

# THE PILLAR

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



## Student Spotlight— Juan Perez-Argueta

The TRiO SSS Program is excited to spotlight Juan Perez-Argueta. He will be graduating this semester with an Architecture degree from the College of Architecture and Planning. He has been an active participant since the summer of 2016. "Love the life you live. Live the life you love" by Bob Marley is his favorite quote. He stated, "No matter where I find myself in life, when I hear these words together, it reminds me of my purpose, my passions and the people I love." Since his interview for the program, Juan has expressed his passion for creating art. His curiosity, creativeness, and artistic side will serve him well as an architect.



His journey to complete his degree has not always been a clear path. When asked about his college experience Juan stated, "I started college in 2011 as a business student at CU Denver, transferred to the Community College of Aurora where I would study Psychology, transferred to Metropolitan State University of Denver to complete my general studies and finally transferred back to the University of Colorado to pursue Architecture. I don't regret taking additional time to complete my degree because although college has been one of the most difficult experiences I have ever been through, every waking moment was worth the struggle, pain and tears that came with it." He never made his degree a checklist, rather, a list of courses that interested him. Because of his natural curiosity of knowledge, he was allowed to take graduate level courses in his final semester of school.



Because of his busy schedule, he rarely had time to participate in extracurricular activities due to a long commute each day. However, he always tried to interact with others around campus. When he started college, he wish he were told that he would not be alone in this experience no matter how different he perceived himself to be amongst his peers. He wished he held onto the words of his past mentors about not being afraid to ask questions in class. Juan stated, "All the great friends plus connections I have made and being able to look back at all my accomplishments that people had said to be impossible to reach" was his favorite memory.

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## Spotlight Continued — Juan Perez-Argueta



Juan mentioned that the TRiO SSS program has been supporting him since his time at the Community College of Aurora. Through this program, he was pushed to reach his full potential allowing him to realize in which direction he should take his career, which led him to the architecture program at CU Denver. He noted, "***To all other TRiO participants, the sky is the limit.*** At some point in your educational career, you will feel different, as if you do not belong, but just know that you do. You are here because you deserve to be here, so do not ever let anyone tell you

otherwise." He recommends that you trust yourself through your journey and to reach out to family, friends, and peers for any help so that you will never be alone.

If he won a million dollars, Juan said he would help his family solve their financial problems and then find a way to make another million dollars for himself. He would also love to travel the world with his million bucks. His hobbies include fashion, design, photography, video games, rock climbing, hiking, camping, backpacking, reading and problem solving. He hopes to find a career path whether it is through Architecture, Fashion, Music or Business. Within the next five years, he hopes to pursue graduate school. Within the next 10-years, he hopes to become a licensed Architect through the State of Colorado. Juan stated his goals 15-20 years from now include having his own architectural firm. On a last note he stated, "I can finally call myself a true scholar and I will be graduating this December with a Bachelor of Science degree in Architecture." The TRiO Student Support Services program wishes Juan continued success in his future endeavors.

## TRiO Explorer — Melissa Cibrian



The TRiO SSS Program is delighted to highlight Melissa Cibrian's recent study abroad experience in Spain at the Universidad De Valladolid for the Venga, Vale, Vamos program. The courses were held in the Miguel Delibes campus, located about 10-minutes outside of downtown Valladolid. The program also introduced the students to the various facets of contemporary life in Spain. She traveled in summer 2018 from June 25 to July 24. Melissa is studying Mathematics and Education with a minor in Spanish. She is an active participant in the program.

When asked what her experience was like she noted, "I loved the fact that I was able to experience how the university is like in Spain. I am a native Spanish speaker, so I did not struggle with the language, however some words are different as well as the accent. People used to look at me from head to toe trying to figure out where I was from, but that only happened when I talked. The culture in Spain differs from the American culture since

Spain is an old country and the USA is not as old as Spain." During her experience, the sun in Spain was still out by 10:00 pm, so it was common to eat dinner during this time, which was somewhat late for her. Red wine is common for lunch and dinner. She noted, "People love wine and bread. People from Spain love their language and dialects, their history, and their people."

