

THE PILLAR

A MONTHLY JOURNAL OF THE TRiO SSS COMMUNITY

“Helping Students Realize Their Full Potential”



Summer 2019
ISSUE

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Student Spotlight—Breanna Barraza



TRiO Student Support Services is happy to spotlight Breanna Angel Barraza in this summer's newsletter. Breanna will be graduating with a Bachelor of Science in Business Administration degree with an emphasis in Marketing and Sports Business. She started her college career at the Community College of Denver where she took her time to figure out the major she wanted to pursue and ease into college. She joined the TRiO SSS program and met many friends and faculty who helped her transition from high school to college. After sometime at the Community College of Denver, she transferred to CU Denver. She was accepted into the Business School. Once she started her courses, she realized what she wanted to study, which was marketing as well as sports business. When asked about her favorite college memory Breanna stated, "My favorite memory that I had in college is when I was

accepted to CU Denver. That moment is something that I would never forget. I cried out of happiness because I knew that I was capable of going to a well-known school like CU Denver." If she were to win a million dollars she was asked what would be the first thing she would do, she stated travel. Breanna enjoys photography, gardening, camping, hiking, baking, watching sports and attending entertainment events.



Her short term goal is to establish a clear understanding on how to become successful as an Inside Sales Representative for the Colorado Avalanche. In addition, she plans to build a great network both in business and her personal life and to take some time for herself to practice self-love and care. She was asked what would be her long term goals. Breanna would like to eventually be accepted and graduate from a master's program as well as to gain a senior level position in the marketing and sports industry. One thing she wished she was told starting college is to begin networking and building relationships. Breanna was asked how TRiO has helped her, she stated "TRiO has been a huge support system through my college career. Being a first-generation student was very challenging as I had no one to turn to and ask for assistance

when doing homework, filling out my FAFSA, and understanding the basics of being a college student." Her advice to other TRiO participants is to never give up on school, even when there is a time when you feel completely lost or alone. She also states, "You are never alone and always ask questions when you are in need." Breanna's favorite quote is "Be fearless in the pursuit of what sets your soul on fire." This is her favorite quote because being fearless is something that she did not learn until recently. She states, "When you are fearless you are capable of whatever you set your mind to." The TRiO SSS Office wishes Breanna continued success. Go out there and be FEARLESS!

Successful Spring 2019 Graduation Celebration



The TRiO Student Support Services, TRiO McNair Scholars Program, Society of TRiO Students Club, and the Student Government Association hosted the Spring 2019 Graduation Celebration on Thursday, May 9th. For the TRiO SSS Program, we had a large number of graduating seniors this semester. Arnaud Konan, CU Denver and TRiO SSS Alumnus was the keynote speaker. He spoke about his personal experience to earn his undergraduate degree. Currently, he is earning a Masters Degree in Applied Mathematics. Honey Zin, CU Denver student and TRiO SSS participant was our entertainer. Her cover of “The Climb” song was GREAT! Los Molinos Catering provided a delicious meal for all guests. The TRiO McNair Scholars Program also presented Certificates of Achievement. The STS Club presented Certificates of Participation to honor those who were actively involved in the club.



Wellness and Recreation—Summer Operating Hours (May 18 - August 18)

Student Wellness Center Hours
 Monday – Friday: 6 a.m. – 7 p.m.
 Saturday: 9 a.m. – 6 p.m.
 Sunday: 9 a.m. – 6 p.m.

Swimming Pool Hours
 Monday – Friday:
 6:30 a.m. – 8:30 a.m.
 11:30 a.m. – 1:30 p.m.
 3 p.m. – 6 p.m.
 Saturday & Sunday:
 12 p.m. – 3 p.m.

Climbing Wall Hours
 Monday – Friday: 12:00 p.m. – 6:00 p.m.
 Saturday: 12:00 p.m. – 3:00 p.m.
 Sunday: CLOSED

Adventure Desk & Bike Shop
 Monday – Friday: 3:00 p.m. – 6:00 p.m.
 Saturday & Sunday: CLOSED

TRiO Explorer—Sade Smith



The TRiO Student Support Services program is happy to highlight Sade Smith's recent study abroad experience to Berlin, Germany. She is majoring in Political Science with a minor in Sustainability. For the future, she is considering studying law. Her trip started on February 22 and ended mid-May. Sade participated in the Berlin: Bridging Global Divides program, which included both coursework and an internship that was central to the programs learning experience. Students also had the opportunity to explore Europe.

As Sade prepared for studying abroad, she continuously asked about financial aid assistance and scholarships, each time taking notes. She stated, "My stress drifted away as professor Stefes, the professor facilitating the program, mentioned the Manson scholarship. I applied and received the Manson scholarship. With the combination of scholarships and financial aid, I found myself in Berlin, Germany." Because flights and trains were cheap, Sade visited Frankfurt and Wiesbaden, Germany, Ghents, Belgium, London, UK, and Amsterdam.



