

THE PILLAR

A MONTHLY JOURNAL OF THE TRiO SSS COMMUNITY

"Helping Students Realize Their Full Potential"

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ISSUE

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Follow
your
dreams!

Student Spotlight—Julia Barz



The TRiO SSS Program is excited to highlight Julia Barz as this month's student spotlight. During her undergraduate experience, she faced both personal and financial challenges, nonetheless, she did not give up! She will be graduating this semester with a degree in Human Development and Family Relations (HDFR) with a concentration in Leadership and Community-Based Organizations. She entered the program in fall of 2014 and has remained an active participant. Her strong work ethic, ability to persevere, and commitment to earn her degree is paying off.

Her favorite quote simply reads, "Focus!" She recommends not to lose focus because she believes there is purpose in everything you do when you are focused and working towards a goal. She noted, "The process is beautiful and success is within every step when you're focused. Stay focused. Stay hungry."

When asked about what her college experience was like Julia stated, "My favorite classes have been Family Systems and Social Justice with Dr. Antwan Jefferson along with my Grant Writing, and my Leadership classes with Dr. Sarah Harrison. I was nervous about grant writing but I earned an "A" in that class; I feel like I can write any paper after writing a grant proposal. My Social Justice course was *life changing* for me. There are so many aspects to one's life and I was able to learn how to observe or help someone while being conscious of other barriers they could be facing."

Along with her school work, Julia has been active with the women's club basketball team for about four semesters and one semester with the women's club volleyball team. She had the opportunity to meet new players and to travel with her teammates. She recollects her most recent basketball trip to Nebraska. She drove 6 hours to and 6 hours back. It turned out to be an interesting and fun car ride with her teammates, she said.

Recently, she had an opportunity to serve as an Intern at the Community College of Denver, TRiO Student Support Services program during their summer bridge program. She wrote, "Since I have fallen in love with the TRiO program, interning with TRiO SSS at CCD was a dream come true. TRiO was the reasoning behind majoring in HDFR and its truly a privilege to understand all of the hard work that goes into working with a federally funded program."



When asked how the program has helped her, Julia noted, "I do not know where to begin. TRiO SSS has helped me obtain a 4-year degree with no student debt and coming from a low-income, first-generation home I could not have asked for anything more. They helped me find the major that I was made for and I will graduate with a BS; and within my major I met the best mentors. TRiO SSS provided me with the advice I needed when I experienced many hardships I was not prepared for. They were also there celebrating my success and are excited to see me continue. I would not be graduating in December with no debt with a 3.5 if it was not for TRiO."

CONTINUED ON NEXT PAGE

Spotlight Continued — Julia Barz



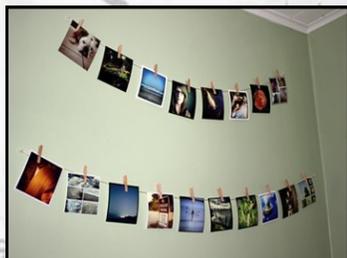
Her favorite memory in college was during her last semester (spring 2018) with the five girls including herself in her HDFS professional course. She stated, "I do not have many college friends but these phenomenal women have changed that. We have laughed, cried, and shared our deepest secrets with each other." As she moves forward with her career, Julia will always have these memories with her close friends. Julia remembers the crazy moment of getting last minute, front row tickets for free to Post Malone. She shared, "I stayed up late and enjoyed the best concert ever by my favorite artist. Then I had 3 presentations the next morning... 2 of them were all class period."

When asked about one thing she wished she had been told when she started college she said, "I wish I was told to live on campus, or at least make it a goal to make lasting friends. Since this is a commuter campus it was extremely difficult to make friends. I worked 20+ hours a week, took 15-credits a semester, and filled my spare time with basketball and time with my family." School and playing with the girls is where most of her time goes during the spring and fall semesters.

