

# THE PILLAR

A MONTHLY JOURNAL OF THE TRiO SSS COMMUNITY

"Helping Students Realize Their Full Potential"

April 2019  
ISSUE

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## Student Spotlight — Chuy Fuerte



TRiO Student Support Services is happy to spotlight Chuy Fuerte in this month's newsletter. He will be graduating with a Bachelor of Science in Business Administration degree with an emphasis in Human Resource Management. His journey to earn his degree came with challenges. He noted, "It was a long journey, due to some personal deviations. My academics were very good and I really enjoyed them, but like most people who struggle with something I struggled with mathematics."

In his senior year, studying and preparing for exams has become a lot easier and learning has become enjoyable.

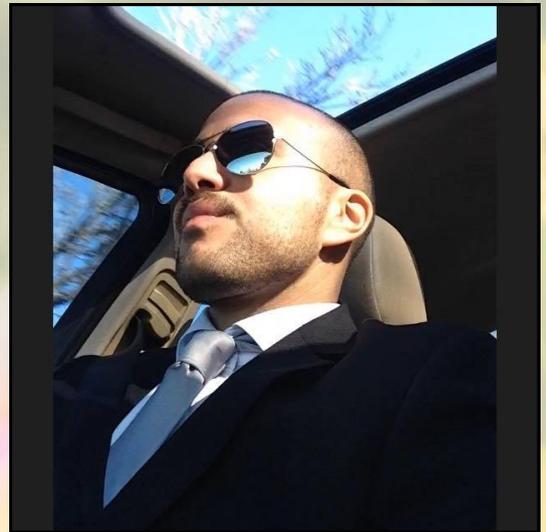
His favorite quote "Figure out your God-given purpose and go after it" means a lot to Chuy. It is something that he wished someone told him when he was younger, it would have made life more fulfilling sooner. Even though he faced obstacles, it was his faith that allowed him to move forward. One of his greatest strengths is his perseverance. Chuy also studied abroad at the University of Rochester in Berlin, Germany, which provided him the opportunity to learn about different cultures and how to find his way around on his own. He has also completed an internship off campus to receive valuable hands-on experience and to network with other business professionals. He is very thankful that throughout the years here, he has met some wonderful people.

Chuy's favorite moments include when he was admitted and came to CU Denver, and he is sure that his graduation day will be a favorite memory as well. When he started college, Chuy stated that he wished he were told to attend more college events because these activities can enrich your experiences on campus. When asked how the TRiO SSS program has helped him he stated, "Without TRiO, I would have been completely lost my freshman year. They guided me through registering for my classes, getting to know campus better, making sure I could access canvas and my CU Denver email. Even today, they still help me with mentoring and making sure, I am on track." He recommends taking the scholarship opportunities and their advice seriously.

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## Spotlight Continued — Chuy Fuerte

As a young entrepreneur, Chuy started a small business working with gems and crystals, in particular Moldavite. You can visit his site at [Moldavitefamily.com](http://Moldavitefamily.com). He has even provided a discount code (TME15) for fellow TRiO people. When asked about his hobbies Chuy stated, “I pray, but prayer is not a hobby, it comes from the heart.” He also loves to work out and lift heavy weights. In addition, he like eating spicy hot wings and going on new adventures. His short-term goals include graduating and starting the journey that is waiting for him. At this point, he is unsure of what the path will be since he has many options. For the future, he would like to work abroad so that he can travel back and forth. He is also considering the option to earn a master’s degree overseas. In addition, he would like to get married sometime in the future. If Chuy won a million dollars, he would first tithe and then would invest a good portion into a self-sufficient property, save another portion and give the rest away with a condition that it be used as a self-sufficient property for the poor. The TRiO SSS Office wishes Chuy continued success in his career. Have a great graduation!



## Student Spotlight —Oyuki Ramirez



The TRiO SSS Program is also excited to highlight Oyuki Ramirez who will be graduating this semester with her degree in Criminal Justice through the School of Public Affairs. She will also be completing minors in Psychology and Human Development & Family Relations. She has worked diligently to complete her degree in four years while working and completing an internship. Her commitment and motivation to earn her degree is inspiring.

