

THE PILLAR

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"Helping Students Realize Their Full Potential"



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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— Edwin Flores



The TRiO Student Support Services Program is happy to spotlight Edwin Flores. He will be graduating this semester with a BSBA degree in Accounting. "No sacrifice, No Victory," is a quote from one of his favorite (and one of the cheesiest) movies as a kid, Transformers. This quote is important for Edwin because he stated, "College for me was like a rollercoaster! Some semesters were definitely harder than others. I wholeheartedly believe in what it stands for. Looking back, I had to suffer through the struggles we all have had during our college careers

ranging from all-nighters to (in my case) not knowing I had an exam the next day and winging it! I know that everything my family and I had to do would eventually help me achieve the goal of earning that degree that I know will improve my life." Edwin also noted that everything you want in this world has a price, whether that is money, time, etc., and that you have to put in the effort in order to accomplish your goals and dreams.

When asked about his college experience Edwin stated, "Although I was not involved in groups besides TRiO, I was able to meet great people at my first work study position at the Financial Aid and Scholarship Office. I was able to find a good network and feel included on campus. *College is what you make of it.* CU Denver is definitely a commuter school but the clubs and extracurricular activities are there, you just have to go out there and find them!" Edwin recommends, "find somewhere on-campus where you can socialize and be yourself, which will definitely help you succeed and be inclined to finish your degree." In addition, he said, "enjoy your experience while it lasts (attending classes, studying for midterms/finals, and doing homework) because it will fly by. Before you know it, you will be in your last semester of college."

His favorite memory in college happened on his first day of school when he met one of his good friends to this day. As he reflects on that experience Edwin noted, "We connected on, out of all things, baseball. I showed up to the classroom for my College Algebra course and sat at one of the few remaining open seats, and having a few minutes to spare, I started watching baseball highlights of the day on my phone. Out of the blue, I noticed the person next to me started to talk to me about how he loved baseball and his favorite team was the San Francisco Giants. Throughout the semester, we would talk about baseball games and statistics. He even invited me to join his fantasy baseball league, which I have been a part of every year since then." Edwin shared that he reunited with his friend one last time for their capstone management class this semester. Both he and his friend are majoring in Finance and will be graduating this spring. He stated, "The takeaway is no matter how strange or weird you may think your interests are, there is always someone who may have those same interests. Try and be open to people because you may find long lasting friendships in the most unlikely places."

CONTINUED ON NEXT PAGE...

Student Spotlight— Edwin Flores

One thing he wished he were told starting college is to make sure you acclimate as soon as you can. “College is a whole different animal compared to high school, he said, “You need to realize that the work is harder and when they say no one will “hold your hand” they mean it. Make sure you go to office hours and tutoring if you feel lost. You really need to work hard and plan semesters accordingly to make sure you have the best chance to succeed.” When asked how TRiO has helped him he noted, “TRiO has helped me become not only a better student but individual. The resources TRiO provides has helped me take a more proactive approach to planning my future, as well as knowing I have somewhere I can be heard and be provided guidance. TRiO is a place where students are able to go for help regarding anything. An example of this would be getting help with writing my resume. Henry went the extra mile to make sure I was ready to meet the firms I had an interest in, by providing resume pointers. As a result, I had two paid internship positions offered before I even graduated.” His advice for other students is to ask for help if you need it because TRiO is only able to serve so many students every year and to make sure you make the most out of it.

Edwin’s short-term goals include having a solid position after he graduates in May. For the future, his goal is to earn a master’s degree (either an MBA degree or MS in Accounting). In the next ten years, he hopes to own a house. If he won a million dollars, the first thing he would do is donate 90% of that money to charity. He would invest the remaining amount into the stock market. He stated, “There are many ways to earn money and one of the best ways is to put it into something that you know will be making money for you with minimal effort. One of the best things right now is to start an account whether that is a money market or savings account. Earning interest on money you have sitting somewhere is one way you can help pay for things you want later in life like buying a car, home, or retirement.” Edwin enjoys watching and playing baseball as well as watching action movies on Netflix and Hulu. He also enjoys spending time with his family and friends. The TRiO SSS program wishes Edwin continued success and many more victorious moments in his career.



Student Spotlight— Jolly Garcia

The TRiO SSS Program is also excited to spotlight Jolly Garcia, who will be graduating this semester with a Bachelor of Science degree in Business Administration in Marketing and Management. She has been an active participant in the program for four years. In addition, she will also complete her degree in four years. This is an example of her solid work ethic and commitment to complete her college degree. When asked about her undergraduate experience she noted, “Academic wise it is a lot of work, studying for tests, doing projects and homework but overall it was not that difficult, it just took time and commitment.” As far as her extracurricular activities, she mentioned she was part of TRiO and participated in a lot of workshops and meetings that were helpful for her to get her questions answered and to be aware of things. Her favorite quote by William Whewell states, “Every failure is a step to success.” Jolly mentioned this quote is important to her because “sometimes we tend to focus a lot on how we have failed and let it consume us rather than taking it as a learning experience and trying again,” she said.



