

THE PILLAR

A MONTHLY JOURNAL OF THE TRiO SSS COMMUNITY

“Helping Students Realize Their Full Potential”



March 2018
ISSUE

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Student Spotlight—Cynthia Cordova



The TRiO Student Support Services program is pleased to spotlight Cynthia Cordova in this month's newsletter. She serves as both a mentor and participant in the program. She will be graduating this semester with a degree from the School of Public Affairs in Criminal Justice as well as a Sociology degree from the College of Liberal Arts and Sciences. Her favorite quote by Victor Hugo states, "He who opens a school door, closes a prison." Cynthia has chosen this quote because she "believes education can be important in the life of any human being. It can positively affect many areas of life and it has the power to make the world a better place." This is definitely something Cynthia aspires to do to make the world a better place specifically in the lives of youth in the justice system. As an employee for the TRiO SSS program, Cynthia has done an excellent job at working with students in the program as well as serving as an effective team member. Hardworking, committed, motivated, and analytical are just some of the characteristics that would describe Cynthia.

When asked what her experience was like in college Cynthia stated, "I'm not going to lie; my experience in college has had its ups and downs. Starting college was the hardest thing I have ever experienced, especially as a first-generation student. There were moments where I lost the confidence in myself and started to wonder if attending college was the best decision for me. It took courage and determination to overcome these obstacles which turned my experience extraordinary." Cynthia has certainly stayed the course and her experiences have enriched her life in many ways including teaching her valuable knowledge and the necessary tools to achieve success.

She has also had the opportunity to explore diversity at its greatest level. Cynthia completed a study abroad program in Barcelona, Spain. The course, "*Comparative Perspectives on Gender-Based Violence*," which examined the complicated nature and dynamics of gender-based violence (i.e., human trafficking, intimate partner violence, sexual assault, and stalking) in the U.S. and Spain was eye opening. Through the Society of TRiO Students Club, she has served her community for two consecutive years through the Epworth Foundation, Denver Feed-A-Family Thanksgiving Program. She also serves as a planning committee member of the Latinx Leadership Summit, which honors the life, legacy, and leadership of Cesar Chavez. This will be her 2nd year on the committee. In addition, she is a member of the SSC Financial Aid Optimization Committee.

Cynthia became a participant in the program during the summer 2015 semester. She stated, "After becoming part of this program my educational career as well as my life were changed for the better. This program gave me a sense of belonging, it helped me find myself, which helped me decide my future career, and it broadened my opportunities. Using the TRiO SSS resources helped Cynthia better manage her time and finances. She stated, "Because of the help, I am now pursuing a Master's degree. It gave me that much confidence that I became a Peer Mentor where I have been passing on my knowledge to my mentees in hope of making an impact on their lives."

Continued on next page...

Student Spotlight - Cynthia Cordova

When asked what advice she would give to other TRiO participants she noted, "Go after your dreams, and never stop believing in yourself. You may not see it, but you are already changing this world. Things can and will be tough at some point, but there are programs like TRiO SSS willing to guide you to your destiny."

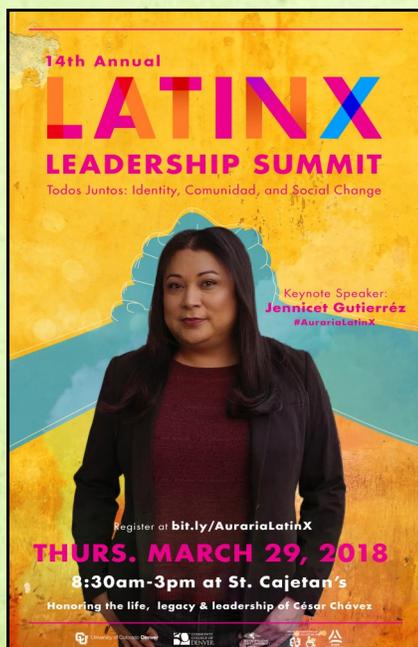
She wished someone had told her when starting her undergraduate career that it was just as important to focus on caring for classes, as it was caring for her wellbeing. She notes, "One should never abandon their wellbeing to achieve success. Another thing was that you do not really need to be 100 percent sure of what you want to do. There are so many possibilities you can explore. In addition, there are so many resources that the campus has to offer. There are people that are willing to help. You are not alone in this journey. And there are more education opportunities beyond an undergraduate degree."

