

# THE PILLAR

A MONTHLY JOURNAL OF THE TRiO SSS COMMUNITY  
 "Helping Students Realize Their Full Potential"

January 2019  
 ISSUE

## Page Guide

Page 1

- Student Spotlight

Page 2

- Student Spotlight
- Veganuary

Page 3

- TRiO Alumni

Page 4

- 2019 Tax Information

Page 5

- DIY—Piggy Bank
- STS Club Update

Page 6

- Meal Prepping Recipe
- Important Dates

Page 7

- Director's Corner
- Kudos

Page 8

- Workshop Calendar
- Word Search/Puzzle

### Mission Statement

The University of Colorado Denver TRiO Student Support Service Program is a holistic student development program that is dedicated to helping each student reach his or her full academic potential.

## Student Spotlight— Vanessa Martinez



The TRiO SSS Program is happy to spotlight Vanessa Martinez in this edition of the newsletter. Vanessa will be finishing her undergraduate degree this spring semester in Human Development and Family Relations (HDFR). When asked about her experiences in college she mentioned "my experience with college was hard. I am the first in my family to attend a University, therefore guidance and advice from home wasn't really in the picture." She has always worked part-time and attended college full time since she started school. Vanessa has had sleepless nights working on school assignments, studying for exams, re-writing, and revising notes. All of that hard work has paid off as she is graduating in good standing at the university. She is currently involved in the STS Club as well as a female empowerment group that promotes education, wisdom, sisterhood and community service. Throughout her four years here at CU Denver she became involved in volunteering and community service with numerous non-profit organizations that promote psychological, emotional, physical and cognitive well-being of youth and their families.



In terms of future goals, she has a short term goal of finding an enjoyable job in her career field soon after graduation. She would prefer to work with underserved youth in the community or in the justice system. She would also like to travel to various different places around the globe. Her long term goal is to be accepted into graduate school. Vanessa is currently applying to a couple of programs. She hopes to be accepted either in a Master of Counseling degree or a Master of Social Work program. She stated, "I strive to bring justice where injustices are taking place consciously and unconsciously. I want to be able to find a career that doesn't limit my potential or anchor me." She would like to work for an organization whose values align with hers and will challenge her to grow and become the best professional she can be, she said. Eventually she would like to travel as much as she can and be able to find a location that she loves and buy a home there.

When asked about a favorite memory in college she said, "studying abroad in Seville, Spain while also visiting Africa and the different cities there was wonderful. I was able to step out of my comfort zone and do something I have always wanted to do with tremendous support and meeting wonderful individuals while creating amazing long lasting relationships."

CONTINUED ON NEXT PAGE...

## Spotlight Continued — Vanessa Martinez

On another note, one thing Vanessa wished she was told when she started college is the importance of building a community and developing relationships with individuals who want the same things out of life as she does. In terms of her experience with the TRiO SSS program and advice to students, she said “TRiO has helped me find resources I never even knew existed and helped me plan for the future. The advice that I would give other TRiO participants is to take advantage of all that TRiO has to offer. The staff is filled with amazing individuals willing to help you in any aspect possible and if they don’t have the answer they will happily guide you in the right direction to help you.”

Vanessa was asked if she were to win a million dollars what would be the first thing she would do with that money. She mentioned, “I would buy my mother a house because I would like to give her a little bit of what she has given me my entire life.” Vanessa also shared a little bit about her hobbies and interests. She said, “I enjoy reading, hiking, music, yoga, crocheting, and dying my hair.” Her favorite quote is “No one ever made a difference by being like everyone else, we are what we repeatedly do; when you change your thinking, you change your life.” – Aristotle. She likes this quote because it emphasizes uniqueness and portrays a growth mentality that only comes from within. She states, “no one is ever going to do anything for you, you must want it badly enough for yourself and take action. Be the best version of yourself.” Our office wishes Vanessa continued success.

