



THE PILLAR

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



April 2024
ISSUE

Page Guide

Page 1

- Student Spotlight

Page 2

- Spotlight Continued
- National Financial Literacy Month
- New Office Assistant

Page 3

- New Peer Mentors

Page 4

- Recipe—Ultimate Bento Box

Page 5

- Workshop Calendar

Hello April

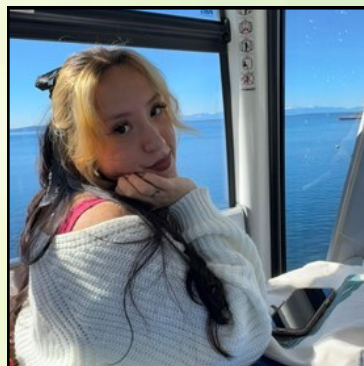
- A**lways keep moving forward,
- P**ushing your limits, and
- R**emember, each obstacle
- I**s a chance to grow, to
- L**earn from the past and thrive



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—Jhovanna Lara Quezada



The TRIO Student Support Services program is happy to spotlight Jhovanna Lara Quezada. She has been an active member of the program since the fall of 2022. She will be graduating with a Bachelor of Arts degree in Criminal Justice with a Minor in Psychology and a Victims & Victim Services Certificate. As a first-generation college student her journey has been interesting. One of her strongest characteristics is her solid work ethic. She has done an excellent job at managing her personal, academic, and work responsibilities. She has also successfully completed an internship in the fall 2023 semester and made the Dean's List several semesters.

When asked what her college experience was like she noted, "I personally am a huge fan of school and the idea of the environment, so my experience was just what I was expecting. Long nights studying, procrastinating, but reminding myself how worth it would be all one day." Jhovanna mentioned that she regrets not being involved in as many extracurricular activities but realizes her academics were tough but rewarding. Her biggest challenge in her undergraduate journey was truly choosing a career. The hardest part was finding something she wanted to fully commit to and what she could give her best work with so many options out there. Making sure she picked the right one for herself was a lot of pressure and commitment.

When asked what her favorite memory in college was, she shared "Getting to learn more about others around me who are just as dedicated as I am in my career and finding friends within my field." In addition, Jhovanna was asked about one thing she wished she was told when she started college. That one thing was asking for help. She mentioned college is already scary enough so having assistance, advisors, and programs there to help was a nice weight off her shoulders. TRIO has been super helpful with all the workshops that are offered including resumes guidance, money management, budgeting, credit cards, and much more. She shared, "The workshops were genuine and help with topics that are not introduced to us students as much as they should be. I would advise students to take advantage of this help and these workshops, one can really learn so much."

Jhovanna's short-term goal is to book another flight anywhere. She is a huge fan of traveling and would love to continue to travel to unknown places. Her long-term goal is to seek employment within her field after graduation. Her personal goal is to feel happy and to dedicate time for her overall well-being and to build healthy habits. Her favorite quote reads, "And somehow, after everything, she still bloomed in the way she was meant to." This quote resonates with Jhovanna because it reminds her that everything comes at its own pace. She may have had to jump hurdles and go through sad and hard moments to find her way to the happy and rewarding ones. Her favorite hobbies include going to the gym and going out to social events.

CONTINUED ON NEXT PAGE...

Spotlight Continued



One of the first things she would do if she won a million dollars would be to surprise her parents with a trip back to Mexico. Financially, her mom and dad struggle because owing their own small food business now a days there is a lot of competition. Sales are declining. In addition to taking her parents back to Mexico, she would take them back to visit their hometown and would have them retire. Her one dream for her parents, who are both seniors, would be to help them no longer worry about working. Her parents moved to the U.S. to give her the life they dreamed of, and Jhovanna would do it all for them. We wish her continued success in her personal and academic endeavors. YOU DID IT!

National Financial Literacy Month

April is National Financial Literacy Month, a great way for people to take a step back and check and improve their financial situation and skills. Financial Literacy Month aims to promote, advocate for, and support financial literacy efforts across the country.



It is important that we create and provide opportunities for our students to have access to the right learning opportunities and preparation for whatever they will need in the future.



Here is where you could go to learn more and develop your financial skills:

- CU Denver, Wellness & Recreation Services
- TRIO SSS Financial Literacy Workshops

***Hopefully, during April, you can strengthen your financial literacy skills!
Check out the financial literacy sessions happening this month on our workshop calendar [Page 5].***

Meet Our New Office Assistant!

Hi everyone!

My name is Zinah Ghafoori. I'm a student at CU Denver majoring in Architecture. With my degree, I hope to work in historic preservation and sustainable design. I also like the combination of art and science, and the personal growth architecture provides. Besides architecture, I am pursuing a minor in Film and Television Writing because I also love writing.

Outside of school, I enjoy crocheting, specifically making dolls and amigurumi. In my free time, I like drawing, painting, and fiber art. Recently, I'm trying to learn watercolor, as well as drawing in perspective as this will also help me in architecture.

I'm excited to be the new office assistant for TRIO and look forward to seeing where the rest of the semester will take me!

Zinah Ghafoori | TRIO SSS Office Assistant



Meet Our New Peer Mentors!



