

THE PILLAR

A MONTHLY JOURNAL OF THE TRiO SSS COMMUNITY

"Helping Students Realize Their Full Potential"

January 2018
ISSUE

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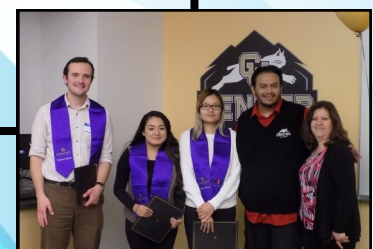
*And
so the
adventure
begins*

Graduation Certification Celebration—A Great Success!

The Learning Resources Center, TRiO SSS Program, and the Society of TRiO Students Club celebrated the success of CU Denver students at the Graduation Certification Celebration on December 1, 2017. Many students, staff, and faculty members attended. During the celebration, we had a visit from Milo, a hearty lunch, and opportunities to network.

The LRC presented tutors with their College Reading and Learning Association Tutor Certifications (Levels I, II, and III). In addition, the TRiO SSS program presented their graduates with a Certificate of Achievement and a graduation stole. The Society of TRiO Students Club presented their Certificates of Participation as well. Nimol Hen, Director of the Academic Success and Advising Center received the Outstanding Staff Award for her dedication to helping students and for her strong efforts in collaborating with the LRC and the TRiO SSS program.

We also hosted a CU Denver Alumni Panel who spoke about their experiences as students and provided insight about entering the workforce. Panelists included Jessica Luna (TRiO SSS Alumna), Nichelle Cusman (LRC Alumna), and Duy Tran (TRiO SSS Alumnus).



How to Survive First Week of the Semester

◆ Get familiar with your classrooms

Spend some time walking around and finding the buildings your classes are held in. It's important to find your classrooms before the first day of classes, or come at least a half hour before your first class starts to look for the buildings and classrooms.

◆ Go to class (and be prepared)



Though this may seem like an obvious one, you'd be surprised how many students choose to skip the first few classes, thinking that the "real" lessons won't begin until later. On the first day, the professors will probably review the syllabus and discuss the plan for the semester. They're also likely to list their office hours and contact information. Be sure to bring paper and pen with you so you can write down this information. Some professors also start lecturing on the first day, so it's critical to come prepared. Also, no two classes are alike, so be prepared to experience different requirements for each of your classes. Some classes require constant homework, presentations, and papers. Other classes just have a midterm and a final exam.

◆ Buy your books

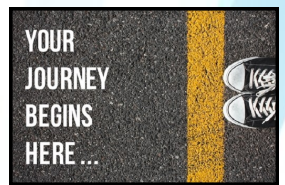
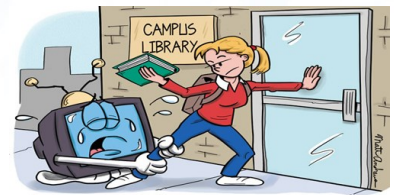
Class materials are not cheap! Once you know what classes you are taking and what books and materials are required, start looking around for cheaper alternatives. You can rent books instead of buying, or check online sellers like Amazon.com, Textbooks.com, or Chegg.com.

◆ Fill out your calendar

I would advise getting a planner (or your cell phone calendar) and writing down all the important due dates as soon as you get them so you can stay organized and so that you don't end up overlooking or forgetting anything.

◆ Find the perfect study spot

As you will realize, being comfortable is an important study tip, so take some time that first week to seek out a quiet place you can escape to clear your head, unwind, or just breathe. Maybe it's a single study room in the library, a park near campus, or just going for a walk.



Submitted by: Cynthia Cordova | TRiO SSS Peer Mentor

CU Denver Lynx Alternative Break Program

Lynx Alternative Breaks exposes students 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. The goals for the students are to 1) Participate in service projects that impact the local community, 2) Develop community amongst the student participants, and 3) Have new and exciting experiences in another part of the country. Participation in Lynx Alternative Breaks will challenge and inform students understanding of relevant community and social justice issues in our society.

Indigenous Communities: An exploration of the past, present, and future of the Cheyenne River Reservation

Applications for the program will close Sunday, January 21st at 11:59 pm.

Apply at ucdenver.edu/lynxab.