**Daniela Castorena | TRiO Program Coordinator**



## What do you mean I can be vegan?



### What is “Veganuary”?

“Veganuary” is a project designed to help make going vegan more attainable, by serving up plenty of resources to set participants up for success. The program packs in advice and guidance into a short-term timeline—the month of January or February—in order to help home cooks discover that going plant-based isn’t as difficult as you may think. You can sign up at [www.veganuary.com](http://www.veganuary.com).

### What is the “Veganuary” Program?

By going online and participating in a sign up process for “Veganuary”, you are simply pledging to abstain from animal products for the entire month of January, or February. Registering your email allows you to receive an e-book of delicious vegan celebrity recipes, featuring recipes from a few familiar names (from Beyonce’s guacamole to Madonna’s sticky toffee pudding), as well as daily support emails with step-by-step guides and seven-day meal plans based on your caloric needs.

### Why Should I Sign Up for “Veganuary”?

The vegan diet was recently ranked one of the best diets for weight-loss by nutrition experts, and it is a safe way to kick off any health-related new year’s resolutions for weight loss. Besides impacting your individual health, going vegan can impact the health and well-being of others, livestock, and our planet. Going vegan for one month can spare resources of upwards of 100 animals, 33,000 gallons of water, and 900 square feet of forest.

### What do I eat on a vegan diet?

Focus on fresh produce, whole grains, plant-based proteins and meat alternatives, and healthy fats, while eliminating the daily to weekly dairy servings and eliminating fish, eggs, and other meats.

### What Are the Benefits of a Vegan Diet?

The first change in your routine you may notice is actually a change in what you’re craving: Research shows you might even grow more sensitive to richer foods when eliminating them from your diet for three weeks, which will help you sustain a balanced diet post-“Veganuary.” Weight loss often starts almost overnight, and almost 90 percent of those who attempt a vegan diet do lose at least a few pounds, according to *How to Go Vegan*, a guide written and published by the Veganuary team. You could also develop more energy, enjoy a better complexion as well as stronger hair and nails, and even develop a love for cooking.

If you can’t imagine cutting out animal products for a whole month, start by choosing one meal a day, such as fruit for breakfast. You can be a vegan for just one meal!

**Jennifer Nguyen | TRiO Project Specialist**

## TRiO Alumni— Alexandria Joo



Alexandria Joo is a Graduate Assistant for the TRiO SSS program at CU Denver and a Graduate Advising Assistant at the Office of Academic Advising at the University of Colorado in Colorado Springs (UCCS). She is also a second year Master's degree student in the Leadership Program with a Concentration in Student Affairs in Higher Education at UCCS where she has a great passion for helping students. Alexandria completed her undergraduate degree with honors from CU Denver a few years ago with a B.S. degree in Business Administration with a Marketing and Management double emphasis and an Economics minor. As you can see, she loves school. Alexandria is also an alumnus of the TRiO SSS program at CU Denver.

Alexandria was always passionate about continuing her education, but struggled a little bit to find her best fit. As an undergraduate, she became interested in law school as she loved business law courses. She then had an opportunity to work at DGS Law and Leaffer Law Group to see if she should further pursue going to law school, but decided law school may be too costly if she does not actually practice law. She also worked at a payroll company and tax filing office as she considered the possibility of completing a Master of Science degree in Business Administration. A few years ago, she learned about the Student Affairs in Higher Education Master's degree and applied to a few universities in Colorado. As an alumnus of CU, she chose CU Colorado Springs and she is expected to graduate in May 2019. Fortunately for us, her passion for working with college students won out. She loves helping students in higher education.

Aside from her career path, Alexandria has always been passionate about volunteering in her local community. She was a Co-Founder and an Executive Director of the Korean-American mentor program - Serving Professionals: Rise of Undiscovered Talent. She also served as a Board Member of the Korean American Community Foundation of Colorado. Additionally, she was the Membership Chair of the National Association of Asian American Professionals Colorado chapter, and a mentor-Big Sister and Public Relations Co-Chair of the Miss Asian American Colorado Leadership Program.