Her short-term goals include graduating this December. She is considering graduate schools on the West Coast and is interested in earning a degree in Student Affairs. Ultimately, she would like to live in California. She notes, "Education has been my best resource, so why not continue." Before the semester ends, she would like to finish reading two books (Hope to Die and First Love) both by James Patterson. When asked what she would do if she won a million dollars she stated, "I will buy my mom a house and a luxurious car, take my family on a trip to Hawaii, build a basketball court in my mom's new house, and who knows what I will do with the rest!" Her hobbies include playing basketball, even though she had two knee surgeries. Recently, she started reading multiple books by James Patterson including Post Card Killers and Invisible. Julia shared that she has two boxers (dogs) that need attention all the time as well as her little brother. She noted, "One round at beating him in basketball will get him off of my back." As her mom is her best friend, running errands and relaxing with her mom while watching Jeopardy is her favorite relaxation time, as well as enjoying great puns. She stated, "I have a pun for everything." The TRiO SSS program wishes Julia continued success in her goal to help as many students as she can succeed with their own goals.

"Stay focused, go after your dreams, and keep moving toward your goal." ~LL Cool J

DIY Project—Picture Clothesline



<http://www.freshnestblog.com/how-to-make-a-picture-clothesline/>

This is perfect for family photos, inspirational quotes, and creative art. WOW your quests with your AWESOME picture clothesline.

| Materials |

- | | | |
|----------|---------------|--------------------|
| ✓ Twine | ✓ Scissors | ✓ Mini Clothespins |
| ✓ Hammer | ✓ Thumb Tacks | ✓ Photos |

| Directions |

Step 1) Insert Thumb Tacks into wall. Make sure you put them a few feet apart from one another. Use a hammer to make sure the tacks are tapped in for a secure hold.

Step 2) Cut a piece of twine slightly longer than the distance between both of the thumb tacks. Take the 1st end of the twine and tie a little loop.

Step 3) Cut any excess twine and you are all Done! Hang your photos with mini clothespins. You can find this at any craft store.



Alejandra Armenta | TRiO SSS Peer Mentor



Apple Nachos

Recipe by Husbands that Cook

Ingredients:

- 4 apples of any kind, cored and thinly sliced
- 2/3 cup creamy peanut butter
- 1/2 cup honey or maple syrup
- 1/2 tsp cinnamon
- 1 cup granola
- 1/2 cup dried cranberries
- 1/2 cup dried coconut flakes
- 1/3 cup pumpkin seeds

Steps:

- On a baking sheet, arrange half of the apple slices in an even layer
- In a small bowl or measuring cup, blend together the peanut butter, honey, and cinnamon, and stir until smooth.
- Drizzle half the peanut butter mixture over the apple slices, then sprinkle half the granola, half the cranberries, half the coconut flakes, and half of the pumpkin seeds.
- Arrange the remaining apple slices on top, then repeat with the remaining peanut butter mixture, granola, cranberries, coconut flakes, and pumpkin seeds. Serve immediately, and enjoy!

Jennifer Nguyen | TRiO SSS Project Specialist

Welcome— Alexandria Joo



My name is Alexandria Joo. I was born in Colorado. I moved to S. Korea when I was three and lived there for ten years. I came back when I was thirteen. I attended the University of Colorado, Denver for a B.S. in Business Administration with an emphasis in Management and Marketing. I was a TRiO SSS student at CU Denver and truly valued the peer mentoring and workshops. I was a struggling student, growing up with a First-Generation and ESL background, but the TRiO program helped me tremendously and I graduated with honors. I found passion in student services in higher education, so now I am in graduate school completing an M.A. degree in Leadership with a Concentration in Student Affairs in Higher Education at the University of Colorado, Colorado Springs. I am thrilled to pass on my experiences and help TRiO students.

I am available for walk-in mentoring and tutoring every Tuesday from 8 a.m. to 4 p.m.
If any of you need tutoring in business (except for accounting), I can help!