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## TRiO Explorer Continued — Melissa Cibrian



Melissa stated, “I am Mexican-American. I knew that part of my history comes from Spain because of the historical conflicts between Mexico and Spain. What I learned about myself from this experience was to feel proud of my Mexican heritage as well as my Spanish heritage.” She realized that Spaniards feel proud when they know that people want to learn their language and are they willing to help assist those who want to learn Spanish. It made her feel proud of herself for speaking Spanish.



Melissa encourages other students to study abroad. She understands that studying abroad can be a scary decision since students have to get out of their comfort zones. She noted, “It is the most rewarding experience. It helps you to connect with yourself and your new environment. It gives you the feeling that you belong to another culture and it feels like if it were your home country. You learn to respect and love other cultures, and appreciate your own.” On a final note, Melissa would also like to share that it is important not to compare the host country with the USA or try to Americanize other customs. It is important to get to know other cultures and to respect them.

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, October 3rd 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.

## CU Denver Resource—Lola & Rob Salazar Student Wellness Center

**Wellness & Recreation Services provides the University of Colorado Denver community with facilities, programs and services to engage the mind, body and spirit in order to enhance individual and organizational wellness, and promote student retention to graduation.**

### Vision:

To be a leader in fostering an integrated student experience through wellness, recreation and sport.

### Seven Dimensions of Wellness

1. Physical
2. Spiritual
3. Emotional
4. Social
5. Environmental
6. Financial
7. Creative

For more information please visit:

<https://www1.ucdenver.edu/wellness/facilities>

### LEVEL 1 has:

- Four large study rooms with TVs, tech panels, lounge furniture and device charging station.
- Student kitchen with micro-waves, vending machines and seating.
- Six-lane pool with 25-meter lap lanes and warm spa, as well as individual restrooms, locker rooms and showers.
- Outdoor adventure desk with Adventure Rental Shop, climbing and adventure trip information and registration.
- Weight-lifting platforms, free weights and functional training space.
- Bicycle repair shop and maintenance area.

### LEVEL 2 encompasses:

- Three full-size gym courts, including one multi-activity court.
- The Den, featuring lounge, study space, table tennis and gaming area.
- Fitness area with cardio equipment and strength-training machines.
- Climbing wall overlooking downtown Denver with equipment and routes for climbers of all levels.

### LEVEL 3 has:

- The Loft, a functional training space that overlooks the Tivoli Quad.
- The Mezzanine, a pocket fitness space for private workouts or stretching.
- The Wellness Suite with quiet room, seminar room, food pantry, massage therapy space and two reflection rooms.
- The Terrace, an outdoor, elevated patio for yoga classes, personal workouts, studying or lunch breaks.
- Two large group fitness studios for group fitness classes, including kickboxing, yoga, cycling and strength-based cardio.

Cynthia Cordova | TRiO SSS Graduate Assistant

## TRiO Alumni



Duy Tran, Student Engagement Coordinator in the Lynx Center is a CU Denver and TRiO SSS Alumnus.

When asked about his experiences at CU Denver he had a lot to share. When asked what he would have wanted to know before coming to college, he said that he would have liked to know more about all the available resources at the university. Since he comes from a first-generation background, he understands that students who share this same background do not always know about the multitude of resources available to them. Without that knowledge, it can cause stress and struggles for students within their educational career. He shared that it was great to have mentors who cared and assisted him during his time as an undergraduate, and mentoring would be great for more students.

When also asked what information he would like to share with students about to graduate, he said that he wished he had taken advantage of the opportunity to gain more experience with the real world, such as an internship or study abroad experience because that may have made it easier to move from an academic to a professional setting.

In terms of his experience as a TRiO SSS Alumnus, he said that TRiO SSS provided the support services he needed. Staff was dedicated to him and helped him to persist in college. Teresa De Herrera, Director of TRiO SSS when he was in school, along with Peggy Lore and Hue Nguyen helped him through to graduation, never giving up on him and encouraging him along his path to graduation.

