

# THE PILLAR

A MONTHLY JOURNAL OF THE TRIO SSS COMMUNITY

"Helping Students Realize Their Full Potential"

April 2020  
ISSUE

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## Mission Statement

The University of Colorado Denver TRIO Student Support Services Program is a holistic student development program that is dedicated to helping each student reach his or her full academic potential.

## Student Spotlight — Chelsea Situmeang



The TRIO SSS Program is pleased to highlight Chelsea Situmeang's undergraduate journey. She is an active participant in the program and will be graduating this semester with a Bachelor of Art degrees in Public Health and Ethnic Studies. When she started her undergraduate journey, she wished someone would have told her to apply for work-study positions and apply for a credit card after she gained a semester of work-study experience. She stated, "If I started working on campus after gaining one semester of college experience, I think I would have had a set foundation of essential job skills, professional development, project management, research, and public speaking skills. I took advantage of the work-study experience to build my resume as soon as possible, maintain good grades, and a social life! Also, if I could have built my credit during my second or third semester of college, I would have been able to purchase my first car and financially invest in my side gig of becoming a YouTube makeup influencer."

Chelsea started college in 2011 at CU Denver and has been in school for 9+ years. She stated, "I'm not what you call a traditional college student and I am okay with that because I have a unique story. I had this preconceived notion with some pressure from my peers that I was supposed to graduate in four years with a Biology degree or else I would not get into medical school." Her parents wanted her to become a registered nurse to make quick money and help around the house, but that was not what she wanted to do in life. She had no interest in becoming a nurse or doctor. She was struggling in her biology courses, her cumulative GPA was low and she ended up on academic suspension. After her being on academic suspension, she experienced depression. She noted, "I was not in school for a year, had no job, and experienced isolation. At this stage, I was going through depression and I thought that getting a college degree was the end for me. It did not even help that I was also dealing with a chronic autoimmune disease called Lupus since I was diagnosed at 16 years old."

It was not until Teresa De Herrera, former TRIO SSS Director reached out to her, to fill out the exit interview form. That is when Chelsea came in and took that time to vent to her about her situation. Teresa encouraged her to apply at the Community College of Denver (CCD) to graduate within 2 years or less, which she did, and was the best college experience for her. During her time at CCD, she was able to get her first work-study position and stayed working for the Call Center for more than two 2+ years. She was part of the White House E3! Ambassador for the White House Initiative on Asian Americans and Pacific Islanders, a student member on the CCD Student Advisory Board Committee for former Vice-President of Enrollment Administration and Student Success, Dean of Enrollment Services Hiring Committee, part-time employee of the Semester in Enrollment Services and received the President's Service Award (2016). As you can tell her college experience at CCD was amazing.

CONTINUED ON NEXT PAGE...



## Spotlight Continued — Chelsea Situmeang



After she graduated from CCD, she ended up reapplying to CU Denver majoring in Public Health. She stated, “This major was the perfect fit because I noticed an improvement in my grades, GPA standing and gained an interest in public health.” While taking a few Public Health courses, she noticed the lack of emphasis and focus on injustice issues, so she decided to take a course called ETST 2000 - Introduction to Ethnic Studies with Dr. Kim Kennedy-White. After taking this course, she ended up declaring a second major in Ethnic Studies and it was the best decision ever! She is in her last semester in college and can truly say that she has found her passion and interests, which include social justice, justice equity, policy, education and health.

One last note, if you’re wondering what she would like to do with these two fantastic degrees, it’s to change the education curriculum in the U.S., mandate Ethnic Studies in primary, secondary and higher education systems and become a teacher and policymaker.

Her long-term goals include working as a high school educator teaching Ethnic Studies at multiple Aurora Public Schools, research in state and out-of-state graduate school programs that focus on education curriculum and education policy as well as improving her chronic autoimmune disease called Lupus. Her short-term goals include passing two of her courses for Public Health, updating her resume, applying for full-time positions, studying for GRE, studying for the teaching license certificate, and booking her trip out of the country as a graduation gift for herself. Chelsea’s hobbies include but not limited to journaling, reading, watching movies and television shows, creating visual body art, and trying new foods. Her interests are spending quality time with her family, friends, and partner. She likes to travel, interpret her horoscope readings, cooking, volunteering, social justice, justice equity, health equity, and policy as well as education.