In her spare time, she enjoys watching crime documentaries, reading crime/mystery books, and going to the movies with friends. If she won a million dollars, she would start a non-profit organization to help formerly incarcerated individuals improve their skills in order to re-integrate themselves into the community. Cynthia stated, "It is hard for them to get back into the community, thus I want to develop a non-profit where I can provide workshops where formerly incarcerated individuals can have the opportunity to develop the necessary skills to be better members of the community." Currently, Cynthia is completing the Dual degree program, which will allow her to start completing her Master's degree in Criminal Justice. In addition, she has also set a goal to complete a Master's in Art degree in Sociology. She would like to start her career in the correctional system by completing an internship as a Juvenile Probation Officer. Down the road, she may consider a Ph.D. program to complete research in her field. Our office is happy to play a role in her academic achievements and wish her continued success in her career.



Latinx Leadership Summit

Join Us for the 14th Annual Latinx Leadership Summit



The purpose of the Latinx Leadership Summit is to nurture the cultural pride and identity development in the Latinx community on the Auraria Campus. With these efforts we intend to build a stronger sense of community, belonging, leadership capacity, and a sense of activism that permeates our campus and local communities. This summit intentionally commemorates the work of Cesar Chavez and Dolores Huerta and recognizes those in our Latinx Community whose contribution and impact are reflective of their Life, Legacy and Leadership.

Thursday March 29, 2018
8:30 am—3:00 pm
St. Cajetan's

#AurariaLatnX



RSVP's Appreciated!
Register at:

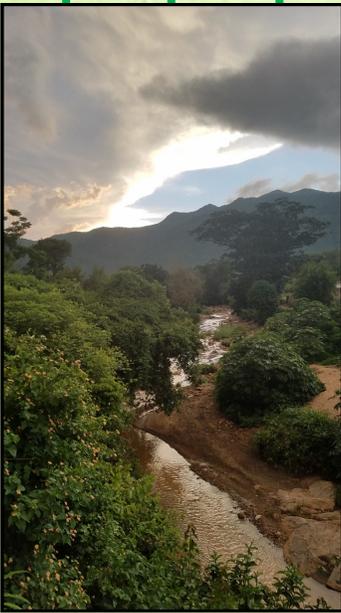
<https://sites.google.com/view/aurarialatinxleadershipsummit/home>

TRiO Explorer—Ethan Mounts



The TRiO SSS program is happy to highlight Ethan's study abroad experience. He completed the Building Global Health Equity Program. Participants in the program gained practical skills using innovative methods in public health and cultural anthropology to document and disseminate ways in which individuals narrate wellness issues and ways in which communities leverage local knowledge to build health equity. Below, you can read about Ethan's experience.

I travelled to the South-Eastern part of Africa, to a country called Malawi. It is bordered by Tanzania, Mozambique, and Zambia. I was out of the country for 16 days total, except for the 2 whole days to travel there and back. This was a fantastic experience. As a future health care professional, it was interesting to see how other people live and receive health care. This trip was full of experiences that I will never forget. As both an anthropologist and a pre-health student, there was never a dull moment. Even when we had down time in a village or if we were just eating a meal, every moment was filled with excitement. Malawi is nicknamed "the warm hear of Africa", and it shows. The people were welcoming everywhere we went. There were times that I felt more danger in my hometown of Denver, than in Malawi. Being my first time out of country, I found the language, Chichewa, very difficult, but even if you could only speak a few words, the people were very kind and understanding. The food was one of the best parts of the experience. Since the country is impoverished, there isn't a wide variety of food that most people can access. The majority of what Malawians eat is fish, goat or beef stew, vegetables, rice, and nsima. Nsima is the main dish and utensil you eat with the relish. It's a pasty, mash potato like consistency, that's made from corn flour and water, which you ball up and spoon your relish on.



