

# THE PILLAR

A MONTHLY JOURNAL OF THE TRiO SSS COMMUNITY

"Helping Students Realize Their Full Potential"



November 2018  
ISSUE

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*i can and i will.  
Watch me.*

## Student Spotlight— Yvonne Sparrowsmith

The TRiO SSS Program is happy to spotlight Yvonne Sparrowsmith in this edition of the newsletter. As a U.S. Navy vet, Yvonne was a Naval Hospital Corpsman and Physical therapy tech while she was on active duty. Through these experiences, she collected numerous college credits while at various commands. When she enrolled at CU Denver, she found she was able to bring all of those disparate class credits together into her chosen major and minor. She will be completing her Bachelor of Arts degree next semester in Philosophy, with a minor in Religious Studies.



Yvonne has really enjoyed her experience of being in college as she stated, "I have loved all my classes and I've especially enjoyed the invigorating dialectic that I'm able to have with other philosophy majors in the Phil library." Yvonne has taken positive advantage of her time at CU Denver. Before switching majors from Physics to Philosophy, she was involved with the SACNAS club as its president and founder from Fall 2015 - Spring 2017. As SACNAS club president, she was able to attend two national conferences which were extremely inspiring to her. She was also instrumental in getting funding to send over 20 students on full scholarship to the Fall 2016 SACNAS conference. She also had the opportunity to sit on a panel at the conference to discuss the challenges of starting student chapters on an urban commuter campus. In addition to these club activities, she was recruited as a teaching assistant for Dr. Coggan who is the head of the Religious Studies Minor department. She was also asked to serve as one of two students on the CLAS Academic Standards Committee and was nominated to sit on the CLAS Dean's Student advisory Council. As she shared, "it was an honor to be nominated and to represent my fellow undergrad students as well as the Religious Studies department on these committees." More recently, she joined the Philosophy Club and will be doing K-12 outreach at a local Denver H.S. as a student teacher representing CU Denver's Philosophy department. In addition, Yvonne has been involved with the Center for Identity and Inclusion (CII), most specifically with American Indian Student Services, where she received a student leadership award.

In terms of her future goals, Yvonne is preparing to take the Law School Admissions Test in November and her short term goal is to score well on that test, as well as to keep up her very high GPA. Her long term goal is to be accepted to law school, where she can move forward into the legal profession and be an advocate for those who can't advocate for themselves. As she stated, "I want to be the voice for those who have had their voices taken away."

When asked about a favorite memory in college she said, "being able to attend school with my kids. One is a junior pre-med public health major here at CU Denver, one is a physics major at Metro, and the other three are concurrent enrollment high school students that take classes at CCD and CU Denver. They claim to not be embarrassed to attend school with

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## Spotlight Continued — Yvonne SparrowSmith



their mom. My son Gabe says he doesn't mind because I buy him lunch! There was a time that I taught them how to read and do basic math and here we are full circle where they now help me with my math! It's been great, although it gets a little crazy around midterms and finals at our house. A favorite memory is how we all pull together and share shopping, cooking, and the normal drudgery of running a house while always helping, encouraging, and cheering each other on."

In terms of her experience with the TRiO SSS program and advice to students, she said, "TRiO and the Native student groups in the CII office really gave me the feeling of family and community here. I didn't feel like just a number or faceless student among many. There was always someone who cared and faces that were familiar and warm. Every one of you has helped to make me feel like I belong (non-traditional student that I am). My advice to you is to get involved. Stop by, talk, make friends. Get

involved in the community, you will be more likely to stay in school and to do well. The friends that I made at TRiO were my support group when my mother passed away unexpectedly in the fall of 2016. I couldn't have kept going without their love, encouragement, and support, utilize them and all your resources on campus."

