

THE PILLAR

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"Helping Students Realize Their Full Potential"

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**HAPPY
HOLIDAYS!**

Student Spotlight—Jordan Fernandes

The TRiO SSS Program is happy to spotlight Jordan Fernandes, who will be graduating this semester with a Bachelor of Science in Business Administration degree with an emphasis in Human Resources and Management. His favorite quote by Joan Rivers states, "I enjoy life when things are happening. I don't care if they're good things or bad things. That means you're alive." Jordan noted that no matter what happens today, it will soon be a memory. He has learned that it is important to move on. He expressed there were days that he did not want to get out of bed or go to class because he failed that one exam. When he reflects back, he realizes that was three years ago and that experience was a teaching moment for him to work harder. Now, he is graduating this December and cannot be more excited.



Jordan has had an interesting undergraduate experience. He noticed in his first semester that he had a lot of free time he did not know what to do with. He stated, "I feel like I have been all over the place, and it just doesn't feel like I am graduating this semester honestly." Jordan changed his majors a few times. He started in Accounting, moved to Marketing, and now is finishing in Human Resources. It was hard for him to figure out what he wanted to do exactly. He was able to meet with his Career Advisor and before he knew it, he declared the right major.

When he started his college experience, he wished he had been told to schedule his classes better. Jordan writes, "Oddly enough, I thought it would be beneficial to place a three-hour gap between my classes to 'study'. I soon found out that my ideal plan to study would not work out and I would find myself wasting time." He recommends that if you have a lot of free time; find a way to organize it. His advice is to use a planner. Jordan noted, "Henry helped me, and he can help you too."



When asked how TRiO has helped him Jordan stated, "I really appreciated the one-to-one peer mentoring that I received from my mentors, because they were always friendly and were ready to answer my questions. I have had three mentors in my undergraduate years, and each of them has given me a bit of their own unique perspective, which really helped me see the whole picture." For other TRiO participants, he recommends to be open and ask questions. He stated, "Being low-income or a first-generation student, we are already at a disadvantage because we tend to have limited personal resources, but the TRiO staff and other participants are here to help you on your path to success."

He started with a food service job that he did not want to continue so he applied for a job on-campus to seriously focus on his new college life. He stated, "I have worked so many places on our campus, beginning as a box-office cashier at the King Center for a semester, then as a Customer Service Representative at the Financial Aid & Scholarships Office for another semester, until finally accepting a role as the Coordinator for the Student Food Pantry." He was there for 3 ½ years. **CONTINUED ON NEXT PAGE...**

Spotlight Continued



Jordan shared, "No degree is ever complete without joining a club." One particular organization that Jordan is fond of is the Business Student Ambassador Committee (BSAC). He has maintained his involvement with the club for several years. He joined as an eager freshman and quickly moved from a member to Vice-President in just two years. Through this opportunity, Jordan was able to meet and befriend others who shared common interests as well as prepared him on how to communicate with others in a professional leadership setting. He was also a participant in the CU Denver LYNX Alternative Break program for the last three years. It was a great experience that allowed him to travel over winter and spring break. He traveled to Nashville, Tennessee, Miami, Florida, and Guatemala City, Guatemala. The program gave students the opportunity to meet new people and give back to the community by volunteering with local organizations.

After graduation, Jordan would like to secure a full-time or temporary position in Human Resources to gain entry-level experience. He would also like to start various projects around home including a kitchen remodel, fencing, and cleaning the shed. He intends to attend graduate school, but not sure in what area. Within the next two years, he hopes to decide on that. Ultimately, he would like to be a Director of Human Resources in a technology or healthcare setting.

One of his favorite memories in college was this past summer when he attended a Rockies game with some of his best friends. During the event, they were featured on the Rockies Jumbotron! He stated, "We were waiting and hoping to be shown, but it wasn't until after the 6th inning that we all wanted to leave until I started waving my hands non-stop and they finally captured us on screen for almost a full minute! We were all so happy; we could not contain our excitement." He was lucky that his friend captured this priceless moment. Jordan expressed that this was a great way to begin his senior year.