She was asked what was her favorite memory in college and she stated, “My favorite memories in college was when my Health Policy professor Dr. Ronica Rooks asked me if I wanted to work with her as a Research Assistant and become a co-author on her Diversity and Inclusion Pedagogy research which will be published soon.” This is one of her great accomplishments and opportunities. She was then asked how TRIO has helped her and what advice would she give to other TRIO participants? She mentions, “The TRIO program has helped me financially pay for my college courses, GRE prep course, textbook materials, school equipment, etc.” She goes on to say, “For the past two semesters, I have been working three part-time jobs to pay for my college education, help pay bills at home, and have set aside funds for traveling and graduate schools. Last but not least, she would like to thank the three biggest supporters from the TRIO staff and Community College of Denver Call Center staff that have been there for her when times were rough, Teresa DeHerrera, Daniela Castorena and Gustavo Rivas. They have been true advocates in my educational and personal journeys. Without them in my support system, I wouldn’t be where I am today.” Advice she would give to other TRIO participants is for them to find their support system; whether that is five individuals or just one person. She stated, “When times get rough and I mean either financially, emotionally, physically, etc., you’re going to have times where you need to talk to someone and that someone will be there to listen and provide guidance where you either take it or leave it. It’s also important to find people that have gone through similar experiences. These people could be future classmates from your next semester course, a teacher assistant, a professor or two, the custodian, or even a staff member from TRIO. It’s not too late to build your support system!”

Chelsea leaves us with her favorite quote, “Social equity emphasizes change in public management. Social equity emphasizes responsiveness to the needs of citizens rather than the needs of public organizations. (Frederickson, 1990, p. 228).” This is her favorite quote because of her past and current educational experiences in public education. Her interest in education, policy, and passion for social justice equity is a reminder that there is still work to be done in the pursuit for social justice. The TRIO SSS program is happy to know that she will be graduating soon and we have the pleasure to work with her. We wish her luck in her future endeavors.



## Earth Day—DIY Gardening—Bird Bath

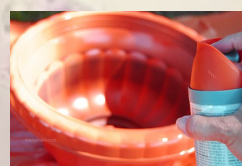
As you may know, Earth day is coming up and you might want to do something creative that day to celebrate the importance of our planet and how essential it is to protect our environment such as our birds, plants, and flowers. April 22nd is a day used to focused on the promotion of implementing a healthier and cleaner way of living. Gardening for example, plays a vital role in everyone's nature. Something you can do to take care of birds is to make a bird bath to put in your garden. Water helps birds keep themselves cool from both inside and outside, as well as it keeps them clean. The following are the items you need to make a bird bath:

### SUPPLIES

- ✓ 17-inch plastic urn
- ✓ 10-inch terra-cotta saucer
- ✓ Potting mix
- ✓ 12-inch poly plastic Urn
- ✓ Spray paint
- ✓ Flowers

### INSTRUCTIONS

1. Drill 4 to 5 holes on the large plastic urn for the water drainage.
2. Spray paint the 17- and 12-inch urns and the 10-inch saucer with the color you choose (Craft Paint).
3. Place the 12-inch poly plastic urn upside-down on top of the 17-inch urn like shown here.
4. Fill a little bit of potting mix around the urn and then place the flowers one by one. Try to place the different colors interchanged so all the colors would show around.
5. Place the saucer on top of the small urn, then put some water on it and its done!



