Student Spotlight—William Deras

The TRiO SSS Program is pleased to spotlight William Deras in this month’s newsletter. He will be graduating this semester with a degree from the College of Liberal Arts and Science in History. His favorite quote is “Ambition is a dream with a V8 engine” by Elvis Presley. The reason why he likes the quote is because he used this for his High School graduation. He states “personally, this quote speaks to me a lot, I like working hard and reaching the extra mile on my work, either making music or doing my assignments. It made me feel good about myself and really fun to challenge myself.” One of Will’s main hobbies is playing music including making hip pop beats. He enjoys collecting vinyl records from visiting local record stores. Not only does he like playing music, he likes playing video games, going to museums, going to seasonal punk rock flea markets to look at fake bones and animal skulls. He states “right now, even though I am a historian I am trying to get into reading history books for enjoyment instead of reading for school. Lol.”

When asked what his experience was like in college Will stated “I had a great time in college and also quite the journey personally, not only is it challenging me to face tough assignments and pass my classes, it helps me find and improve myself to be better as a person and understand the world. I really enjoy all the classes I took, including different subjects that I’m not great at like math for example, but I tried my best to pass instead of trying to aim for A’s and B’s. My experience in college got me out of my comfort zone to learn more things. For example, I experienced interning at a middle school to learn the ropes of being a teacher, just to try it out to see if it’s really for me and also learning the lifestyle of a teacher and their struggles. Another thing about my experience, it made me feel more passionate and enjoy my major more because history are stories from the past regardless how recent it is. I enjoyed wanting to know what happened and the cause and effects from war, politics, controversies, etc.”

Will’s favorite college memory was when he attended the Community College of Aurora, he states “When I was a member of The Office of Student Life at the time, my other fellow team members and myself were planning to make an open mic night for the school event. We had a whole semester to gather everything and plan ahead to pull it off. We planned and discussed very well, had everything prepared for the equipment, budgeting of the food, decorations, and stage equipment. On the day of the event, when we began setting up, we had a lot of extra help from different student organizations, such as the Student Government and LGBTQ+ communities. From there, Open Mic night was successful and a really fun time. Over 50 people came to the event, our assistant directors were the hosts and monitored the event to make sure everything was good. I was able to be the DJ and play some relaxing Lo Fi Hip-Hop music in between performances to get the audience more relaxed and get in the good vibe. One of my team members was managing the P.A. for the microphones to avoid any distortions from the speakers and the others were managing and passing out food and drinks to the audience. I saw really great poets, comedians, and musical performances. All of us at the office had a great time and we got a little closer after that event.”

Continued On Next Page...
Will has both long and short term goals. He actually has four long term goals, one is to save money and build his credit. He wants to do this to be able to invest in buying a new car and move out of his family’s house to live with his partner. He will be working at an airline full time in order to accomplish this goal. His second goal is to try to find a second job at a museum; he wants to make his history degree useful, “instead of letting it sit on my wall collecting dust,” he said. But first he will start volunteering at several museums in Denver, in order to gain experience and for the sake of polishing up his resume to attract employers. His third goal is to go to graduate school after a 3-5 year gap. He would like to pursue a master’s degree in history to become a professor at a community college and teach history or music appreciation. His last long-term goal is to try to put more time into making music and he would like to build a home studio in his own place. Outside of college he is a musician, he plays guitar, bass, and drums and has done so for over ten years. Will has always enjoyed making hip, pop, rock, alternative, punk, and metal music. He is also serious about building a band and touring for fun, not necessarily as a career. His short term goal that he wants to complete within a year is to get hired as a ramp agent working for an airline where he can get free flight benefits to travel anywhere around the world. He would like to visit different states and countries that he has never been to, for example possibly taking a day to go to New York or going to Europe for a month.

When asked about starting college he said, “the things I wish I was told when I started college is that if you are stressed out, ask for help and stay at the campus longer for tutoring and workshops. My first semester, I stressed out a lot in the first 8 weeks. I stressed out over my writing, my grammar, my organization of all my papers and my math (still terrible at it haha). Failure was my motivation. Writing my papers while feeling worried, I just passed my English and History classes, but I got better at them years later. I roamed around the campus and eventually found resources that were helpful. From there, I forced myself to get in a habit of staying at the campus longer and go to any tutoring and writing workshops.”