Jordan has several hobbies including traveling, gardening, cooking, baking, hanging out with friends, and assisting his father with car maintenance. Jordan noted that he has a plot in his backyard where he grows tomatoes, green beans, squash, eggplant, and strawberries. He has even tried to grow pumpkins but cannot get them to grow big enough to carve them for Halloween. He considers himself a food fanatic and uses the produce he grows to feed his family. He has learned how to change fluids in a car, rotate tires, and fix a flat. If he won a million dollars, he would first pay-off his parent's mortgage. He would then take a long vacation out of the country (Auckland, New Zealand and Sydney, Australia) to relax and recharge. He would pay for his graduate studies. Jordan stated, "If the mood strikes me—a doctoral degree in Organizational Psychology," is next on the plate. Our office wishes Jordan continued success! Woo Hoo!

TRiO Explorer—Cynthia Lopez



The TRiO SSS Program is delighted to highlight Cynthia Lopez's recent study abroad experience in South Korea. Cynthia is currently in the pre-nursing program. She participated in the "Korea Goes Global" program from May 25th to June 16th with CU Denver faculty leader, Dr. Tony Robinson. She had the opportunity to stay in three different locations in South Korea: Hyundai, Gyeongju, and Busan.

When asked about her study abroad experience, Cynthia stated, "When I went to Korea, it was a major cultural shock. From the way they dress to how they respected other people was surprising. For example, they are known to be very fashionable. Almost everyone will dress super nice and stylish all the time. Because fashion is so popular, you will see clothing stores or mini stores on every corner. Ironically, women could not show their shoulders, but they often wore miniskirts. For men, some will wear makeup or nail polish as a fashion statement. Inside subway stations, there would even be a mall." She noted, "Something very interesting about Korean culture is the respect for the elderly. In subways and buses, if an elderly person came in, you have to give up your seat for them to show respect. If you're standing in line for something, it was normal for elderly people to cut in front of the line."

CONTINUED ON NEXT PAGE...

TRiO Explorer Continued



While at a restaurant, she learned that, “you will only get one menu and it will go to the oldest person on the table who will order for you. And when drinks are poured, you will pour the first drink to the oldest person.” She also learned that, “it is very offending to leave tips for the servers in restaurants.” She experienced sitting on the floor at a restaurant and cooking her own food on the table grill. She reflected, “All in all, there was much more I experienced and was amazed at, but I think you have to be there to see it.”



When asked about the biggest thing she learned about herself from this experience, she said, “My education is very important and I should take advantage of it.” In the United States, “we have the freedom to go to school, while in Korea, people have to work their entire life to have a roof over their heads and they work for \$5 per hour.” In Korea, people “have to put work before education.” There is an ongoing issue in Korea “between students and the government where millions of students were killed because they were educating the poor. For this reason, Koreans take education very seriously and their schools are tough on them to the point of some students committing suicide.”

Cynthia would encourage students to study abroad because “these opportunities are an eye-opening experience. There is much more than what you see on television.” She said, “It is not hard to do it and it can be affordable if you know how to budget and apply for scholarships.”



She would like to share that her “experience was more about the political side of South Korea, its culture, and how it is affecting them either in a positive or negative way.” She wants other students, “to educate themselves about Korea’s culture, government, and history because it will make a big difference in your experience. You will be knowledgeable about the things that you see and experience. You will understand the importance of it and that will make your study abroad experience the best it can be.”

New Peer Mentor– Cristian Sarabia



My name is Cristian Sarabia. I was born in California and moved to Colorado a few months after being born. I have been living here ever since. I was always interested in the sciences since I was in elementary school. By high school, I decided that I wanted to pursue a medical career and I am currently working on a B.S. in Biology. I was struggling in school with the transition from high school to college. I was referred to TRiO Student Support Services. The program paired me with a peer mentor who helped me with the transition from high school and with my study skills. I am excited to be given an opportunity to help students who are currently in the same position as I once was in. I am available:

Monday: 9:00 am - 10:30 am

Tuesday: 9:00 am – 1:00 pm

Wednesday: 9:00 am – 10:30 am

Thursday: 9:00 am – 1:00 pm

Friday: 9:00 am – 1:00 pm

Happy Holidays

Cristian Sarabia | TRiO SSS Peer Mentor

Holiday Recipe

Roast Turkey Breast Wrapped in Bacon

Ingredients:

- drizzle of vegetable oil, plus extra for greasing
- 1 onion, chopped
- 24 slices smoked bacon
- 2 tbsp fresh breadcrumbs
- 1 lb sausage meat
- 8 sage leaves, plus a few small leaves to serve
- 9 oz cranberry sauce
- 1 lb turkey breast steaks



Method:

1. Heat a drizzle of oil in a frying pan, and use a little more to grease a loaf tin. Put the onion in the pan and cook gently for 10-15 mins until caramelized. Tip into a large bowl and set aside to cool. Line the loaf tin with a double strip of foil, leaving plenty overhanging either end (you can use this as a handle to remove the parcel once cooked).
2. Stretch each piece of bacon a little with the back of your knife. Arrange the slices so the base of the tin is covered with overlapping bacon and the slices come neatly up the sides in a single layer, overhanging generously. Sprinkle the breadcrumbs on top of the bacon.
3. Once the onion has cooled, add the sausage meat and sage to the bowl. Mix everything together, then pack half the mixture into the tin. Spread over about a third of the cranberry sauce.
4. Cut each turkey breast steak into three strips. Layer roughly half the turkey on top of the stuffing mix, filling any gaps like a jigsaw, but keeping the turkey in one thick layer, then season. Spread over a little more cranberry sauce, then top with the remaining stuffing, cranberry sauce and turkey in the same way, making sure there are no gaps between the layers. The parcel should be full to the top when you're finished. Fold over the overhanging bacon and wrap the tin in foil.
5. Heat oven to 350F. Put the tin on a baking tray and cook for 1 hr 30 mins. Remove the tin from the oven and leave to cool for 10 mins. Carefully lift the parcel out of the tin, using the foil handles. Roll the parcel over onto a baking tray. Return to the oven for a further 15-20 mins until the outside is crisp and brown. Test the internal temperature with a thermometer, if you have one – it should read 170F when it's ready. Or insert a metal skewer into the center of the parcel and check if it is piping hot. Cover loosely with foil and leave to rest for at least 15 mins before serving. Top with the reserved sage leaves, then slice. Leftovers will keep in the fridge for 2 days.

Jennifer Nguyen | TRiO SSS Project Specialist

New Year's Resolutions

With our minds shifting out of holiday mode and into our upcoming New Year's resolution goals, it's time to ditch the age old resolutions to lose weight, get fit, or make more money. They are too general, and just plain played out! Here's a list of some unexpected New Year's resolutions for you to try out and stick to!

- **Save \$10-** Again, this takes the "save money" resolution and makes it into a doable plan. Start slow by putting aside \$10 a week for the first month or two. If you find that's pretty easy to manage then up your saving amount. Keep upping the amount that you place into your savings account each month and by the end of the year not only will you have a pretty impressive chunk of money saved, but you will have also started a great habit that you can follow every year! This is a great addition to your unexpected New Year's Resolutions.
- **Show Gratitude To Your Loved Ones-** With all of the hustle and bustle of our everyday lives, we never really stop to think about all that the loved ones in our lives have done for us. Chances are, it's a whole lot! Chances are, we never really tell them just how much they mean to us. Let's change that! Being appreciated is something that everyone values and cherishes, so let's help to make that happen. Go hug your best friend, call your mom and tell her you love her, take your dad out for a beer. There are so many ways to show love. This is one of the best unexpected New Year's Resolutions.
- **Declutter Your Closet-** A messy closet can sometimes reflect a messy life. You reach in for your favorite sweater and end up pulling out a hoodie from 2006. Um... do you ever plan on wearing that again? Probably not. So, why not start to declutter your closet. Get rid of clothes and shoes you haven't worn in years. Try and sell them, or give them away to a charity if they are in good condition. Doing this can help make your morning routine so much simpler. Try and go through your closet once a season and clear out all your unwanted items.
- **Start Saying NO!** This next resolution is for anyone who is overloading themselves, or feels a constant need to please others. If you are already at your max load, you need to learn to say no to anyone or anything wanting to add more items to your to-do list. Does your boss want you to take on another project when you already have five in the works? Do your friends want you to head out for a night on the town even though you have a paper due at midnight? Just say no! It's ok! Anyone with compassion will be receptive to the fact that you're already swamped.
- **Get Checked Out-** Ok, I know how this one sounds, but I'm not talking about putting on your hottest dress and walking down Greek row. I'm talking about your health, which is so much more fun! Making your annual appointments to take care of your body and mind are so important. I know check ups aren't exactly high on most college students priority lists because, well... we're young! But it's important to remember we are not invincible, so scheduling regular trips to our gynecologist, dentist, and general practitioner are so important! And if you see a mental health professional then don't forget to frequent those appointments as well. Check up on how often you need to visit all of these doctors and try to comply.

