

THE PILLAR

A MONTHLY JOURNAL OF THE TRiO SSS COMMUNITY

"Helping Students Realize Their Full Potential"

February 2018
ISSUE

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Student Spotlight- Joselinne A. Mendoza-Ortega



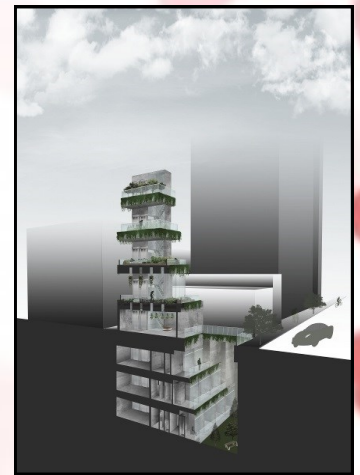
The TRiO SSS Program is excited to spotlight Joselinne A. Mendoza Ortega. She will be graduating this semester with an Architecture degree from the College of Architecture and Planning. Since the fall of 2014, she has remained an active participant as well as an asset to the TRiO SSS team. Her favorite quote by Nelson Mandela states, "Education is the most powerful weapon which you can use to change the world." Education has been extremely important for Joselinne who identifies as a first-generation college student. She stated, "It gives me the power to accomplish important things for the community, allows me to grow, gain and improve my skills, most importantly it gives me the opportunity to "change the world."

When asked about her experience in college, Joselinne stated, "My experience in college has been exceptional, I had the opportunity to expand my knowledge, strengthen my skills, get to know myself and allow for personal growth." Joselinne stepped outside of her comfort zone and completed a Study Abroad Experience (Architecture and Urban Context of Rome). Through her involvement with the STS Club, she has served her community for two consecutive years through the Denver-Feed-A-Family

Thanksgiving program. Her cultural identity is important to Joselinne so she has served on the Latinx Leadership Summit Planning Committee honoring the life, legacy and leadership of Cesar Chavez.

One of her fondest memories in college include her long nights in Studio. Architecture students must complete a rigorous 6-credit class, which allows students to be creative and develop designs. She stated, "this class allowed me to translate my thoughts into physical objects by creating digital models, physical models, boards, improving my public speaking skills and experimenting with diverse material usage. Through these five Studios, I had the opportunity to do mind blowing projects allowing my creativity to expand and to push myself to limits I did not know I could reach. I developed a lot of patience and important interpersonal skills." Joselinne also noted that even though these nights were tough and sometimes made her want to give up because of the tremendous workload and pressure, they also taught her to be the best she could be by pushing her out of her comfort zone and most importantly to **never give up** on what she truly wanted.

When asked about one thing she wished she were told when she started her undergraduate experience was to believe in herself. She notes that she started in the wrong major (Biology). She believed she could not pursue architecture because she was doubtful and insecure about her skills. She stated, "I thought I wasn't going to be good enough for that major, but I always knew deep down that I was meant to be an architect. "Being a first-generation, female and immigrant student you feel like you cannot be good enough or at the level of other students in your classes. Through studio classes and with the help of my inspiring professors, I was able to build an identity and a persona that loves to be challenged and that is not afraid to show what I am capable of doing," she added.

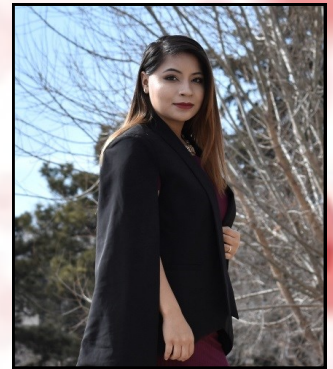


Student Spotlight- Joselinne A. Mendoza-Ortega

When asked how TRiO has helped her, she responded, "To me TRiO means a home away from home. I have been a TRiO participant since 2014 and I became a Peer Mentor for the program in 2016. TRiO has given me peer mentors that have guided me through my struggles in college and helped me to make my college experience a lot better. Being first-generation is not easy, entering college is like entering a completely new world. With my past experiences of not knowing what to major in, not knowing how to manage financial aid, where to find resources or just having someone encouraging me to believe in myself and letting me know that my voice and thoughts matter, I felt encouraged to become a Peer Mentor. I knew I was ready to guide students while having a positive impact on their lives and education. I want students to learn from my mistakes, I want to share my knowledge and encourage them to be more active in school and most importantly be wiser and better than me." Joselinne has been a great asset to the TRiO SSS team. Some of her key strengths include a solid work ethic, having empathy for students, and strong interpersonal skills. Her recommendation for other participants is to "pursue what you are passionate about, if you still don't know, take this opportunity to experiment, educate yourself and to get to know yourself. It is always good to get out of your comfort zone, travel and get to know the beautiful world we live in," she said.