When asked about her college experiences she noted, “I really enjoyed my time here at CU Denver because I learned a lot from the amazing professors I had. The quality of education will never compare to anything else. I am glad I found the right major for me. I received a lot of support from my family and friends which made it possible for me to finish school.” Oyuki was also involved on and off campus. At one point in her undergraduate journey, she was working multiple part-time jobs, volunteering, and maintaining her coursework and TRiO SSS requirements. She can also add on Club Sports to her list of involvements. She believed being involved helped her become successful and has helped her feel she is a part of the CU Denver Community and campus.

Oyuki stated, “Sometimes the workload is a lot and you just want to go home and watch Netflix but remember you have goals, so turn on your favorite music and get to work because no one no is going to do it for you!” Indeed, you have to put in the work. Her favorite moment in college was when she was offered her work-study position with the CU Denver Experiential Learning Center. She noted, “I thought it was going to be difficult working at this office but after meeting the awesome staff I knew I was going to do just fine. Everyone here is professional, yet knows how to have fun and laugh!” Oyuki expressed that she is blessed to have worked there all throughout her college career.

**CONTINUED ON NEXT PAGE ...**

## Spotlight Continued—Oyuki Ramirez



Her goal for the semester is to finish strong. As a graduation present to herself, she plans to travel to Mexico. For the future, she plans to work for the State of Colorado in Law Enforcement. In addition, she will be working on her Master of Criminal Justice degree. If she won a million dollars, the first thing she would do is buy a BIG house to give to her mom and dad. If she has money left over, she would also buy a car because she really needs one! Her hobbies include being outdoors especially during the summer because she loves travelling to the mountains to hike and kayak. When she has a free moment, she also enjoys playing paintball, basketball, volunteering, watching TED Talks and anything crime related.

Her recommendation to other students entering the program is to use all of their resources and to know that the TRiO SSS program is always there to help whether it is for school or simply because you want to talk with someone about anything. When asked about how TRiO has helped her Oyuki stated, "TRiO has helped me a lot throughout college because they have literally guided me when my classes/ personal life got difficult for me. They are great at suggesting resources both in and out of school. The best thing about it, is that the advice you are getting are from people who look like you and who are also studying the same thing as you, therefore you feel comfortable when asking any questions."



Her favorite quote reads, "You may find yourself being the only person in the room, at the table, or in a meeting who may not look like you, But NEVER think that you don't belong there. We need you," author is unknown. This resonates with Oyuki because it motivated her to stay in college and to be part of sensitive conversations and it allowed her to give her input as a Latina. People from all different backgrounds and experiences enrich our work-

force. The TRiO SSS program wishes YOU continued success in both your academic and career endeavors and encourages you to continue providing your insight.

## April Denver Free Days

Check out the Denver Free Days in April. Take some time to enjoy some free activities.

**Tuesday, April 2** - Denver Botanic Gardens at Chatfield and Children's Museum of Denver at Marsico Campus (4-8 p.m.)

**Wednesday, April 3** – Denver Museum of Nature and Science (Night at the Museum)

**Friday, April 5** – Museo de las Americas

**Saturday, April 6** – Denver Art Museum

**Friday, April 12** – Four Mile Historic Park

**Saturday, April 13** – Longmont Museum

**Sunday, April 14** – Denver Botanic Gardens at York St

**Saturday, April 20** – Free Entrance Day in the National Parks

**Sunday, April 28** – Denver Museum of Nature and Science

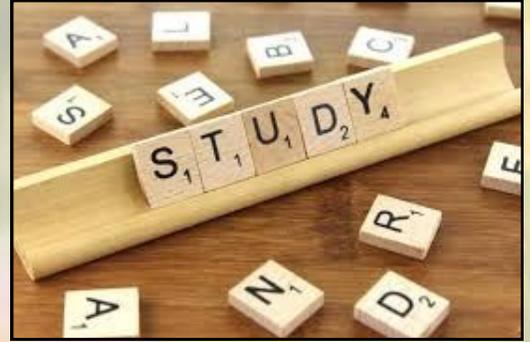


**Ranks Barima | TRiO SSS Peer Mentor**

# Study Tips for Finals

Are you ready for finals next month?