For questions, email lynxab@ucdenver.edu

The participation fee for Lynx Alternative Spring Break is \$250.

This fee is all-inclusive and covers the cost of transportation, housing, and food.

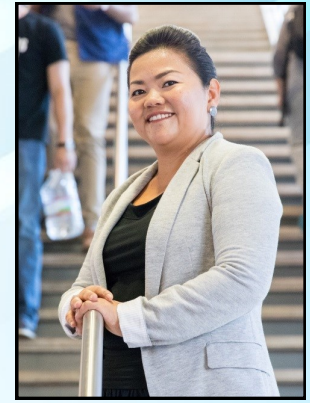


Community Engagement
UNIVERSITY OF COLORADO DENVER

Program Narrative: Serve side by side with members of the Lakota tribe on the Cheyenne River Reservation in South Dakota. You will learn and engage in service learning activities that will allow you to connect with the local community. Specific areas of focus will be education and environmental justice in addition to the many additional social justice issues that impact the Native American people.

Student Success Story

Leah Porter is a third year student who holds an Associate of Arts degree from Arapahoe Community College. She transferred to the university in fall 2017 and is studying Business Management and Human Resources. Like many transfer students, Leah was lost in the beginning of the semester, not knowing the campus and people in general, which made it difficult for her to maneuver. Quickly after the semester started in the fall, Leah started her journey with the TRiO SSS program. She stated, "TRiO is a welcoming place and the people there are great, TRiO is truly my safe place." She then explained that the office was inclusive of all students, no matter their background and/or individual stories. When walking into the office, she could instantly feel the happiness in the air, the students were always smiling and everyone talked to her and she felt that sense of belonging. She stated, "If your transition is easy, you are most likely to come back the next semester, and this office made my transition easy, because of that, I feel I have a place at CU Denver."



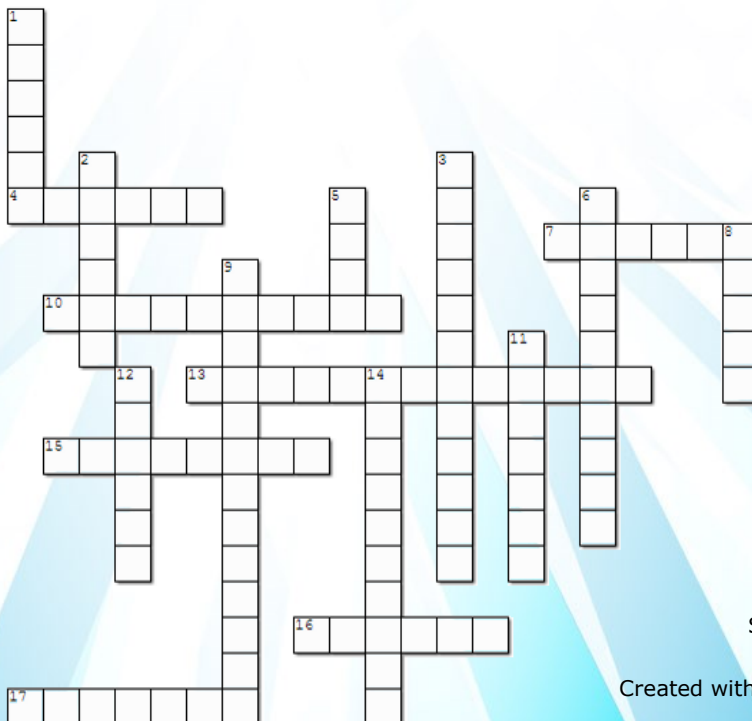
In addition to being an excellent student, Leah is a mother of two: a sixteen year old girl and an eleven year old boy, and as wonderful as being a mother is, it can make school involvement more difficult. She was most grateful for the emotional support that the office offered. Leah recalled a day she came to the office to get help with her CU Denver portals. She said that to have a community and family in school, means being comfortable enough to go and ask questions as simple as how to access the university portal. And this helped lower her college anxieties and academic stresses. Talking things through with Teresa was beyond helpful, "I did not go in for answers" she said, but chatting and hearing myself state my problems and challenges out loud made me think clearly and make the best decisions. "I consider this semester an overall success." Leah' story is a TRiO success story because she was able to magnificently complete an academic semester while dealing with all the stressors that come with being a transfer student.