When asked what advice he would give to other TRiO participants he noted, “TRiO mentors help me pretty well on guidance and information that I have questions about. They really care, they even helped me settle my FAFSA last October and let me know about any scholarship opportunities like the COSI scholarship. The advice I would give TRIO students is that TRIO is a great way to get involved with the school when a student has less time like me. They are a great help, supporters, and listeners.” He was asked if he were to win a million dollars what would be the first thing he would do. Will stated, “I would buy a new car and a house because, I need a new car and it is slowly falling apart! I would also buy a house in my neighborhood that is close to my family. Nothing too big, like a good three- or four-bedroom house with a huge basement. If I have still had plenty of money left, I would save it for my nieces and nephew if they want it to go to college either at a community college or university.” The TRiO SSS program wishes Will continued success as he is getting closer to graduating.

Kudos

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.

- Meaza Feyso received the Grover W. Hall, Jr. Memorial Scholarship.
- Tina Truong made the Spring 2019 School of Education and Human Development Dean’s List.

“Believe you can and you’re halfway there.” ~Theodore Roosevelt
DIY—Paper Mache Piñata

Here is something fun that you can do with your children, niece, nephews or siblings. This strawberry piñata is the perfect size for a first timer to create. You can adjust the size of the piñata based on how big you blow up the balloon. Piñatas are used at birthday celebrations. If you have a birthday celebration coming up soon, you may want to do a paper mache piñata in five easy steps:

- **Step 1** – Mix one part water with one part flour to create paste.
- **Step 2** – Blow up balloon and cut newspaper into strips.
- **Step 3** – Dip newspaper strip into paste, squeezing off excess paste. Apply to balloon.
- **Step 4** – Repeat Step 3, layering newspaper on until the balloon is covered three to four layers deep. Leave an opening at the top for candy.
- **Step 5** – Let the piñata dry for at least 24 hours. Then pop the balloon and decorate!

Cristian Sarabia | TRiO SSS Peer Mentor

---

Time Management Tips

Time is one of the most precious commodities. Often we do not have enough time to accomplish tasks and then have time to go out and have fun. Being a college student does not make it any easier. As a college student, we have to deal with things like term papers, homework, studying for exams and on top of that, we have to work and can hardly find any time to spend with our family, which can be frustrating. In order to be successful and to accomplish all of your tasks, it is very crucial for a person to manage their time. Here are some tips to help you manage your time more effectively and hopefully ease up your work load:

1. **Set Goals:**
   A great way to start your semester and guarantee yourself success is to set goals. I cannot begin telling you the importance of setting goals. For starters, setting goals helps us to have a plan and assess ourselves on how we are doing on a regular ongoing basis. When setting goals, it is not a bad idea to us the S.M.A.R.T. Goal Setting Plan. Letter S stands for specific, for example: I want to pass all my classes with A’s. M is for measurable. An example of Measurable would be, by mid semester I want to have a B+ in all of my classes. Attainable is for A and it means being realistic about your goals. For example, I want to spend 30 minutes each day reading and not 24 hours a day reading. R represents relevant. Make sure that your goals matter to you and that you want it for yourself. T is for Time, you want to have a time frame of when you want your goals to be achieved.

2. **Set a Plan in motion:**
   After setting your goals, it is critical to know how you are going to get there. A plan helps us working towards our goals and it can be as simple as I want to spend 10 minutes studying, but it needs to be based on goals and the tasks. If for instance, your goal was to pass a class with an A and one class is going to be hard for you, you want to give yourself plenty of extra time to study for the harder class.

3. **Prioritize your tasks:**
   There might be a time when all of your assignments are due right about the same time, but there is one thing that you can do to manage that. Prioritize your tasks by using a planner. You can write down all your assignments and next to it, write down the due dates. Prioritize assignments that have closer due dates, then start working on them. After you finish with the assignments with the closer due date, continue working on other assignments to stay ahead of the game.