Student Spotlight—Jolly Garcia

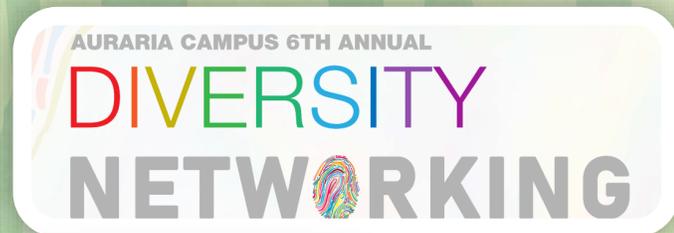


When asked what her favorite memory in college was she mentioned attending the CU Denver Live Cooking Class where she had great food and had time to spend with her friends. Jolly stated, “It is really smart to talk to people in your classes especially if they are in your same major because once you start taking the upper level classes its very likely they’ll be in there and will be a good resource.” When asked about one thing she wished she was told when she started college, she said, “being involved in the TRiO SSS program has benefited me. TRiO has helped me by being an additional resource to receive information and help me establish goals for each semester, something I would not have done otherwise.” Her advice to other students is, “know that doing the work is worth it because it gives you the opportunity to talk about things that are going on in class or school that you might not be able to discuss with anyone else.”



Her hobbies and interests include hiking, attending sporting events, music, photography and being around her family and friends. If she won a million dollars, she would go on a worldwide tour to visit as many places as she could to experience the culture, food, and the people. As a short-term goal, Jolly would like to travel to Europe within the next year to experience the other side of the world. As far as her long-term goals, she would like to seek employment in a startup company to gain relevant experience. Down the road, she would like to get into consulting work with small businesses. She is considering graduate school in the future if the company she is working for pays for it or if it is required in her desired field. She plans to do project management as a back-up career. We will celebrate Jolly in her upcoming accomplishment of graduating from CU Denver this spring!

Diversity Networking Event



You are cordially invited to attend the Auraria Campus 6th Annual Diversity Networking Event. This year the Diversity Networking Event will be held on Wednesday, March 13, 2019 from 3:30-6:30 pm in the Tivoli Student Union, Room 320. The goals for the 6th Annual Auraria Campus Diversity Networking event are:



- To provide students an opportunity to network with community and campus members in a relaxed atmosphere.
- To have students hear inspiring stories from our diverse professionals.
- To help students gain a better understanding of the value of diversity in the workforce and the additional skills employers desire.
- To allow students to receive advice on how to maximize their college experience and leverage their cultural assets.



The keynote speaker will include Representative Leslie Herod.

Dr. Brenda J. Allen will serve as the panel moderator. 12 13 14 15 16 17 18 19

Appetizer and Dinner will be served.

RSVP at <http://tinyurl.com/DNE3-13-19>.

International Women's Day

INTERNATIONAL WOMEN'S DAY

International Women's Day (IWD) is celebrated annually on March 8. The day has occurred for over a century since the first one, which was held in 1911. The day is not country, group or organization specific. IWD belongs to all groups collectively, everywhere. "The story of women's struggle for equality belongs to no single feminist nor to any one organization but to the collective efforts of all who care about human rights." - Gloria Steinem

The International Women's Day is a day celebrating the social, economic, cultural and political achievements of women. The day also marks a call to action for accelerating gender parity. There is no one government, NGO, charity, corporation, academic institution, women's network or media hub that is solely responsible for International Women's Day. Many organizations declare an annual IWD theme that supports their specific agenda or cause, and some of these are adopted more widely with relevance than others. International Women's Day is a collective day of global celebration and a call for gender parity.