The biggest thing I learned about myself during this trip was to focus on community more. I feel as if Americans have lost some of their community aspects and our interconnectivity to others. My time spent in Malawi was all community based. We focused on health disparity and access from a community standpoint. As I come back, I realize how much I care about, not only my global community, but my local community here in Colorado. I would like to be more involved with events and people here. I think as I work towards becoming a physician, I will continue to draw on this experience and integrate the things that I learned there, in my learnings here. I would absolutely encourage other TRiO SSS students to study abroad. It was a fantastic experience that wouldn't have occurred if I didn't put myself out there and push myself to experience

the unknown. Where you are most uncomfortable, is where you will learn the most. I would invite all students interested in the course to go to Malawi. I gained such a different perspective than my own, that it really is going to help fuel my career path. *I encourage any TRiO student to attend a study abroad course, as it will change your life.*

Submitted by Ethan Mounts | TRiO SSS Participant



TRiO Explorer—Maribel Rodriquez—Ramirez



The TRiO SSS Program is delighted to highlight Maribel Rodriquez-Ramirez's recent study abroad experience. Maribel is studying Communications with a minor in Health Humanities. She has intentions to apply to the CU Anschutz Nursing Program. She participated in the *CU Denver in Spain, Food Fight Program* during the winter term 2018. The purpose of the program was to analyze the regional identity in Spain through an exploration of local and regional food culture. The trip included the opportunity to try traditional Spanish Tapas, tour local food markets, receive cooking lessons, and lectures from special guest speakers.



When asked what her experience was like Maribel stated, "Going to Spain was such an incredible experience because I was able to bond with my fellow peers and create long-lasting friendships. I was able to explore a different culture where I was exposed to different foods, customs, and traditions. For instance, I was exposed to the way citizens of Barcelona celebrated Los Tres Reyes Magos (the Three Kings Day)." She also had the opportunity to visit many historical places, which taught her a lot about the history of Spain. One fun excursion included attending a soccer game where the Barcelona team played. Maribel noted, "It was interesting being exposed to this unique environment because one could see the pride Spaniards demonstrated through sport." Since Maribel speaks Spanish fluently, she was able to practice her Spanish skills. She assisted the group with navigating the city. Overall, it was an unforgettable experience because she was exposed to a new culture and was able to try new things. Traveling abroad required her to step-out of her comfort zone.



During this study abroad trip, Maribel learned a lot about herself. She stated, "I learned to communicate with new people and make new friends, which is something I struggle with because I consider myself a very introverted and shy person. However, during this trip I created several long-lasting relationships and was able to get out of my comfort zone because I was placed in a leadership position. Many of my fellow peers would look up to me because I spoke Spanish and so it made it easier to ask questions or directions." Sometimes she had to translate for others, and so sometimes, she had to be the leader of the group.

Maribel would definitely encourage other TRiO SSS students to study abroad for several reasons. In her case, one of the reasons why she decided to travel abroad was to complete her communication course work and because she knew, this experience was going to expose her to a different culture. She stated, "Due to some cultural beliefs, it was hard for me to convince my parents to go (women should not be outside of the house, this is shamed upon). However, after long discussions I was finally able to convince them. Since I am the oldest in my family (both close and extended family), I wanted to be a trailblazer in my family and tell my female family members that one, as a woman, we can do anything. We can pursue our dreams if we are willing to fight for those dreams. I wanted to tell them that anything is possible." Overall, there are many benefits when you travel abroad.