When asked what he wants other TRiO SSS students to know about the program and what it meant to him to be a part of TRiO, Duy said “TRiO to me means family, once you are a part of TRiO you are always part of them. They are there for you even after you graduate. They are there for you as a liaison to help you maneuver through the next steps to graduate/professional school or a career.” When asked about the skills he learned as a participant of the program that could help him in his academic and/or personal life, he said that learning how to mentor and be supportive were the skills he picked up and in his work life now, he tries to always be supportive and really listen to the students who he comes in contact with daily.

When asked what he remembered most about his experience in the program, Duy said that through TRiO SSS he had the opportunity to volunteer with other students and staff for a Habitat for Humanity service learning experience in Montrose, CO. He helped in the construction of building a couple of homes for local families. Duy said that what he enjoyed most was the bonding experience he had with the other staff and students who participated. When Duy was first in the program, it was a transitional time and the incentives for participation were not as strong, but he has since seen that the support system and resources have grown stronger and better for students.

Looking to the future, Duy was asked where he sees himself in 5-years. He said he hopes to graduate with a Master’s degree in Administration and Leadership Policy Studies. He said he wants to be a part of the change in the education system moving forward.

**Jessica Pineda | TRiO SSS Peer Mentor**

## Pan de Muerto Recipe: Mexican Day of the Dead Bread

### Ingredients:

- 6 cups flour (white bread or all-purpose), divided
- 4 large eggs (at room temperature)
- 1 1/4 cups warm water (not to exceed 110 F)
- 2 tablespoons orange zest
- 2 (1/4-ounce) packets instant dry yeast
- 4 ounces butter (at room temperature)
- 3/4 cup sugar (white)
- 3 teaspoons anise seed (whole)
- 1 teaspoon salt



### How to Make It:

- In the bowl of a Stand Mixer, combine butter, sugar, anise, salt, and 1/2 cup of the flour.
- Use the dough hook to mix the ingredients until they begin to come together.
- In a separate small bowl, whisk together the eggs, water, and orange zest.
- Add this to the Stand Mixer bowl, along with another 1/2 cup of the flour. Mix until combined.
- Add the yeast and another 1/2 cup of flour, mixing to combine.
- Add the remaining flour 1 cup at a time, mixing between additions, until a dough forms.
- Turn the dough out onto a floured surface and knead it for 1 minute.
- Cover it with a clean, damp, dishcloth and let rise in a warm area for 1 hour and 30 minutes.
- Separate about 1/4 of the dough and use it to make bone shapes\* to drape across the loaf.
- Shape the rest of the dough into a flat-bottomed semi-sphere. Position the bone shapes on the top of the loaf and press gently so they adhere. Let the dough rise for an additional hour.
- Bake the loaf in a 350 F oven for about 40 minutes (30 minutes for smaller loaves).
- Cool and glaze, if desired, before serving.
- Cut pan de muerto into large wedges for eating by hand. Serve it with Mexican hot chocolate or champurrado (chocolate atole) if you like.

For more details go to this website: <https://www.thespruceeats.com/pan-de-muerto-2343007>

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

## Spotlight on Asian Student Association Club



The Asian Student Association of the University of Colorado Denver, strives to support, educate, strengthen, build, lead, advocate, and provide for the Asian American community. We celebrate all cultures surrounding and including Asian cultures, work to stay committed to serving our fellow Aurarian Campus student body, and especially join hands with our fellow organizations across the state and nation. In doing so, we strive to stay true to embracing all cultures no matter an individual's ethnicity

or whatever walk in life they may come from and form relationships between the members and the Colorado community. If you want more information, please contact Judy Tran at [judy.tran@ucdenver.edu](mailto:judy.tran@ucdenver.edu).

**Upcoming Fall Semester Meetings (5:00 pm to 6:30 pm)**

**Wednesday, October 31, ACAD 2500A**

**Wednesday, November 28, ACAD 1500**

# Dia De los Muertos and Halloween

El Dia de Los Muertos (Day of the Dead) begins November 1<sup>st</sup> and ends November 2<sup>nd</sup>. It is a Mexican holiday celebrated throughout Mexico, in particular the Central and South regions. It focuses on having nuclear and extended family gatherings to pray and remember friends and family members who have passed away, and help support their spiritual journey. A couple of things that can be done to help them in their journey are displaying their favorite food, candy, and drinks next to a picture of them. Lighting white candles for each individual to help them find their way home so they can visit the living, is another tradition of this important celebration.