Alexandria Joo | TRiO SSS Graduate Assistant

Fall 2018 Internship and Job Fair

The CU Denver Career Center and Experiential Learning Center will be hosting the fall 2018 Internship and Job Fair. All CU Denver students and alumni are invited to attend. Preparing for the event is essential. You can schedule an appointment with the Career Center to have your resume reviewed. In addition, please review the list of participating employers so that you can successfully network with recruiters. During the event, you can seek internship/job opportunities and learn about career options. Make sure to create a short elevator pitch about yourself and have copies of your resume. Wearing professional attire is expected and will help you to make a solid impression. **Please register through the Handshake Portal.**

Wednesday, September 26, 2018, 11:00 am - 3:00 pm - Tivoli Turnhalle



CU Denver Resource—Financial Aid and Scholarship Office

For new students getting accustomed to a new school environment and returning students, the CU Denver Financial Aid and Scholarship Office has made some important announcements and information concerning your financial aid needs for this upcoming year. Students must complete the FAFSA every year and this year's application will be open on October 1, 2018 for the 2019-2020 school year. After completing the 2019-2020 FAFSA, check your CU Denver Student Access Portal and go to the Student Center tab. Then, look for the Task- To Do Item tab to check any other requested documents you need to turn in to the Financial Aid Office. It is in your best interests to complete the FAFSA application and other documents before the priority deadline of April 1, 2019 in order to receive federal or institutional grants that you may qualify for as some grants are first-come first-served. You need to be sure your application is not just submitted, but complete by the priority deadline.

Scholarship opportunities are accessed through the Scholar Lynx Application and will be open in early October. Depending on the school/college you are part of, some scholarships are open before October and stay open after the deadline. Check your Scholar Lynx site once a week, as a scholarship opportunity can pop up for which you qualify. We recommend you take advantage of this opportunity and apply, as it doesn't hurt to try and may one day result in an award. If you have any questions concerning a scholarship or need advice on writing your essay, the Financial Aid & Scholarship Office is willing to review your application and essays. You can contact Yonas, Ricky and Harlie who are the primary scholarship advisors. Their office hours are Mon-Fri from 8:00 am-4:30 pm to do a walk-in appointment or use the link below to schedule an appointment online. You can also meet with your Peer Mentor or Coordinator to review your scholarship essays. Also, use the link below to make an appointment with a FA advisor.

You can schedule an appointment with a representative to submit a FAFSA, discuss verification forms, ask general financial inquiries, and receive Satisfactory Academic Progress (SAP) information by using the on-line scheduling tool, which can be accessed at:

<http://www.ucdenver.edu/student-services/resources/CostsAndFinancing/FASO/Pages/Schedule-An-Appointment.aspx>



Student Checklist

✓ **Complete 2019-2020 FAFSA at FAFSA.ed.gov**

Make sure to use 2017 tax information and add our school code 004508. In order for your FAFSA to link, you must have a social security number on file with the Registrars Office. FAFSA Open Date on October 1, 2018.

✓ **Activate Email Account & Student Portal**

Students are required to activate their CU Denver email account & student portal, which will be used for all University related business. To activate your account, go to ucdenver.edu/UCDAccess. Follow the instructions for New Students. You will need your CU Denver ID number. If you are having difficulty, contact the IT service Help Desk at (303) 724-4357. Please check your email regularly, this is how we communicate with you.

✓ **Check your To Do List**

Log in to UCD Access at ucdenver.edu/UCDAccess and click Student Center → All Student Functions → Tasks: To Do Items to check for any additional requirements. We recommend doing this regularly.

✓ **Accept your Aid**

If you wish to accept any offered student loans, you will need to log into UCD Access portal and go to Student Center → All Student Functions → Financial Aid → Accept/Decline Awards.

✓ **First Time Loan Borrowers**

First-Time student loan borrowers must complete a Master Promissory Note and Loan Entrance Counseling at <https://studentloans.gov>. Complete this, once you accept your loans on the UCD Access portal.

✓ **Authorize College Opportunity Funds (COF)**

COF is a tuition stipend available to undergraduate Colorado residents. To authorize the COF stipend, log into your UCD Access portal and click on COF Authorization.