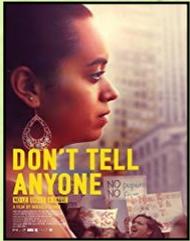
Maribel noted, "Studying abroad was incredible and although you may experience a bit of a culture shock and you may "miss home," these are once in a life time experiences that you will never forget. You learn many things about yourself when you are exposed to a new culture and overall, this type of experience can help one academically, professionally, and personally. If I could, I would try to do another study abroad program." While in Spain, Maribel noticed how different the Spaniards were from her Mexican culture. She had always thought that Spain and Mexico were going to be similar since Spain has colonized Mexico for more than 300 years. Yet, when traveling to Spain she was able to see that there was no Mexican influence on Spain, and she was able to see the difference between these two cultures although they shared a history together.

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.

International Women's Day

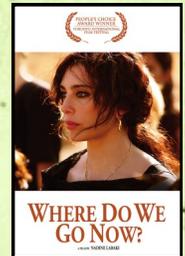
When Senator Elizabeth Warren was asked to stop talking during Jeff Sessions' confirmation hearing for Attorney General, the sentence: "Nevertheless She Persisted," went viral. Women from all backgrounds, especially feminist groups, used it along with hashtags to symbolize and express how the power of strong women who are committed to speaking up is important.

The National Women's History Month 2018 Theme this year is ***Nevertheless She Persisted***. The purpose is to honor women who fight all forms of discrimination against ALL women in every intersecting point: race, class, sexual orientation, veteran status and disability among many other categories. Beyond the fact that dedicating a month to awareness is not enough, it is inspiring to see how many powerful women there are, who I haven't given the time to know more about. Such as, Susan Burton who is giving her life to break the cycle of incarceration; Cristina Jiménez, who was crucial in creating the DACA program, or Roma Guy, an activist and policy leader on poverty, LGBTQ, homelessness, immigrant and women's rights.



What about movies or documentaries? I am sure I can change my Netflix addiction for, at least a couple of interesting movies or documentaries this month:

- ⇒ *Don't Tell Anyone* (No le Digas a Nadie) — The journey of Angy Rivera from poverty and being undocumented to the front page of The New York Times.
- ⇒ *Where Do We Go Now?* — A comedy yet powerful representation of women's resilience and creativity.



Submitted by: Yolanda Valencia | TRiO SSS Office Staff

Study Skills

Studying for a test is not easy, however you can minimize its level of difficulty by preparing throughout the semester. Below is a list of things you can do before and during the week of your exam:

Before the week of the exam:

- ◇ Read the chapter being covered, prior to lecture
- ◇ Ask your professor or TA to repeat/explain something you think you may have missed
- ◇ Look through the slides for that chapter, if offered, and make your own notes
- ◇ Create flashcards for all the bolded words in the text book chapter for that day
- ◇ Take time to review the material prior to starting

Week of the exam

- ◇ Read over the exam directions announcement
- ◇ Make sure you have read and completed all flashcards for the chapters in the exam
- ◇ Breakup your notes and flashcard material into three sections
- ◇ Review one section per day at least twice
- ◇ Attend office hours for clarification on difficult concepts, or email your professor
- ◇ Review all the material one more time, as needed
- ◇ Get a good night of sleep and eat something before your exam
- ◇ GOOD LUCK!



Submitted by: Tatiana Marlene Andre Gomes | TRiO SSS Peer Mentor

String Craft

Supplies needed:

- Birchwood plywood (for the word family, my piece of wood is 20" x 4")
- Steel wire nails: size 1 x 18 (from Lowes)
- Craft paint (I used brown)
- Scissors
- Scotch tape
- Paint brush
- Hammer
- Dmc floss from ACmoore (Using picked basic white)
- A printed-out template for nailing
- A towel (optional-for underneath the wood so the nails don't nail into the table!)



Step 1: Paint

Paint your piece of wood with your acrylic paint (your chosen color)

Paint two coats.

Don't forget the sides of the wood.

No need to paint the bottom of the wood.

