

THE PILLAR

A MONTHLY JOURNAL OF THE TRiO SSS COMMUNITY

"Helping Students Realize Their Full Potential"



Summer 2018
ISSUE

Page Guide

Page	1
<ul style="list-style-type: none"> Celebration Wrap-Up Welcome—New Staff 	
Page	2
<ul style="list-style-type: none"> TRiO Explorer 	
Page	3
<ul style="list-style-type: none"> Awareness Months Kudos Summer Tutoring 	
Page	4
<ul style="list-style-type: none"> McNair News Summer Recipe 	
Page	5
<ul style="list-style-type: none"> Denver Free Days 	
Page	6
<ul style="list-style-type: none"> Director's Corner Fun Activity 	
Page	7
<ul style="list-style-type: none"> Workshops Important Dates 	

* leave a little
sparkle
* wherever
you go. *

Graduation Certification Celebration Wrap-Up

The Learning Resources Center, TRiO SSS and McNair Programs, and the Society of TRiO Students Club celebrated the success of CU Denver students at the Graduation Certification Celebration on Friday, May 4, 2018. Members of the LRC Staff presented tutors with their College Reading and Learning Association Tutor Certifications (Levels I, II, and III). Graduating seniors from the TRiO SSS program were presented with their Graduation Stole and Certificate of Achievement. The Society of TRiO Students Club presented their Certificates of Participation as well. Omar Montgomery, Director of the Black Student Services received the Outstanding Staff Award for his dedication to helping students succeed. During the event, a CU Denver Alumni Panel had the opportunity to discuss their experiences as students and provided insight about entering the workforce. Panelists included Humberto Guerrero, Mehdi Bandali, Hiba Eltom, and Selman Qureshi.



Welcome—Jennifer Nguyen



My name is Jennifer Nguyen and I'm excited to be the new Project Specialist for TRiO SSS and McNair. I graduated from the University of California, San Diego with a Bachelor of Arts degree in Communications. I had plans for a career in marketing, but I didn't enjoy my internship experience at a marketing company. I worked at my alma mater in Residence Life for two years. My interest in the Korean language and culture led me to move to Seoul, South Korea to teach English for two years. I came back to America and wanted to continue working with students in higher education. I was lucky to find a position at TRiO SSS and McNair at CU Denver. As a first-generation, low-income student myself, I am excited to be working with students in the program. I eventually want to pursue a Master's degree in Student Affairs and Higher Education to continue helping underserved students.



TRiO Explorer—Jessica Pineda



The TRiO SSS Program is delighted to highlight Jessica Pineda's recent study abroad experience in Europe. Jessica is studying International Studies and Political Science with minors in Law Studies and Linguistics. She participated in the full-semester study abroad in spring 2018 to London, Rome, and Madrid through Council on International Educational Exchange CIEE. She had the opportunity to choose three separate locations, which focused on the environment and culture.

When asked about her study abroad experience, Jessica stated, "I would have never imagined that I would have the ability to actually travel to three different cities in Europe and been able to see how each culture is different when it came to social norms and customs. Each location had different food customs. In Rome, it was known to have espresso after every meal, while in London chia teas were the norm and they were very delicious to me." She also noted, "In Spain and London, it was easy to maneuver as I spoke Spanish but in Rome, it was great when I used my Spanish and English to get help. While visiting the three countries, I also had the opportunity to travel to other cities. I traveled from Venice to Barcelona to York and it was all an amazing experience." When asked about the biggest thing she learned in her experience Jessica noted, "I learned not to believe the common stereotypes about certain countries, to keep an open mind, and to see how different other countries perspectives are of the US. Do not believe in what is told to you until you experience the differences."

She would encourage other TRiO participants to learn about studying abroad whether it is a semester away or a short-term study abroad opportunity. Through her experience, she learned to love different cultures and it inspired her to see more of the world. She also stated, "If you are worried about financial reasons be aware that there are scholarships, not only from the school but also third party providers. Do not be afraid to meet new people, you may be surprised that you actually meet some great people along the way. It is an opportunity that allows you to explore a country way more than a book can ever do." Jessica has intentions to work for the United Nations. Her study abroad experience has given her insight about traveling internationally, which compliments her majors and career goals.