When asked about her hobbies, we found that Yvonne is quite talented. She is an abstract mixed media acrylic painter who won a scholarship from the National Endowment for the Arts Foundation for a painting she entered in the Front Range Art Exhibit in Oct 2014. Additionally, she has had her art displayed in a gallery on Santa Fe Avenue in Denver and she has a current piece hanging at Isis book store on Broadway. She is also a professional cackler and usually displays her talent every Halloween at a local haunted house where she is paid to scare people, especially little children. She also volunteers with the Crisis Center in Castle Rock, an organization that helps support survivors of domestic violence. Her favorite quote is really a poem—Invictus, by William Ernest Henley. Although we could not fit the whole poem here, the gist of it is, "I AM the master of my fate and I AM the captain of my soul." This is important to her as a survivor of domestic violence. As she said, "it truly isn't about how many times you get knocked down, it's about getting back up, persevering and finding that inner strength and resilience within yourself to be unconquerable." If I, an Apache Latina disabled minority female, can survive domestic violence and brain injuries, then come back to college with 6 kids at the age of 45 and maintain a 3.9 overall GPA with a 4.0 GPA in my major and minor, then think of all that YOU can do! I hope that the things that I have been through and survived can help inspire you to strive for the greatest heights that you can imagine."

## TRiO Explorer — Julia Rodriguez



The TRiO SSS program is delighted to highlight Julia Rodriguez's recent study abroad experience in Beijing, China. Julia is a Communications major, she participated in a full semester study abroad in spring 2018. She stated "my experience in China was life changing." She was able to experience a new culture, which has made her proud of being able to experience something different and that makes her humble and to feel grateful that she had the opportunity to study abroad. She experienced heavy traffic in China, she said "China in itself is so amazing because unlike America, pedestrians do not cross first. China's intersections are packed with people and you see cars trying to make their way

through the crowds of people." This study abroad experience has inspired her to continue to travel in order to learn about other cultures.

In further discussion about her experiences in China, Julia stated "the biggest thing that I learned about myself is that I am an adaptable person. Traveling across the world to study in a different country and learning a new language was one of the craziest things that I have ever done. I never thought I would be capable of going through and studying abroad." Julia noted "I also gained a sense of independence because when I didn't have my parents or friend's to talk to, I would turn to myself to make decisions."

**CONTINUED ON NEXT PAGE ...**

## TRiO Explorer—Julia Rodriguez



Going to China gave Julia a sensation of a fresh start because she was not living a normal routine. She said “I started to appreciate life a lot more, for the reason that the best experiences happen when you are willing to take risks.”

Julia would highly recommend that students visit the study abroad office, to be informed on all of the study abroad programs CU Denver has to offer. She noted, “I would also encourage them to talk to their mentors or other students who have done study abroad to get more information and insight. Going on study abroad is one of the best experiences one can go through, you get the opportunity to learn about different cultures while learning about yourself too. You are challenged to interact with people you may have never approached, those experiences could be life changing and can get you connected to other resources.” The feeling that traveling gave her was a different perspective on life. She was able to change her normal routine, and was able to see the things that she fell in love with.



If you are interested in studying abroad, please visit with Saira Hamidi, Study Abroad Coordinator during the next Study Abroad Walk-in Session scheduled for Wednesday, November 7th from 1:00 pm to 3:00 pm in the Student Commons Building, AB1-2013. You will have an opportunity to discuss the necessary steps to study abroad including choosing a program and the process.

## TRiO SSS 50th Year Celebration



This year marks the 50th anniversary of TRiO SSS programs guiding students and their families through the college process. On October 10, 2018 all three TRiO SSS programs from CU Denver, Community College of Denver, and Metropolitan State University of Denver joined together to celebrate 50 years of SSS successes. TRiO SSS programs serve first generation, low-income, and students with disabilities who show academic need. The goal of the program is to increase the postsecondary persistence and graduation rates of students. The program offers a holistic student development program that is dedicated to helping each student reach his or her full academic potential.



With the generous support of the President’s Diversity Fund for Development and Support and other tri-institution funds, we were able to make this event happen. The 50 year celebration of the TRiO SSS program was set-up to let others know about the program. We had Dr. Linda Bowman, Interim Vice Provost for Student Access and Achievement at CU Denver welcome the guest and speak about her personal experiences with the program. Dr. Nate Easley, Chief Executive Officer at Blue School Partners, was our keynote speaker and he too spoke about his experience of the TRiO program. He also brought up issues first-generation students in Denver are facing and overcoming. Also, during this event, we had students from Auraria campus share their stories about the program and how it helped them through their college journey.



The event fostered a culture of inclusion by creating an equitable structure in which all cultural groups gained knowledge of how the program works and how it has helped students throughout the years.