Here are a few tips and ideas so you can perform your best!



- ◆ **Create a study group.**

Ask some fellow classmates to join you for a study session. Studying with others is a great way to learn course material in a different and potentially more effective way and also gives you the chance to teach someone else the material– which helps you learn, too!

- ◆ **Design a study guide.**

Professors do not always provide a study guide for final exams, and it can be helpful to create a guide for yourself for key topics to study.

- ◆ **Make to-do and to-done lists.**

When there is a lot on your plate, a great way to manage it all is to make lists of what you need to do. Once you cross off the things on your list, keep a “to-done” list in plain sight for a while.

- ◆ **Review notes every day.**

It is easier to process a lot of information if you are reviewing every day. Cramming tends to not be effective.

- ◆ **Plan out your time.**

Planning ahead allows you to study and work in manageable amounts. Doing a little every day can be a lot less stressful than doing everything at the last minute! Speaking of last-minute...

- ◆ **Avoid procrastination.**

You have probably heard the concept that “due today DOES NOT equal do today” from many people. No matter how many times you hear it, it takes practice doing things in advance and planning out your time in order to avoid procrastination.

- ◆ **Writing a paper? Make an appointment with the Writing Center!**

The Writing Center is an excellent resource for all of your writing needs. They have multiple locations and an option to meet online as well. Writing Center specialists can help with citation styles, thesis statements, idea developments, and much more. There is a convenient online scheduler you can access [here](#).

- ◆ **Ask questions.**

Do not be afraid to ask for clarification on something! In most cases, others have the same or a similar question and can benefit from hearing the answer. Tutors, mentors, professors, and teaching/learning assistants are all great resources with whom to start.

- ◆ **Take breaks.**

You can only effectively absorb so much information at once, so it is critical to allow yourself short breaks. See the Self-Care Corner on page seven for some ideas!

- ◆ **Get plenty of sleep.**

Although it is probably the most basic principle, it is also greatly overlooked. Getting plenty of rest and avoiding all-nighters/ cramming is one of the best ways to ensure success.

- ◆ **Keep healthy snacks accessible you while you work.**

Being hungry while you study is an easy way to quickly lose focus. Keep snacks with you that will give you energy. Some good snacks to try to include are nuts, berries, and veggie sticks.

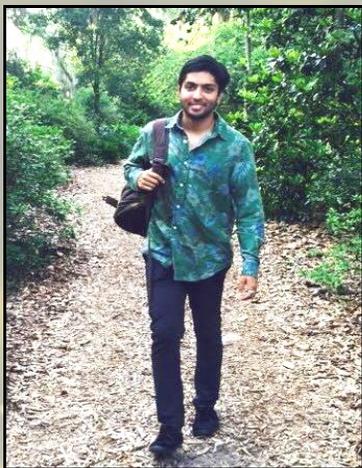
- ◆ **Pick an effective study environment.**

One of the most important aspects of effective studying is to be in an environment with minimal distractions. This is different for everyone, and for you it may look like a desk at home, a library, or other quiet study space. It helps to silence your cell phone for periods of time and only check it when you are taking a break.

Samaria Stovall | TRiO SSS Peer Mentor

## TRiO SSS Open Lab Tutoring

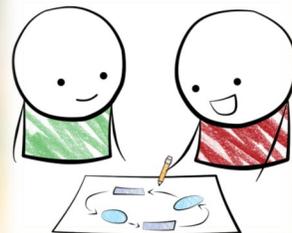
Our TRiO SSS Graduate Assistant Vrajen Patel is available for professional tutoring!  
All tutoring is held in the TRiO SSS Solution Rooms.