On another note, when asked about what she wishes she knew as an incoming student and recent college graduate, she said "As an incoming student, I wish I knew that I was not the only one feeling overwhelmed and feeling like I do not belong in college. I also wish I knew, if I fail, it is okay. FAIL stands for First Attempt in Learning. College is meant to be challenging and it is a great developmental process to learn about yourself and grow". As a recent college graduate, she said, "I wish I knew the importance of networking and having a mentor even in a professional environment. Career fields are competitive. Having a mentor and a network of people to guide you helps tremendously! Continue taking advantages of CU resources such as the Alumni network!"



In terms of her experience as a TRiO SSS Alumnus, she said "TRiO tutoring and peer mentor services helped me overcome my academic challenges and helped me feel the sense of belonging on campus by coaching me to advocate for myself and seek out resources. Without TRiO SSS, I would have never gotten to where I am now." When asked what was the reason that she chose to join TRiO SSS, she said "I am a first generation college student and I had struggles coming into college. I couldn't ask my parents for help. I also

did not know what I did not know. For an example, I knew I was struggling in my courses, but I did not know I had an option to drop a course in college." When also asked what she remembered most about her experience in the TRiO SSS program, Alexandria said that "The peer mentor meeting requirements seemed inconvenient and uncomfortable at the beginning as I did not know what to talk about or what to ask at the beginning. However, my peer mentor meeting ended up being the most impactful experience for me to find and achieve personal and academic goals. My peer mentor helped me learn what I did not know and how to seek out help." Looking to the future, Alexandria was asked where she sees herself in 5-years. Alexandria said, "I want to work in higher education to help students with their personal and academic growth and work on pursuing another Master's degree or a Ph. D and to continue to help students as I was helped."

# Taxes

## Tax Guide for College Students: What You Need to Know

- Dependency Status

Students and parents need to have a conversation to establish dependency status for tax filing purposes. If you are a student and your parents are claiming you as a dependent, you aren't eligible to claim deductions or credits yourself. So before you file, confirm whether or not your parents will be claiming you as a dependent on their taxes this year. According to the IRS, your parents can claim you as a dependent until you are 19, but once you are a college student, that dependency status can be extended until you are 24 years old. If this is the case, you can still file taxes, but you need to indicate that someone else can claim you as a dependent on your tax return, and you can't claim any credits or deductions your parents are already taking. Whether or not your parents claim you on their taxes or you claim yourself, for financial aid purposes, you are still concerned a dependent student through the age of 24 and need to include your parents tax information on your FAFSA. Where there are exceptions, you need to talk to a Financial Aid Advisor to determine if you can file as an Independent student.



- Tax Forms Needed

- **W-2:** You will receive this from your employer; it contains any taxes that were withheld from your paycheck. If you don't receive one, contact your employer to confirm the address.
- **Form 1098-T:** This is your tuition statement, which your college should provide. It will include information you will need to report to claim education credits – such as tuition paid, related expenses, any scholarships or grants you received and any adjustments from last year. If you haven't received this form, contact your school to request it. The [IRS offers instructions](#) for this form as well as an example.
- **Form 8863:** You will need this to see if you qualify for education credits, including the American Opportunity Credit and the Lifetime Learning Credit. Here is a [.pdf version of Form 8863](#) with directions on how to complete it.
- **Form 1098-E:** You will need this to deduct any interest you paid on a qualified student loan during the tax year. If you paid more than \$600 in interest, your lender should send you this form. IRS.gov provides an [example of this form](#) and directions on how to claim this deduction.

- Deducting Your Student Loan Interest

Another tax benefit you can explore is being eligible to deduct the interest you pay on a qualified student loan. You can deduct up to \$2,500 in interest, and it's claimed as an adjustment to your income. A qualified student loan is a "loan you took out solely to pay qualified higher education expenses," according to the IRS.

➤ To qualify for this deduction, you will need to:

- Have paid interest on a qualified student loan in the tax year in which you are filing
- Not be married filing separately
- Not be claimed as a dependent
- Be legally required to pay interest on that loan

Form 1098-E should be provided for you by your lender. They may mail you a paper copy of this form, but many lenders also allow you to access your form online by signing into your account. If you have trouble accessing your form, contact your loan lender.