For more information on COF visit:

<https://cof.college-assist.org>

Kimberly Mata-Martinez | TRiO SSS Office Staff

Welcome—Vrajen Patel



Coming from Florida, I've learned to appreciate the weather here in Colorado. The ever changing seasons have allowed me to become exposed to so many different cultures and ideas. The fall brings winds of knowledge to me as I have begun my term as a graduate student at the Anschutz Medical Campus. I plan to continue pursuing my Ph.D. as a Bio-engineer in the coming years and hopefully use my skills to solve world health problems.

Ever since I was a small fry, I always enjoyed helping others. In tutoring through the TRiO SSS program, I hope to be the beacon of light to my students struggling in the academic storm. Not only is problem solving applicable to academics, but it is essential in life and I hope that the problem solving skills I teach them will be of value in real life.



Whether it is for my cat or for an audience, I enjoy playing piano in my free time. Playing piano allows the ocean of emotions to settle when engaged with the high tides of graduate school. My musical ebb and flow come from Bossa Nova greats such as João Gilberto, Stan Getz, and Nara Leão as well as classical superheroes such as Chopin, Rachmaninoff, and Bach.

Vrajen can tutor in basic Math to Calculus III, Linear Algebra, basic Chemistry to Organic Chemistry, Biology up to Biochemistry, Physics I & II, and most engineering courses. He is available to tutor on Tuesdays and Thursdays from 10:00 am—12:00 pm and 12:30 pm—5:00 pm. If you plan to visit with Vrajen, please stop by the office to discuss a tutoring time with him.

Vrajen Patel | TRiO SSS Graduate Assistant

Importance of Time Management



Becoming productive with your time is all about seeking to make constant and never-ending improvements to the way that you perform your work. Starting your first and/or another semester will bring a lot more activities and assignments that will be added to your plate. Thankfully, there are time management skills which you can improve on to help you get better results with every task you take on. In order to properly manage your time, you must have goals set out for yourself to reach. What is your ultimate goal? What do you want to learn? Once you've set your goal, here are a couple of skills that will help you better manage your time to help you reach that goal.

Self Awareness and Motivation - "When I discover who I am, I'll be free." - Ralph Ellison. No two individuals like to work the same way. It is important to find what works for you and to find out who you are so you will be able to tailor your time to fit your needs. The more you know about yourself the easier it will be to manage your time. Whatever you are trying to do with your life, it is you who will benefit from it. No one else is going to give you what you want for yourself.

Prioritization - "Things that matter the most should never be at the mercy of things which matter least" - Johann Wolfgang. It is recommended to make your to do list based off what is most important or what has a deadline and must be done first.

Planning - "Give me six hours to chop down a tree and I will spend the first four sharpening the axe." - Abraham Lincoln. Planning is an essential skill for time management. Create a list that allows you to foresee and meet your deadlines.

Focus - "Lack of direction, not lack of time, is the problem. We all have twenty-four hour days." - Zig Ziglar. Despite what you are attempting to do, there will always be something else competing for your attention. Exercising your brain to focus will help you complete your tasks in a timely manner giving you the opportunity to have free time or take on a bigger task that occupies more time.

Record Keeping - "Excellence is to keep beating your own standards every day. If you don't have a standard for yourself, you have no records to beat; and if you don't have any record to beat, you can't excel." - Israelmore Ayivor. Learn to discipline yourself and keep accurate records of what you've done in the past to save you time in the future.

Patience - "He that can have patience can have what he will." - Benjamin Franklin. Patience is a skill you must practice, take precisely the amount of time required to do the job properly.

Forgiveness - Forgiveness is not just one of the most important time management skills; it is one of the most important life skills. It is a blessing which you give yourself by liberating yourself up to center around more vital issues; as opposed to squandering your opportunity and vitality on old grudges or mistakes.



Vanessa Martinez | TRiO SSS Peer Mentor

Hispanic Heritage Month

Hispanic Heritage Month

September 15-October 15



During National Hispanic Heritage Month (September 15 to October 15), we recognize the contributions made and the important presence of Hispanic and Latino Americans to the United States and celebrate their heritage and culture. This year's theme; "*Hispanics: One Endless Voice to Enhance our Traditions*" The theme invites us to reflect on Hispanic American's tradition, history and culture.