### Availability

Monday: 9:00 am—3:00 pm  
Wednesday: 10:00 am—5:00 pm  
Friday: 10:00 am—5:00 pm

Basic Math to Calculus III  
Linear Algebra  
Basic Chemistry to Organic Chemistry  
Physics I and II  
Biology to Biochemistry  
Selected Engineering Courses



## Carrot Patch Cupcake Recipe

### Ingredients:

1 package Pillsbury Moist Supreme Chocolate Cake  
1 stick butter  
¼ c. Milk  
3 eggs  
20 chocolate cream-filled sandwich cookies  
1 c. sour cream

### For the frosting:

1 package Pillsbury Creamy Supreme Chocolate frosting

### For the “carrots”:

24 strawberries washed and dried  
2 tsp. coconut oil  
1 lb. bag orange candy melts  
Fresh mint for sprouts (optional garnish)

### Instructions:

Preheat oven to 350 degrees.

In a bowl beat the cake mix and the butter until thick dough forms. Add the milk and mix until well combined. Add the eggs and beat for one minute on medium speed.

Scoop into liners (¾ of the way full) and bake for 18-20 minutes. Allow cupcakes to cool in the pan for 5 minutes before transferring to a wire rack to cool completely.

In the meantime, crush the sandwich (discard cream in center) and set aside. Using a plastic sip bag with a rolling pin works fine!

In a microwave safe bowl, melt the coconut oil and then add the candy melts. Whisk until smooth and remove from heat and begin dipping those strawberries. Fill a piping bag or plastic zip bag with remaining chocolate to drizzle over strawberries to give texture.

Make a small quarter size hole in the center. Frost around the hole and sprinkle the cookie crumb “dirt”. Bury a strawberry “carrot” in the center of each cupcake. Garnish with the little sprigs of mint for sprouts if desired.

Recipe courtesy of <https://lifemadesimplebakes.com/2016/03/carrot-patch-cupcakes/>



Aimee Maldonado Lozoya | TRiO SSS Student Assistant

## Spring Cleaning

Spring cleaning is like a treasure hunt..... you never know what you'll find.



someecards  
user card

Spring is a delightful time, a time to cleanse, time to re-energize, mentally, spiritually, emotionally and physically.

**Organize and Clear Clutter:** One of the biggest parts of spring cleaning is getting rid of clutter that you don't need. Now is a good time to take advantage of the natural spring urge to get rid of items that are weighing you down and begin fresh with a more streamlined lifestyle. Sorting your belongings into [four categories](#)—trash, give-away, store, or put-away—can also be effective as you begin the spring-cleaning process. Now is a great time to plan a garage sale or to donate items to good causes. Cleaning will be a lot easier when the clutter is gone.

**Clean Room:** Use a room/home checklist as a springboard for deep-cleaning the areas of your room that really need extra attention. Feel free to skip items that have recently been cleaned and focus on the parts of your room/home that have been neglected all winter long.

**Establish New Cleaning Habits:** Set aside a simple 15-minute cleanup routine every few days with each including a series of 1- to 2-minute chores; this can make it remarkably easy to keep your home clean and tidy all year long. Enjoy the Spring Season!!

Vanessa Martinez | TRiO SSS Peer Mentor

## Spring Has Sprung!

It is spring and what brings this about is the March or Vernal equinox. The sun shines directly on the equator and the length of day and night is nearly equal. The March equinox marks the moment the Sun crosses the celestial equator, the imaginary line in the sky above the Earth's equator, from south to north. Our days will begin to get longer until the summer solstice occurs on June 21. Enjoy the blooming season of spring and time for the March equinox.

Jessica Pineda | TRiO SSS Peer Mentor



## Society of TRiO Students Club

TRiO Club Members,

First of all, I would like to thank everyone who assisted (donating items and tabling) in the TRiO Club Goodie Sale, which was a successful event. The semester is flying by and I would like to take a minute to mention some upcoming club activities for April and May. I encourage you to participate and also help set-up for the events. Snacks will be provided at these events.