As Joselinne moves closer to graduation, she has created some short and long term goals. One of her short-term goals within a year is to prepare and apply for graduate school to earn a Master's degree in Architecture. She states, "To me, education is extremely important, it is the key to success which allows me to have an important impact on my community, educate myself and others about what's important and what we need to focus on to improve the way we live while taking care of the resources that we have." After graduation this May, Joselinne plans to seek opportunities in a family oriented architecture firm that would allow her to expand her knowledge in Commercial Architecture to focus on the use of local materials in construction to minimize pollution impact as well as to hire and train locals to improve the economy of the community.

Her hobbies include drawing, painting, and using digital software to create designs, which is not a surprise being that she is an architecture major. As far back as she can remember, she has always been a passionate artist. She recollects in first grade that her classmates would ask her to draw their animals because her animals did not look like aliens. She notes, "I love being challenged by new materials and my creativity with different art mediums. Color pencil is something I barely started to explore and I am excited to learn how I can apply these skills to my future professional career." Joselinne noted if she won a million dollars, the first thing she would do is build the dream home she has designed for her parents, who have always been her biggest inspiration and motivators to pursue her dreams. Her parents have taught her to be a hardworking person and to be an independent woman. "They have managed to provide the best education for my older sibling and me without having the opportunity themselves to go beyond middle school." She notes, "I have always admired their determination and their desire to seek a better future for my sibling and myself. They always put our needs before theirs and always give us unconditional love and support." The TRiO SSS program is happy to have played a role in her success and we wish Joselinne continued success.



New Office Staff—Yolanda Valencia



Oh, it feels so good to connect with you here, even though, I tend to get nervous and go blank when I have to tell someone who I am. Nevertheless, being part of the TRiO SSS program is relevant enough to make an effort in transcending my sometimes paralyzing self-consciousness.

Hello everyone! My name is Yolanda Valencia. I am in my International Studies B.A final stretch to graduation. The focus of my degree is the Middle East, peace, human rights and security.

As a life long exploration on how to relate and connect with the heart of each other, as a means to transcend misunderstandings and improve communication, my last year before graduation I intend to deepen my awareness with a series of interviews for a future podcasting adventure (let me know if you have a great story to tell!!). I want to connect with you and create ever more meaningful connections with students. I would not have made it to this point without the help of extremely qualified and committed people at the TRiO SSS program.

If you're looking for guidance, support, inspiration, a warm heart, and laughter to lighten up your years of school, this is your place. Walking in the TRiO SSS office years ago was the best decision I could have ever made. I feel grateful, honored and excited with this opportunity to work for the community and the TRiO SSS program and to offer you my smile on the way to your success in having a great school experience.

Favorite Quote

People will forget what you did, people will forget what you said, but they'll never forget what you make them feel.

~Brian Solis

Service Learning Spotlight—Yvonne Devora

The TRiO SSS Program is excited to highlight Yvonne Devora's service learning experience to San Francisco, California on January 2nd-11th. Here at TRiO, we believe it is important to give back to our communities. The Lynx Alternative Break program is a perfect opportunity for students to be exposed to complex social and cultural issues through direct service, experiential learning, group discussion, and personal reflection. The vision is to transform students into advocates of social change on issues affecting our communities.

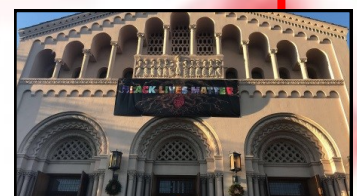
Yvonne is earning a Bachelor of Science degree in Human Development and Family Relations (HDFR), which prepares students to effectively serve individuals and families in a wide variety of environments. In addition, she is completing a Spanish minor. She has intentions to pursue a Master's degree in Social Work. Her short-term goal is to graduate this semester, earn solid grades, and to create a new student organization on campus that relates to the Prison Literature Project from San Francisco. In addition, one of her long-term goals is to start a non-profit that helps both formally incarcerated individuals and families who have been impacted by mass incarceration.