***“No American talent is wasted” ~ Lyndon B. Johnson***

## Student Spotlight— Sara Dorheim-Davis



The TRiO Student Support Services program is happy to spotlight Sara Dorheim-Davis, who will be graduating this semester with a Bachelor of Science degree in Business Administration with a concentration in Marketing. She started with the program in summer 2015 and has been an active participant since. Her strong work ethic is paying off. During her undergraduate experience, she has worked two to three jobs the entire time she has been in school. Her favorite quote by Sir Winston Churchill states, “Continuous effort, not strength or intelligence, is the key to unlocking our potential.” This quote resonates with her because it reminds her that hard work is truly the most important thing. Sara noted, “Some people may have privileges that I do not have, talent I do not have or resources I do not have. However, there is no reason I cannot accomplish just as much if not more than those people, if I put in the right amount of work.” When asked how TRiO SSS has helped her Sara stated, “TRiO staff have been amazing friends and advisors. The peer mentors are people I go to vent and talk when I am stressed out. Outside of that, they have the best resources. Any time I didn’t know what to do or who to ask for help I would go to TRiO and they would point me in the right direction.”

Her experiences at CU Denver have been good. She started at CU Denver taking nine credits and slowly took on a larger caseload every semester. For the last three semesters, Sara has taken 15 or 18 credits while being the primary care-giver for her disabled mom. Even though she has been busy (work and school) she has tried to actively be involved on campus over the last year. She is a member of the Business Student Ambassador Committee and in spring 2018 served as the Enrichment Committee Chairperson who arranged guest speakers for the club and panel events for the CU Denver Business School. One of her favorite memories in college was during her heaviest semester taking 18-credits and earning an exceptional GPA, which has been a goal of hers since she started college. On that note, she wishes someone would have told her to make more friends and connections through clubs and activities than through classes, when she started college. She stated, “Also, take electives that sound fun and interesting not just something to fill your schedule. There are creative ways to fill every requirement.”

Sara tries to have three hobbies at all times: one to be creative, one to be active, and one to make money. She takes weekly aerial silks classes to stay active. She also loves to travel and explore new places through food. She noted that during the last four years, she went on a solo bus trip from Maine all the way down to the coast of Texas, and spent two weeks in Florida, Puerto Rico, and Hawaii. If she won a million dollars, she would pay off her student loans and take a vacation first. Sara has set both short and long-term goals for herself. Within the next few weeks, she will graduate. She is seeking employment (full-time) in Advertising. She would like to move in with her boyfriend of five years. For the future, she would like to plan a trip to Japan for the Cherry Blossom Festival in 2020. She would also like to start her own business and live debt free. The TRiO Student Support Services program wishes Sara continued success in her future endeavors. Maintain your strong work ethic and you shall go far.

**Continuous effort, not strength or intelligence, is the key to unlocking our potential**

WINSTON CHURCHILL



# DIY—Holiday

## Supplies:

- 1 Mason Jar (16 oz)
- Red & white Bakers twine
- 1 Bottle Brush Pine Tree
- 1 Toy vehicle
- Faux snow
- Jingle Bells, 20mm



## Crafting:

- ⇒ Cut the plastic piece off the bottle, brush tree using wire cutters (if any).
  - ⇒ Tape the twine to the bottom of the car and then wrap the twine around the car twice with the tree attached.
  - ⇒ Add some faux snow to the bottom of the mason jar.
  - ⇒ Add car with tree tied to the top.
  - ⇒ Wrap some twine around the canning lid and tie on some jingle bells.
  - ⇒ And you're done!
- ◆ All materials can be bought on Amazon or at any Michaels Crafts store! Vintage cars are only sold on Amazon or Ebay. Happy Holidays!



Vanessa Martinez | TRiO SSS Peer Mentor

# Free Days



November 3 <sup>rd</sup>	Denver Art Museum
November 3 <sup>rd</sup>	Denver Museum of Nature and Science
November 3 <sup>rd</sup>	Denver Botanic Garden
November 6 <sup>th</sup>	Denver Botanic Garden (Chatfield Farm)
November 6 <sup>th</sup>	Children's Museum of Denver
November 9 <sup>th</sup>	Denver Zoo
November 9 <sup>th</sup>	Molly Brown House
November 10 <sup>th</sup>	Museo de las Americas
November 12 <sup>th</sup>	Denver Zoo



Aimee Maldonado-Lozoya | TRiO SSS Office Staff

# Holidays Saving Tips

## Booking Flights



Booking flights can be stressful and tedious. Hopefully, the following tips and resources can help make the search process easier and help you find cheaper flights for upcoming vacations, study abroad trips, or trips to visit family.