Halloween as we all know is celebrated October 31<sup>st</sup>. Here are some fun facts about Halloween:

- It's birthplace is Ireland
- The most popular costume for 2017 was the clown Pennywise from IT.
- The first Jack-o-Lanterns were not made of pumpkins instead carved out of turnips

Some haunted houses you can visit with friends and family are:

- Reapers Hollow located at 11321 Dransfeldt rd., Parker 80134.
- Maze of Terror located at 1100 S. Wilcox, Castle Rock 80104.
- 13<sup>th</sup> Floor Haunted House located at 4120 Brighton Blvd. Suite C2, Denver 80216.

**Vanessa Martinez | TRiO SSS Peer Mentor**

## DIY- Paper Pumpkin Favors

### Supplies:

- Orange tissue paper
- Green tape
- Assorted candy
- 9" cake pan
- Scissors
- Pencil

### Instructions:

- Pile 2 pieces of tissue paper together and draw the outline of a circle using the 9" cake pan. Cut out the circle.
- Put your favorite candy in the center of the circle.
- Take the circles and the candies and center them over your hand. Use your fingers to gently bend the paper around the candy.
- Gather up the edges of the circle. Pinch and twist the top.
- Cut a small piece of green tape.
- Wrap the tape around the twisted end of the pumpkin top and twist it around to get the pumpkin stem.



**Jennifer Nguyen | TRiO SSS Project Specialist**

## World Mental Health Awareness Month

October is Mental Health Awareness month to recognize and shine light on the reality of mental health and to know when you, or a loved one is battling and how to help in the process of guiding them to deal with mental illnesses. Unfortunately, mental health issues are more common in adolescents and young adults. This could be for many reasons, but many pressures of the century play into it. Some strategies to helping a dear one or even yourself cope with difficult situations can be:



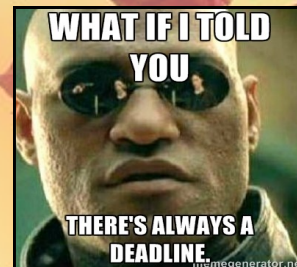
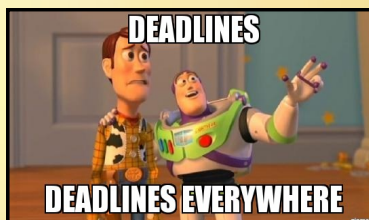
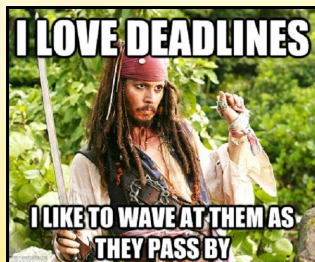
- ◆ Meditation and creating a relaxing environment away from social media and distracting conditions.
- ◆ Pets!!! Who doesn't love an amazing furry ball of happiness! You can visit with or volunteer at a shelter, it always helps receiving love from these cute animals.
- ◆ Volunteer. Many opportunities present themselves and when giving a helping hand you get a sense of hope when being thought as a hero from the eyes of someone else.
- ◆ The most important coping mechanism is to seek professional help. Talking to someone about what you are dealing with can help you to not feel alone as well helping you to better understand yourself and your situations.

Always remember, **prevention always starts with understanding**. Educating ourselves with the early signs and symptoms can impact someone's life by our simply reaching out to those in need. To learn more please visit World Mental Health Organization at [http://www.who.int/mental\\_health/world-mental-health-day/2018/en/](http://www.who.int/mental_health/world-mental-health-day/2018/en/)