4. **Stay away from distraction:**
   In order for an individual to achieve their goals, a person must be committed to themselves. Commitment doesn’t mean you have to stop hanging out with friends or not having fun anymore, but it means limiting the amount of time you spend on these other activities and spending a little more time working towards achieving your goals. Spending less time on social media is one way of staying away from distractions. Saying “no” to other activities that will take up a lot of your time is another way. Commitment is very important and without it, you may not achieve your goals.

5. **Complement yourself:**
   Remember to complement yourself when you achieve your goals.

Nazik Jameel | TRiO SSS Office Staff
The TRiO SSS Program is pleased to highlight Kimberly Mata-Martinez’s recent study abroad adventure to South Korea. The study abroad program was a semester long experience. Kimberly studied Art Practice and Business Fundamentals. Studying abroad was something that many people encouraged her to do. The opportunity was something that was intriguing to her. Kimberly decided to apply for the program in the spring 2019 semester at Yonsei University in Seoul, South Korea. Kimberly states, “As an art student I wanted to uncover the Asian arts, culture and explore a new country to live in. Seoul has expanded their recognition to become one of the biggest channels for art industries, music media and contemporary art.” Before she left to Seoul, she decided to self-teach herself some Korean in order to get by in Korea.

She was concerned about how she would finance her study abroad opportunity, so she set a goal for herself and that was to apply to as many scholarships as possible. As she was working on completing her goal, Kimberly had a lot of encouragement and support from her advisors. Then she decided to apply for the Gilman Scholarship. It took two months of writing, editing, and revising essays, and that worked because she received the scholarship.

When asked about her experiences abroad, she mentioned her favorite experience which was meeting one of her favorite artists, James Jean who is a fine arts painter and commercial illustration artist who has gained recognition in the Korean arts culture. She says, “During my time in Korea, James Jean had an exhibition on the Eternal Journey in the Lotte Museum of Art. I had to take the opportunity to visit his exhibition. A few days later, he decided to have an artist talk show held at the museum. I was so excited and amazed at how lucky I was to have the chance to meet him. As the day arrived I was so nervous, so I prepared a notebook to write down any impacting statements and knowledge he personally has encountered in his career.” When Kimberly got to the front desk, she found out that she needed to buy another ticket for the artist talk since that had to be purchased separately. She was upset, but as she turned around, she spotted the artist James Jean. She tells us “He was talking to the curator of the Lotte Museum of Art and his photographer who was in charge of displaying his work on social media. Standing a few steps away, I gained the courage to walk up to him. As I did, all faces turned towards me and as I made eye connect with the artist all I could say was ‘are you James Jean’ and he said ‘Yes.’” I started to make conversation with him and he seemed a bit uninterested until I told him I was an art student, I surprisingly caught his attention. I told him that my inspiration and vision as an artist was to cross collaborate both Asian and Mexican art culture though using my Mexican-American roots and incorporating my own experience of the Asian culture and arts. He was so supportive and his words really impacted me. He told me “Don’t listen solely to your professors viewpoints, do what you like to do because they will not be with you once you start your artistic career.” She has had her doubts and has been hesitant to draw or paint without approval from the public or social media. There was a point where Kimberly felt her art wasn’t good enough for others to appreciate and maybe they did not understand the meanings behind her drawings. Shen then finally realized that it is not about what the audience wants, but what she wants to draw. She said, “people who will support me and recognize my talent are the people who recognize and respect me as a Mexican-American female artist.”

Kimberly was asked what she learned about herself from her experience. One thing she mentioned was “I learned that you set your own limits. Living in Korea for the last four months really made me realize that opportunities are limitless, it all depends on you and which ones you take.” She continued by saying “You are in control of your journey, if you want someone else to take the wheel, you will end up in a different route that is not yours. Sometimes you have to leave family, friends and the people you hold dear behind to achieve your dreams. Breaking these bonds is hard but it creates new bonds that will lead you to the place you want to be and prepare you for the future.”