Submitted by: Tatiana Gomes | TRiO SSS Peer Mentor

Crossword

Martin Luther King, Jr.

Complete the crossword below



Across

4. the person people follow
7. college town in New England
10. no physical harm
13. an organized gathering of people to protest
15. thrown into jail
16. to write books
17. refusing to use the buses

Down

1. to go from place to place
2. Leader of his church in Atlanta, Ga.
3. martin luther king fought for these
5. Jan. 15, 1929
6. city whre the bus boycott took place
8. the name of the Peace prize
9. Rev. King's wife
11. city in Georgia
12. was Rev. King's first name
14. separate but equal

Stop by the TRiO SSS Office for Answers!

Created with TheTeachersCorner.net [Crossword Puzzle Generator](https://www.theteacherscorner.net/crossword-puzzle-generator/)

Denver Free Days

January 19, 2017 & January 20, 2017	Denver Zoo Address: 2300 Steele Street, Denver, CO 80205	 
January 27, 2018	Molly Brown House Museum Address: 1340 Pennsylvania St., Denver, CO 80203	
January 28, 2018	Denver Museum of Nature and Science - Free Day Address: 2001 Colorado Blvd, Denver, CO 80205	
January 1, 2018 - January 31, 2018	Downtown Denver Rink at Skyline Park Address: Skyline Park, Corner of 16th and Arapahoe	
	Source: http://scfd.org/p/free-days-calendar.html Submitted by: Ranks Barima TRiO SSS Office Assistant	

Self Care

TRiO Community,

I know. You're busy, and finding the time to take proper care of yourself can be hard but it is super important that you take care of yourself. Start by getting enough sleep, which helps the body rest and allows you to concentrate. Then, eat a well balanced meal. Make sure to drink lots of water. In addition, make sure you spend time with your friends and family. Remember that it's ok to take some time to relax. Take a walk in your winter wonderland, draw, listen to music, or take a relaxing bath. Taking time to rejuvenate will not only make you feel better—it will make it easier and more fun for you to interact with others around you.

As you move forward with the semester and you find yourself feeling stressed. Take a moment to breath and then seek out some help on campus including the [CU Denver Student and Community Counseling Center](#). The center provides counseling sessions and workshops to CU Denver students at no cost as part of student fees. The Counseling Center is located in the Tivoli Student Union, Suite #454 (4th floor). The telephone number is (303) 315-7270. The center also offers group workshops including Stress Less, Getting What You Want in Relationships, Peace of Mind, and Managing Your Mood. I would encourage you to attend the sessions. In addition, the [CU Denver Wellness and Recreation Services](#) is offering a Spring 2018 Fitness program. This is another opportunity for self-care. Physical activity is a great way to reduce stress. This program provides sessions on Yoga and Total Body Workouts. All levels are welcomed for yoga and mats are provided.

SELF-CARE FOR ACTIVISTS



created by @annmariebrok. Use often + freely! ♡

Monday

Move it Monday's | Total Body Workout | 12:00 pm - 12:45 pm | CU Denver Field

Tuesday

Flow Yoga | 5:15 pm - 6:00 pm | Student Commons Gallery

Wednesday

Flow Yoga | 12:00 pm- 12:45 pm | Student Commons Gallery

Submitted by: Alejandra Armenta | TRiO SSS Peer Mentor

Oatmeal Breakfast Bites



<https://www.anightowlblog.com/>

Ingredients:

- 3 large ripe bananas
- ½ cup crunchy peanut butter
- 1 tablespoon butter, softened
- 2 tablespoons agave or honey
- 1 teaspoon vanilla extract
- 1 egg, beaten
- 2 ½ cups Quaker Old Fashioned Oats
- ¼ teaspoon baking powder
- ¼ teaspoon ground cinnamon
- ¼ teaspoon salt
- ½ cup dark chocolate chips
- ¼ chopped seasonal fruit

Instructions:

- Preheat oven to 350°
- In a large bowl, mash the ripe bananas with a fork.
- Stir in the peanut butter, butter, honey, and vanilla extract and mix until smooth.
- In a separate medium bowl, stir together the oats, baking powder, cinnamon, and salt.
- Add the dry ingredients to the wet ingredients and stir until combined.
- Add the beaten egg and stir until combined.
- Add in chocolate chips and/or chopped seasonal fruit.
- Form large, flat cookies by hand and place on a cookie sheet lined with parchment paper
- Bake for 15 minutes or until cookies are done.
- Let cool on baking sheet.