Aimee Maldonado-Lozoya | TRiO SSS Office Staff

## Don't Forget...

- ✓ **October 1, 2018—2019-2020 FASFA Application Opens**  
(Please note, if you plan to attend any FASFA workshops bring in your documents and know your login information).
- ✓ **October 1, 2018—CU Denver Scholarship opens in the ScholarLynx portal. Check your UCD Access portal.**
- ✓ **October 4, 2018—International Opportunities: Career Options Abroad. Time: 1:00 pm - 2:00 pm, Tivoli Suite 267.**
- ✓ **October 10, 2018, TRiO Student Support Services 50<sup>th</sup> Year Anniversary. Time: 1:00 pm - 3:00 pm. Tivoli, Suite 444.**
- ✓ **October 18, 2018—Deadline to sign up for the QuikPAY 2 payment plan.**
- ✓ **October 29, 2018—First day to withdraw from a class using the Late Withdraw Petition Form.**
- ✓ **October 31, 2018—Fall tuition and fee due date.**  
(Late fee and finance charges will be applied to accounts with past due balances).



Cynthia Cordova | TRiO SSS Graduate Assistant

## Prep for Midterms

Midterm exams can easily cause students to stress out. Projects, homework, and midterms may really overwhelm you, but there are ways to prepare for midterms so you can conquer them confidently.

- Do not cram for your midterms.

Avoid the temptation to wait until the last minute to study. Cramming makes you less likely to remember the material on exam day, forcing you to blank on questions. Take notes about or highlight readings, focusing on the key points to pick out possible exam questions. Make outlines of each chapter and include both lecture and reading material. Studying and preparing as you go throughout the semester will help you study along the way and decrease the workload you will have around you.



- Focus on what your professor says is important.

If a professor says something multiple times, it is likely that it will appear in some way on the midterm. Professors typically take key points from the book or other assigned materials, so if something in the book is not highlighted in class, it will most likely not appear on the exam, but this varies by professor. When taking notes in class, write what is on the slides or board in your own words so that you can understand the material in your own terms. If your professor posts the slideshow online, do not copy it down. Instead, focus on taking notes on what the professor is saying that is not on the slides since this material is often fair game for the midterm.

- Take productive study breaks.

This goes along with not cramming. Focusing on one subject for long periods of time overwhelms your brain, causing you to forget what you studied. Study for a half hour or an hour and do something else, such as take a walk or do an assignment for another class. Do something that rewards you but is also productive. Do not reward yourself with food, but if you need a snack, make sure it is healthy so that your brain can function well. Break up material, allotting a chapter a day, so that the information is more digestible.

- Make a study guide.

Focus on key points and material the professor says is important. Instead of writing text and lecture notes word for word, write them in your own words, allowing you to use language that you will understand. Rephrasing shows that you understand the material enough to translate it to simpler words. This helps you study because you get to think about the material and write out the material. The act of writing out your notes as opposed to copying and pasting helps you memorize the material.

- Form a study group with classmates.

Talking about the material out loud shows that you understand it enough to give the information back as opposed to just recognizing an answer in multiple choice. This is especially helpful for exams that have short answer and essay questions. Ask the group to make a study guide and compare yours to theirs, making sure to notice any differences in something that was said in class or in the textbook. Make sure you prepare for the group by reviewing your own study guide before the study session. Ultimately, do not forget to have a little fun, it is part of the college experience. Also, don't sweat it during the exam time.

For more information, go to <https://www.fastweb.com/student-life/articles/five-midterm-prep-success-methods>

**Ranks Barima | TRiO SSS Graduate Assistant**

## 1st Book Scholarship Deadline

The 1st TRiO SSS Book Scholarship deadline is rapidly approaching. By Friday, October 12th, you will need to complete 2-Peer Mentor Meetings, 1-Professional Staff Meeting, and 1-Skill Building and/or 1-Financial Literacy session. You will be receiving a reminder from your scheduled peer mentor. Please schedule your meetings accordingly. Please call the mainline at (303) 315-3550 or stop by the office to schedule remaining appointments. **PLEASE NOTE:** The Academic Development Workshops provided by the Learning Resources Center are filled. You can call the LRC mainline at (303) 315-3531 to inquire about walk-in times.