- Always search for flights in secret. Some websites track your searches and will increase prices based on your search. They do this to put you into panic mode in the hope you will just book the more expensive fare. Using incognito mode will prevent cookies from tracking your searches. Follow these steps to open an incognito window.
  - In Google Chrome or Safari, Incognito is enabled by hitting **Command (or "Control" if using PC) + Shift + "N"**.
  - For Mozilla Firefox or Internet Explorer, hit **Command (or "Control" if using a PC) + Shift + "P"**.
  - This will open a new browser window where your information is not tracked, thus not inflating prices as you search.
  - To start a new search with a clean slate, close all the incognito windows and open a new window again.
- Use multiple search engines to compare prices. Start with [flights.google.com](https://flights.google.com) to see a general overview of flight schedules and prices. Narrow down your flight options, then check other search engines for promotions or check the airline website for final prices.
- Priceline has a generous, risk free 24 hour cancellation policy. You can buy a flight and cancel it within 24 hours without any fees. This policy is great if you are still unsure of a trip or flight but you want to lock in a low price. This policy is also subject to airline fare rules, so make sure to double check airline specific rules. Don't forget to actually cancel the flight! It can be done on the online account or calling.
- Budget airlines are cheap because they have many add-on fees. Their checked baggage fees are often higher than other airlines. If you do not intend to take checked baggage, this might be a good option. Some budget airlines also charge to print a boarding pass. Print your pass at home to avoid these fees.
- If you plan on checking baggage, it might be better to buy a more expensive fare that has no extra fees. Southwest fares are usually higher than other fares, but they include two checked bags. Check the table below for checked baggage fee estimates.
- If you're spontaneous and can take last-minute trips, check [secretflying.com](https://secretflying.com). They have last-minute deals and error fares. Airlines make mistakes in their pricing and post incorrect fares. If you can buy them before the airline notices, they will usually honor it. There can be flights from US to Paris for \$300 or Denver to New York for less than \$200.
- Sign up for price alerts. Subscribe to Secret Flying and Fly4Free. They will send you emails with the newest deals and error fares. These fares are only available for a short time period. You need to act fast to grab one of these deals.

Checked Baggage Fee Estimates U.S. Domestic Flights		
Airline	First checked bag	Second checked bag
<a href="#">Spirit</a>	\$50	\$60
<a href="#">Frontier</a>	\$40	\$45
<a href="#">Delta</a>	\$25	\$35
<a href="#">American</a>	\$25	\$35
<a href="#">United</a>	\$25	\$35
<a href="#">JetBlue</a>	\$25	\$35
<a href="#">Southwest</a>	\$0	\$0

Search Engines	Deals & Error Fare
<a href="https://flights.google.com">Flights.Google.com</a> <a href="https://priceline.com">Priceline.com</a> <a href="https://skyscanner.com">Skyscanner.com</a> <a href="https://momondo.com">Momondo.com</a>	<a href="https://secretflying.com">SecretFlying.com</a> <a href="https://fly4free.com">Fly4Free.com</a>

**Jennifer Nguyen | TRiO SSS Project Specialist**

## Preparing for Finals

Midterms are officially over but finals are approaching. For those who didn't do so well on your midterms, forget about it. Now give all your attention to all your upcoming assignments, quizzes and especially finals as an opportunity to raise up your grades. Here are some tips to begin preparing you for finals:



1. Start paying attention: Many students think going to class is a waste of time, on the contrary, that is a lie. The purpose of the lecture is for students to acquire better knowledge and receive guidance throughout the course. The professors are the most important individuals to approach for any questions and doubts regarding to the class. In addition, taking concise and precise notes is important. The best way to take notes is to write down all the key points or additional descriptions the professors' highlight during class. Over time, you gain the comprehension of the lectures and start to enjoy the course. When the time comes for the exam you obtain the knowledge you have learned and feel confident. School is a learning experience serving you to achieve all your academic goals, therefore take the utmost advantage of all the academic resources, including advisors and professors.
2. Complete Notes: Just to be more specific on the notion of taking notes, you also want to be sure you're writing down the correct notes. Professors tend to go fast in order to keep up with the syllabus schedule, therefore you will miss important key words. That is why always having a friend in class or emailing one can help you re-check, summarize and add other additional notes he/she took. In addition, you and your friend can make study groups, review coursework and exchange any missing lectures or assignments your friend or you missed by reason of absence from the class.
3. Talk to professors: Just as I mentioned before, professors are the most important individuals to answer all your questions or doubts regarding the class. Aside from being the course professor, they have a higher academic level of the course subject, in other words, it is their specialty. Showing integrity and concern towards the class demonstrates to your professor that you are willing to learn. Many professors acknowledge the challenge and are willing to help you every step of the way, it really all depends on you.