Continued On Next Page...
Kimberly encourages other TRiO SSS participants to consider studying abroad. She stated “Living in another country was terrifying, yet it pushed me to become more responsible and being responsible is a quality we need to enhance daily.” She had to get out of her comfort zone and find ways to socialize with others. During her time abroad a challenge that she came across was enjoying the present. She said, “Days would go by and my head was still thinking about my friends and family back in Denver. I would call them constantly and yes homesickness does exist, but you need to give yourself a chance to grow and flourish to become the person you want to be. Sometimes being in a different environment, culture and around different people pushes you to go out and explore. You don’t have to figure out everything at the moment, but simply accept the circumstances, and have the strong will to challenge yourself both emotionally and academically. All the hard work you did to achieve this opportunity is the most rewarding thing you can do for yourself.”

One thing that Kimberly suggests to students who are considering studying abroad is to be wise with choosing friends or classmates to make your study abroad experience unforgettable. She mentioned that sometimes hanging out with the wrong people can divert you from your purpose to study abroad. Be around people who will support your goals and dreams. Additional advice she gives is to have emotional support. Kimberly stated “It can take a lot to get comfortable with new people, so sharing personal information can be difficult. Don’t be afraid to lean on someone you trust for emotional support.” Lastly, she advises students to trust their intuition. She stated “This will help you know who you want around you.”

Sports Time with Mardochee

As you know by now, the season has started for most leagues. Premier League season started August 9, 2019. NFL preseason and La Liga season has also started including countless others you might not know about are behind the scenes. I am here to tell you about the NBA draft and how the west is loaded and how Manchester United is failing to acquire a great player.

Before I go any further, I would like to congratulate the United States Women’s national soccer team (USWN) winning the world cup. The Women's World Cup won it back in 2015 and repeated in 2019, I don’t even know what to say, watching them play was amazing. They defeated Thailand thirteen to zero, and yes I did say 13 to nothing. They dominated the whole tournament and if you ask me in my opinion, they deserved to win. How about Megan Rapinoe, oh lord, she was the best player of the tournament. Her performance was amazing and if you don’t believe me, she scored six goals and had 3 assists, and only played five matches. I know what you all think right now, that Megan Rapinoe is not human, I am also thinking the exact same thing. Once again congratulations to USWN and now onto the NBA.

Where should I begin talking about the NBA, we are still in preseason!!!!! This has been the craziest preseason ever. Get comfortable and have something to drink because what I am about to tell you will blow your mind. As Will Ferrell once said, “I just blew my mind” believe me it happened to me as well. For starters, congratulations are in order for the Toronto Raptors aka “we the north” for winning the NBA title last season. Many people at the beginning of last season didn’t think of them as legit contenders but they proved us wrong by winning their first title. Now, it is about to get better. We all know the Boston Celtics, the team with the most NBA rings, last season didn’t go as planned for them. The Celtics lost to the Milwaukee Bucks 4 to 1 in a seven game series. Celtics was one of the favorites to come out of the eastern conference since their team was loaded with good players. I am talking about players like Kyrie Irving, Jayson Tatum, Al Hafford and many others. Yet, they lost to the Milwaukee Bucks. Kyrie left and Kevin left the warriors as well. Kyrie and Kevin Durant will be playing for the New York Nets next season, while Kevin Durant will probably be out for the season since he is injured. The Lakers made a trade to acquire Anthony Davis. Paul George and Kawhi Leonard will be Clippers next season. Who do you think will be crowned the NBA champions next season? Let’s now talk about soccer.

Well, as you already know, the only country in the world that calls football soccer is the United States. I am not going to say more about it, however I am going to talk about Manchester United’s new signings. Man U signed two new defenders (Harry Maguire and Aaron Wan-Bissaka) which means their defense has gotten better. Many are projecting them to end in the top four at premier league. PSG rejected 100 million Euros plus Bale, Navas, and James Rodriguez for Neymar. I mean I am surprised and I think PSG is not ready to part ways with Neymar. Stay tuned to the next Sports Time....
TRIO SSS is delighted to spotlight one of our prestigious alums, Jose Hernandez. Currently, Jose is living in Los Angeles, California working as a “travelling nurse.” He works in a small community hospital that serves low-income and a much underserved population in East L.A. He and a few of his nursing school friends decided to leave Denver to become travelling nurses.