## Director's Corner

Hello TRiO students,

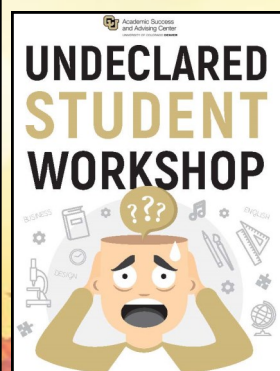
I hope the semester is going well for you and you feel like you are getting closer to that goal of completing a Bachelor's degree. If you are a freshman and just starting out, it may seem like your graduation is a long way off, however the time does pass quickly, so try to enjoy every day that you are here. I know many of you have taken Mid-terms or will be taking them soon as it is already October. Hopefully you are prepared for those mid-term exams and papers and presentations that crop up around this time. If you find yourself struggling in any of your classes right now, please remember that the **Learning Resources Center** is the place to go to sign up for **tutoring and for SI sessions**. They are located in Student Commons 2105. We know that there are not enough available tutors this semester for our TRiO SSS participants to sign up for the extra hour of tutoring that was available to our students in the past, so we now have a TRiO SSS tutor working out of the TRiO office on Tuesdays and Thursdays. If you need help with science and math classes especially, come in and set up a time to meet with Vrajen Patel. "Raj" as he likes to be called, is an alumnus of our TRiO McNair Scholars Program. He is completing a Master's degree in Bioengineering and so he really knows his sciences and math. For those of you in Business courses, your Peer Mentor Ranks is the one to go to. We also have another graduate student in our office, Alexandria Joo, who graduated with a degree in Business, so she can help with those classes as well. She is also in the TRiO office on Tuesdays and Friday mornings. For other areas, ask your mentors for help if you need it. Also the **MERC lab** is open for students who need assistance in their math classes and the **Writing Center** is available for students who want to have a paper for any class reviewed. Both the MERC lab and Writing Center are on the 4<sup>th</sup> floor of the North Classroom building, MERC lab in NC 4015 and the Writing Center in NC 4014.

We are now fast approaching the mid-way point in the semester, which also means that we are getting near to the first deadline for meeting the first half of the requirements for the TRiO SSS Book scholarship. It seems that many of you have been on top of this as we have seen quite a few of you in the office these past couple of weeks. That is great, keep it up. The deadline for completion of the first half of the requirements is Friday, **October 12, 2018**. You must **meet with your Peer Mentor at least 2 times, attend one TRiO SSS sponsored workshop or financial literacy session, and meet with the Director, Program Manager or Peer Coordinator at least once by that deadline**. **The second half of the book scholarship requirements must be met by 12/7/18, which includes completion of at least one financial literacy seminar. (Financial Literacy does not count as a workshop and vice versa)** I have sent invitations to all TRiO SSS students to join the UCD\_TRiO\_SSS\_2018-19 financial literacy group on Money 101 through College in Colorado. If you missed that email and need to get another invitation, please email me at: [teresa.deherrera@ucdenver.edu](mailto:teresa.deherrera@ucdenver.edu) and I will send you another invitation to join the group. Once you are in the group, I am able to see what sessions you completed and your test score. We can give you credit for completing a session if your score is in the passing range. You will know if you passed as the Money 101 program will let you know that. Also remember that some sessions have two parts and you must complete both to get credit. If you still need to meet with your Coordinator to make that part of the requirements, please be advised that **I will be out of the office 9/29 – 10/5/18**. Please plan accordingly and email to make an appointment as soon as possible as we are all filling up with appointments. The mentors are also getting quite busy, so you should make an appointment with your mentor as soon as possible as well. Best of luck to all of you on your mid-terms this semester and hopefully many of you are keeping up with requirements for the TRiO SSS Book Scholarship.

—Teresa De Herrera

*~Education is the movement from darkness to light ~ Allan Bloom*

## Undeclared Student Workshops



Are you overwhelmed with choosing a major? This journey starts with discovering something about you. The workshop is obviously targeted towards **undeclared students**, and also students who are thinking of **switching majors** or **adding a minor**. Join us in this workshop and explore what leaves you feeling energized and ready to do more. Come away with strength's, a growth goal, and resources to continue your major exploration. These workshops are provided by the Academic Success and Advising Center.

|                       |                      |
|-----------------------|----------------------|
| Wednesday, October 17 | Thursday, November 8 |
| 11:00 am—12:30 pm     | 2:20 pm—4:45 pm      |
| Student Commons 2018  | Student Commons 2018 |