**Kimberly Mata-Martinez | TRiO SSS Office Staff**

## Society of TRiO Students Club Updates

Welcome STS Club Members,

I know it has been a while since we last had a club event. However, I have great news for you! The STS Club is official and we are back on-track. We have several items lined up for the month of November. If you have not joined the organization on the new MyLynx Portal, you can access it at: <https://ucdenver.presence.io/>. You can also join other clubs as well. It is a great way to be involved on campus. I would like to introduce you to our full executive board.

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



Below are the upcoming events:

- November 5, 2018 | 1st Club Meeting | 2:30 pm—3:30 pm | Student Commons Building, Suite 2000
- November 14, 2018 | Movie Night | 2:00 pm—4:30 pm | Student Commons Building, Suite 2000
- November 17, 2018 | Epworth Foundation—Denver Feed-A-Family Thanksgiving Program
- November 27 & 28 | Fall Bake Sale

You will be receiving more information during our club meeting and through the MyLynx Portal. I hope to visit with you at upcoming events. Sincerely, Your President Cynthia.

# Awareness Month

## National Hospice & Palliative Care Month

Hospice care provides pain management, symptom control, psychosocial support, and spiritual care to patients and their families when a cure is not possible. The nation's hospices serve more than 1.5 million people every year – and their family caregivers, too. Hospice focuses on caring, not curing and in most cases care is provided in the patient's home. Hospice care also is provided in freestanding hospice centers, hospitals, and nursing homes and other long-term care facilities. Hospice services are available to patients of any age, religion, race, or illness.

Palliative care brings the same interdisciplinary team care as hospice to people earlier in the course of a serious illness and can be provided along with other treatments that are intended to cure. This does not replace your care but provides an extra layer of support for you, your caregivers and family. Hospices are the largest providers of palliative care services and can help answer questions about what might be most appropriate for a person. Many hospitals also have palliative care teams available to provide services.

For more information please visit: <https://www.hpcanys.org/community-resources/national-hospice-palliative-care-month/>

## National Homeless Youth Awareness Month

November was first declared as National Homeless Youth Awareness Month in 2007. Since then, November has been a time to acknowledge those children and families experiencing homelessness. As many as 2.5 million youth per year experience homelessness. Along with losing their home, community, friends, and routines as well as their sense of stability and safety, many homeless youth are also victims of trauma. While trying to survive on the streets, youth are exposed to countless dangers, with an increased likelihood of substance abuse, early parenthood, impulsivity, depression, posttraumatic stress disorder, and a vulnerability to being trafficked. The National Child Traumatic Stress Network (NCTSN) has compiled a list of helpful resources for parents and caregivers, children and teens, mental health providers, child welfare workers, juvenile justice professionals, and policy makers.

For more information please visit: <https://www.nctsn.org/resources/public-awareness/national-homeless-youth-awareness-month>

## National Adoption Awareness Month

For over two decades, National Adoption Month has been promoted and celebrated every November in communities across the country. Many national, state, and local agencies as well as foster, kinship care, and adoptive family groups will help educate their communities through programs, events, and activities that help raise awareness about the thousands of children and youth currently in foster care who are waiting for their own permanent, loving families.

For more information please visit: <https://www.childwelfare.gov/topics/adoption/nam/about/history/>

**Yolanda Valencia | TRiO SSS Peer Mentor**

## 2nd Annual First-Generation College Celebration

**COUNCIL FOR OPPORTUNITY IN EDUCATION,  
CENTER FOR FIRST-GENERATION STUDENT SUCCESS ANNOUNCES  
2ND ANNUAL FIRST-GENERATION COLLEGE CELEBRATION FOR NOVEMBER 8TH**

*The Higher Education Act of 1965 made way for low-income, first-generation students to break the chain of poverty, and become the first in their families to earn a college degree.*

Please join the TRiO SSS and TRiO McNair Scholars program to celebrate the success of first-generation college students. Celebrate our rich history of helping students realize their full potential and participate in the "Because of TRiO" campaign.