Submitted by:

Joseline Mendoza-Ortega | TRiO SSS Peer Mentor

PharmD To Be

The PharmD To Be program helps college students establish a direct path to the University of Colorado Skaggs School of Pharmacy's Doctor of Pharmacy (PharmD) program. The program is held once a month the entire school year on the Anschutz Medical Campus. PharmD To Be provides prospective pharmacy students with unique shadowing and volunteer experiences at the CU Anschutz Medical Campus, in addition to mentoring and guidance from faculty members, current students and alumni. Students successfully completing the PharmD To Be program are guaranteed an admissions interview at CU Skaggs School of Pharmacy. Students must complete the program before applying to CU Pharmacy.

Would you like to have a guaranteed opportunity to interview at CU Skaggs School of Pharmacy?

Here is how PharmD To Be works:

PharmD To Be Admissions Requirements: PharmD To Be applicants must be enrolled at a University of Colorado institution. Interested students should apply after at least one semester of full time enrollment. Students must meet the following eligibility requirements:

- A minimum of 12 credit hours completed
- Successfully completed a general biology or chemistry course with a laboratory*
- A cumulative GPA of 3.000 or higher
- Two letters of recommendation
- Confirmed as an enrolled student at a University of Colorado institution

*Completion at another institution and AP/IB transfer credits also accepted

Contact the Outreach and Engagement Coordinator,
Carson Haney at pharmd.info@ucdenver.edu if you have any questions.

For more information about the program, visit:

<http://www.ucdenver.edu/academics/colleges/pharmacy/AcademicPrograms/Pages/PharmD-To-Be.aspx>

Students should apply through [PharmDirect](#) by March 2, 2018.

Hello TRiO students,

Welcome back TRiO SSS students! I hope you are all rested and ready to begin the semester with new energy and optimism. I recently completed the review of book scholarship requirements and sent that list to the Scholarship Resources Office, so it should be fairly soon that those awards are added to your accounts, check your portal in a couple of weeks to see if it is posted. If you don't see it there within the next two weeks, come in and check with us to see if you are on the list. As you will see on the calendar, we have some good workshops scheduled for the last part of January. I suggest you attend your workshop sessions early so that you can be more assured of making all your requirements for the book scholarship this semester.

With the new financial aid processes in place we had our FAFSA workshops scheduled last semester in October and November rather than the January and February times. That is why you will not see them listed on this month's calendar. If you haven't yet completed your FAFSA for 2018-19 and need help with that, we can help you. Schedule an appointment with your Coordinator as soon as possible. We can help you complete your FAFSA.

We will have a new Program Coordinator on board this spring semester. That person should be starting in February. We are moving along with the hiring process and have not yet hired the new Program Coordinator, but we are completing that process soon. In the meanwhile, if you were previously assigned to the Program Coordinator, you can make an appointment with me or Henry early this semester if you want to start making your participation requirements early in the semester. Once the new Program Coordinator comes on board, he or she will reach out to you, so be sure to check your email regularly for any messages from TRiO staff. Your Peer Mentor will also be reaching out to you soon and some have already started that process. Our Peer Mentors are all returning for spring 2018, so come back in and meet with your mentors soon.

The criteria for completing the book scholarship requirements in spring 2018 are listed below. As you know, one of the requirements 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 need to join a new group**, you are already in the group. You can go in at any time and complete a session. **For those of you who have not yet joined the group, I will be sending out invitations after the semester starts.** Please respond to the email from me and join the group. If you are unsure how to join, ask a mentor to help you with that process. 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. 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, (or for anyone who prefers an in-class session) look at the monthly calendars for the times they are offered.