### Sources:

<http://mamitalks.com/2012/07/diy-bird-bath.html>

<https://study.com/blog/what-is-earth-day-and-why-do-we-celebrate-it.html>

**ALEXA DOMINGUEZ-ESTRELLA | TRIO SSS OFFICE ASSISTANT**

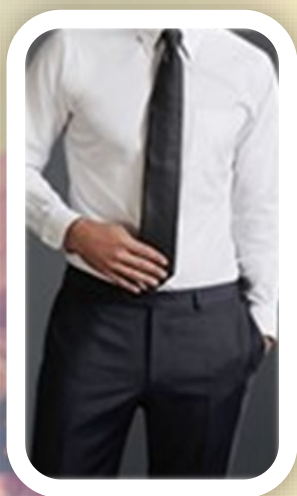
## Clothes Matter!—Dress for Success—Men

Your first impression during an interview is important. How you dress is an essential part. Appropriate attire varies among industries. The CU Denver Career Center noted it is better to err on the side of being overdressed rather than underdressed. As you continue reading, you will find practical and helpful tips to dress for success for men. Wear clothes that fit well to your body, are clean, and wrinkle free.

For most interviews you'll most likely end up dressing professionally and wearing a suit. Suits will consist of a dress shirt, jacket, dress pants that match, dress shoes, tie, and socks. When it comes to the color of your suits, consider dark solids like black, navy blue for dress pants and jacket, the shirt should be a light color to have contrast. The tie should complement the color of the entire outfit and should not be to "flashy" or bright. When wearing a tie, the length should reach around belt line. The same goes with socks as the color should also complement the suit. When it comes to leather dress shoes it will usually be a black or brown color.

Hygiene is also important. Make sure that you have showered, have a clean hair style and trim facial hair (if you have) and brush your teeth. In terms of jewelry, you may wear a watch or your wedding band, if applicable, and a small pair of cuff links. If you have an earring, you may consider removing during the interview. In addition, consider wearing your favorite cologne lightly. Some people are allergic to cologne. Take a high quality black leather portfolio to carry additional copies of your resume, paper, and pen to take small notes during interview.

Put together an outfit that you look good in and makes you feel confident. So, what are some sample outfits? Here are some "dress for success" examples:



### Source

<https://careernetwork.msu.edu/jobs-internships/appearance-and-attire/dressing-for-interviews.html>

CRISTIAN SARABIA | TRIO SSS PEER MENTOR

## Here to support you! Registrar, Financial Aid, and Lynx Center

While CU Denver staff is working remotely, they are still here to help. They are continuing with regular business hours, Monday – Friday, 8 am – 5 pm, and encourage you to email them with your questions.

[Registrar@ucdenver.edu](mailto:Registrar@ucdenver.edu)  
[FinancialAid@ucdenver.edu](mailto:FinancialAid@ucdenver.edu)  
[LynxCenter@ucdenver.edu](mailto:LynxCenter@ucdenver.edu)





## The Thief of Time...Procrastination

As we practice social distancing to prevent the spread of COVID-19, we tend to find ourselves living a new kind of life. A life where we work remotely and having our social exposure extremely severed. However, the luxury of having the responsibilities that accompany life, haven't wilted as this pandemic continues. The goals and dreams that were held and put forth into words and actions cannot be put on pause. Thus, as we continue to maintain our livelihoods, we would forever be faced with the struggle of procrastination. In this article, I will share several anti-procrastination strategies to adopt to ensure your continued success and sense of accomplishment. Here are several ways to minimize procrastination:

I PUT THE  
**PRO** IN  
PROCRASTINATION

- ✓ Forgive yourself for procrastinating in the past. Studies show that self-forgiveness can help you to feel more positive about yourself and reduce the likelihood of procrastination in the future. (Wohl, 2010)
- ✓ Commit to the task. Focus on doing, not avoiding. Write down the tasks that you need to complete and specify a time for doing them. This will help you to proactively tackle your work.
- ✓ Promise yourself a reward. If you complete a difficult task on-time, reward yourself with a treat, such as a slice of cake or a coffee from your favorite coffee shop. And make sure you notice how good it feels to finish things!
- ✓ Ask someone to check-up on you. Positive Peer pressure works! This is the principle behind self-help groups. If you don't have anyone to ask, an online tool such as Procraster can help you to self-monitor.
- ✓ Act as you go. Tackle tasks as soon as they arise, rather than letting them build up over another day.
- ✓ Rephrase your internal dialog. The phrases "need to" and "have to," for example, imply that you have no choice in what you do. This can make you feel disempowered and might even result in self-sabotage. However, saying, "I choose to," implies that you own a project, and can make you feel more in control of your workload.
- ✓ Minimize distractions. Turn off your email and social media and avoid sitting anywhere near a television while you work!
- ✓ Aim to complete the daunting task first, every day! Get those tasks that you find least pleasant out of the way early. This will give you the rest of the day to concentrate on work that you find more enjoyable.