The focus of this particular Lynx Alternative Break "**Am I Still Human?: The Illusion of Justice**" was to help students gain a greater understanding of the issues surrounding mass incarceration, as well as knowledge on how we can become activists for prison reform. Through engagement with various organizations, students examined the inequalities based on gender, the effects on incarceration on the family unit, and human and civil rights issues. Yvonne stated, "We got the chance to work with some amazing organizations such as Planting Justice, Cameo House, Glide Memorial Church, and Prison Literature Project. Each organization focused on a social issue that results from mass incarceration. For example, Planting Justice offers employment for formally incarcerated individuals. The Cameo House is an alternative sentencing for homeless people, mothers and their children. Homelessness is an issue that may be caused from incarceration. Therefore, we also volunteered at Glide Memorial Church to serve meals to the homeless. Lastly, Prison Literature Project is to offer reading material to those who are currently incarcerated."

When asked about her experience Yvonne noted, "My first Alternative Break was amazing. I loved the whole experience of working with different organizations in San Francisco. The trip leaders Juliann and Morgan had put so much effort to make sure that we had a great service-learning trip. In addition, they did a great job with making everyone feel included. My favorite memory was the day when we first volunteered at Glide Memorial Church as well as at Prisoners Literature Project (PLP). The reason this was my favorite memory was that I felt as if both places truly cared for the people. I worked with one of the full time workers at Glide and they were just so humble and cared for every person as an equal. At PLP, I enjoyed this experience because it hit me that each book we sent would make a difference for the person receiving the book. I realize that books can be a way out for someone."

Now that the trip is over Yvonne was asked about the biggest thing she learned about herself through this experience. She stated, "I need to learn to be more comfortable with myself. I sometimes realize that I have this wall up and I do not let people in. However, with the trip, I truly tried to step out of my comfort zone and I realized that I learned much more about my goals and myself. It was funny that when we went out to eat in Chinatown my fortune cookie said "Just be yourself; you are wonderful". I now know I must love myself and know that I am good enough," she said.

Yvonne encourages other TRiO SSS participants to consider completing a service learning experience. She notes that it would give you a chance to learn about a new community and to build relationships within the group. She stated, "I really valued the opportunity to go to San Francisco and it opened my eyes to many issues that arise though mass incarceration. As I stated before when going on this trip, I had to step out of my comfort zone. Therefore, I believe that when you step out of your comfort zone there is a better chance for growth."



EVERYTHING YOU'VE
EVER WANTED, IS ONE
STEP OUTSIDE YOUR
COMFORT ZONE.



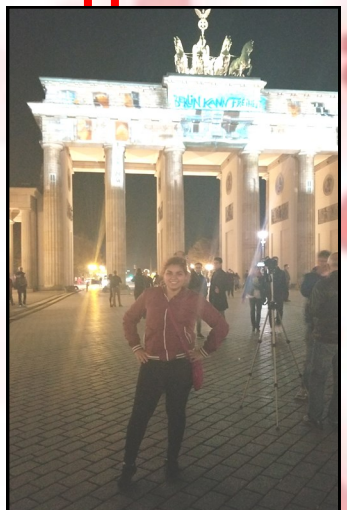
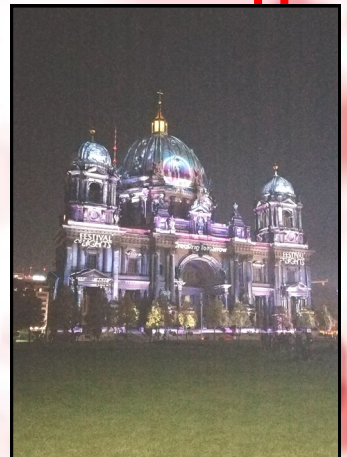
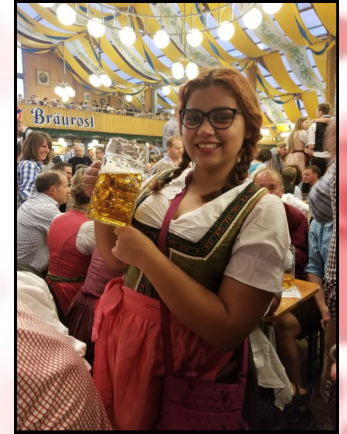
The TRiO SSS Program is delighted to highlight Daniela Ozaeta's semester long study abroad experience in Berlin, Germany. She is studying Political Science and Criminal Justice. The "Berlin: Bridging Global Divides Program" focused on Sustainability in Berlin. As a global leader in sustainability, the world looks to Germany to learn from its successful efforts in the face of many environmental challenges. Students in the program had an amazing opportunity to be a part of this work with the Sustainability in Berlin program.