When asked about the biggest thing she learned about herself Sade noted, "I learned that I have a face that some people love (as conceded as that sounds). In Berlin, people starred at me a lot... and honestly, I thought that was weird. Someone had to actually explain to me that this is normal in Germany, and that Germans rarely see black American women... So long story short, I got used to the starring, and after a while, I stopped noticing it as much." One day on a trip to a museum, a photographer asked if she could take a photograph of Sade for an article that she was completing. Sade agreed to the photograph and now is in a paper/magazine overseas.

During her experience, she had the opportunity to visit the Berlin Zoo, which was a nice visit away from her academics. Although she does not agree with the captivity of animals in zoos, the petting zoo provided an interesting experience. She noted that the goats were in front of you, not in cages, and visitors were allowed to touch and feed them.



In addition, she noted that the food selection that was available in Germany was very diverse, as people from all over the world reside there. The price of restaurant food was good/great quality and cheap. Sade also mentioned that not only was the food cheaper than if you cooked it yourself at home, but the beer and other alcoholic beverages were cheaper than bottled water.

Sade stated, "I was fortunate enough to learn German while being in Berlin. I took a two-week course, and honestly, the German course allowed me to communicate with those that did not speak English." Her internship at the Berliner Tafel as well as the Environmental Crisis course was very eye opening for Sade. Based on both of these experiences, she has changed the way that she consumes food and clothing. When she arrived in Berlin, she ate meat. But after learning what the consumption of meats does to the planet as well as the way that animals are butchered, she stopped eating meat.

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Student Spotlight—Continued



She would encourage other TRiO participants to learn about studying abroad. Sade stated, “Don’t be afraid. The unknown seems scary until you enter it. Like many of those also participating in TRIO SSS, my first thought was how can I afford this trip?” Sade noted that when she first arrived in Berlin, she was a bit culture shocked and was the typical American traveler at first, being that she expected everyone to speak English. Sade said, “In a way, I forgot that I was not in Denver anymore. However, after I began making an effort to learn German, everything got a lot easier.” She believes a challenge that many of us should embrace is accepting major adjustments to our day-to-day lives, because on the other side of the planet, people are not living as we are. If you are interested in studying abroad, please visit with a representative from the CU Denver Office of Global Education/Study Abroad! You can visit their website [here](#). Click the “Appointments” tab for scheduling your first-time appointment. As you consider studying abroad make sure to ask about scholarships and your financial aid.



June Awareness—LGBTQ Pride Month

June 28, 2019 will mark the 50th anniversary of the Stonewall Riots. 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 PrideFest will be held in Civic Center Park on June 15-16.

The LGBTQ Student Resource Center will present the “Stonewall 50 Year Anniversary Barbeque.” To commemorate this important anniversary, the LGBTQ Student Resource Center would like to bring members of the Auraria campus together to build community and celebrate the progress that has been made. An art station will be available for folks to decorate a “brick”, representing the bricks that were thrown by the patrons in the riots. The plan is to use these “bricks” in the Center to build a “wall” of support and allyship for the LGBTQ community on campus. On June 28 from 11 a.m. to 2 p.m., they will be hosting a barbecue in the Tivoli Quad. In addition to food, they will have lawn games, music, and a few speakers. Please RSVP via this [Eventbrite Link](#). 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 (2019). *Stonewall Riots*. Retrieved from URL: <https://www.history.com/topics/the-stonewall-riots>]

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.

- ☆ Leah Porter received Outstanding Student Partner Award from the Business School.
- ☆ Breanna Barraza has been hired for a position with the Colorado Avalanche.
- ☆ Jessica Pineda was accepted into the CU Denver, Master of Arts in Political Science Program.
- ☆ Kakada Chev successfully completed his transfer to the Business School.



Free Things To Do This Summer

Festivals and Events

Denver BBQ Festival: June 14-16 Sports Authority Field at Mile High

Denver Pridefest 2019: June 15-16 at Civic Center Park



Museum Days

Clyfford Still Museum: June 18

Four Mile House Museum: June 14

Denver Art Museum: July 6

Tours and Attractions

First Friday Art Walks

Free Denver Public Art Tours

U.S. Mint Tour

Colorado Sports Hall of Fame

Farmer's Markets

Denver Free Walking Tours

Denver Beer Trail

Final Friday in the Golden Triangle

Colorado State Capitol Tour

Denver Central Library

Denver Skate Park

Denver Story Trek

Audio Tour of Denver LGBT History

<https://www.denver.org/things-to-do/spring-summer/free-spring-activities/>

Summer Garden Detox Salad

Ingredients:

4 cucumbers, chopped

2 lbs. cherry tomatoes, chopped

2 cloves garlic, minced

1 yellow bell pepper, chopped

10 oz. radishes, sliced thin

1 red onion, diced very small

2 romaine lettuce hearts, chopped coarse

1/3 cup apple cider vinegar

1/4 cup extra virgin olive oil

1/2 cup chopped fresh parsley

sea salt & pepper to taste

Directions:

Whisk vinegar, oil, garlic, salt, pepper, and parsley.

Very gently toss all chopped vegetables in a bowl with vinegar mixture.

Let sit 10 minutes, and serve.