**COUNCIL** for OPPORTUNITY in EDUCATION

**Thursday, November 8th**

**1:00 pm—2:30 pm**

**Student Commons Building, Suite 2000**

**Food Provided - No RSVP Necessary**

## Director's Corner

Greetings TRiO students,

I hope your semester is going smoothly. With mid-term exams and papers due, this time of year is such a busy time, but just around the corner is fall break and the Thanksgiving Holiday. Keep that in your sights and remember that the winter break will come up before you know it and hopefully, you can get some much needed rest and relaxation then. Before that happens though, we have a couple of important celebrations that we want to invite you all to attend.

On **Thursday, November 8, 2018**, we will celebrate the **2<sup>nd</sup> annual national day of celebration of first-generation student successes**, through the TRiO Office. Come and celebrate with us and join in the "Because of TRiO..." campaign where you can write up your sign and take a picture for our scrapbook. We will have nachos and fun, celebrating first-generation student success **from 1:00-2:30 pm in Student Commons 2000**. The next big celebration we have coming up is our fall 2018 **Graduation Certification Celebration on Friday, December 7, 2018 in Student Commons 2500, time TBD**. All our participants are invited to attend and we hope that all of you will come and join in the celebration. If you are graduating this fall semester, please come so we can honor you at this event. If you are not yet graduating, come and support your fellow TRiO colleagues. We are collaborating with TRiO McNair Scholars and our own Society of TRiO Students Club, to put together this important celebration. We will have good food and good company as well as hearing from alumni of CU Denver TRiO SSS and McNair. We hope you can all come and celebrate another successful semester with your friends and colleagues.

On a different note, you have an opportunity to participate in the "**Transcend Auraria Social Justice Weekend Retreat**," if you apply by [Friday, Nov. 2, at 5pm](#). This tri-institutional Social Justice Retreat will be held at the **YMCA of the Rockies in Estes Park Friday, Jan. 25, through Sunday, Jan. 29**. The event will create a safe space for students of all backgrounds to deepen their understanding of issues related to inclusion & identity. Meals, transportation & lodging will all be provided to students who are selected at no cost to the students. Click on the date link above to apply and for more information.

As a last note, please continue to work on meeting your program requirements that are also required for the TRiO SSS Book Scholarship for spring 2019. Keep working and studying hard in this next month and a half to have a successful semester. Take care and good luck to everyone with mid-terms and upcoming finals! - Teresa De Herrera

"Guard well your spare moments. They are like uncut diamonds. Discard them and their value will never be known. Improve them and they will become the brightest gems in a useful life."  
~ Ralph Waldo Emerson

## 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.**

- ◆ Tiffany Tasker was awarded the Cecil Glenn Textbook Scholarship and was accepted to graduate school.
- ◆ Mayra Gallegos was also selected as a recipient of the Cecil Glenn Textbook Scholarship.
- ◆ Christina Hughes took 2nd place in 1st Annual Diversity in Academic Research Expo (D.A.R.E) as well as successfully completed the GRE.
- ◆ Marcia Maxson and Alex Morales placed Honorable mention at the 6th Annual Black Doctoral Conference in North Carolina.



