Spain for a study abroad program this summer.
- ⇒ Cynthia Lopez is traveling to Korea for a study abroad experience.
- ⇒ Kimberly Mata Martinez has been accepted to USAC program to study abroad in Yonsei University in South Korea next spring



Congratulations and great job on your hard work. Keep it up TRiO students!

Director's Corner

Hello TRiO students,

I know that some of you had the opportunity to participate in an Alternative Break over Spring Break, I hope that was really enjoyable for those of you who took advantage of that important opportunity. We are very fortunate on this campus to have programs like Alternative Break that are inexpensive and allow our students to go out of state and be of service to people in other communities. Kudos to all of you who have participated in an Alternative Break Program, and kudos to those of you who haven't yet, but plan to before you graduate. If you did not have a chance to participate in an Alternative Break program, I am hopeful your Spring Break was restful and fun. For those of you who stayed in town, you know those first couple of days were cold and then warmed up by the end of the week. Hopefully, real spring weather will come soon.

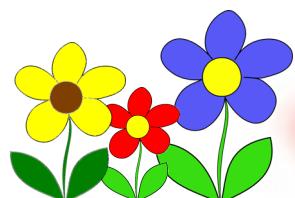
Our spring **Graduation/Certification Celebration** is coming up soon. Please put this date on your calendar, **Friday, May 4, 2018 in the Student Commons Room 1500 from 1:00 – 3:00 pm**. We were unable to get a big space where we could put up tables, so it will be a slightly different experience in a lecture lab. It should be a good time as we expect to have over 20 students graduate this spring semester. We will again partner with the Learning Resources Center and the Society of TRiO Students Club as well as our new Ronald E. McNair Post-baccalaureate Achievement Program for this event. I hope many of you will be able to join us. There will be plenty of good food and some inspiring words to hear from some of our alumni at this wonderful event. We hope you will join us for that, especially those of you graduating this spring and summer semesters. Woo Hoo! You are graduating, Congratulations! We are so happy for our graduating seniors, you made it and now new doors of opportunity will be opening up for you. In the TRiO SSS office, we will be saying good-bye to many of our wonderful Peer Mentors, Cynthia Cordova, Joselinne Mendoza Ortega, Tatiana Gomes, Yvonne Devora and our wonderful Office Staff Assistant, Ranks Barima. All are graduating in spring 2018. We will sorely miss them, but wish them well in their new endeavors. Come to the celebration so you can say your goodbyes to these wonderful young people and all our other wonderful graduating seniors.

We are getting ready for our spring visit to the AMC. This semester we will have the opportunity to hear from the Graduate School, Physician Assistant Program and Public Health about opportunities in the health sciences and other graduate programs. We will again have a panel presentation with students across a spectrum of health fields at the AMC, and this year we have a special faculty panel presentation as well. This will be an opportunity for you to get to know how things work at the AMC and give you a better understanding of what it takes to get into these kinds of programs and schools wherever you go. Please sign up in the TRiO SSS Office for the **Friday, April 20, 2018 visit to the AMC**. It is a full-day Friday event. We will **meet at 8:00 am at the CU Denver campus in front of the Student Commons building** where we will take vehicles to the AMC. We should arrive back on campus by 3:30 pm. Lunch will be provided.

If any of you TRiO SSS participants are interested in working for TRiO SSS, we will have positions opening up for fall 2018, or even possibly summer 2018, if you will be enrolled over the summer. We have peer mentor and office staff applications available in the office. You must have work-study to be considered for a position. For the peer mentor position, you must have completed at least 60 credit hours and maintain a 3.00 cumulative GPA. For the office support position, you must have been enrolled in TRiO SSS for at least one semester and have at least a 2.50 GPA.

As we get closer to the end of the spring semester, I hope you all are still motivated to work hard at completing your semester with the best grades possible. If you need tutoring, be sure to utilize the Learning Resources Center, the MERC Lab, the Writing Center and the TRiO SSS office. Also, be sure you are on track to complete the program participation requirements, which are the same requirements for the TRiO SSS Book Scholarship, not including the GPA requirement. For those of you who have not yet completed a financial literacy session, we have the in-class option still available or you can complete a session on-line through Money 101. It is also to your advantage to attend your last meetings with program staff and your last workshop for the semester, in April. If you are working towards the book scholarship requirements, please remember that the latest date to **meet full requirements is May 4, 2018 to be considered for the scholarship to be awarded in fall 2018**.