Ranks Barima | TRiO SSS Graduate Assistant

## DIY— Mason Jar Piggy Bank

It's now 2019, what are your resolutions? Are any of them to save money for a trip you want to take or do you want to treat yourself with an expensive item? Then here's a perfect DIY to make saving money fun.

### What you need:

- Mason Jar
- Spray Paint
- Paint and small brush (If you want to add smaller details)
- Utility Knife

### Steps:

- Choose a color that you want to use to spray paint your bank
- Using the utility knife, cut into the cap so bills can fit inside
- Carefully spray paint the Mason jar and cap as well
- Personalize it to your liking
- Enjoy saving money!!



Cristian Sarabia | TRiO SSS Peer Mentor

## Society of TRiO Students Club



The Society of TRiO Students Club welcomes you to the spring 2019 semester. We look forward to having a great semester as a chartered club. For the upcoming semester, the TRiO Club will participate in a community outreach activity, several bake sale fundraisers, and we plan to sponsor a fun extracurricular activity.

If you are interested in joining the TRiO Club, please stop by the TRiO Office to complete the Club Interest Form or join through MyLynx. All CU Denver Clubs, utilize the MyLynx presence software to network with other clubs, communicate with other members, and to join other CU Denver Clubs. We use presence to send messages, maintain club documents, take polls, keep attendance records, and to post upcoming events.

Once again, welcome to the Spring 2019 semester. The TRiO Club executive board will be meeting soon to discuss the upcoming activities for the semester. We will be hosting a meet and greet for our first scheduled club meeting. More information to follow.



Cynthia Cordova - President  
Jessica Pineda - Vice-President  
Cesar Munoz - Treasurer  
Vanessa Martinez - Secretary



# Meal Prepping Recipe

## Chicken Bowl Meal Prep

Ingredients: Serves 4

- Meat:
  - 1 ½ lbs. Ground Chicken
- Produce:
  - 1 (15-ounce) can Black Beans
  - 1 (15.25-ounce) can Corn, whole kernel
  - 1 Clove Garlic
  - ½ tsp Garlic powder
  - ¼ tsp Onion powder
  - ½ tsp Oregano
- Condiments:
  - 1 Chipotle pepper in adobo sauce
  - 1 tbsp. lime juice, freshly squeezed
  - ½ cup of pico de gallo (homemade or store bought)
- Pasta and Grains:
  - 1 Cup Brown rice
- Baking and Spices:
  - ½ tsp Chili powder
  - 1 Kosher salt and freshly grounded black pepper
  - ¼ tsp Paprika
- Oils and Vinegars:
  - 1 tbsp. Olive oil
- Nuts and Seeds:
  - ½ tsp. Cumin, ground



- Dairy:
    - ½ cup Greek yogurt, plain nonfat
- Directions:
1. To make the chipotle cream sauce, whisk together Greek yogurt, chipotle pepper, garlic and lime juice; set aside.
  2. In a large saucepan of 2 cups water, cook rice according to package instructions; set aside.
  3. Heat olive oil in a large stockpot or Dutch oven over medium high heat. Add ground chicken, chili powder, garlic powder, cumin, oregano, onion powder and paprika; season with salt and pepper, to taste.
  4. Cook until chicken has browned, about 3-5 minutes, making sure to crumble the chicken as it cooks; drain excess fat.
  5. Divide rice into meal prep containers. Top with ground chicken mixture, black beans, corn and pico de gallo, drizzle with chipotle cream sauce.