Website: <https://www.society19.com/unexpected-new-years-resolutions/>



Kimberly Mata-Martinez | TRiO SSS Office Staff

Student Spotlight– Theophile Hodari

The TRiO SSS Program is pleased to spotlight Theophile Hodari in this edition of the newsletter. Theophile will be graduating this semester with his Bachelor of Arts degree in International Studies. He is excited to see what comes next after graduating. He mentions that his experience in college was to develop friendships and enjoy his time being on campus in order for him to grow and learn. Theophile mentioned that it was great “getting to know other people on campus who come a long way with different backgrounds.” A favorite memory that he had during his time in college was his capstone course. In his course, he was very focused on his project the whole fall semester. The main focus of his project was power and privilege of the immigration population. For the project, he had the opportunity to interview people with different backgrounds. Being able to share that with his classmates made it exciting. Overall, what he enjoyed most was being able to conduct a project that he was very passionate about. It made it more memorable.

As far as his goals, he would like to enjoy the last days of his semester, to enjoy his graduation ceremony, and to begin searching for a career. In the future, he would like to continue his education by going to graduate school for software engineering. One thing he would have had liked to know when he first started, is the importance of time management. Theophile states, “time management is everything, being in college I’ve learned how to be realistic and plan ahead.” When asked how TRiO has helped him, he states, “they have helped me learn how to manage my time in planning ahead and keeping my school life straight. Time management was something that I didn’t know how to do. With the help of the program, I was able to accomplish it.” When asked what he would do if he won a million dollars, he states “first, I will pay the loan that I used for school, then buy a house and start a small business.” Theo enjoys practicing his taekwondo and spending time at the gym when he has the time. When asked about a quote, he says he likes the saying “don’t give up”, which means a lot to him. He says, “I lived in refugee camps for 15 years and didn’t know what tomorrow would be like.” Fortunately, he ended up coming to the U.S and began pursuing his education with financial aid helping him to pay for his tuition and such, so he can accomplish his dreams. The TRiO Student Support Services program wishes Theophile continued success in his future accomplishments.



DIY

DIY Peppermint Candy Shot Glasses

Ingredients:

- Peppermint candy – Local store \$8
- Wilton Round Shot Glass Silicon Mold – amazon \$9

Directions:

- Begin by inserting peppermint candies into the mold in an organized fashion to close as many gaps as possible.
- Bake at 350 for 9 minutes.
- Enjoy!



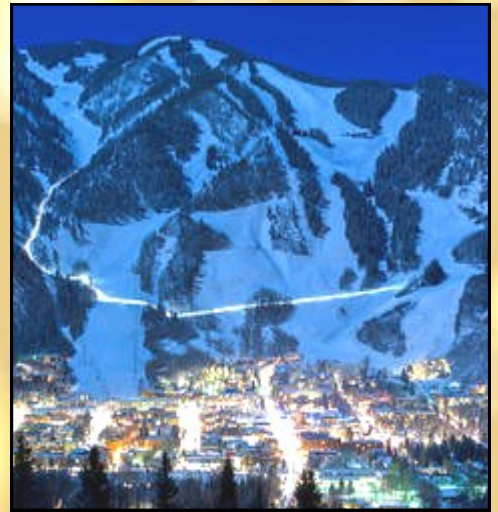
Aimee Maldonado Lozoya | TRiO SSS Office Staff

Winter is Here

Skiing and snowboarding is never cheap, but there are plenty of ways to hit the slopes without breaking the bank — if you know where to hunt for bargains.

Sometimes the deals are unexpected. For example, two ski areas near either end of the Roaring Fork Valley are celebrating 50 years with very different offers. On Dec. 15th, Snowmass is celebrating its 50th anniversary with \$6.50 lift tickets — which is the cost of a one-day ticket on opening day in 1967, when it was called Snowmass-at-Aspen to help people locate it. Down the valley, near Glenwood Springs, \$700 buys a full day of skiing or riding at Ski Sunlight, a hot-springs pass, and a pair of handcrafted Meier skis (skisunlight.com).

Also, Colorado Ski Country USA develops and manages several Colorado ski passes designed to bring you and resorts closer together. There are several options when it comes to skiing in Colorado like the 5th and 6th grade passport programs, the Colorado Gems Card, and the Colorado Ski Country USA Gold Pass. Whatever your ability on the slopes, there is a pass that will suit your needs.