When asked about her experience she stated, "Going to Berlin was a great experience. I had the opportunity to try great food and meet great people. Being in a country where I did not speak the language was a little troubling. I had trouble buying things and asking where things were, but ultimately I had much help. I lived with a host family that helped a lot in translating and guided me around Berlin." Daniela noted that Berlin had a great transportation system and she was able to travel everywhere in Berlin or Europe, which was not expensive. She stated, "I went from Berlin to Hamburg for less than 10 US dollars and from Munich to Berlin for less than 30 USD!" Although she misses the transportation system, she is happy to be home.



During the study abroad trip, she had opportunities to grow academically and personally. When asked about what she learned about herself she stated, "The biggest thing I learned was how to manage my money wisely. I gave myself a budget of \$5000 dollars for the study abroad experience, which had to include my air fare and food and personal expenses. I thought I would not be able to make it and I would have to take out a loan, but I was able to save up enough money to be able to take a 2-week vacation after the program." For other students who are considering studying abroad, she would encourage you to travel. Daniela notes that funding your program is possible. She notes, "People have the misconception that Europe is expensive. In reality, I spend more money on food weekly here than I did over there. It is all about money management. It is hard to be wise with money anywhere but if you set your mind to it, everything is possible." She would also recommend making sure your financial aid is in place before you leave. She writes, "It is hard when you are expecting aid to be coming from the school and



then find out the school messed up and you have to figure it out in another country with a different time zone. It is easier to go to a place knowing that you will be able to have fun without worrying about the school figuring things out."

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

What is National TRiO Day?



The TRIO programs were the first national college access and retention programs to address the serious social and cultural barriers to education in America. (Previously only college financing had been on policymakers' radar.) TRIO began as part of President Lyndon B. Johnson's War on Poverty. The Educational Opportunity Act of 1964 established an experimental program known as Upward Bound. Then, in 1965, the Higher Education Act created Talent Search. Finally, another program, Special Services for Disadvantaged Students (later

known as Student Support Services), was launched in 1968. Together, this "trio" of federally-funded programs encouraged access to higher education for low-income students. By 1998, the TRIO programs had become a vital pipeline to opportunity, serving traditional students, displaced workers, and veterans. The original three programs (trio) had grown to nine, adding Educational Opportunity Centers and Veterans Upward Bound in 1972, Training Program for Federal TRIO programs in 1976, the Ronald E. McNair Post-baccalaureate Achievement Program in 1986, Upward Bound Math/Science in 1990, and the TRIO Dissemination Partnership in 1998.

According to the 1986 Congressional resolution, National TRIO Day is meant to focus the nation's "attention on the needs of disadvantaged young people and adults aspiring to improve their lives, to the necessary investment if they are to become contributing citizens of the country, and to the talent which will be wasted if that investment is not made." TRIO Day has been proclaimed a National Day of Service.

In honor of National TRiO day, the CU Denver School of Public Affairs (SPA) and TRiO will be hosting a Graduate School Advising Session to assist and encourage first-generation students to consider and apply to graduate school. Join us on **Monday, February 26, 2018 from 12:00 pm to 1:00 pm in the Student Commons Building, Suite 2000** to commemorate National TRiO Day. Pizza will be provided by SPA. Completing a graduate school degree can help you advance in your career and give you greater earning power. This workshop will provide helpful information regarding the graduate school process. Preparing your application for graduate school can seem overwhelming. This is a perfect opportunity to ask questions about the process.



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.

- ♥ Tina Truong made the Fall 2017 Dean's List (SEHD).
- ♥ Maribel Rodriguez made the Fall 2017 Dean's List (CLAS).
- ♥ Alan Prieto made the Fall 2017 Dean's List (CEAS) .