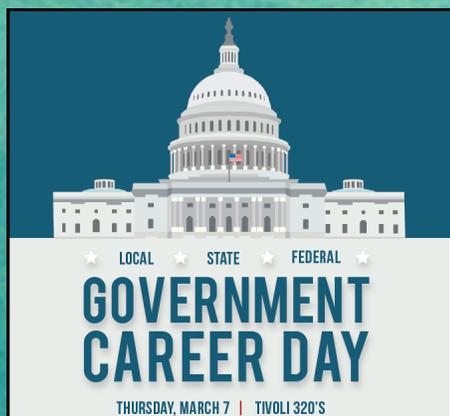


International Women's Day is about unity, celebration, reflection, advocacy and action - whatever that looks like globally or at a local level. International Women's Day has been occurring for well over a century - and continues to grow from country to country. The color that primarily represents the day is purple, which symbolizes justice and dignity. Historically the combination of purple, green, and white were considered as Women's Day colors based on the Women's Social and Political Union in the UK in

1908. Purple signifies justice and dignity. Green symbolizes hope. White represents purity, but it is no longer used due to 'purity' being a controversial concept. So celebrate your day as a woman and as a member of Women's Day to show your support. Join your women friends and family, and join hands for all causes such as the hardships for women in places such as Myanmar, Palestine, Italy to Chile and the United States. For more information visit: <https://www.internationalwomensday.com/About>.

Jessica Pineda | TRiO SSS Peer Mentor

Government Career Day—Thursday, March 7th—Tivoli 320's



Career Fair Description

All University of Colorado Denver students and alumni are invited to attend Government Career Day. During the fair, you can:

- Find internship and job opportunities
- Network with employers
- Learn about career options
- Learn more about interviewing in the public sector
- Learn more about the federal resume process

Timeline of Events

- 10:00 am – 1:00 pm—Career Fair
- 1:00 pm – 2:00 pm—Interviewing in the Public Sector Workshop
- 2:00 pm – 3:30 pm—Federal Resume Preparation Workshop

View a list of participating employers and their available positions. The Career Center encourages you to review this list in advance in order to prepare for successful networking with agency representatives during the event. Make sure you visit the [Career Center](#) for a resume review in preparation for this event, to ensure maximum impact. Wearing professional attire is expected and will help you to make a good impression. For more information about the event, please contact the Career Center at careercenter@ucdenver.edu or 303.315.7315. You can register for the event through your Handshake Portal.

Denver Free Days

Friday, March 1 – Museo de las Americas

Saturday, March 2 – Denver Art Museum

Tuesday, March 5 – Denver Botanic Gardens at Chatfield

Tuesday, March 5 -- Children's Museum of Denver at Marsico Campus (4-8 p.m.)

Friday, March 8 – Four Mile Historic Park



Saturday, March 9 – Longmont Museum

Tuesday, March 12— IHOP Free Pancake Day

Thursday, March 21 --- Plains Conservation Center

Friday, March 22 (until 5pm) Denver Botanic Gardens

Friday, March 22 – Denver Botanic Gardens at York St



Ranks Barima | TRiO SSS Graduate Assistant

Society of TRiO Students Club

Dear STS Club Members,

I hope you are having an amazing semester so far. A couple of quick things. First, our Valentine's Social Event was a great success, YAY! Thank you for all those who came. It was great seeing STS Club Members as well as news faces. I hope you had a great time eating some delicious food, decorating cookies, doing some DIY Valentine's cards, and competing in the Pictionary game.

Second, the club will be having a bake sale March 19th and 20th, please come support us by either buying some goodies or tabling. We usually conduct these bake sales outside of the TRiO SSS and McNair Office, Students Commons Building, Room 2011. I wish you a month full of happiness.

Best wishes—Cynthia Cordova, STS Club President



3 4

17 18 19

Cupcake Recipe



Ingredients:

- $\frac{3}{4}$ cup unsweetened cocoa powder
- $\frac{3}{4}$ cup hot water
- 6 tablespoons butter, room temperature
- 1 cup butter, at room temperature
- $1\frac{2}{3}$ cups all-purpose flour
- $\frac{3}{4}$ cup granulated sugar
- $\frac{3}{4}$ cup dark brown sugar, packed
- $1\frac{1}{4}$ teaspoons baking powder
- $\frac{3}{4}$ teaspoon baking soda

- $\frac{1}{2}$ teaspoon salt
- $\frac{3}{4}$ cup buttermilk
- 2 eggs
- $\frac{1}{4}$ cup miniature chocolate chips
- 1 (1 lb) package confectioners' sugar
- $\frac{1}{4}$ cup Irish cream, such as Bailey's (or heavy cream)
- $\frac{1}{8}$ teaspoon leaves green concentrated food coloring

Directions:

1. Preheat oven to 350 degrees F.
2. Line 18 muffin cups with liners.
3. In bowl, mix cocoa and hot water until dissolved; reserve.
4. Melt 6 Tablespoons butter; reserve.
5. In bowl, mix flour with next five ingredients.
6. Whisk in buttermilk, eggs, melted butter and cocoa mixture.
7. Stir in chips.
8. Divide among liners.
9. Bake 18-22 minutes or until toothpick inserted comes out clean.
10. Cool 10 minutes.
11. Transfer from pan to racks; cool.
12. On medium-high speed, beat remaining butter until fluffy.
13. Gradually beat in confectioners' sugar until blended.
14. Add liqueur; beat until light and fluffy, 2 minutes.
15. Beat in $\frac{1}{8}$ teaspoon food coloring until blended.
16. If desired, fit large star tip into pastry bag.
17. Using paintbrush starting at tip of bag, paint 2-3 lines of food coloring along inside, ending 1 inch from edge.
18. Place bag in glass; fill with frosting.
19. Pipe, or with spoon, spread frosting over cupcakes.
20. If desired, decorate with shamrocks..