### Source

Wohl, M. J. A., Pychyl, T. A., & Bennett, S. H. (2010). I forgive myself, now I can study: How self-forgiveness for procrastinating can reduce future procrastination. *Personality and Individual Differences*, 48(7), 803-808. doi:10.1016/j.paid.2010.01.029

*Stay Productive, Stay Motivated, Stay Safe  
and most importantly Stay Healthy!*

**CARLOS GUILLEN | TRIO SSS PEER MENTOR**



## Book Recommendation—Good Vibes, Good Life!

Hello,

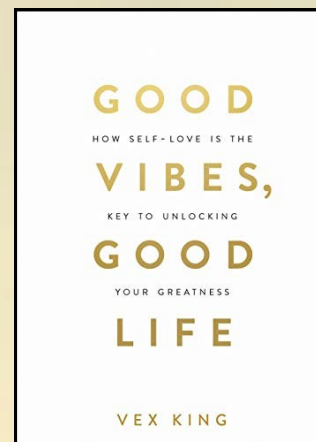
I hope you all are doing well. I would like to make a recommendation to read a book called "Good Vibes, Good Life" by Vex King in your free time during this anxious period in our lives. It is a self-help book and is very easy to read. The chapters in it are not repetitive like other books. It teaches you how to bring good things to your life, how to be happy, and how to be a better person.

Based on my research, reading books has a lot of benefits for us. It helps increase focus, maintain calmness, and improves our writing capabilities. It also helps with reducing anxiety and stress. Reading prevents some chronic mental illnesses such as depression, nervous tension, lethargy, and boredom.

I have been reading this book for a couple days now and I highly recommend it because each chapter talks about different topics such as confidence, self-time, deep thinking, meditation, and about other good things that would help you in life. If you want good vibes, positivity, and self-love in your life you should read it.

Vex King is a social media influencer, he is a writer, a lifestyle entrepreneur and a mind coach. What I like about his book is that he uses so many examples from his own life. In some chapters, King mentions some hardships he has been through growing up as a kid, which I personally can relate to. I think it is very interesting when an author puts his own experience in their writing. He also wrote very powerful quotes. One of the quotes that I really liked states, "Sometimes you have to unplug yourself from the world for a moment, so you can recharge yourself." Here King is talking about how social media has a positive and negative impact on our lives, and that this is something that we really need to watch out for. In addition, he talks about the significance of actively experiencing gratitude in your daily life as much as you can. Throughout, "Good Vibes, Good Life" book, King teaches us about how important it is to stay positive, yet not to ignore the moments where you feel down and you do not feel as great, since it is okay to be aware of those feelings. You should let those feelings pass through. In his book, King leaves the lesson of how to acknowledge when you have your hard moments and to make happy choices even, if you have moments of feeling down.

**NAZIK JAMEEL | TRIO SSS OFFICE ASSISTANT**



## National Financial Literacy Month

Financial literacy is the possession of the set of skills and knowledge that allows an individual to make informed and effective decisions with all of their financial resources. A deficiency in financial literacy plagues the world. In Australia, 67 percent of respondents indicated that they understood the concept of compound interest, yet when they were asked to solve a problem using the concept only 28 percent had a good level of understanding. A British survey found that consumers do not actively seek out financial information. The information they do receive is acquired by chance, for example, by picking up a pamphlet at a bank or having a chance talk with a bank employee. A survey in the US found that four out of ten American workers are not saving for retirement. Another survey stated that four out of five U.S. workers live paycheck to paycheck.