Movie Matinee | 4/25/19 (Thu) | 2:30 pm – 5:30 pm | ACAD 2000  
Study Session | 5/8/19 (Wed) | 2:30 pm – 5:30 pm | ACAD 2000

In addition, you will be receiving information on the upcoming STS Club Elections. Please consider running for a position on the executive board. This is a great way to develop your leadership and planning skills. I can tell you from my experience, I have learned a lot. Daniela and Henry will help you to develop these skills. The STS Club will also be participating in the Graduation Celebration. During the event, we will give Participation Certificates to active members.

Sincerely, Your President—Cynthia Cordova



## Self-Care Corner

**The most important thing you can do to maximize efficiency is to take care of yourself.  
Here is a list of some simple and fun ways to implement some self-care!**

- ✓ Take three deep, cleansing breaths.
- ✓ Sit in a warm bubble bath. Put a bath bomb or some bath salts in, too.
- ✓ Go for a walk.
- ✓ Pet an animal or cuddle up with a soft blanket.
- ✓ Listen to your favorite motivational song.
- ✓ Read something you enjoy.
- ✓ Meditate for ten minutes. Look up free meditation guidance podcasts if you need some help getting started.
- ✓ Try a new exercise class, or follow a video at home if that is more comfortable for you.
- ✓ Spend time with a group of friends whom are positive and encouraging.
- ✓ Volunteer your time with your favorite charity. If you do not have one yet, pick one that sounds interesting. Taking care of others can be a great way to take care of yourself and benefit the community simultaneously.
- ✓ Watch a movie or a few episodes of one of your favorite TV shows.
- ✓ Pick a healthy new habit to implement daily– and then do it.
- ✓ Make a gratitude list and write down everything for which you are grateful and thankful.
- ✓ Give someone you care about a big hug.

**Self-Care is a  
priority and necessity  
- not a luxury -  
in the work that we do.**

**Linda Moran**

**Samaria Stovall | TRiO SSS Peer Mentor**

## Undergraduate Pre-Health Program—Application Deadline: May 5, 2019

### PROGRAM OVERVIEW

The Undergraduate Pre-Health Program (UPP) started in the spring of 2006; the Office of Inclusion and Outreach (OIO) at the University of Colorado Anschutz Medical Campus hosts the 13-month program. OIO is committed to helping increase the number of historically underrepresented individuals within the health care professions for the purpose of reducing health disparities among underserved communities in Colorado. By participating in the program students learn about health disparities, health policy and social justice issues that impact equity in healthcare. Courses are taught by distinguished University of Colorado Anschutz Medical Campus faculty, staff and students. Topics consist of personal and professional development, lectures, demonstrations, and interactive presentations. The program is designed to allow students to explore the many facets of health care. **To apply to the UPP program, click [here](#).**

### ELIGIBILITY

Students are selected on the basis of academic and professional achievement, and an interest in healthcare professions. We encourage students from underrepresented groups or backgrounds including first-generation college attendees, low income/financial hardship, LGBTI, U.S. veterans, persons with a disability, or ethnic minorities such as Black or African American, Hispanic, American Indian or Alaska Native, Native Hawaiian or other Pacific Islander, and Asian to apply.

- Applicants must have 30 or more college credits before the start of the program.
- Applicants must be full-time throughout the duration of the program.
- Applicants must be U.S. citizens or have Permanent Resident status.
- Students are not permitted to work part-time jobs or take any additional classes (exceptions for online classes may be granted on an individual basis) during the summer portion of the program.

### APPLICATION REQUIREMENTS

- Minimum Overall GPA of 3.3 (preferred GPA 3.5)
- Minimum Science GPA of 3.3
- Two (2) letters of recommendation - at least one from science faculty (Includes: STEM, Natural Sciences, Psychology, etc.)
- Must complete application by the May 5, 2019 (all components of the application must be complete prior to the deadline) Submit unofficial transcripts from all institutions attended for the application. Should you be invited to interview, you will be required to bring official transcripts.
- Interview (Will begin in April 2019 and will continue into June 2019)

## Director's Corner

Hello TRiO students,

Whether you stayed in town or went somewhere fun for Spring Break, I hope your week was restful and filled with joyous moments. Now it's time to get back to work and your studies. Finals will be upon us before we know it. We have our math and sciences tutor in the TRiO Office, Vrajn Patel on Mondays, Wednesdays and Fridays. If you need help in those classes, come in and meet with Vrajn and get yourself ready for those finals.