Hispanic Heritage Month, whose roots go back to 1968, begins each year on September 15, the anniversary of independence of five Latin American countries: Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. Mexico, Chile and Belize also celebrate their independence days during this period and Columbus Day (Día de la Raza) is October 12. The term Hispanic or Latino, refers to Puerto Rican, South or Central American, or other Spanish culture or origin regardless of race.

"Preservation of one's own culture does not require contempt or disrespect for other cultures."

~ Cesar Chavez



Hispanics have had a profound and positive influence on our country through their strong commitment to family, faith, hard work, and service. They have enhanced and shaped our national character with centuries-old traditions that reflect the multiethnic and multicultural customs of their community.

Today, 57.5 million people or 18% of the American population are of Hispanic or Latino origin. This represents a significant increase from 2000, which registered the Hispanic population at 35.3 million or 13% of the total U.S. population.

<http://www.nationalcouncilhepm.org/2018-theme-1.html>

<https://www.hispanicheritagemoth.org/hispanic-heritage-month/70-national-hispanic-heritage-month-2018>



Cynthia Cordova | TRiO SSS Graduate Assistant

Society of TRiO Student Club



The STS Club welcomes you to the fall 2018 semester. Daniela Castorena, Program Coordinator and myself will co-sponsor the club this academic year. We will be taking nominations for the executive board (president, vice-president, secretary, and treasurer) soon. You should receive an email with directions on how to submit your short biography, which includes:

1. "Why you would be the best candidate?"
2. What experience (leadership, employment, volunteer services, coursework) qualifies you for this position?
3. Major/Minor

When coming aboard with the STS Club you will have all the support of the sponsors. We need your motivation and energy to help the club achieve success. Being a leader is more than the title, it is a commitment with your community. You will be able to contribute you knowledge to run meetings, events, and engage members to participate.

Henry R. Ornelas | TRiO SSS Program Manager

Buckle Up and Enjoy the Ride

Welcome to the roller-coaster campus-life!

So the fall semester 2018 started! You probably already have in mind your main goals (I do have them), however, the beginning of the semester is always uncertain... Are the classes I have chosen exactly what I had in mind? Do I have a solid routine in order to succeed? Am I going to be with students with whom I have something to share? Will I have time to socialize? Welcome to the roller-coaster campus-life!!!

Let us start with the classes you have chosen. You can always find something interesting about a subject, so do not get discouraged because you will survive if you focus on getting the most out of it! And you can always stop by the TRIO SSS office for support.

Pay greater attention to the idea of setting up a routine. It is not so difficult, believe me. Find something rewarding when you get up in the morning. It is amazing how little things have an incredible impact on our lives. For instance, I find making my bed before I leave home, for some reason, makes me feel grounded and ready to engage in the day. Once in school, pay attention to little details such as reading through the syllabus and highlighting important dates.

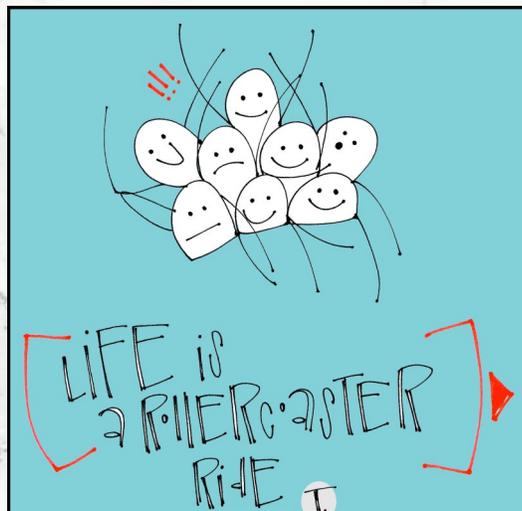
Entering a class full of students we do not know is also challenging. Nevertheless, if we change the word "challenging" with "interesting," beginning the semester becomes an adventure. In fact, our classmates are the best support system during those 15-weeks. Imagine having a class you find challenging and you find out during a casual conversation that another classmate thinks the same. What a great start! Because of one thing in common, what you had both thought was going to be a difficult journey might become an easy one.