In a practical sense, financial literacy comes from properly managing debt, accurately calculating interest, and understanding the time value of money. It includes the knowledge of making correct decisions about a range of purchases from college tuition to insurance to tax planning. Lack of understanding often leads to owing large amounts of debt and potentially bad credit.





One simple step to increasing your financial literacy is learning budgeting techniques. Most Americans live paycheck to paycheck, and it's largely because of a gap between what the math says they can afford and what they actually spend. It's an elementary strategy that requires simple addition and subtracting. Another strategy is to build an emergency fund to handle life's big curveballs like a global pandemic such as COVID-19. Another big part of financial literacy is understanding how debt affects people and inhibits ability to invest in the future. Ultimately, financial literacy has a large impact on society. A better understanding will not only allow you to make the best decisions, but also help you live a healthier, happier, and less stressful life. The TRIO Student Support Services offices will be providing three financial literacy sessions this April. Check out the workshop calendar.

**VRAJEN PATEL | TRIO SSS PEER MENTOR**



## Brain Teasers

*Popular word picture puzzles with hidden meanings made with letters and words, which cryptically represent a word, phrase, or saying. Solve the puzzles!*

STA4NCE	FUNNY FUNNY WORDS WORDS WORDS WORDS	CUT  CUT CUT CUT CUT CUT CUT CUT CUT	 STICK  
PERSONALITY PERSONALITY	SHOW	talk	O_ER_T_O_
FEET  T33T T33T	GET GO	SHUT  SIT	JACK

## Kudos



**kudos**®

Have an accomplishment? Please tell TRiO about it.  
Please send KUDOS to Henry Ornelas, TRiO SSS Program Manager.  
Click [HERE](#) to send him a message!

- ☆ Alan Prieto was offered position with Xcel Energy starting at end of semester!
- ☆ Alex Morales will present at the RMPA Conference in April!
- ☆ Nazik Jameel was accepted to the 5-Year graduate school program at the AMC School of Public Health!
- ☆ Cristian Sarabia, McNair Scholar was accepted into the Master's of Public Health Program with a concentration in Global Health and Epidemiology at the AMC School of Public Health!

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

## College of Liberal Arts and Sciences—Academic Advising Basic Workshop

### WORKSHOP SUMMARY:



"In a national survey of over 225,000 undergraduates enrolled in 425 U.S. colleges and universities, academic advising was second only to quality of instruction in most important aspects of the college experience. – College Student Journal, 2009."

We do more than just helping you pick classes! Come find out what else academic advisors can offer you to ensure you get the most out of your experience here at CU Denver. This workshop will be geared toward College of Liberal Arts & Sciences students but all students are welcome.

**Presenter: Ken Lee, CLAS Academic Advisor**  
**Academic Advising Basic Workshop**  
**Monday, April 6 | 1:00 pm—2:00 pm**  
**Register at: <https://bit.ly/33WdqDT>**