Alexandria Joo | TRiO Project Specialist

<https://cleanfoodcrush.com/garden-detox-salad/>

Director's Corner



Greetings Dear TRiO SSS students,

Hopefully you all are enjoying a restful and productive summer. 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, 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. Daniela and I are working 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 2019 in early August, so be on the lookout for that, along with instructions for accessing Money 101 so you can begin completing your financial literacy requirement for fall 2019 early in the semester.

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 2019. 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 6/15-16, and or Pridefest on the same weekend, to name just a few, or the Cherry Blossom Festival at Sakura Square on 6/22-13. The Annual Dragon Boat Festival is coming up on July 27 & 28 at Sloan's Lake Park and CU Denver again has a team competing in the Dragon Boat competition. 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~

"All growth is a leap in the dark, a spontaneous unpremeditated act without benefit of experience."

~ Henry Miller



Financial Aid Reminders

Have you completed everything you need for financial aid? Here are some key reminders from the Financial Aid and Scholarship Office. 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 frequently, as a scholarship opportunity may arise. 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 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>

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Financial Aid Recommendations

I. 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 Registrar's Office. If you have not already, submit your FAFSA as soon as possible.

II. 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 the Financial Aid Office communicates with you.

III. 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.

IV. 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.

V. 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.

VI. 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>

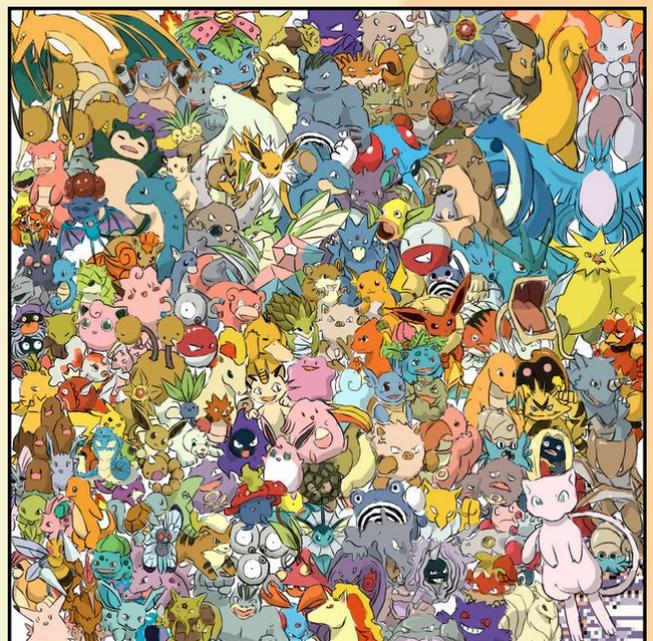
Samaria Stovall | TRIO SSS Peer Mentor

Fun Activity

Can you find the 6-disguised words in this picture?



Can you find Pikachu?



Summer Workshops

	<u>Monday, June 17th</u> Time Management SC, Suite 2000 1:00 pm—2:00 pm	<u>Wednesday, June 19th</u> Coping With Stress SC, Suite 2000 12:00 pm—1:00 pm	<u>Thursday, June 20th</u> Graduate School Preparation SC, Suite 2000 12:30 pm—1:30 pm
	<u>Tuesday, June 25th</u> Procrastination SC, Suite 2000 3:00 pm—4:00 pm	<u>Thursday, June 26th</u> Balancing School, Work, and Family SC, Suite 2000 12:00 pm—1:00 pm	
	<u>Monday, July 1st</u> Motivation and Goal Setting SC, Suite 2000 10:30 am—11:30 am	<u>Wednesday, July 3rd</u> Job Search Tips SC, Suite 2000 2:00 pm—3:00 pm	<u>Tuesday, July 9th</u> Financial Literacy: Budgeting SC, Suite 2000 1:30 pm—2:30 pm
	<u>Thursday, July 11th</u> Resume Basics SC, Suite 2000 2:00 pm—3:00 pm	<u>Monday, July 15th</u> Test Taking Strategies SC, Suite 2000 11:00 am—12:00 pm	<u>Wednesday, July 17th</u> Concentration SC, Suite 2000 3:00 pm—4:00 pm

Important 2019 Summer Dates

First day of summer session classes	June 10th
Last day to drop a class without a \$100 drop charge	June 14th
Last day to add/waitlist for summer via UCDAccess	June 16th
First day to add classes with the Late Add Form with instructor approval	June 17th
Census Date until 5:00 pm; Last day to drop summer semester classes without final adjustment	June 18th
Independence Day (No classes. Campus closed.)	July 4th
Last day to WITHDRAW from a class via UCDAccess	July 14th
First day to WITHDRAW from a class with a required authority signature on a Late Withdraw Petition Form	July 15th
Last day to WITHDRAW from a class with a required authority signature on a Late Withdraw Petition Form	July 24th
End of summer semester; last day to authorize College Opportunity Fund via UCDAccess	August 3rd
Final grades available on UCDAccess and transcripts (tentative)	August 8th
Summer degrees posted on UCDAccess and transcripts (tentative)	August 30th