June Awareness—LGBTQ Pride Month

This month we will be celebrating LGBTQ Pride Month. In June of 1969, members of the gay community stood together at the Stonewall Inn in the Greenwich Village neighborhood of Manhattan during a police raid where a riot started. Facing continued discrimination and harassment, the Stonewall Riots marked the beginning of the gay movement liberation and the continued fight for LGBTQ rights. Gay activist alliances were formed. In June of 1970, which marked the first anniversary of the Stonewall Riots, pride marches started. The Denver Pride Celebration will be held in Civic Center Park on June 16-17. For additional resources and support please visit the [National LGBTQ Task Force](#), [GLBT Community Center of Colorado \(The Center\)](#), and [The LGBTQ Student Resource Center @ Auraria](#) websites.

History.com Staff (2017). *Stonewall Riots*. Retrieved from URL: <https://www.history.com/topics/the-stonewall-riots>.

July—Cleft and Craniofacial Awareness & Prevention Month



July is cleft and craniofacial awareness. This condition affects thousands of infants, children, teens and adults in the United States each year. Some are born with this condition that can develop as early as the first three months of pregnancy. Others either end up being burned, or injured in an accident. About one in every seven-hundred babies is born with a cleft in the U.S. Children who are born with cleft lip and palate need medical treatment, if not treated the condition can cause a child's speech, eating, appearance, and hearing to be affected. When children who are born with this condition are treated successfully, they can live a regular life. But it isn't that way in developing countries. Many of these children suffer unrepaired clefts. Several children end up being abandoned after they are born or kept hidden from society. As they get older children find it difficult to attend school, communicate, get married or find a job. The Transforming Faces organization helps children with surgery and rehabilitation, they believe that no child should be left without treatment and support. They advocate for quality reconstructive surgery and ongoing rehabilitation.

For more information go to: <https://transformingfaces.org/2013/07/02/national-cleft-craniofacial-awareness-prevention-month/>

KUDOS

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

JUST A LITTLE NOTE...
KUDOS

- ☆ Vicky Lin started a new position with IMA Financial!
- ☆ Mardochee Mafuana was selected to be on the Business School, Dean's Student Advisory Council!
- ☆ Leah Porter will be an intern at ACC during the summer and received the ELC summer intern scholarship!

You can do it.

TRiO SSS and McNair Summer Tutoring

The TRiO SSS and McNair programs are providing tutoring for our students in the summer. If you need help or are struggling with Math and/or Science classes come to our open lab tutoring sessions with our McNair Graduate Assistant, Hiba Eltom. She is available to meet on Mondays from 4 pm-5 pm and Fridays from 3:00 pm-5pm. Tutoring will take place in the TRiO SSS and McNair Office, SC, Suite 2011, Solution Room 1.

Subjects include:

- ☆ Math through Pre-Calculus
- ☆ Biology Courses
- ☆ Chemistry and Biochemistry
- ☆ Physics

THINK LIKE
A PROTON.

ALWAYS
POSITIVE.



McNair Corner



Hello,

This is an exciting time for McNair in that we have much to celebrate. As you all know, the McNair program is all about aiding students in their pursuit of graduate school and beyond. Although we are only in the first year of the McNair program here at CU Denver – we are proud to announce that a couple of our participants have made grand strides towards their goals! Both Vraj Patel and Cynthia Cordova are graduating at the end of the summer semester 2018 and have been accepted to graduate school. Here are some details on our two matriculating scholars!



Cynthia Cordova

Cynthia Cordova has been accepted to the School of Public Affairs and will be pursuing a Master's degree in Criminal Justice. Cynthia will research the juvenile correctional facilities and the impacts of rehabilitation versus incarceration. Her future academic plans include pursuing her Ph.D. in Public Affairs with an emphasis on Criminal Justice.

Vraj Patel

We are excited to announce Vraj has been accepted to the Master of Science in Bioengineering program at the Anschutz Medical Campus. After completing the degree, Vraj plans to obtain his Ph.D. in bioengineering from AMC as well. The following picture is of Vraj presenting his research at this year's 2018 RACAS symposium.