The following are websites that show you where you can get good deals on skiing and snowboarding passes:

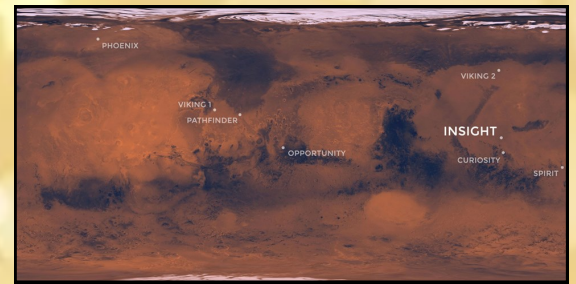
- Liftopia— <https://www.liftopia.com/region/colorado>
- GETSKITICKETS— <https://www.getskitickets.com/tickets/co/>
- Colorado Ski Country USA— <https://www.coloradoski.com/season-passes>

Ranks Barima | TRiO SSS Graduate Assistant

InSight on Mars















Landing on Mars

On May 5, 2018 4:05 a.m. PT, InSight, the rover, embarked on a mission to Mars. After several months of monitoring and waiting, InSight landed in Elysium Planitia exactly at 11:52:59 PT a.m. on November 26, 2018. Elysium Planitia was chosen for its accessibility, terrain, and climate. It is located near the equator of Mars where there is sufficient sunlight to be able to power the rover. The mission of InSight is different from previous rovers that only collected samples from the surface. InSight will be collecting data below the surface using a probe that goes 16 feet deep. It will collect temperature and vibration data that can be used to detect any lava flow. Congratulations to the team on landing InSight on Mars! Visit: <https://mars.nasa.gov/insight/timeline/landing/summary/> for more information.



Cristian Sarabia | TRiO SSS Peer Mentor

Denver Free Days

	December 1	CU Wizard Presents ... There's Something in the Air! Free STEM show at the University of Colorado, Boulder, CO, 80305 Cristol Chemistry RM 140						
	December 1	Parade of Lights 6:00pm- 7:00pm Civic Center Park						
	December 1-23	Holiday Entertainment 1:00 pm – 4:00 pm Cherry Creek Shopping Center						
	December 1	Denver Art Museum						
	December 2	Denver Potters Association Winter Show and Sale 3250 E. 6 th Ave. (North Cherry Creek), Denver, CO, 80206						
	December 2	Live Music Sundays at Lola Coastal Mexican 1575 Boulder St., Denver, CO 80211						
	December 4	Children's Museum						
	December 7	AOSF 31 st Annual Holiday Exhibition 747 Santa Fe Dr., Denver, CO, 80204						
	December 7	Museo de las Americas 861 Santa Fe Dr., Denver, CO, 80204						
	December 9	Denver Museum of Nature and Science						
								

Vanessa Martinez | TRiO SSS Peer Mentor

TRiO Graduation Celebration—Fall 2018

When: Friday, December 7th
Where: Student Commons Building 2500
Time: 12:30-2:30pm

Featuring: Networking, Alumni Panel, Selfie Station,
 Entertainment, Lunch, Graduate Certificates

Sponsors: TRiO Student Support Services, TRiO
 McNair Scholars, Society of TRiO Students, Student
 Government Association



Director's Corner

Hello TRiO students,

I am hopeful you had a relaxing and enjoyable fall break and are preparing well for your upcoming finals. In the TRiO office, we are all very hopeful that you all will do well on your finals. As you all may know, we have our upcoming **Graduation Celebration** coming up very soon, on **December 7, 2018** in the **Student Commons Bldg. Room 2500** from **12:30 – 2:30**. I hope all of you TRiO participants will come and join in the celebration. We have a good size number of students graduating this fall semester both from TRiO SSS and our McNair Scholars programs and we are very happy to have a nice send off for them. It would make us all very happy to share in this celebration with all of you. If you are graduating this fall semester, please come so we can honor you at this event. If you are not yet graduating, come and support your fellow TRiO colleagues. This semester will be an in house celebration consisting of our two TRiO programs, SSS and McNair Scholars, and our own Society of TRiO Students Club. We will have good food and great speakers and we hope you can all come and celebrate another successful semester with us.

For those of you interested in Study Abroad opportunities, we have an opportunity for a summer study abroad to the Netherlands through our national TRiO Office, the Council for Opportunity in Education and co-sponsored by the ECHO Center for Diversity Policy that is accredited by The Hague University of Applied Sciences. The **Keith Sherin Global Leaders Program in the Hague, Netherlands will take place from June 30—July 21, 2019**.