Heart Shaped Cinnamon Rolls



Preparation: 10 minutes

Cook Time: 15 minutes

Makes: 5 Heart Shaped Cinnamon Rolls

Ingredients:

1 (13 ounce) refrigerated Grands cinnamon rolls with icing

Optional: sprinkles

Instructions:

Preheat oven to 350°. Spray a 9-inch round cake pan with non-stick cooking spray. Carefully unwind each roll into a long strip of dough, leaving center coiled. Coil the unrolled end of each strip in toward center, making two equal coils. Pull middle of strip down to make a point, forming a heart shape; pinch point. Place in pan, points toward center. Bake 13 to 15 minutes or until golden brown. Cool 5 minutes before removing to cooling rack. Spread or drizzle icing over very warm

rolls. Optional: add sprinkles.

TIP: To make the icing easy to drizzle, take off the metal top and microwave 15 seconds in the plastic tube the icing came in.

For more information: <https://www.pinterest.com/pin/87749892717916223/>

Submitted by: Yvonne Devora | TRiO SSS Peer Mentor

Sports

The New England Patriots and Philadelphia Eagles began settling in Monday for a hectic and chilly week of Super Bowl preparations. The Patriots are seeking their sixth Super Bowl title in eight appearances in the big game with Tom Brady as their quarterback and Bill Belichick as their coach. The Eagles are in pursuit of their first Super Bowl triumph

The 52nd Super Bowl will mark the end of what was a turbulent NFL season in which attention often was diverted from the field. The NFL Players Association went to court over the six-game suspension of Dallas Cowboys running back Ezekiel Elliott under the personal conduct policy. President Trump criticized players protesting during the national anthem, intensifying an already simmering national controversy. Former San Francisco 49ers quarterback Colin Kaepernick filed a grievance accusing NFL teams of collusion. Cowboy's owner Jerry Jones attempted but failed to block NFL Commissioner Roger Goodell's five-year contract extension.

Now Brady's legend looms larger than ever, coming off an AFC championship game in which he led the Patriots to a comeback victory over the Jacksonville Jaguars in Foxborough, Mass., despite playing with a dozen stitches in his throwing hand following a practice field mishap. Quarterback Nick Foles (Eagles), thrust into the starting role in December, will attempt to recreate the magical passing touch he had against the Vikings. But this time, the opponent is the Patriots. Belichick and Patricia will have had nearly two weeks to get their defense ready. For Foles and the Eagles, the task is daunting.



Submitted by: Ranks Barima | TRiO SSS Office Assistant

Black History Month

The United States has decided to dedicate this month of February as Black History Month. It was originally the idea of one Carter G. Woodson, writer and historian known as “the Father of Black History”. Since 1976 every U.S. president has designated the month of February to recognize achievements of the Black community. Other countries around the world, including Canada and the United Kingdom, also devote a month to celebrating black history. It can be traced back to 1915, nearly a half a century after the 13th amendment abolished slavery in the U.S. That September, Woodson and Minister Jesse Moorland, founding the Association for the Study of Negro life and History (ASNLH), now known as the Association for the study of African American life and History (ASALH), decided to dedicate their organization to researching and promoting achievements by black Americans and other peoples of African descent. The second week of February was chosen because of the proximity to Abraham Lincoln and Frederick Douglass’s birthdays. President Gerald Ford officially recognized Black History Month in 1976, calling upon the public to “seize the opportunity to honor the too-often neglected accomplishments of black Americans in every area of endeavor throughout our history.” Since 1976, every president has endorsed a theme for the month. For 2018 the theme is “African Americans in Times of War,” as it marks the 100th anniversary of the end of World War I. Let’s continue to follow and recognize the work of all African Americans in this month of February.



Submitted by: Ethan Mounts | TRiO SSS Office Assistant

Fun Corner

Random Countries

A	G	D	I	T	S	N	I	G	N	G	G	N	U
A	H	E	N	U	E	R	N	I	A	A	I	R	N
A	A	M	I	E	A	I	G	P	P	N	G	N	I
A	N	I	N	N	E	O	T	U	E	K	D	T	
A	A	A	D	E	R	A	U	H	T	A	R	R	E
N	D	L	M	I	E	R	R	A	A	A	N	U	D
E	R	G	A	A	L	G	A	I	N	A	I	A	K
I	C	E	L	O	A	E	I	L	Z	E	C	S	I
C	A	R	A	G	D	N	L	A	A	N	A	P	N
H	B	I	Y	N	N	T	I	N	N	I	N	A	G
I	U	A	S	O	A	I	N	D	I	A	A	I	D
N	R	D	I	C	G	N	D	M	A	R	D	N	O
A	M	K	A	R	U	A	I	D	R	K	A	D	M
D	A	A	I	B	A	R	A	I	D	U	A	S	E