Summer Recipe—Strawberry Limeade Slushies

These easy Strawberry Limeade Slushies are full of fresh berries and are a refreshing drink on a hot summer day.

Preparation Time: 5 minutes

Yield: 4 drinks

Ingredients

- ☆ 2 cups halved fresh strawberries, washed & hulled
- ☆ 2 cups ice cubes
- ☆ 3/4 cup water
- ☆ 1/4 cup lime juice
- ☆ 4 Tablespoons sugar
- ☆ 4 fresh strawberries
- ☆ lime slices

Instructions

- ☆ Place everything in a large blender. Process until smooth.
- ☆ Pour into 4 cups. Garnish with a fresh strawberry and lime slice, if desired. Serve immediately.



Notes: Try making these with Sprite or 7-Up for a fun twist.

https://insidebrucrewlife.com/2016/06/strawberry-limeade-slushies/#_a5y_p=5474292

Denver Free Days



Month of June

June 5 and 6
Chatfield Farms
(All Day)

Denver Botanic Gardens
(All Day)

Children's Museum of Denver at Marsico Campus
(4 pm–8 pm)

June 8
Four Mile Historic Park
(12 pm–4 pm)

June 8, June 15, June 22, and June 29
Clyfford Still Museum
(5 pm–8 pm)



June 10, June 17, and June 24
City Park Jazz Free Concert
(6 pm–8 pm)

June 14, June 21, and June 28
Parker Arts-Free Summer Concerts at Discovery Park
(6 pm–8 pm)

June 9 and June 10
The Longmont Museum

June 23
Golden History Museum & Park

June 22 and 23
16th Street Fair in downtown Denver
(11 am–7 pm)

Month of July

July 1, July 8, July 15, July 22, and July 29
City Park Jazz Free Concert
(6pm–8pm)

July 3
Chatfield Farms
(All Day)



Children's Museum of Denver at Marsico Campus
(4 pm–8 pm)

July 4 (All day) and July 6 (5 pm–9 pm)
Museo de las Americas

July 5, July 12, July 15, July 19, and July 26
Parker Arts-Free Summer Concerts at Discovery Park
(6 pm–8 pm)

Denver Museum of Nature & Science
(4 pm–10 pm, only on Jul 5)

July 6, July 13, July 20, and July 27
Clyfford Still Museum
(5 pm–8 pm)

July 7 and July 8
Denver Art Museum
(All Day)

July 13
Four Mile Historic Park
(12 pm–4 pm)



July 14 and July 15
The Longmont Museum
(All Day)

July 19 and July 20
Denver Botanic Gardens
(All Day)

You can visit the Scientific and Cultural Facilities District (SCFD) website for more information on Denver Free Days at: <http://scfd.org/p/free-days-calendar.html>.

Director's Corner



Greetings Dear TRiO SSS students,

Hopefully you all are enjoying a restful and productive summer semester. I know a few of you are taking summer classes and so we hope to see those of you in school this summer come in and visit with us and utilize the computer lab. Know also that Henry, Daniela and I are available to meet with you and help in any way possible, as are our student staff, Ranks, Alejandra, Cynthia and Jessica Pineda, so come in and visit with us this summer.

We have looked over your spring grades and for many of you, you did very well. Congratulations! For those of you who struggled a bit over the spring semester, please come in and see us. We can help you plan out your studies so that you will have greater success this upcoming fall semester. I will be working soon on the list of students who completed requirements for the TRiO SSS Book Scholarship. Once that list is compiled, I will share it with the Scholarship Office out of FASO and hopefully, for those of you receiving the scholarship, it will post to your account in early August. If it isn't on there and you are pretty sure you made all the requirements, come in and see me and we will review your file. For those of you who did complete all the requirements, including GPA, Congratulations! Way to Go! Continue on that same path this next semester. We will email you all the Book Scholarship requirements for Fall 2018 in early August, so be on the lookout for that, along with instruction for accessing Money 101 so you can begin completing your financial literacy requirement for Fall 2018 early in the semester. Unfortunately, we do not have the COSI scholarship to award to TRiO SSS students this semester, but I believe FASO will have COSI funds again next year. I will find out how they plan to use those funds this next year and get back to you as to whether you can apply for additional scholarship funding.