Dry time: 20 minutes

Step 2: Template

Place your template on the wood where you want to nail it. I put mine centered equally. Just use a few pieces of tape to secure the template on. You can view the template at: <http://www.instructables.com/id/String-Art-3/>.

Step 3: Nailing

Grab your steel nails, you are ready to start the nailing step. Place your nail around the edge of the letter and hammer in place. Have about a half inch of the nail showing when you hammer it in. For the rest of the nailing process, make sure to have an appropriate distance between each nail. About 3/4" distance between the nails. REMEMBER- we are nailing around the letter.

Step 4: Remove Template

Once you've finished nailing, remove the template. Carefully pull the template up from the nails. Discard the template.

Step 5: Knotting

You are now ready to string! Knot your first nail. Knot twice to keep string secure.

Step 6: Stringing

Once you've made your first knot, the next process you wrap the string around the next nail once and move on to the next nail to create an outline for the letter. Keep doing this process until you get to the end of the letter and you clearly see an outline.

Step 7: Stringing (continued)

Start wrapping the string around random nails to fill up the space. (You can crisscross the string) There is no specific way to do this, you just need to fill in the space. After this process is done, knot the string twice on the last nail of that letter. Cut off excess string.

Step 8: Stringing (continued)

After this process is done and you filled up the letter, knot the string twice on the last nail of that letter. Cut off excess string. Repeat this process for all letters.

Step 9: Finished!

You're all done. Set it at a special place in your room and show off the artist in you. Visit: www.instructables.com for more ideas.



Submitted by: Ranks Barima | TRiO SSS Office Staff

Devils Food Cupcakes with Mint Buttercream



Ingredients:

Cupcakes

- ⇒ 3 sticks unsalted butter, room temp
- ⇒ 3/4 cup best quality cocoa powder
- ⇒ 3/4 cup hot water
- ⇒ 3/4 cup sour cream
- ⇒ 3 cups cake flour (not self-rising)
- ⇒ 1 tsp baking soda
- ⇒ 3/4 tsp salt
- ⇒ 2 1/4 cups sugar
- ⇒ 4 large eggs
- ⇒ 1 tablespoon vanilla bean paste or extract
- ⇒ 1/2 cup melted semisweet chocolate, room temp

Mint Buttercream

- ⇒ 4 sticks unsalted butter, room temp
- ⇒ 2 lbs. powdered sugar (2 boxes)
- ⇒ 1 tsp vanilla bean paste (or extract)
- ⇒ 1/4 cup (green) Crème de Menthe Candy

Instructions:

Cupcake

- ⇒ Preheat the oven to 350 F. Line cupcake pans with baking paper. In a medium bowl, whisk cocoa and hot water together until smooth. Let cool slightly, then whisk in sour cream until combined.
- ⇒ In a separate bowl, sift together flour, baking soda and salt; set aside.
- ⇒ In the bowl of an electric mixer fitted with the paddle attachment, cream butter and sugar until light and fluffy, 3 to 4 minutes. Add eggs, one at a time, beating to combine after each. Scrape down sides of bowl. Beat in vanilla. With mixer on low speed, add flour mixture in two parts, alternating with the cocoa mixture and beginning and ending with the flour; beat until combined.
- ⇒ Using a scoop (I used a size 20 scoop – 1 5/8 oz) divide batter evenly into cupcake liners. Bake for 18 – 22 minutes, or until a toothpick inserted comes out clean.
- ⇒ Let cool completely before frosting.

Mint Buttercream

- ⇒ Using an electric mixer, beat together on low speed for one minute until combined, then at high for another 2– 3 minutes until light and fluffy.
- ⇒ Transfer into piping bag fitted with star tip & pipe frosting onto cupcakes. Garnish with shaved crème de menthe candy.

More information: <https://www.pinterest.com/pin/512988213799730438/>

Submitted by: Yvonne Devora | TRiO SSS Peer Mentor

Kudos Section

Have an accomplishment? Please tell TRiO about it.