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

# November Workshop Calendar

Mon	Tue	Wed	Thu	Fri
			1 <b><sup>1</sup>Effective Resumes and Cover Letters</b> NC 4002R 11:00 am—12:00 pm  Job Search Tips 3:00 pm— 4:00 pm SC, Suite 2000	2
5  Procrastination SC, Suite 2000 11:00 am—12:00 pm  Gilman Scholarship Informational Session (For Studying Abroad) 1:00 pm—2:00 pm SC, Suite 2000	6  Professional Development: Effective Networking SC, Suite 2000 1:30 pm—2:30 pm  <b><sup>2</sup>Take a Selfie: Personality</b> SC, Suite 2018 3:30 pm—4:45 pm	7  <b><sup>1</sup>MLA and APA Basics</b> Auraria Library Discovery Wall 2:00 pm—3:00 pm  <b><sup>2</sup>Resume and Cover Letter Meetup</b> Tivoli, Rm 267 2:00 pm—3:00 pm  <b><sup>3</sup>Stress Less</b> Tivoli 454 4:00 pm—6:00 pm	8  <b><sup>4</sup>Undeclared Student Major Workshop</b> SC, Suite 2018 2:20 pm—4:45 pm  	9  <b>Anschutz Medical Campus Visit</b> RVSP by Monday, November 5th. 9:00 am—3:00 pm
12  Balancing Family, Work, and School SC, Suite 2000 2:00 pm—3:00 pm  Professional Development: LinkedIn—Are You Connected? SC, Suite 2000 3:00 pm—4:00 pm  	13  <b><sup>5</sup>Financial Literacy: Understanding Student Loans</b> SC, Suite 1007 12:00 pm—1:30 pm  <b><sup>2</sup>Take a Selfie: Interests</b> SC, Suite 2018 3:30 pm—4:45 pm	14  <b><sup>5</sup>Financial Literacy: Student Loans and Repayment</b> SC, Suite 1007 12:00 pm—1:30 pm  <b><sup>6</sup>Food For Thought AAPI Discussion—Gender</b> SC, Suite 2000 12:30 pm—1:45 pm  <b><sup>2</sup>Myers-Briggs Type Indicator</b> Tivoli, Rm 267 12:30 pm—1:30 pm  <b><sup>2</sup>Resume and Cover Letter Meetup</b> Tivoli, Rm 267 2:00 pm—3:00 pm  <b><sup>3</sup>Getting What you Want In a Relationship</b> Tivoli 454 4:00 pm—6:00 pm	15    <b><sup>7</sup>ELC Informational Interviewing</b> SC, Suite 2000 1:00 pm—2:00 pm	16  FAFSA Completion Workshop <i>If you plan to attend please be sure to bring in your parents tax information and your login credentials.</i> NC, 1009B 1:00 pm—2:00 pm  
19 Fall Break	20 Fall Break	21 Fall Break	22 Thanksgiving	23 Black Friday
26    <b><sup>5</sup>Financial Literacy: Managing your Finances</b> SC, Suite 2000 11:00 am— 12:00 pm  Learn about the Criminal Justice Major! SC, Suite 2000 2:00 pm— 3:00 pm	27  FAFSA Completion Workshop <i>If you plan to attend please be sure to bring in your parents tax information and your login credentials.</i> NC 1009B 1:00 pm—2:00 pm  <b><sup>2</sup>Take a Selfie: Values</b> SC, Suite 2018 3:30 pm—4:45 pm	28  <b><sup>8</sup>Lunch with Dr. Ferguson</b> SC, Suite 1401 11:30 am—1:00 pm  <b><sup>2</sup>Clifton Strengths</b> Tivoli, Rm 267 12:30 pm—1:30 pm  <b><sup>2</sup>Resume and Cover Letter Meetup</b> Tivoli, Rm 267 2:00 pm—3:00 pm  <b><sup>3</sup>Managing your Mood</b> Tivoli 454 4:00 pm—6:00 pm	29  <b><sup>7</sup>ELC Internship Basics Workshop</b> SC, Suite 2000 3:00 pm—4:00 pm  	30  <b>Mission Statement</b>  The University of Colorado Denver TRiO Student Support Services Program is a holistic student development program that is dedicated to helping each student reach his or her full academic potential.

<sup>1</sup>Writing Center: RSVP at <http://www.ucdenver.edu/academics/colleges/CLAS/Centers/writing/Services/Pages/StudentWorkshops.aspx>

<sup>2</sup>Career Center: RSVP via the Handshake Portal.

<sup>3</sup>Counseling Center: RSVP at [https://forms.ucdenver.edu/secure/counseling\\_group](https://forms.ucdenver.edu/secure/counseling_group)

<sup>4</sup>Academic Success and Advising Center: No RSVP Required

<sup>5</sup>Financial Literacy and Wellness Program: RSVP at [https://forms.ucdenver.edu/secure/financial\\_literacy\\_workshop\\_registration](https://forms.ucdenver.edu/secure/financial_literacy_workshop_registration)

<sup>6</sup>Asian American Student Services: No RSVP Required.

<sup>7</sup>Experiential Learning Center: RVSP Required: Informational Interviewing: <http://bit.ly/2J9nLBQ> | Internship Basics: <http://bit.ly/2DbI82g>

<sup>8</sup>Pre-Health Advising Session (For Pre-Health Students): No RSVP Required.

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

enjoy every moment