I wish you the best over these summer months. Whether you are working, taking summer classes or just relaxing over the summer term, I hope you will all have the opportunity to have some fun in the sun and be sufficiently rested enough to come back strong in Fall 2018. If you are not able to go out of town this summer, enjoy the activities that abound in the Denver metro area, like the upcoming Juneteenth Music Festival on 6/16, and or Pridefest on the same weekend, to name just a few. The Annual Dragon Boat Festival is coming up on July 28 & 29 at Sloan's Lake Park and CU Denver again has a team competing in the Dragon Boat competition. This team received a huge honor this summer with an invitation to compete in Hong Kong International Dragon Boat festivities. This is definitely a team to watch this summer at Sloan's Lake. This edition of the newsletter has highlighted some other fun things to do in Denver, so take advantage of that so you come back to school in the fall refreshed and motivated for another successful semester. Take Care.

~Teresa

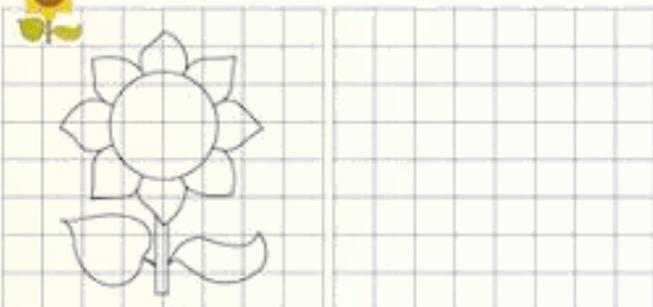
"Good, better, best. Never let it rest. 'Till your good is better and your better is best."
~St. Jerome~

*Start each day
with a
grateful heart*

Fun Activity



Copy the Sunflower



Copy the Rose





Summer Workshops

	<u>Monday, June 11th</u> <i>Procrastination</i> SC, Suite 2000 1:00 pm—2:00 pm	<u>Wednesday, June 13th</u> <i>Coping With Stress</i> SC, Suite 2000 11:30 am—12:30 pm	<u>Tuesday, June 19th</u> <i>Time Management</i> SC, Suite 2000 1:00 pm—2:00 pm
	<u>Thursday, June 21st</u> <i>Graduate School Preparation</i> SC, Suite 2000 2:00 pm—3:00 pm	<u>Monday, June 25th</u> <i>Resume Basics</i> SC, Suite 2000 11:00 am—12:00 pm	<u>Thursday, June 28th</u> <i>Test Taking Strategies</i> SC, Suite 2000 2:00 pm—3:00 pm
	<u>Monday, July 2nd</u> <i>Motivation and Goal Setting</i> SC, Suite 2000 1:00 pm—2:00 pm	<u>Thursday, July 5th</u> <i>Job Search Tips</i> SC, Suite 2000 2:00 pm—3:00 pm	<u>Wednesday, July 11th</u> <i>Balancing School, Work, and Family</i> SC, Suite 2000 12:30 pm—1:30 pm
	<u>Thursday, July 12th</u> <i>Financial Literacy: Managing your Finances</i> SC, Suite 2000 1:30 pm—2:30 pm	<u>Monday, July 16th</u> <i>Concentration</i> SC, Suite 2000 11:00 am—12:00 pm	<u>Wednesday, July 18th</u> <i>Effective Communication</i> SC, Suite 2000 10:30 am—11:30 am

"If you really want to do something, you'll find a way. If you don't, you'll find an excuse." ~ Jim Rohn

Important 2018 Summer Dates

First Day of Summer Session Classes	June 4th
Last day to drop a class without a \$100 drop charge	June 8th
Census Date until 5:00 pm; Last day to ADD and WAITLIST	June 12th
Independence Day (No classes. Campus closed.)	July 4th
First Day to WITHDRAW from a class with a required authority signature on a Late Withdraw Petition Form	July 9th
End of Summer Semester	July 28th
Final grades available on UCDAccess and transcripts (tentative)	August 2nd
Summer degrees posted on UCDAccess and transcripts (tentative)	September 5th