Inside the TRiO office, there is a sheet of paper for you to write and share your accomplishments and awards you received. Congratulations and great job on your hard work. Keep it up TRiO students!

- ⇒ Ethan Mounts started a new position as a Medical Scribe.
- ⇒ Joselyn Estrada was accepted to volunteer abroad in Romania where she will be assisting in teaching English to children. In addition, she received the COSI Scholarship.



Auraria Library—Evaluating Your Resources

Do you know what you are looking at? Visit the Auraria Library to find out!

When I went to school (many years ago) I didn't have to hear about fake news. I believed everyone reported the truth, we trusted what was written in the newspaper and magazines. Today, things are different. There are so many more sources that are available to you; newspapers, magazines, journals at the Library, the web, blogs. So much so that you can get overwhelmed typing in one word in a search box and getting over a million results. I want to make things easier for you to find material that will be useful to you. Here is some ideas to consider when gathering information for papers, presentations or conversations in the café. See if these items hold true for the material you are looking at:

- **Authority:** author's credentials included?
- **Timeliness:** when was the information published and last updated?
- **Documentation:** are references or bibliography included?
- **Purpose and Audience:** does the info intend to inform, persuade, present opinions, report research, or sell a product?
- **Review Process:** was there a review process?
- **Suitability:** does the source contain what you need? Do you understand the language that's used?

AURARIA LIBRARY



For more information you can email me or review the following Research Guide:

<http://guides.auraria.edu/evaluatingresources>

Your friend at the Auraria Library—Mary K. Dodge

MaryK.Dodge@ucdenver.edu

Welcome—Jessica Luna



My Name is Jessica Luna and I am honored to say I am the Senior Program Coordinator for the TRiO McNair Scholars Program. I am originally from Port Huron Michigan, but have lived in Denver since the age of two. However, I have lived here long enough to know I cannot call myself a native. I am a former participant of the TRiO SSS program and know that I could not have graduated without the support of the TRiO SSS program and its fabulous mentors.

I transferred to CU Denver from the Community College of Denver after obtaining my Associates in Science, graduating with both Honors in Math & Biology and Phi Theta Kappa. I am a PROUD CU Denver alumni, who graduated in 2012 with a Bachelor of Science with a major in Biology and a minor in Sociology. My original goal was to go to Pharmacy School; however, I developed a deep desire to help students persevere through college, and quickly shifted my path from Pharmacy School to Higher Education. After graduating from CU Denver, I went on to complete a Master of Arts in Organized Leadership in Higher Education Administration. I am currently working on a second Masters of Arts with an emphasis in Theology & Ministry. I am a lifelong learner and truly enjoy the processes of learning, and thus plan to enter the EdD program here at CU Denver after completion of my second Masters. I started my professional career in financial aid, and that beginning has provided a solid foundation of knowledge that serves to be transferrable across the university setting.

I spend my free time with my family and in the community. I am highly motivated by social justice issues and strive to meet the holistic needs of every person as an individual. I am an active volunteer in the Five-Points community and the Special Event Coordinator for the non-profit foundation: The Epworth Foundation. I have an innate passion to bring people together and strive to bring positive energy to all those around me. I am highly reflective and strive to be the best I can be every day. I welcome change and growth and am excited to see how the McNair program evolves over the next year!