## October Workshop Calendar

| Mon   | Tue   | Wed  | Thu  | Fri  |
|---|---|--|--|--|
| <p>1</p> <p><b>Procrastination</b><br/>SC, Suite 2000<br/>3:00 pm—4:00 pm</p>    | <p>2</p> <p><sup>1</sup>EndNote Basic<br/>Auraria Library Classroom 127<br/>9:30am—10:30am</p> <p><b>FASFA Completion Workshop</b><br/>NC, 1009B<br/>10:00 am—11:00 am</p> <p><sup>2</sup>Take a Selfie: Skills<br/>SC, Suite 2018<br/>3:30 pm—4:45 pm</p>  | <p>3</p> <p><sup>3</sup>English Grammar &amp; Mechanics<br/>NC 4002R<br/>11:00 am—12:00 pm</p> <p><sup>2</sup>Resume and Cover<br/>Letter Meetup<br/>Tivoli, Rm 267<br/>2:00 pm—3:00 pm</p> <p><sup>4</sup>Stress Less<br/>Tivoli 454<br/>4:00 pm—6:00 pm</p>  | <p>4</p> <p><sup>2</sup>International Opportunities:<br/>Career Options Abroad<br/>Tivoli, Rm 267<br/>1:00 pm—2:00 pm</p> <p><sup>1</sup>Publish Your Research<br/>Auraria Library CC 116<br/>2:00 pm—3:00 pm</p>  | <p>5</p> <p style="text-align: center;"><i>enjoy every moment</i></p>  |
| <p>8</p> <p><sup>1</sup>GIS I: An Introduction<br/>(Geographic Information System<br/>Mapping Technology)<br/>Auraria Library ELC 111<br/>2:00 pm—3:00 pm</p> <p><b>Coping with Stress</b><br/>SC, Suite 2000<br/>2:00 pm—3:00 pm</p> | <p>9</p> <p><sup>3</sup>Writing a Literature Review<br/>NC 4002R<br/>11:00 am—12:00 pm</p> <p><b>Time Management</b><br/>SC, Suite 2000<br/>2:30 pm—3:30 pm</p> <p><sup>2</sup>Take a Selfie: Personality<br/>SC, Suite 2018<br/>3:30 pm—4:45 pm</p>  | <p>10</p> <p><sup>3</sup>MLA and APA Basics<br/>NC 4002R<br/>11:00 am—12:00 pm</p> <p><sup>2</sup>Resume and Cover<br/>Letter Meetup<br/>Tivoli, Rm 267<br/>2:00 pm—3:00 pm</p> <p><sup>4</sup>Getting What you Want<br/>In Relationships<br/>Tivoli 454<br/>4:00 pm—6:00 pm</p>   | <p>11</p>  <p><b>Improving Concentration</b><br/>SC, Suite 2000<br/>3:00 pm—4:00 pm</p>   | <p>12</p> <p style="text-align: center;"><b>1st Book<br/>Scholarship<br/>Deadline</b></p>  |
| <p>15</p> <p><b>Test Taking Strategies</b><br/>SC, Suite 2000<br/>2:00 pm—3:00 pm</p>   | <p>16</p> <p><sup>1</sup>Data Visualization:<br/>An Introduction<br/>Auraria Library CC 116<br/>9:30 am—10:30 am</p> <p><sup>3</sup>Arguments &amp; Thesis<br/>Statements<br/>NC 4002R<br/>11:00 am—12:00 pm</p> <p><sup>2</sup>Take a Selfie: Skills<br/>SC, Suite 2018<br/>3:30 pm—4:45 pm</p>  | <p>17</p> <p><sup>5</sup>Financial Literacy:<br/>Saving and Investing<br/>SC, Suite 1007<br/>11:30 am—1:00 pm</p> <p><sup>2</sup>Grad School Preparation<br/>Tivoli, Rm 267<br/>12:00 pm—1:00 pm</p> <p><sup>5</sup>Financial Literacy:<br/>Student Loans<br/>SC, Suite 2000<br/>4:00 pm—5:30 pm</p> <p><sup>4</sup>Peace of Mind<br/>Tivoli 454<br/>4:00 pm—6:00 pm</p> | <p>18</p>  <p><sup>1</sup>ORCID and Google Scholar<br/>Auraria Library CC 116<br/>2:00pm—3:00pm</p> <p><sup>5</sup>Financial Literacy:<br/>Ballin' on a Budget<br/>SC, Suite 1401<br/>2:30 pm—3:30 pm</p> | <p>19</p>  <p style="text-align: center;"><b>ALWAYS BE YOURSELF!<br/>UNLESS<br/>YOU CAN BE<br/>BATMAN<br/>THEN<br/>ALWAYS BE BATMAN!</b></p>  |