<https://www.geniuskitchen.com/recipe/baileys-irish-cream-cupcakes-360230?photo=cGhvdG8tMzcwODc0>

Cristian Sarabia | TRiO SSS Peer Mentor

Director's Corner

Hello TRiO SSS students,

We are getting into the busy time now as you all prepare for mid-terms and such. Hopefully you are preparing well for those exams. If you are having trouble keeping up with everything, be sure to come and see us in the TRiO SSS office so we can help you figure out how to manage your time effectively. Also, if you need to sign up for a tutor, set that up at the Learning Resources Center. We also have Vrajen Patel in our office who can tutor in the sciences, math and so many other areas. If you haven't already met him, stop by the TRiO office on Monday, Wednesday or Fridays to meet with Vrajen. Remember also that the MERC lab on the 4th floor of the North Classroom building is open on a walk in basis to those of you who need help with your math classes. Also, the Writing Center is open to all of you who may need help with essays and research papers.

This semester, the LRC has fewer tutors available so they are really working hard to help students learn how to develop and set up effective study groups. Study groups among students in the same classes is a very effective means of studying well and getting good grades. Please visit the LRC to learn how best to set up your own study groups so you can stay on top of your academic caseload. Your Peer Mentors may also be able to tutor in some areas, so ask them for help if you need it, as well as myself, Henry and Daniela. If it is some other support you need help with, we may be able to help you with that as well. Henry, Daniela and I can help you think through the best way to handle various problem situations, so come in and see us whether or not you are struggling in any classes. Also, utilize your Peer Mentors, they are excellent resources as they have often been in your shoes and struggled along the way at different times in their academic careers, but they picked themselves up and have persevered. We want the same for all of you.

We are in the process of interviewing potential candidates for the Project Specialist position, so soon you will see a new face at the front desk. We were very sorry to see Jennifer Nguyen leave us, but she is closer to family where she is now, so we are happy for that and happy for her.

We are fast approaching the first deadline date for the TRiO SSS **Book Scholarship**. Be sure you are working towards the participation requirements and make your two Peer Mentor meetings and one Coordinator or Director meeting as well as one workshop or financial literacy session before the **March 15, 2019 deadline date**. If you are interested in a health career, sign up to come with us to the AMC visit on 3/15/19. You will be able to get workshop credit for this event.

Best of Luck on your mid-terms! - Teresa De Herrera

"Life is not about waiting for the storms to pass... It's about learning how to dance in the rain."
~ Vivian Greene

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.

- Vanessa Viramontes was selected for the Auraria Police Department Internship.
- Jessica Luna was accepted into CU Denver's Doctorate in Education Program.
- Alejandra Armenta received an 89% on her Biology Exam!
- Alex Morales was accepted to travel to the Netherlands for Study Abroad through the national TRiO office—The Council for Opportunity in Education!
- Norma Baz received a \$500 scholarship from the Latinas First Foundation.