Our spring **Graduation Celebration** is coming up soon. We are changing it up this semester as it will be an evening celebration. Please put this date on your calendar, **Thursday, May 9, 2018 in the Student Commons Room 2500 from 6:00 – 7:30 pm.** It should be a good time as we expect to have over 20 students graduate this spring semester. We will again partner with the Society of TRiO Students Club as well as our 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 a few 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 some of our wonderful Peer Mentors, Vanessa Martinez, Ranks Barima and Jessica Pineda who will be leaving us at the end of the spring term. Cynthia will continue on with her graduate degree programs while Ranks, Vanessa and Jessica move on to new experiences as college graduates. We will 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 graduate school conference at CSU on Friday, April 26. It is full day event, as we will leave CU Denver by 8:00 and arrive back to campus around 4:00 pm. Lunch will be provided.** If you are interested in attending this conference, you need to register very soon, so please talk to Daniela or Henry to see if there are still seats available. You will have the opportunity to learn about various graduate school programs at CSU and hear from faculty, staff and students of those programs. If you are interested in attending graduate school after completion of your Bachelor's degree, you should attend this conference.

If any of you TRiO SSS participants are interested in working for TRiO SSS, we will have positions opening up for fall 2019, or even possibly summer 2019, 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 a few in-class options 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 10, 2019 to be considered for the scholarship to be awarded in fall 2019.**

Take care! - Teresa De Herrera | TRiO SSS Director

## Kudos

**Have an accomplishment? Please tell TRiO about it! Inside the TRiO office, there is a sheet of paper for you to share your recent accomplishments and awards. We would love to feature YOU here in the next issue!**

- ☆ Marika Fama made the Dean's List for the fall 2018 semester and will graduate with honors.
- ☆ McNair Scholar, Chelsea Charley-Suarez was selected to study abroad in France this summer.
- ☆ McNair Scholar Monica Peniche was accepted into the Ph.D. program at the University of California Irvine.
- ☆ Chelsea Situmeang was selected as an intern with the Young Aspiring Americans for Social & Political Activism (YAASPA).
- ☆ McNair Scholar, Tammy Nguyen was accepted into the University of Rochester, Warner Graduate School of Education in the MS to Ph.D. program in Human Development with a Concentration in Research and Program Evaluation.