Take care! - Teresa De Herrera



Denver Free Days

Saturday, April 7th

Denver Art Museum

Free

Time: 10:00am - 5:00pm

100 W 14th Avenue Pkwy

Denver, CO 80204

<https://denverartmuseum.org/>



Sunday, April 8th

Botanic Gardens

Free

Time: 9:00am- 5:00pm

Address: 1007 York Street

Denver, CO 80206

<https://www.botanicgardens.org/events/free-days>



Monday April 9th and Sunday, April 29th

Denver Museum of Nature and Science

Free

Time: 9:00am – 5:00pm

Address: 2001 Colorado Blvd. Denver, CO 80205

<http://www.dms.org/>



Thursday, April 12th

Colorado Railroad Museum

Free

Time: 10:00am- 4:00pm

Address: 17155 W. 44th Avenue

Golden, CO 80226 United States

<http://coloradorailroadmuseum.org/>



Submitted by: Alejandra Armenta TRiO SSS Peer Mentor

April Fools Ideas/Memes



Happy april fools day 😂😂

April Workshops

Mon	Tue	Wed	Thu	Fri
2 ①Financial Literacy: Understanding Benefits of Social Security SC, Suite 1007 12:15 pm—1:15 pm ②Presentation Skills Library, Rm 116 2:00 pm—3:00 pm	3 ③Take a Selfie “Skills” SC, Suite 4018 11:00 am—12:15 pm ④Financial Literacy: Fraud and Identity Theft SC, Suite 1007 12:15 pm—1:15 pm ⑧CU Peru—Interactive Health Prevention Workshop SC, Suite 2000 5:00pm—6:30 pm	4 ①Financial Literacy: Investment Basics SC, Suite 1007 12:15 pm—1:15 pm ②Poster Design Library, Rm 116 4:00 pm—5:00 pm ④Stress Less Tivoli 454 4:00 pm—6:00 pm	5 ①Financial Literacy: Salary Negotiations SC, Suite 1007 12:15 pm—1:15 pm ⑤Writing a Curriculum Vitae (CV) NC, Rm 4002R 11:00 am—1:00 pm	6 * leave a little sparkle * * wherever * * you go. *
9 ③Undeclared Major Student Workshop SC, Suite 4018 11:00 am—12:15 pm ⑥Ace My Tests SC, Suite 2018 2:00 pm—3:00 pm	10 ②Data Visualization II: Tableau Public Library, Rm 116 9:30 am—10:30 am ⑥Ace My Tests SC, Suite 2018 12:30 pm—1:30 pm ⑧CU Peru—Interactive Health Prevention Workshop SC, Suite 2000 5:00pm—6:30 pm	11 ③Take a Selfie “Personality” SC, Suite 4018 11:00 am—12:15 pm ③Clifton Strengths Workshop (Register in Advance) Tivoli 267 12:30 pm—1:30 pm ④Getting What You Want in Relationships Tivoli 454 4:00 pm—6:00 pm	12 ②Publish Your Research Library, Rm 116 2:00 pm—3:00 pm ③Resume and Cover Letter Meetup Tivoli, Rm 267 2:00 pm—3:00 pm	13 small steps every day
16 Resume Basics SC, Suite 2000 11:00 am—12:00 pm ②Presentation Skills Library, Rm 116 2:00 pm—3:00 pm	17 ③Take a Selfie “Interests” SC, Suite 4018 11:00 am—12:15 pm Coping With Stress SC, Suite 2000 3:30 pm—4:30 pm	18 ③Take a Selfie “Interests” SC, Suite 4018 11:00 am—12:15 pm ②Presentation Skills Library, Rm 116 4:00 pm—5:00 pm ④Peace of Mind Tivoli 454 4:00 pm—6:00 pm	19 ③Clifton Strengths Workshop (Register in Advance) Tivoli 267 12:30 pm—1:30 pm Graduate School Preparation SC, Suite 2000 3:30 pm—4:30 pm	20 Anschutz Medical Campus Visit RVSP in TRiO Office by Monday, April 16th. 9:00 am—3:00 pm
23 Coping With Stress SC, Suite 2000 11:00 am—12:00 pm ①Financial Literacy: Understanding Student Loans SC, Suite 1007 12:15 pm—1:15 pm	24 ③Take a Selfie “Values” SC, Suite 4018 11:00 am—12:15 pm ④Financial Literacy: Fraud and Identity Theft SC, Suite 1007 12:15 pm—1:15 pm	25 ③Undeclared Major Student Workshop SC, Suite 2018 11:00 am—12:15 pm ①Financial Literacy: Budgeting and Saving SC, Suite 1007 12:15 pm—1:15 pm ④Managing Your Mood Tivoli 454 4:00 pm—6:00 pm	26 ①Financial Literacy: Understanding Credit Score SC, Suite 1007 12:15 pm—1:15 pm ③Resume and Cover Letter Meetup Tivoli, Rm 267 2:00 pm—3:00 pm ⑦Literature Review SC, Suite 2000 3:30 pm—4:30 pm	27 PLEASE COMPLETE YOUR WORKSHOPS EARLY. THERE WILL BE LIMITED WORK- SHOPS IN MAY.
30 Procrastination SC, Suite 2000 3:30 pm—4:30 pm	5/1 Job Search Tips SC, Suite 2000 1:30 pm—2:30 pm	5/2 ⑦Timed Writing/ GRE Preparation SC, Suite 2000 4:00 pm—5:00 pm	5/3 ③Resume and Cover Letter Meetup Tivoli, Rm 267 2:00 pm—3:00 pm	5/4 TRiO SSS Book Scholarship Deadline

①Financial Literacy and Wellness Program: RSVP at: https://forms.ucdenver.edu/secure/financial_literacy_workshop_registration

②Auraria Library—Savvy Researcher Workshops: RSVP at: <https://library.auraria.edu/workshop-registration>

③Career Center: RSVP via Handshake Portal

④Counseling Center: RSVP at: <http://www.ucdenver.edu/life/services/counseling-center/appointments/counselingcenter/Pages/Groupsform.aspx>

⑤Writing Center: RSVP at: <http://www.ucdenver.edu/academics/colleges/CLAS/Centers/writing/Services/Pages/StudentWorkshops.aspx>

⑥Learning Resources Center: RSVP at: https://forms.ucdenver.edu/secure/sa_lrc_academic_development_workshop

⑦Writing Center and TRiO McNair: No RSVP Needed.

⑧CU Peru and TRiO SSS: No RSVP Needed.

Room Location Key: SC = Student Commons, NC = North Classroom | *Non-TRiO workshops are subject to change