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

March Workshop Calendar

| Mon | Tue | Wed | Thu | Fri |
|---|--|--|---|--|
| <p>4</p> <p>¹Discover YOUR Learning Style SC, Suite 2018 9:00 am—10:00 am</p> <p>¹General Study Skills SC, Suite 2018 10:00 am—11:00 am</p> <p>¹Time Management SC, Suite 2018 1:00 pm—2:00 pm</p> <p>¹Test-Taking Skills SC, Suite 2018 2:00 pm—3:00 pm</p> | <p>5</p> <p>²Financial Literacy: Creating a Budget SC, Suite 2000 10:30 am—11:30 am</p> <p>Professional Development: Effective Networking SC, Suite 2000 2:00 pm—3:30 pm</p>  | <p>6</p> <p>³Resume & Cover Letter Meetups Tivoli 267 2:00 pm—3:00 pm</p> <p>³Take a Selfie: Skills SC, suite 1401 3:30 pm—4:45 pm</p> <p>⁴Stress Less Tivoli 454 4:00 pm—6:00 pm</p> | <p>7</p>  <p>Professional Development: Are You LinkedIn? SC, Suite 2000 10:30 am—11:30 am</p> <p>⁵Arguments and Thesis Statements NC, 4002R 1:00 pm—2:00 pm</p> | <p>8</p> <p><i>always look on the bright side of life.</i></p>  |
| <p>11</p> <p>⁶Study Abroad Basics: <i>Meet your goal to travel abroad!</i> SC, Suite 2000 2:00 pm—3:00 pm</p>  | <p>12</p> <p>²Financial Literacy: Budgeting SC, Suite 2000 10:30 am—11:30 am</p> <p>⁷Test-Taking Skills SC, Suite 2018 12:30 pm—1:30 pm</p> | <p>13</p> <p>³Resume & Cover Letter Meetups Tivoli 267 2:00 pm—3:00 pm</p> <p>³Undeclared Student SC, suite 2018 3:30 pm—4:45 pm</p> <p>⁴Getting What you Want In Relationships Tivoli 454 4:00 pm—6:00 pm</p> | <p>14</p> <p>²Financial Literacy: <i>Are you credit worthy?</i> SC, Suite 2000 1:00 pm—2:00 pm</p> <p>⁸Art of Public Speaking SC, Suite 2000 5:00 pm—6:30 pm</p>  | <p>15</p> <p>1st Book Scholarship Deadline!</p> <p>Anschutz Medical Campus Visit RVSP in TRiO Office by Monday, March 11th 9:00 am—3:00 pm</p> |
| <p>18</p> <p>¹Effective Note Taking SC, Suite 2018 9:00 am—10:00 am</p> <p>¹Avoid Procrastination SC, Suite 2018 10:00 am—11:00 am</p> <p>¹Time Management SC, Suite 2018 1:00 pm—2:00 pm</p> <p>¹Coping with Test Anxiety SC, Suite 2018 2:00 pm—3:00 pm</p> | <p>19</p> <p>⁹Health Center: Financial Wellness Tivoli 444 12:30 pm—2:00 pm</p> <p>¹Mid-Semester Reality Check SC, Suite 2000 2:00 pm—3:00 pm</p> <p>²Financial Literacy: How to Effectively Write for Grants And Scholarships SC, Suite 2000 3:30 pm—4:30 pm</p> | <p>20</p> <p>³Graduate School Prep Tivoli 267 12:00 pm—1:00 pm</p> <p>¹⁰Food For Thought AAPI Discussion SC, Suite 2000 12:30 pm—1:45 pm</p> <p>³Resume & Cover Letter Meetups Tivoli 267 2:00 pm—3:00 pm</p> <p>⁴Peace of Mind Tivoli 454 4:00 pm—6:00 pm</p> | <p>21</p>  <p>²Financial Literacy: Understanding Student Loans SC, Suite 2000 11:00 am—12:00 pm</p> <p>³Graduate School Prep Tivoli 267 12:00 pm—1:00 pm</p> | <p>22</p> <p>²Financial Literacy: Funding Your Graduate School Program SC, Suite 2018 11:30 am—12:30 pm</p>  |
| <p>25</p> <p><i>Spring Break</i></p> | <p>26</p> <p><i>Spring Break</i></p> | <p>27</p> <p><i>Spring Break</i></p> | <p>28</p> <p><i>Spring Break</i></p> | <p>29</p> <p><i>Spring Break</i></p> |

¹Academic Development Workshops—Registration Required—RSVP at: <http://bit.ly/2Ef2ftt>

²Financial Literacy Sessions—Registration Required—RSVP at: <http://bit.ly/2DN82HS>

³Career Center: RSVP via Handshake Portal

⁴Counseling Center—Registration Required—RSVP at: https://forms.ucdenver.edu/secure/counseling_group

⁵Writing Center: Registration Required—RSVP at <http://www.ucdenver.edu/academics/colleges/CLAS/Centers/writing/Services/Pages/StudentWorkshops.aspx>

⁶Global Education/Study Abroad and TRiO SSS—Registration Required—RSVP at: <http://bit.ly/2IDRCpA>

⁷Learning Resources Center—Registration Required—RSVP at: https://forms.ucdenver.edu/secure/sa_lrc_academic_development_workshop

⁸Council of Asian Student Leaders in collaboration with the Career Center: No RSVP Required

⁹Health Center at Auraria Wellness Session—PLEASE NOTE: This workshop will count towards a Financial Literacy Session.

Registration Required—RSVP at: <http://www.healthcenter1.com/>

¹⁰Asian American Student Services (Guest speaker and discussion centered around diversity, social justice, and identity): No RSVP Required

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