- NIGERIA
- UKRAINE
- SPAIN
- PERU
- ALGERIA
- INDIA
- CONGO
- ARGENTINA
- CHINA
- UNITED KINGDOM
- TANZANIA
- GHANA
- BURMA
- CANADA
- UGANDA
- SAUDI ARABIA
- IRAN
- THAILAND
- MALAYSIA

Play this puzzle online at : <http://thewordsearch.com/puzzle/297/>

Internship & Job Fair

All University of Colorado Denver students and alumni are invited to attend the Spring 2018 Internship & Job Fair. During the fair, you can:

- ♥ Find internship and job opportunities
- ♥ Network with employers
- ♥ Learn about career options

This is a perfect opportunity to network with professionals and other students. Make sure to prepare your resumes, create your marketing pitch, research the companies, and come dressed to impress!!

Tuesday, February 20, 2018
11:00 am to 3:00 pm
Tivoli Turnhalle



Hello TRiO students,

We have made big changes again in the TRiO Office. As you all know, Michael left our office in October 2017 and we are in the process of hiring a new Program Coordinator who we hope will be on board by March 1, 2018. Additionally, we now have an additional TRiO program housed in our space. We were recently awarded the Ronald E. McNair Post-baccalaureate Achievement Program and we recently hired Jessica Luna, formerly of FASO, to be our Senior Program Coordinator for the McNair Program. This program is designed to help students prepare for entry into doctoral programs. The program is open to junior and senior students (must be graduating by fall 2018 or later), who have at least a 3.00 GPA and who want to be in a doctoral program of study immediately following their Bachelor degree attainment. The program will help students connect with a faculty mentor to begin learning how to conduct research in preparation for graduate study. There will be a series of monthly graduate school preparation sessions that we will require all McNair participants attend, as well as a paid summer research experience with a faculty mentor and graduate school preparation sessions throughout the summer. The following year, as seniors, McNair scholars will be required to attend more monthly sessions to prepare graduate school applications, prepare to take the GRE and apply for financial aid, scholarships and fellowships. There will also be opportunities for McNair scholars to travel to McNair symposiums or other venues where they can present their research findings. If you are interested in participating in the **McNair Program**, come to our **information session on Thursday, 2/22/2018 from 5:15-6:15 in Student Commons 2000.**

Congratulations to all of you who completed your participation requirements in fall 2017 and were eligible for the TRiO SSS Book Scholarship. You may have noticed that the scholarship was a bit smaller this semester. That is because we had the largest number of participants complete eligibility requirements for the scholarship than we have ever had. We had a total of 88 students who were eligible for the scholarship. Kudos to all of you who stayed on track with completing your participation requirements and keeping up a good GPA, way to go TRiO participants, woo hoo!! As you know, one of the requirements for the Book Scholarship is to complete a Financial Literacy session. **For those of you who registered last semester in Money 101 under the UCD_TRiO_SSS_2017-18 group, you will not have to join a new group.** You are still registered in the group this semester. All you have to do at this point is to go in there and complete a session. Remember, some of the financial literacy sessions in Money 101 have two parts, a head and heart section. For those sessions, you must complete both parts to get credit for completing a financial literacy session. **The deadline for completing this requirement for the Book Scholarship to be awarded in fall 2018, is May 4, 2018.** However, it won't hurt to go in and complete this early.

For those of you who have not yet been accepted to the group, I will send you an invitation in the next couple of weeks. Please click in and accept the invitation as soon as you see the invitation from College In Colorado, Money 101. If you are not a member of the **UCD_TRiO_SSS_2017-18 group**, I cannot give you credit for completing a session, because I cannot get a report on your accomplishment if you are not registered in this group. For those of you who completed all the online Money 101 sessions, you can complete the Book Scholarship requirement by attending a Financial Literacy session in class, we will have some scheduled beginning in February and throughout the spring semester. Have a great semester everyone!