When asked what his experience was like at CU Denver he stated, “CU Denver was very supportive of me. I got to join a wonderful support program, TRIO SSS, that helped me be successful academically and helped me shape a vision for my future. Being a science student was very challenging so I am happy that programs like TRIO were there to help me find the resources I needed to pass my classes and apply to programs that I was interested in.” For Jose, TRIO meant family and a safety net for him. He noted, “I was very behind when I started college. I did not have any AP classes, I was not ahead in any way. I had to remediate a lot, but TRIO was there for me. It provided the space and the help I needed to get me prepared and excel in college.”

Jose’s favorite experiences at CU Denver were studying abroad in Guatemala and in Spain. He made lifelong friends and long lasting memories. He stated “it makes my heart smile when I look back. In Guatemala, I rode a horse all the way to the top of a volcano. That was pretty cool.” During his undergraduate career something he would have done differently is taking more classes that he enjoyed. He would have liked to take swimming, music, or dance. He mentioned “honestly, I wish I would have majored in music and then gone to nursing school. But I still enjoyed majoring in Biology.” For fun Jose likes to dance salsa and bachata in L.A. He also enjoys camping, theme parks, couch surfing and making new friends with other travelers like himself. He also likes to play the trumpet in his brother’s band from time to time. He began to surf and see wild dolphins on the beaches in L.A.

An obstacle that Jose faced fairly recently was when he first moved out to California. It was very difficult for him to find a job he wanted and that was because he did not have travel nursing experience. He began working as a musician for about a month. He then found a nursing job, but he had a difficult time acclimating to the culture of the surgery center where he was working. Jose eventually decided to leave and found work at UCLA where he received a lot of experience and now is working at a small community hospital that he enjoys very much. Jose stated, “It took me some time to get on my feet and I almost gave up and went back home. But now I feel more confident in my skills and feel like I can better live in new places. Persistence, faith and good friends are key,” he said.

Advice that he would like to share with upcoming graduates is to study abroad while in college. It is a must and is something that TRIO encouraged him to do. It expanded his world view and now that he is out of school, it is something that he always thinks about. He thinks about his next travel adventures whether it is national or international. Jose says “there is a value in stepping away from what you know and what you are comfortable with.” Ten years from now he expects to be hanging out with the love of his life, living part time in a decked out van, possibly living in a different country, and making the most of night skies with beautiful sunsets.

Jose was asked if he has a hero and that person is his cousin Samuel who is from Mexico. His cousin is a dentist by training who has always followed his heart and dreams. According to Jose, “Samuel one day dreamt that he would go to South America and live there. It was always something that he wanted to do. His began to save money and took off to Chile when he had enough money saved.” Jose’s cousin lived in Easter Island for about a year where he worked for a local Rent-A-Car company. Not only that, but his cousin even wrote a book while abroad called “Aprendiendo a Ser Rapanui.” Jose says “It is a book that speaks to the importance of following your dreams no matter how silly they may seem. He is a living adventure. He is still living in Chili and I plan to visit him for the second time soon.” The TRIO SSS program wishes Jose continued success in his travels and nursing experiences.
Recipe—Jalapeño Poppers

Ingredients

- 12 jalapeño peppers (or as many as you want)
- Enough water to cook the jalapeños
- Enough salt for the pot to cook the peppers
- 2 tablespoons of butter for the filling
- ¼ cup of finely chopped onions
- 1 tablespoon of finely chopped garlic
- 2 cups of cheap shrimp
- 1 package of cream cheese 190 g (Philadelphia Original)
- To taste—salt and pepper
- 1 package of 12oz Bacon slices

Instructions

- With a knife, cut the jalapeño peppers in half lengthwise, and use a spoon to scoop out the seeds and ribs.
- In a small pot, heat the water over medium heat, cook the jalapeños with salt until they soften. Drain and set aside.
- For the filling, in a pan over medium heat, melt the butter and cook the onion with the garlic, add the shrimp, then the cream cheese, season with salt and pepper. Cook for about 5 minute and then let it cool and set aside.
- Fill the jalapenos with the previous preparation.
- Wrap each of the jalapenos completely with the slices of bacon, using a toothpick to secure the bacon.
- Place the jalapenos on the grill and let them grill for about 20-25 minutes until the bacon is crispy and browned. Then Enjoy!