# April Workshop Calendar

Mon	Tue	Wed	Thu	Fri
<b>REGISTRATION REQUIRED</b> <i>ALL April Skill Building and Financial Literacy workshops will be held via ZOOM Meeting.</i>		1	2	3
<b>6</b> <sup>1</sup> <b>STUDENT LIFE</b> <b>Lunch and Lead:</b> <b>Managing Change</b> <b>12:30 pm—1:30 pm</b> <hr/> <sup>2</sup> <b>TRIO SSS &amp; CLAS</b> <b>Academic Advising Basics</b> <b>1:00 pm—2:00 pm</b>	<b>7</b> <sup>2</sup> <b>TRIO SSS</b> <b>Stress Management</b> <b>Made Simple!</b> <b>Coping with Stress</b> <b>10:00 am—11:00 am</b>	<b>8</b> <sup>2</sup> <b>TRIO SSS</b> <b>Make Things Happen!</b> <b>Motivation and Goal Setting</b> <b>2:00 pm—3:00 pm</b>	<b>9</b> <sup>2</sup> <b>TRIO SSS</b> <b>Improve Your Productivity!</b> <b>Time Management</b> <b>1:00 pm—2:00 pm</b>	<b>10</b> <p>YOU WILL NEVER ALWAYS BE MOTIVATED, SO YOU MUST LEARN TO BE DISCIPLINED.</p>
<b>13</b> <sup>3</sup> <b>LRC</b> <b>Study Skills for New Students</b> <b>2:00 pm— 3:00 pm</b>	<b>14</b> <sup>3</sup> <b>LRC</b> <b>Study Skills for New Students</b> <b>12:30 pm— 1:30 pm</b>	<b>15</b> <sup>2</sup> <b>TRIO SSS</b> <b>Now or later?</b> <b>Procrastination</b> <b>3:00 pm—4:00 pm</b>	<b>16</b> <sup>4</sup> <b>TRIO SSS</b> <b>Financial Literacy:</b> <b>Managing Your Finances</b> <b>1:00 pm—2:00 pm</b>	<b>17</b> <p><b>APRIL FINANCIAL IS LITERACY MONTH</b></p> 
<b>20</b> <sup>2</sup> <b>TRIO SSS</b> <b>Beginners Guide:</b> <b>Resume Basics</b> <b>12:00 pm—1:00 pm</b> <hr/> <sup>3</sup> <b>LRC</b> <b>Test-Taking Skills</b> <b>2:00 pm— 3:00 pm</b>	<b>21</b> <sup>4</sup> <b>TRIO SSS</b> <b>Financial Literacy:</b> <b>Saving Strategies and Retirement</b> <b>10:00 am —11:00 am</b> <hr/> <sup>3</sup> <b>LRC</b> <b>Test-Taking Skills</b> <b>12:30 pm— 1:30 pm</b>	<b>22</b> 	<b>23</b> <sup>2</sup> <b>TRIO SSS</b> <b>Little Known Ways to Balance School, Work, and Family</b> <b>11:00 am—12:00 pm</b>	<b>24</b> <p>One small positive thought in the morning can change your whole day</p>
<b>27</b> <sup>2</sup> <b>TRIO SSS</b> <b>Tips for Graduate School That You Absolutely Can't Miss</b> <b>Graduate School Preparation</b> <b>12:00 pm—1:00 pm</b>	<b>28</b> <sup>2</sup> <b>TRIO SSS</b> <b>Are you Distracted?</b> <b>Concentration</b> <b>2:00 pm—3:00 pm</b>	<b>29</b> <sup>4</sup> <b>TRIO SSS</b> <b>Financial Literacy:</b> <b>Budgeting Basics</b> <b>11:00 am—12:00 pm</b>	<b>30</b> <sup>2</sup> <b>TRIO SSS</b> <b>Professional Development:</b> <b>Effective Networking</b> <b>1:00 pm—2:00 pm</b>	<p><b>TRY</b>  —YOUR—  <b>BEST</b></p>

**REGISTRATION REQUIRED—\*Non-TRiO workshops are subject to change**

**<sup>1</sup>Student Life Lunch and Lead Workshops**

✓ **Registration Required:** RSVP at: <http://www.ucdenver.edu/life/services/studentlife/Leadership/Pages/Lunch.aspx>

**<sup>2</sup>TRIO SSS Skill Building Workshops**

✓ **Registration Required:** RSVP at: <https://bit.ly/33WdqDT>

**<sup>3</sup>Learning Resources Center Academic Development Workshops**

✓ **Registration Required:** RSVP at: [https://forms.ucdenver.edu/secure/sa\\_lrc\\_academic\\_development\\_workshop](https://forms.ucdenver.edu/secure/sa_lrc_academic_development_workshop)

**<sup>4</sup>TRIO SSS Financial Literacy Workshops**

✓ **Registration Required:** RSVP at <https://bit.ly/3bvroz8>