My study habits have changed during my last two years of school. I am the kind of student who can be four to five hours in front of my computer without a break. Not so long ago, I learned that taking a five-minute break after every hour (or when I notice that I have to read a sentence twice) pays off! I am 100% more productive. In those five minutes, I do something that makes me happy, in my case, I listen to a song I like.

Finally, when we are deep into the semester our lives seem to be so packed with readings, essays, quizzes, midterms, and finals, and then we are unable to find time to socialize. There is something intrinsically not okay with that, as humans we thrive when we are connecting with other humans we love. Therefore, I, religiously set up quality time with my friends and my daughter every week.

Life is short so prioritize your happiness while you work hard this semester!!!

Yolanda Valencia | TRiO SSS Peer Mentor



TRiO SSS 50th Anniversary



This year marks the 50th year anniversary of the TRiO Student Support Services program nationally, which has helped millions of students complete their undergraduate degrees across the country. TRiO SSS programs were established during the 1968 Reauthorization of the Higher Education Act to meet President Lyndon B. Johnson's goal of seeing that "no American talent is wasted."

With that being said, you are cordially invited to celebrate with the three TRiO SSS programs from Auraria Campus, which includes the Community College of Denver, Metropolitan State University of Denver, and the University of Colorado Denver. This event is scheduled for Wednesday, October 10th from 1:00 pm to 3:00 pm in Tivoli, Suite 444. This will be a great opportunity to network with other staff, students, and faculty to celebrate this moment. We will have a keynote speaker and light refreshments.

Noteworthy TRiO Student Support Services Alumni

José M. Hernandez, Former Astronaut, NASA
Student Support Services, University of the Pacific

Hector Balderas, Attorney General, New Mexico
Student Support Services, New Mexico Highlands University

Viola Davis, Actress
Student Support Services, Rhode Island College

Gwendolynne Moore, Congresswoman, Wisconsin, U.S. House of Representatives, Student Support Services, Marquette University

Daniela Castorena | TRiO SSS Program Coordinator

Director's Corner

shine

Hello TRiO students,

I hope you have all had a good start to the fall semester. This year, we are starting out with a large group of new students as we had a very large group graduate last spring and this past summer semester. This is always good news for those who had been on the waitlist for a while. We are still working down the waitlist as we have a few more students to bring into the program to reach our full 165 students for fall 2018. For those of you who are new, please be sure to complete your Orientation to the program.

What a way to start off the new semester, we were very fortunate to have our AVC of Student Success and Retention, Sam Kim and his staff, Kristen Fukumoto sponsor our third annual Meet and Greet to welcome you back to school. Thank you Sam and Kristen!!! For those of you who attended, I hope you would say that is was a really enjoyable time and a huge success. It was wonderful to see so many of you at the event and I hope you all had a chance to meet new students, staff and administrators from across the campus. Continue to come in and meet with us throughout the semester.

I am happy to see that many of you have already been meeting with your mentors. They will continue to email all of you to give you their office hours for the semester and reminding you about the participation agreements and how that fits into the Book Scholarship requirements. Please respond to your mentors' emails and set up your meetings with them early in the semester. It is always to your benefit to meet earlier in the semester. The same is true with your Coordinator, stop by the office or call and make your appointments early so that we will have time to be able to help you with any struggles that may come up or to help you find a work study job if that is what you need now or in whatever area you may need help. Just as a reminder, we do have a small computer lab in our office that is available to you. If you need a place to do some research, type up a paper or such, come down to Student Commons (SC) 2011.