Alexa Dominguez | TRiO SSS Office Staff

Managing Your Finances

A wise person once said, “Cash rules everything around me”. Cash is required for almost every facet of life from buying groceries to paying rent. Cash is hard to find, and even harder to obtain especially as a student. Finance is a tricky subject and the crux to mastering it involves strategic allocation of resources as well as a solid budgeting plan.

There is a plethora of apps for smartphones and computers alike to help with budgeting. Mint is one budgeting resource that combines all finances into one place and shows you simple budgeting strategies as well as credit scores. Mint will also give you suggestions on how to improve your credit score or budget better for each week.

There is always a fine line between spending and saving. The line can be easily blurred when pursuing hobbies or interests. In a world of endless credit, it is easy to go overboard on buying clothes or video games. Keeping track of costs can help eliminate this bad habit. Saving habits are hard to build, but when built can result in long-term gains. Small habits such as keeping a piggybank for loose change can make a big difference at the end of the month and can provide a means to indulge in that toy you’ve always wanted.

Ultimately, walking the fine line can lead to a successful financial lifestyle and with the right budgeting habits you can rule everything around you. Take advantage of the Wellness & Recreation Services Financial Wellness workshops that include Student Loans, Becoming Budget Savvy, Credit Health, and Financial Nourishment (Saving). You can register for these workshops HERE. You can also visit the Financial Wellness website as well.

Vrajen Patel | TRiO SSS Peer Mentor
Hello TRiO students,

I hope you have all had a good start to the fall semester. This year, we are bringing in a large group of new students as we had a very large group graduate last spring and this past summer semester. This is always good news for those who had been on the waitlist for a while. We are still working down the waitlist as we have a few more students to bring into the program to reach our full 165 students for fall 2019. For those of you who are new, please be sure to complete your Orientation to the program.

We had a slower start in getting all our student staff hired on this semester. We have 2 new Peer Mentors that we are very hopeful can begin working with all of you next week. In the meanwhile, make your appointments with your professional staff mentor, Henry, Daniela or me. As these additional mentors come on board, they will email the students on their roster with their welcome email and available hours in the office, be on the lookout for that. For those of you who have already received an email from your Peer Mentor, please respond to your mentors’ emails and set up your meetings with them early in the semester. It is always to your benefit to meet earlier in the semester. The same is true with your professional staff mentor, stop by the office or call and make your appointments early so that we will have time to be able to help you with any struggles that may come up or to help you find a work study job if that is what you need now or in whatever area you may need help. Just as a reminder, we do have a small computer lab in our office that is available to you. If you need a place to do some research, type up a paper or such, come down to Student Commons (SC) 2011.

If you think you will need tutoring this semester, stop by the Learning Resource Center (LRC), in SC 2105 and see if they have the tutor you need. If you are a Biology, Chemistry or other sciences student, reach out to your Peer Mentor Vrajen Patel or Cristian Sarabia, as they will also be able to provide some tutoring for you in your science classes, along with their mentoring duties. For those of you in Business degrees, your Peer Mentor, Mardochee Mafuana may be able to provide some tutoring for some of your business courses as well.

As another reminder, to be considered an active participant of the program, we require that you meet three times with your mentor and twice with myself or your professional staff mentor, Henry or Daniela, that you attend two TRiO SSS sponsored workshops and one financial literacy session every semester. In this edition of the newsletter, you can see all the great workshops we have in store for you for the month of September. We hope you will take positive advantage of the program and come and visit with us more often than the required times and that you will attend more workshops as well.