Vanessa Martinez | TRiO SSS Peer Mentor

<https://damndelicious.net/2017/05/12/chicken-burrito-bowl-meal-prep/>

## Important Dates

- January 22—First day of Spring Semester Classes
- January 27— **Last day to WAITLIST** classes using UCDAccess.
- January 28— Last day to drop a class without a \$100 drop charge.
- January 28— First day to add classes with the Late Add Form with instructor approval.
- February 6— **CENSUS DATE**— until 5:00 pm.
- March 25—31 Spring Break
- April 7— Last day to Withdraw form a class via UCD Access
- April 8— First day to withdraw from a class with a required authority signature



## Director's Corner

Hello TRiO students,

Welcome back to CU Denver and to the TRiO SSS program! It will be great to see all of you, hopefully healthy and 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. It may take a couple of weeks for it to post to your portal, so if you don't see it there right away, give it a couple of weeks and then 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.

If you haven't yet completed your FAFSA for 2019-20 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. You will need your and your parents 1040 tax form (dependent students) for 2017 and your and your parent's passwords to complete and submit your FAFSA, so please bring that information with you. We may offer more FAFSA workshops this spring. Be on the lookout for those sessions by checking the monthly newsletter calendars.

The criteria for completing the book scholarship requirements in spring 2019 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 2018-19 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 soon.** 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-Skill Building workshops per semester.**
    - **Attend one workshop or complete your financial literacy session by Friday, March 15, 2019.**
  - **Meet with the Director, Program Manager or Program Coordinator at least 2 times per semester.**
    - **Complete one meeting by Friday, March 15, 2019.**
  - **Meet with a Peer Mentor at least 3 times per semester.**
    - **Meet with a Peer Mentor at least two times by March 15, 2019.**
  - **Complete one Financial Literacy session per semester.**
    - **Must be completed by 5/10/2019.**
  - **Be enrolled and complete at least six credit hours.**

All students must meet these requirements by May 10, 2019 to be considered for the scholarship to be awarded in the fall 2019 semester.

—Teresa De Herrera

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

## Kudos

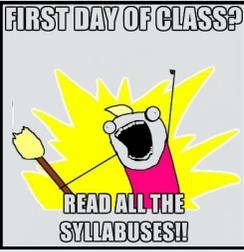
Have an accomplishment? Please tell TRiO about it. Inside the TRiO office, there is a sheet of paper for you to write share your accomplishments and awards you received.

- Sade Smith received the Matson Study Abroad Scholarship. She will travel to Berlin for the semester.

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



# January Workshop Calendar

Mon	Tue	Wed	Thu	Fri
14	15	16 <i>i can and i will. Watch me.</i>	17	18
21 <b>Martin Luther King Jr. Holiday</b>  <b>No Class Campus Closed</b>	22 	23 <b>Resume &amp; Cover Letter Meetups</b> Tivoli 267 2:00 pm—3:00 pm	24 <b>How to get a Job on Campus</b> Tivoli 267 12:30 pm—1:30 pm  <b>Financial Literacy: Budgeting</b> SC, Suite 2000 3:00 pm—4:00 pm	25
28 <i>Dear Stress, Let's break up.</i> <i>♥me</i>  <b>Coping with Stress</b> SC, Suite 2000 11:00 am— 12:00 pm	29 <b>Time Management</b> SC, Suite 2000 10:00 am— 11:00 am  	30 <b>How to get a Job on Campus</b> Tivoli 267 12:30 pm—1:30 pm  <b>Resume &amp; Cover Letter Meetups</b> Tivoli 267 2:00 pm—3:00 pm  <b>Motivation and Goal Setting</b> SC, Suite 2000 3:00 pm— 4:00 pm	31 <b>Resume Basics</b> SC, Suite 2000 12:00 pm— 1:00 pm  	<p>Go confidently in the direction of your dreams! <b>Live the life</b> you've imagined. ~Thoreau</p>

## Word Search

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

COURBET	JOHNS	MODIGLIANI
DALI	KLEE	MOREAU
DELACROIX	LEGER	MUNCH
DEGAS	MALEVICH	RAPHAEL
GAUGUIN	MANET	RENOIR
GOYA	MARC	VAN GOGH
	MIRO	

Here is a word search puzzle for your enjoyment as you are getting started with the spring semester.

## Find The Car