Over the summer, a group of 15 TRiO SSS and McNair students from across the country will have an exciting learning opportunity exploring Den Haag, Netherlands, to study peace and justice. The first two weeks will be spent studying at The Hague Summer School, a cutting-edge modular set of courses, which looks at solving global issues by connecting the public and private sectors. The third week is devoted to learning about the Netherlands' social and educational context with a specific focus on higher education and cultural diversity in theory and practice. Under the auspices of ECHO, the Center for Diversity Policy, students will visit schools, universities, and cultural sites in Amsterdam and Rotterdam and meet student leaders representing migrant communities. This program is accredited by The Hague University of Applied Sciences and all instruction is in English. You **must be nominated by your TRiO director** to apply to this program, so make an appointment with me soon if you are interested in this opportunity. Eligible students are TRiO Student Support Services or McNair participants who are in good academic and social standing with their institutions, have sophomore or junior status, have demonstrated leadership ability and potential and who have never travelled or studied abroad. **The application deadline is February 15, 2019.**

For all of our students, as you go into your finals in the next few weeks, concentrate on the remarkable accomplishments you have made thus far in college. It was not easy to get here, it is not easy to stay here, but if you continue to work hard and believe in yourselves, you will soon be leaving here with a degree in hand and that is a wonderful accomplishment that opens doors to your future. Go forth in appreciation of the gifts that have been given to you. Though at times the going may be hard, you can give thanks that you made it through another semester and are that much closer to reaching your educational goals. Give thanks that you are still here in school, working to make your life better and know that there is a lot to be grateful for in that accomplishment.

Take care and good luck to everyone on their finals this semester! - 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



TRiO Students Summer Study Abroad

Kudos






Have an accomplishment? Please tell TRiO about it. Inside the TRiO office, there is a sheet of paper for you to write share your accomplishments and awards you received.

- ◆ Sade Smith will be studying abroad and interning in Berlin for the Spring 2019 semester.
- ◆ Zawadi Majaliwa secured a position at the Anschutz Medical Campus in the Orthopedic & Spine Department.
- ◆ Marcia Maxson was nominated for the Truman Scholarship.
- ◆ Joselyn Estrada will start working at Acute Center for Eating Disorders.
- ◆ Kimberly Mata-Martinez is a recipient of the Gilman Scholarship.

KUDOS

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

December Workshop Calendar

Mon	Tue	Wed	Thu	Fri
<p>3</p> <p>Procrastination SC, Suite 2000 1:00 pm—2:00 pm</p> 	<p>4</p>  <p>Professional Development: Effective Networking SC, Suite 2018 2:00 pm—3:00 pm</p>	<p>5</p> <p>¹Financial Literacy: Student Loans and Repayment SC, Suite 2000 12:00 pm—1:30 pm</p> <p>—</p> <p>²Resume and Cover Letter Meetup Tivoli, Rm 267 2:00 pm—3:00 pm</p> <p>—</p> <p>Job Search Tips SC, Suite 2000 3:00 pm—4:00 pm</p>	<p>6</p> <p>¹Financial Literacy: Credit: Are you credit worthy? SC, Suite 1401 12:00 pm—1:30 pm</p> <p>—</p> <p>Coping With Stress SC, Suite 2000 2:30 pm—3:30 pm</p>	<p>7</p> <p>Book Scholarship Deadline</p> <p>—</p> <p>Graduation Celebration Student Commons Building Suite, 2500 12:30 pm—2:30 pm</p>
<p>10</p> <p>Finals Week</p>	<p>11</p> <p>Finals Week</p>	<p>12</p> <p>Finals Week</p>	<p>13</p> <p>Finals Week</p>	<p>14</p> <p>Finals Week</p>
<p>17</p>	<p>18</p>	<p>19</p>	<p>20</p> <p>Final Grades available on UCDAccess and Transcripts (Tentative)</p>	<p>21</p>
<p>24</p> <p>Winter Break Campus Closed</p>	<p>25</p> <p>Winter Break Campus Closed</p>	<p>26</p> <p>Winter Break Campus Closed</p>	<p>27</p> <p>Winter Break Campus Closed</p>	<p>28</p> <p>Winter Break Campus Closed</p>
<p>31</p> <p>Fall tuition and fee due date.</p> <p><u>PAY YOUR BILL</u></p>				<p>Mission Statement</p> <p>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.</p>

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

²Career Center: RSVP via the Handshake Portal.

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