—Teresa De Herrera

"The person who makes a success of living is the one who sees his goal steadily and aims for it unswervingly. That is dedication." Cecil B. De Mille

Benefits of McNair

- **Research Stipend**
- **Graduate School Preparation**
- **Travel Support**
- **Professional Development**
- **Network Opportunities**
- **Faculty/Mentor Guidance**

McNair Information
Session: 2/22/18
5:15 pm-6:15 pm
SC, Suite 2000

TRiO

RONALD E. MCNAIR
POST-BACCALAUREATE
ACHIEVEMENT PROGRAM

February Workshops

Mon	Tue	Wed	Thu	Fri
<p>"I believe the only courage anyone needs is the courage to follow your own dreams" ~Oprah Winfrey</p>			<p>1 Procrastination SC, Suite 2000 11:00 am—12:00 pm</p>	<p>2 Resume Basics SC, Suite 2000 1:00 pm—2:00 pm</p>
<p>5 ¹Effective Note Taking SC, Suite 2018 12:30 pm—1:30 pm</p>  <p>Make note taking FUN!</p>	<p>6 ³Take a Selfie "Skills" SC, Suite 4018 11:00 am—12:15 pm</p> <p>²Financial Literacy: Money Matters SC, Suite 1007 12:15 pm—1:15 pm</p> <p>¹Time Management SC, Suite 2018 2:00 pm—3:00 pm</p>	<p>7 ³Take a Selfie "Skills" SC, Suite 2018 11:00 am—12:15 pm</p> <p>²Financial Literacy: Ballin' on a Budget SC, Suite 1007 12:15 pm—1:15 pm</p> <p>⁵Stress Less Tivoli 454 4:00 pm—6:00 pm</p>	<p>8 ³Resume and Cover Letter Meetup Tivoli, Rm 267 2:00 pm—3:00 pm</p>	
<p>12 ⁴APA & MLA Basics Library, Discovery Wall 11:00 am—12:00 pm</p> <p>¹General Study Skills SC, Suite 2018 12:30 pm—1:30 pm</p>	<p>13 ³Take a Selfie "Personality" SC, Suite 4018 11:00 am—12:15 pm</p> <p>¹General Study Skills SC, Suite 2018 2:00 pm—3:00 pm</p>	<p>14 ³Take a Selfie "Personality" SC, Suite 2018 11:00 am—12:15 pm</p> <p>⁵Getting What You Want in Relationships Tivoli 454 4:00 pm—6:00 pm</p>	<p>15 ⁶EndNote Basic Library, Rm 111 2:00 pm—3:00 pm</p> <p>⁴Effective Revision Library, Discovery Wall 2:00 pm—3:00 pm</p>	<p>16</p>
<p>19 ³Undeclared Major Student Workshop SC, Suite 4018 11:00 am—12:15 pm</p> <p>¹Procrastination SC, Suite 2018 12:30 pm—1:30 pm</p> <p>⁶GIS I Introduction Library, Rm 111 2:00 pm—3:00 pm</p>	<p>20 ¹Test Taking and Anxiety SC, Suite 2018 2:00 pm—3:00 pm</p> <p>Effective Communication SC, Suite 2000 4:00 pm—5:00 pm</p> 	<p>21 ⁷Food For Thought Series AAPI Discussion SC, Suite 2000 12:30 pm—1:45 pm</p> <p>⁶Data Visualization I: Fundamentals Library, Rm 111 3:30 pm—4:30 pm</p> <p>⁵Peace of Mind Tivoli 454 4:00 pm—6:00 pm</p>	<p>22  Stress Management SC, Suite 2000 11:00 am—12:00 pm</p> <p>³Resume and Cover Letter Meetup Tivoli, Rm 267 2:00 pm—3:00 pm</p>	<p>23</p>
<p>26 ⁸SPA/TRIO Graduate School Advising Session SC, Suite 2000 12:00 pm—1:00 pm</p>	<p>27 ³Take a Selfie "Values" SC, Suite 4018 11:00 am—12:15 pm</p> <p>TRiO Financial Literacy: Budgeting SC, Suite 2000 1:00 pm—2:00 pm</p>	<p>28 ³Resume and Cover Letter Meetup Tivoli, Rm 267 2:00 pm—3:00 pm</p> <p>⁵Managing Your Mood Tivoli 454 4:00 pm—6:00 pm</p>	<p><i>Believe in Yourself</i></p>	

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

²Financial Literacy and Wellness Program: No RSVP Required

³Career Center: RSVP via Handshake Portal

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

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

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

⁷Asian American Student Services: No RSVP Required

⁸School of Public Affairs and TRiO SSS: RSVP at: <http://bit.ly/2qLMhUf>

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