You always have an option to complete your financial literacy (FL) session in class if you like, the calendar in the newsletter will give you information on when those sessions are scheduled this month. Unfortunately, College In Colorado (CIC) is experiencing some changes with their Money 101 component. We cannot offer you the opportunity to complete an online session at this time. The staff at CIC are working to clear up the issue. We will let you know when the online system is back up. Meanwhile, the Wellness Center has a lot of sessions available. Please check our calendar to see when those classes are in session.

Take care and the best of luck to everyone this semester!

—Teresa De Herrera

"Measure yourself by your best moments, not by your worst. We are too prone to judge ourselves by our moments of despondency and depression."

~ Robert Johnson
<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>HAPPY LABOR DAY</td>
<td>Take-A-Selfie (Skills) SC, Suite 3018 3:30 pm—4:45 pm</td>
<td>Resume &amp; Cover Letter Tivoli Suite 267 3:30 pm—4:45 pm</td>
<td>Stress Less Tivoli 454 4:00 pm—6:00 pm</td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
</tr>
<tr>
<td>MLA &amp; APA Basics NC, Suite 4002R 9:30 am—10:30 am</td>
<td>Financial Literacy: Student Loan Basics Wellness Center 3rd Floor Seminar Room 12:30 pm—1:30 pm</td>
<td>Aura ian Health Center: Emotional Wellness Tivoli 320 12:30 pm—2:00 pm</td>
<td>Lunch and Lead (Teamwork, Oral and Written Communication) Tivoli 440 12:30 pm—1:30 pm</td>
<td>Financial Literacy: Student Loan Basics Wellness Center 3rd Floor Seminar Room 12:30 pm—1:30 pm</td>
</tr>
<tr>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
</tr>
<tr>
<td>Take-A-Selfie (Personality) SC, Suite 3018 3:30 pm—4:45 pm</td>
<td>Eat &amp; Talk: Hawaii &amp; Indigenous Rights SC, Suite 2000 12:30 pm—1:45 pm</td>
<td>Time Management SC, Suite 2018 2:00 pm—3:00 pm</td>
<td>Application Essays, Letters and (Personal) Statements NC, Suite 4002R 9:30 am—10:30 am</td>
<td>Lunch and Lead: Know Your Purpose and Use It (Leadership, Critical Thinking and Problem Solving) Tivoli 440 12:30 pm—1:30 pm</td>
</tr>
<tr>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
</tr>
<tr>
<td>Motivation and Goal Setting SC, Suite 2000 2:00 pm—3:00 pm</td>
<td>Food For Thought: Hawaii &amp; Indigenous Rights SC, Suite 2000 12:30 pm—1:45 pm</td>
<td>Take-A-Selfie (Interests) SC, Suite 3018 3:30 pm—4:45 pm</td>
<td>Application Essays, Letters and (Personal) Statements NC, Suite 4002R 9:30 am—10:30 am</td>
<td>TRiO Financial Literacy: Managing Your Finances SC, Suite 2000 3:00 pm—4:00 pm</td>
</tr>
<tr>
<td>29</td>
<td>30</td>
<td>Mission Statement</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Writing a Literature Review NC, Suite 4002R 11:00 am—12:00 pm</td>
<td>The University of Colorado Denver TRiO Student Support Services Program is a holistic student development program that is dedicated to helping each student reach his or her full academic potential.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Career Center: RSVP via the Handshake Portal.
*Counseling Center: RSVP at https://ucdenverdata.formstack.com/forms/counseling_group.
*Writing Center: RSVP at https://clases.ucdenver.edu/writing-center/workshops.
*Wellness and Recreation Services: RSVP at https://docs.google.com/forms/d/e/1FAIpQLeQfFdXGf7BrrBAVhWlaccQyS9nY1mnXYIFUS4REVaG_rVhjA/viewform.
*Health Center at Auraria Health Sessions: RSVP at http://www.healthcenter1.com/. Click “Wellness” and then “Events.”
*Learning Resources Center: RSVP at https://ucdenverdata.formstack.com/forms/doesn’t_academic_development_workshop.
*Student Life and Campus Community: RSVP at http://www.ucdenver.edu/life/services/studentlife/Leadership/Pages/default.aspx.
*Asian American Student Services: No RSVP Required.

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