THANKS  
FOR  
BEING  
AWESOME

**Congratulations to all and keep up the great work, TRiO students and staff!**

# April Workshop Calendar

Mon	Tue	Wed	Thu	Fri
1 <b>Mission Statement</b> 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.	2 <b><sup>1</sup>Financial Literacy: Managing Your Finances</b> SC, Suite 2000 10:00 am-11:00 am  <b>Financial Literacy</b>	3 <b><sup>2</sup>English Grammar &amp; Mechanics</b> NC, 4002R 1:00 pm—2:00 pm <b><sup>3</sup>Resume &amp; Cover Letter Meetups</b> Tivoli 267 2:00 pm—3:00 pm <b><sup>3</sup>Take a Selfie: Skills</b> SC, Suite 1401 3:30 pm—4:45 pm <b><sup>4</sup>Stress Less</b> Tivoli 454 4:00 pm—6:00 pm	4  <b>CU Peru :Interactive Global Health Session</b> SC, Suite 2000 4:00 pm—5:00 pm	5 
8 <b><sup>2</sup>Writing a Curriculum Vitae</b> NC, 4014 11:00 am—12:30 pm	9 <b><sup>5</sup>Health Center: Social Wellness</b> Tivoli 444 12:30 pm—2:00 pm <b>Time Management</b> SC, Suite 2000 2:30 pm—3:30 pm	10 <b><sup>3</sup>Resume &amp; Cover Letter Meetups</b> Tivoli 267 2:00 pm—3:00 pm <b><sup>4</sup>Getting What you Want In Relationships</b> Tivoli 454 4:00 pm—6:00 pm	11 <b><sup>3</sup>Undeclared Student</b> SC, suite 2008 11:00 am—12:30 pm <b><sup>1</sup>Financial Literacy: Budgeting</b> SC, Suite 2018 3:00 pm—4:00 pm	12
15 <b>Procrastination</b> SC, Suite 2000 2:30 pm—3:30 pm <b>YOU MAY DELAY BUT TIME WILL NOT</b>  — BENJAMIN FRANKLIN	16  <b><sup>1</sup>Financial Literacy: Are you Credit Worthy?</b> SC, Suite 2000 2:30 pm—3:30 pm	17 <b><sup>6</sup>Food For Thought AAPI Discussion</b> SC, Suite 2000 12:30 pm—1:45 pm <b><sup>3</sup>Resume &amp; Cover Letter Meetups</b> Tivoli 267 2:00 pm—3:00 pm <b><sup>3</sup>Take a Selfie: Personality</b> SC, Suite 1401 3:30 pm—4:45 pm <b><sup>4</sup>Peace of Mind</b> Tivoli 454 4:00 pm—6:00 pm	18 <b>Graduate School Preparation</b> SC, Suite 2000 3:30 pm—4:30 pm 	19
22 <b>Coping With Stress</b> SC, Suite 2000 10:30 pm—11:30 pm have a good day 	23 <b><sup>7</sup>Test Taking Skills</b> SC, Suite 2018 12:30 pm—1:30 pm	24 <b><sup>8</sup>Lunch with Trisha Vasquez</b> SC, Suite 2000 12:00 pm—1:30 pm <b><sup>3</sup>Take a Selfie: Personality</b> SC, Suite 1401 3:30 pm—4:45 pm <b><sup>4</sup>Managing your Mood</b> Tivoli 454 4:00 pm—6:00 pm	25 <b><sup>1</sup>Financial Literacy: Please Don't Take My Money!</b> Lender Lessons SC, Suite 2000 9:30 am—10:30 am	26 <b>FOCUS BELIEVE ACHIEVE</b>
29 <b>Job Search Tips</b> SC, Suite 2018 12:00 pm—1:00 pm	30 <b><sup>3</sup>Myers-Briggs Type Indicator</b> Tivoli 267 12:30 pm—1:30 pm	<b>Please be on-time as professional courtesy to the presenter. Make sure to take sign-in sheet for non-TRiO workshops. Don't Wait Until The Last Moment To Complete Your Workshops. There will be limited workshops offered in May!</b>		

**<sup>1</sup>Financial Literacy Sessions—Registration Required—RSVP at: <http://bit.ly/2DN82HS>**  
**<sup>2</sup>Writing Center: Registration Required—RSVP at <http://www.ucdenver.edu/academics/colleges/CLAS/Centers/writing/Services/Pages/StudentWorkshops.aspx>**  
**<sup>3</sup>Career Center: RSVP via Handshake Portal (Please Note: MBTI Requires you to complete assessment before session)**  
**<sup>4</sup>Counseling Center—Registration Required—RSVP at: [https://forms.ucdenver.edu/secure/counseling\\_group](https://forms.ucdenver.edu/secure/counseling_group)**  
**<sup>5</sup>Health Center at Auraria Wellness Session—Registration Required—RSVP at: <http://www.healthcenter1.com/>**  
**<sup>6</sup>Asian American Student Services (Guest speaker and discussion centered around diversity, social justice, and identity): No RSVP Required**  
**<sup>7</sup>Learning Resources Center—Registration Required—RSVP at: [https://forms.ucdenver.edu/secure/sa\\_lrc\\_academic\\_development\\_workshop](https://forms.ucdenver.edu/secure/sa_lrc_academic_development_workshop)**  
**<sup>8</sup>Pre-Health Advising Session (For Pre-Health Students): No RSVP Required.**  
 Room Location Key: SC = Student Commons, NC = North Classroom | \*Non-TRiO workshops are subject to change