If you think you will need tutoring this semester, stop by the Learning Resource Center (LRC), in SC 2105 and see if they have the tutor you need. We also have more tutoring support available to you in the TRiO SSS Office. We have Vrajen Patel who can tutor in the sciences as well as math, so please come and see us to schedule some time to meet with him. He is available the full day on Tuesdays and Thursdays. For those of you in Business, we have our Graduate Assistant, Alexandria Joo who can help tutor you as well in Business classes and she is available on Tuesdays. We also have our own Peer Mentor, Ranks Barima, who can do some tutoring alongside his mentoring duties for those of you taking Business classes.

As another reminder, to be considered an active participant of the program, we require that you meet three times with your mentor and twice with myself or your Coordinator, Henry or Daniela, that you attend two TRiO SSS sponsored workshops and one financial literacy session every semester. In this edition of the newsletter, you can see all the great workshops we have in store for you for the month of September. We hope you will take positive advantage of the program and come and visit with us more often than the required times and that you will attend more workshops as well.

You always have an option to complete your financial literacy (FL) session in class if you like, the calendar in the newsletter will give you information on when those sessions are scheduled this month. Otherwise, you can complete an online session through Money 101. I already sent out an invitation to all of you to join the group and I will send a second invitation very soon. Every participant, including continuing students must register for the UCD_TRiO_SSS_2018-19 group. Even if you were registered in Money 101 last semester, you will need to join the new group so that I can monitor your progress in completing an FL session this semester.

Take care and the best of luck to everyone this semester! —Teresa De Herrera

"Don't worry about failures, worry about the chances you miss when you don't even try." ~Jack Canfield

Majors Fair



Not sure if you are in the right major?

Are you interested in learning more about the academic departments at CU Denver?

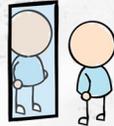
The Career Center is hosting the Majors Fair, which is scheduled for Friday, September 28th from 11:00 am to 3:00 pm in the Student Commons Building, Suite 2500. Attending this event is a great place to start if you're undecided about a major! If you are planning to attend, here are some questions to consider:

1. What introductory courses does the school offer that will help me explore this major?
2. What are the transferrable skills I can gain in this particular major?
3. What is the job market like for students who graduate with this degree?
4. What are the specific course requirements for this major?

Please register through the Handshake Portal.