CRITERIA FOR STUDENT SUPPORT SERVICES BOOK SCHOLARSHIPS

To be awarded 2 times per year to active SSS students (Fall – Spring). Up to \$350.00 per semester will be awarded to each active participant (exact amount awarded is dependent on the number of students who qualify each semester). To qualify, students must meet the following minimum criteria:

GPA Requirement – Minimum of a 2.50 GPA each semester for full scholarship, not cumulative but semester GPA. However, must also have a minimum of a 2.00 cumulative GPA.

Full-time students may be awarded up to the maximum amount listed, part-time students will be awarded based on the number of credits completing. Must be enrolled and complete at least 6 credit hours to receive scholarship consideration.

Must be an active participant in the Student Support Services Program meeting the following minimum participation requirements:

- ◆ **Attend 2 SSS workshops per semester.**
 - ⇒ **Attend one workshop or complete your financial literacy session by Friday, March 9, 2018.**
- ◆ **Meet with the Director, Program or Academic Coordinator at least 2 times per semester.**
 - ⇒ **Complete one meeting by Friday, March 9, 2018.**
- ◆ **Meet with a Peer Mentor at least 3 times per semester.**
 - ⇒ **Meet with a Peer Mentor at least two times by March 9, 2018.**
- ◆ **Complete one Financial Literacy session per semester.**
 - ⇒ **Must be completed by 5/5/2018.**
- ◆ **Be enrolled and complete at least six credit hours.**

All students must meet these requirements by May 4, 2018 to be considered for the scholarship to be awarded in fall 2018.

"Hope sees the invisible, feels the intangible and achieves the impossible." ~ Unknown

May you have a great semester! —Teresa De Herrera

January - Academic Deadlines and Workshops

Mon	Tue	Wed	Thu	Fri
<p>15</p> <p>Martin Luther King Jr. Holiday</p> <p>————</p> <p>*No classes *Campus Open</p>	<p>16</p> <p>First Day of Spring Semester Classes</p>	<p>17</p>	<p>18</p>	<p>19</p>
<p>22</p> <p>Last day to drop a class without a \$100 drop charge.</p> <p>————</p> <p>No adds permitted today.</p> <p>————</p> <p>All waitlists will be eliminated today.</p>	<p>23</p> <p>From January 23th – January 31st you will need instructor approval to add.</p> <p>————</p> <p>¹Financial Literacy: Understanding Student Loans SC, Suite 1007 3:15 pm—4:15 pm</p>	<p>24</p> <p>¹Financial Literacy: Building/Maintaining Credit Score SC, Suite 1007 12:15 pm—1:15 pm</p> <p>————</p> <p>Time Management SC, Suite 2000 3:00 pm—4:00 pm</p>	<p>25</p> <p>Motivation & Goal Setting SC, Suite 2000 1:00 pm—2:00 pm</p> <p><i>I can AND I will</i></p>	<p>26</p>
<p>29</p> <p>THINK LIKE A PROTON. ALWAYS POSITIVE. </p> <p>²College Survival TRiO & LRC SC, Suite 2018 12:30 pm—1:30 pm</p>	<p>30</p> <p>²Discover YOUR Learning Style SC, Suite 2018 2:00 pm—3:00 pm</p> <p>  </p>	<p>31</p> <p>³Financial Literacy: Budgeting SC, Suite 2000 3:30 pm—4:30 pm</p> <p>————</p> <p>CENSUS DATE Until 5:00 pm</p> <p>————</p> <p>Last day to apply for Spring graduation via UCDAccess. After this date, contact your advisor.</p>	<p>Feb 1</p> <p></p> <p>Procrastination SC, Suite 2000 11:00 am—12:00 pm</p>	<p>Feb 2</p> <p>Resume Basics SC, Suite 2000 1:00 pm—2:00 pm</p> <p></p>

¹CU Denver Financial Literacy and Wellness Program: No RSVP Required

²Learning Resources Center: RSVP at: https://forms.ucdenver.edu/secure/sa_lrc_academic_development_workshop

³TRiO SSS Financial Literacy Session: No RSVP Required

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

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.

JUST A LITTLE NOTE... KUDOS

- Chelsea Situmeang declared a double major in Public Health and Ethnic Studies. She was accepted into the CU Denver Department of Ethnic Studies, Puksta Fellows Program for 2018-2019 as well as into the 2018 Transcend Social Justice Retreat.
- Jordan Fernandes secured an internship with Arrow Electronics.