Director's Corner

Hello TRiO SSS students,

I hope your semester is going well. This is a very busy time as many of you are really busy now gearing up for mid-terms. Hopefully you are preparing well for those exams. If you are having trouble keeping up with everything, be sure to come and see us in the TRiO SSS office so we can help you figure out how to manage your time effectively. Also, if you need to sign up for a tutor, set that up at the Learning Resources Center. Remember also that the MERC lab on the 4th floor of the North Classroom building is open on a walk in basis to those of you who need help with your math classes. Also, the Writing Center is open to all of you who may need help with essays and research papers. This semester, the LRC has fewer tutors available so they are really working hard to help students learn how to develop and set up effective study groups. Study groups among students in the same classes is a very effective means of studying well and getting good grades. Please visit the LRC to learn how best to set up your own study groups so you can stay on top of your academic caseload. Your Peer Mentors may also be able to tutor in some areas, so ask them for help if you need it, as well as myself, Henry and our new Program Coordinator, Daniela Castorena. If it is some other support you need help with, we may be able to help you with that as well. Henry, Daniela and I can help you think through the best way to handle various problem situations, so come in and see us whether or not you are struggling in any classes. Also, utilize your Peer Mentors, they are excellent resources as they have often been in your shoes and struggled along the way at different times in their academic careers, but they picked themselves up and have persevered. We want the same for all of you.

Please join me in welcoming our **new Program Coordinator Daniela Castorena** to the CU Denver TRiO SSS Program. As you may have read in her article in this edition of the newsletter, Daniela is an alumna of CU Denver and TRiO SSS. She graduated with her BA in Sociology from the university a few years ago and began her career working for Denver Public Schools. She missed working with college students though, and so took advantage of the opportunity when it came up, to apply to work for our program. We are very happy to have her back at CU Denver and especially within the TRiO SSS Program. She will be reaching out soon to those of you who are on the Program Coordinator caseload, but feel free to come in and introduce yourself this first week of March as she settles into her new role.

We are fast approaching the first deadline date for the TRiO SSS **Book Scholarship**. Be sure you are working towards the participation requirements and make your two Peer Mentor meetings and one Coordinator or Director meeting as well as one workshop of financial literacy session before the **March 9, 2018 deadline date**.

Best of Luck on your mid-terms! - Teresa De Herrera

**"Courage doesn't always roar.
Sometimes courage is the little voice at the end of the day that says I'll try again tomorrow."
~ Mary Anne Radmacher**

Welcome—Daniela Castorena



Hello,

My name is Daniela Castorena. I was once a TRiO SSS participant when I attended CU Denver. Not only was I a participant of the program I also served as President of the Society of TRiO Students (STS) Club. I received my Bachelor of Arts degree in Sociology and a minor in Ethnic Studies in spring 2013. I am a mother of two children, a 4-year old and a 1-month old. Before coming aboard as the Program Coordinator, I worked for Denver Public Schools as a Paraprofessional for 4 years. I have worked with students from K-5 in many roles, including working in small groups with them and one-to-one for emotional/behavior needs. I have also worked with college students during my time in college working as a work-study peer mentor for the Educational Opportunity Programs, currently know as the Center for Identity and Inclusion. I am very excited to work with college students once again and to be part of the wonderful TRiO SSS Program.