| <p>22</p> <p><sup>1</sup>GIS II: Spatial Analysis<br/>(Geographic Information System<br/>Mapping Technology)<br/>Auraria Library ELC 111<br/>2:00 pm—3:00 pm</p>  | <p>23</p> <p><sup>5</sup>Financial Literacy:<br/>Credit and Credit Scores<br/>SC, Suite 1007<br/>11:30 am—12:30 pm</p> <p><sup>6</sup>Asian/Pacific American Issues<br/>Through the Lens<br/>(Documentary—<br/>Chinese Exclusion Act)<br/>Auraria Library Discovery Wall<br/>2:00 pm—4:00 pm</p> <p><sup>3</sup>Writing a C.V.<br/>NC 4014<br/>2:00 pm—4:00 pm</p> <p><sup>2</sup>Take a Selfie: Personality<br/>SC, Suite 2018<br/>3:30 pm—4:45 pm</p> | <p>24</p> <p><b>FASFA Completion Workshop</b><br/>NC, 1009B<br/>9:30 am—10:30 am</p> <p><sup>5</sup>Financial Literacy:<br/>Money Matters<br/>SC, Suite 1401<br/>10:00 am—11:00 am</p> <p><sup>2</sup>Resume and Cover<br/>Letter Meetup<br/>Tivoli, Rm 267<br/>2:00 pm—3:00 pm</p> <p><sup>4</sup>Managing your Mood<br/>Tivoli 454<br/>4:00 pm—6:00 pm</p>             | <p>25</p> <p><sup>2</sup>Grad School Preparation<br/>Tivoli, Rm 267<br/>12:00 pm—1:00 pm</p> <p><b>Motivation and<br/>Goal Setting</b><br/>SC, Suite 2000<br/>3:30 pm—4:30 pm</p>                        | <p>26</p> <div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;"><b>Mission Statement</b></p> <p>The University of Colorado<br/>Denver TRIO Student<br/>Support Services Program<br/>is a holistic student devel-<br/>opment program that is<br/>dedicated to helping each<br/>student reach his or her full<br/>academic potential.</p> </div> |
| <p>29</p> <p><b>LinkedIn—Are you Connected?</b><br/>SC, Suite 2000<br/>11:00 am—12:00 pm</p>  | <p>30</p> <p><b>Professional Networking</b><br/>SC, Suite 2000<br/>3:00 pm—4:00 pm</p> <p><sup>2</sup>Take a Selfie: Skills<br/>SC, Suite 2018<br/>3:30 pm—4:45 pm</p>  | <p>31</p> <p><sup>2</sup>Resume and Cover<br/>Letter Meetup<br/>Tivoli, Rm 267<br/>2:00 pm—3:00 pm</p>   | <p>Nov 1</p> <p><b>Job Search Tips</b><br/>SC, Suite 2000<br/>3:00 pm—4:00 pm</p>  | <p>Nov 2</p> <p style="text-align: center;"><i>NOTE TO SELF:<br/>relax</i></p>   |

<sup>1</sup>Auraria Library: RSVP at <https://library.auraria.edu/savvy-researcher-workshops>

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

<sup>3</sup>Writing Center: RSVP at <http://www.ucdenver.edu/academics/colleges/CLAS/Centers/writing/Services/Pages/StudentWorkshops.aspx>

<sup>4</sup>Counseling Center: RSVP at [https://forms.ucdenver.edu/secure/counseling\\_group](https://forms.ucdenver.edu/secure/counseling_group)

<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.

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