September Workshop Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Labor Day Holiday</p> <p>No Classes</p> <p>Campus Closed</p>	<p>4</p> <div style="border: 1px solid black; padding: 5px; text-align: center; margin-bottom: 10px;"> <i>dear stress,</i> let's break up. </div> <p>Coping With Stress SC, Suite 2000 9:30 am—10:30 am</p> <p>¹Take a Selfie: Skills SC, Suite 2018 3:30 pm—4:45 pm</p>	<p>5</p> <p>²Financial Literacy: Understanding Student Loans SC, Suite 2000 12:00 pm—1:30 pm</p> <p>¹Resume & Cover Letter Meetups Tivoli, Rm 267 2:00 pm—3:00 pm</p> <p>³Stress Less Tivoli 454 4:00 pm—6:00 pm</p>	<p>6</p> <p>²Financial Literacy: Understanding Student Loans SC, Suite 2000 3:30 pm—4:30 pm</p> <p>Job Search Tips SC, Suite 2000 5:00 pm—6:00 pm</p>	<p>7</p> <p>²Financial Literacy: Ballin' on a Budget SC, Suite 2000 10:30 am—12:00 pm</p> <div style="text-align: center; font-size: 2em; font-family: cursive;"> <i>Ballin'</i> on a budget. </div>
<p>10</p> <p>⁴College Survival SC, Suite 2000 12:30 pm—1:30 pm</p> 	<p>11</p> <p>⁴Learning Styles SC, Suite 2018 2:00 pm—3:00 pm</p> <p>¹Take a Selfie: Personality SC, Suite 2018 3:30 pm—4:45 pm</p> 	<p>12</p> <p>¹Resume and Cover Letter Meetup Tivoli, Rm 267 2:00 pm—3:00 pm</p> <p>³Getting What you Want In Relationships Tivoli 454 4:00 pm—6:00 pm</p>	<p>13</p> <p>⁵Arguments & Thesis Statements NC 4002R 11:00 am—12:00 pm</p> <p>⁶Hot Topics: Gender Tivoli 261, Roger Braun Multicultural Lounge 12:30 pm—2:00 pm</p> <p>²Financial Literacy: Salary Negotiations SC, Suite 1401 2:00 pm—3:00 pm</p>	<p>14</p> <div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>DON'T LOOK BACK. YOU'RE NOT GOING THAT WAY.</p> </div>
<p>17</p> <p>Procrastination SC, Suite 2000 11:00 am—12:00 pm</p> <p>⁴Effective Note-Taking SC, Suite 2018 12:30 pm—1:30 pm</p>	<p>18</p> <p>⁴Time Management SC, Suite 2018 2:00 pm—3:00 pm</p> <p>⁵Application Essays, Letters, & Statements NC 4002R 2:00 pm—3:00 pm</p> <p>¹Take a Selfie: Skills SC, Suite 2018 3:30 pm—4:45 pm</p>	<p>19</p> <p>⁷Food For Thought AAPI Discussion SC, Suite 2000 12:30 pm—1:45 pm</p> <p>¹Resume and Cover Letter Meetups Tivoli, Rm 267 2:00 pm—3:00 pm</p> <p>³Peace of Mind Tivoli 454 4:00 pm—6:00 pm</p>	<p>20</p> <p>Resume Basics SC, Suite 2000 2:00 pm—3:00 pm</p> 	<p>21</p> <div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>START YOUR MORNING with a SMILE</p> </div>
<p>24</p> <p>⁴General Study Skills SC, Suite 2018 12:30 pm—1:30 pm</p> <p>Graduate School Preparation SC, Suite 2000 2:00 pm—3:00 pm</p> 	<p>25</p> <p>⁶Hot Topics: Colorism Tivoli 261, Roger Braun Multicultural Lounge 12:30 pm—2:00 pm</p> <p>⁴General Study Skills SC, Suite 3018 2:00 pm—3:00 pm</p> <p>Time Management SC, Suite 2000 3:00 pm—4:00 pm</p> <p>¹Take a Selfie: Personality SC, Suite 2018 3:30 pm—4:45 pm</p>	<p>26</p> <p>⁸EndNote Basic Library, CC 116 9:30 am—10:30 am</p> <p>⁹Lunch with Dr. Ferguson SC, Suite 2000 11:30 am—1:00 pm</p> <p>¹Resume & Cover Letter Meetups Tivoli 267 2:00 pm—3:00 pm</p> <p>⁵Effective Revision Auraria Library Discovery Wall 2:00 pm—3:00 pm</p> <p>³Managing your Mood Tivoli 454 4:00 pm—6:00 pm</p>	<p>27</p> <p>¹⁰Financial Literacy: Managing your Finances SC, Suite 2000 9:30 am—10:30 am</p> <p>Motivation and Goal Setting SC, Suite 2000 1:30 pm—2:30 pm</p> 	<p>28</p> <div style="border: 1px solid black; padding: 5px; text-align: center; margin-bottom: 10px;"> <p>Mission Statement</p> </div> <div style="border: 1px solid black; padding: 10px;"> <p>The University of Colorado Denver TRiO Student Support Services Program is a holistic student devel- opment program that is dedicated to helping each student reach his or her full academic potential.</p> </div>

¹Career Center: RSVP via the Handshake Portal.

²Financial Literacy and Wellness Program: RSVP at https://forms.ucdenver.edu/secure/financial_literacy_workshop_registration

³Counseling Center: RSVP at https://forms.ucdenver.edu/secure/counseling_group

⁴Learning Resources Center: RSVP at https://forms.ucdenver.edu/secure/sa_lrc_academic_development_workshop

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

⁶Tri-Institutional Hot Topics Sessions: No RSVP Required.

⁷Asian American Student Services: No RSVP Required.

⁸Auraria Library: RSVP at <https://auraria.libcal.com/event/4249451>

⁹Pre-Health Advising Session (For Pre-Health Students): No RSVP Required.

¹⁰TRiO Student Support Services: No RSVP Required.

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