March Workshops

Mon	Tue	Wed	Thu	Fri
			<p>1 ⁴Effective Resumes and Cover Letters Library, Discovery Wall 2:00 pm—3:00 pm</p> <p>³Choosing a Grad School Tivoli, Rm 267 3:30 pm—4:30 pm</p>	<p>2</p> <p><i>focus.</i></p>
<p>5</p> <p>⁴Writing a Literature Review NC, Rm 4002R 11:00 am—12:00 pm</p> <p>¹Critical Thinking SC, Suite 2018 12:30 pm—1:30 pm</p> <p>⁶GIS II: Spatial Analysis Library, Rm 111 2:00 pm—3:00 pm</p>	<p>6</p> <p>⁸Making the Most of LinkedIn SC, Suite 2000 10:00 am—11:00 am</p> <p>¹Master Your Memory SC, Suite 2018 2:00 pm—3:00 pm</p> <p>TRiO Financial Literacy: Budgeting SC, Suite 2000 4:00 pm—5:00 pm</p>	<p>7</p> <p>³Resume and Cover Letter Meetup Tivoli, Rm 267 2:00 pm—3:00 pm</p> <p>⁶Data Visualization II: Tableau Public Library, Rm 111 3:30 pm—4:30 pm</p> <p>⁵Stress Less Tivoli 454 4:00 pm—6:00 pm</p>	<p>8</p> <p>²Law School Session: Admission Process SC, Suite 2000 10:30 am—11:30 am</p> <p>⁴Arguments and Thesis Statements NC, Rm 4002R 1:00 pm—2:00 pm</p> <p>³Resume and Cover Letter Meetup Tivoli, Rm 267 2:00 pm—3:00 pm</p>	<p>9</p> <p>1st Book Scholarship Deadline!</p> <p>Don't Miss the DEADLINE!</p>
<p>12</p> <p>²Deciding between Graduate School and Law School SC, Suite 2000 11:00 am—12:00 pm</p> <p>¹General Study Skills SC, Suite 2018 2:00 pm—3:00 pm</p>	<p>13</p> <p>⁶GIS I: An Introduction Library, Rm 111 9:30 am—10:30 am</p> <p>¹General Study Skills SC, Suite 2018 12:30 pm—1:30 pm</p>	<p>14</p> <p>⁷Food For Thought AAPI Discussion Hawaii & Indigenous Rights SC, Suite 2000 12:30 pm—1:45 pm</p> <p>⁵Getting What You Want in Relationships Tivoli 454 4:00 pm—6:00 pm</p>	<p>15</p> <p>³Grad School Preparation Tivoli, Rm 267 3:30 pm—4:30 pm</p> <p>²Law School Session: Types of Careers in Law SC, Suite 2000 3:30 pm—4:30 pm</p>	<p>16</p> <p><i>Carpe Diem</i></p>
19	20	21	22	23
<p>26</p> <p>Job Search Tips SC, Suite 2000 12:00 pm—1:00 pm</p> <p>¹Time Management SC, Suite 2018 2:00 pm—3:00 pm</p> <p>Financial Literacy: Financial Wellness SC, Suite 2000 4:00 pm—5:00 pm</p>	<p>27</p> <p>⁶Data Visualization I: Fundamentals Library, Rm 111 9:30 am—10:30 am</p> <p>⁴MLA and APA Basics NC, Rm 4002R 11:00 am—12:00 pm</p> <p>¹Time Management SC, Suite 2018 12:30 pm—1:30 pm</p> <p>³International Opportunities: Career Options Abroad Tivoli, Rm 267 3:30 pm—4:30 pm</p>	<p>28</p> <p>³Undeclared Major Student Workshop SC, Suite 4018 11:00 am—12:15 pm</p> <p>⁴English Grammar and Mechanics NC, Rm 4002R 12:00 pm—1:00 pm</p> <p>⁵Managing Your Mood Tivoli 454 4:00 pm—6:00 pm</p>	<p>29</p>  <p>³Resume and Cover Letter Meetup Tivoli, Rm 267 2:00 pm—3:00 pm</p> <p>⁶Poster Design Library, Rm 111 3:00 pm—4:00 pm</p>	<p>30</p> <p><i>GO for IT.</i></p>

¹Learning Resources Center: RSVP at: https://forms.ucdenver.edu/secure/sa_lrc_academic_development_workshop

²DU Sturm College of Law: RSVP at:

Admission Process (<http://bit.ly/2GLHSnp>) | Graduate or Law School (<http://bit.ly/2HVvwub>) | Careers in Law (<http://bit.ly/2CpHOvf>)

³Career Center: RSVP via Handshake Portal

⁴Writing Center: RSVP at: <http://www.ucdenver.edu/academics/colleges/CLAS/Centers/writing/Services/Pages/StudentWorkshops.aspx>

⁵Counseling Center: RSVP at: <http://www.ucdenver.edu/life/services/counseling-center/appointments/counselingcenter/Pages/Groupsform.aspx>

⁶Auraria Library—Savvy Researcher Workshops: RSVP at: <https://library.auraria.edu/workshop-registration>

⁷Asian American Student Services: No RSVP Required

⁸Experiential Learning Center and TRiO SSS: RSVP at: <http://bit.ly/2CAxYyC>

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