Hello everyone! Let me introduce myself:

My name is Anahi Andres. I am a new Peer Mentor for the TRIO SSS Program. I am a first-generation, third-year student working toward a Bachelor of Science degree in Biology. I am hoping to enter the medicine field to pursue a career in pediatrics or family medicine. I have lived in Colorado, more specifically in a town called Fort Morgan in the Northeastern plains. Even though I have lived in Colorado all my life, I like to say that I am from Guatemala since this is my place of origin.

Some of my hobbies that I enjoy doing outside of school include spending time with family, playing soccer, and playing basketball. Spending time with family is a time that I truly enjoy because they are a big part of who I am, and it is always fun to spend time with them. Growing up I have enjoyed playing soccer, and I continue to enjoy playing this sport. Recently, I have also taken an interest in playing basketball, because it is like soccer, it can get a bit competitive, which I enjoy.

As a new member of the TRIO SSS staff, I am excited for the opportunity to continue meeting and working with all of you at some point throughout the year!

Anahi Andres | TRIO SSS Peer Mentor

Hello, My name is Mirakle Wright and I am so excited to be joining Trio as a peer mentor. I am an undergraduate junior sociology major with a minor in data science. I have chosen to major in sociology because I find the subject to be interesting and I figure if I can understand society, I can better understand how I can contribute to improving it. I chose data science as my minor because I am greatly interested in data and its impacts on society. These two subjects come together with my interest in technology and its impact on society. In my academic journey I have had the opportunity to conduct research on this topic, and I hope to carry my interests into an Information Science PhD program.

Outside of school, my hobbies include hanging out with friends, reading, and going to the movies. I am motivated to pursue higher education because this is an opportunity very few in my family have been able to take advantage of.

Favorite quote: Mariame Kaba - "Hope is a discipline."

Mirakle Wright | TRIO SSS



Peer Mentor Hours Spring 2024

Anahi	Monday ☞ Friday ☞	8:00 am—4:00 pm 2:00 pm—6:00 pm	Email: anahi.andres@ucdenver.edu
Mirakle	Monday ☞ Wednesday ☞ Friday ☞	2:30 pm—3:40 pm 12:30 pm—3:00 pm 3:30 pm—5:00 pm	Email: mirakle.wright@ucdenver.edu

Recipe—Ultimate Bento Box

Ultimate Bento Box Guide for Quick and Easy Lunches



Fruits and Veggies (Choose 2-4)	Protein (Choose 1)	Fats Choose 1-2	Carbs Choose 1-2
1/2 cup each fresh/ canned/ frozen, 1 whole or 1/4 cup dried	3-4 oz (animal pro) 1/2 cup (veg pro)	1-2 tbsp (nuts/seeds/oliv es) 1.5 oz (cheese)	3/4 cup
Apples Banna Bell Pepper Blueberries Broccoli Cantaloupe Carrots Cauliflower Oranges Cucumber	Beef Bean Salad Canned Salmon Canned Tuna Chicken Chickpea Cottage Cheese Greek Yogurt Tofu Hard Boiled Eggs	Almond Butter Avocado Nuts Cheese Seeds	Rice Couscous Naan Pancakes Pasta Quinoa Tortillas Pita

Inspiration Station

Greek: Tomato, Cucumber, Red Onion, Sliced Chicken, Feta Cheese, Olives, Tzatziki

Breakfast Box: Blackberries, Raspberries, Strawberries, Almond Butter, Cottage Cheese (drizzle with honey), Whole Wheat English Muffin

Breakfast Box 2.0: Apple Slices, Clementine Oranges, Greek Yogurt, Almond Butter, Blueberry Pancakes

Taco Salad: Tomato, Lettuce, Corn, Salsa, Black Beans, Cheddar Cheese, Guacamole, Tortilla Chips

Chickpea Salad: Carrot, Celery, Cucumber, Grapes, Chickpea Salad, Roasted Lightly Salted Almonds, Naan Bread

Plant Power: Bell Peppers, Cucumber, Tomato, Hummus, Pumpkin Seeds, Whole Wheat Pita Bread



Zoe Vavrina | TRIO SSS and McNair Project Specialist

April Workshop Calendar

Mon	Tue	Wed	Thu	Fri
1	2 ¹Credit & Credit Scores: Learn the basics of credit 2:00 pm—3:00 pm Wellness Center—Seminar Room	3 ²LEAD: The Power of I: Learning as an Introvert 12:30 pm—1:30 pm Learning Commons, 2220 Zoom: 917 4872 1674 ³Undergrad Research Basics 2:00 pm—3:00 pm SC, Suite 2000	4 ⁴TRIO SSS Financial Literacy Session: Budgeting Basics w/Emily Schwartz 2:00—3:00 pm Zoom	5
8 	9 ⁵Good Vibes: Wellness & Stress Management 11:30 am—12:15 pm In-Person Learning Commons ¹Credit Cards & Debt 2:00 pm—3:00 pm Wellness Center—Seminar Room	10 ⁵Due Today ≠ Do Today Avoid Procrastination 11:30 am—12:15 pm Zoom	11 ¹Money Mindset 11:00 am—12:00 pm Wellness Center—Seminar Room	12
15 ³Job Search Tips 3:00 pm—4:00 pm SC, Suite 2000 	16 ⁵Final Exam Prep 11:30 am—12:15 pm In-Person Learning Commons ³Facing Imposter Syndrome with a Growth Mindset 1:00 pm—2:00 pm SC, Suite 2000	17 ⁵Final Exam Prep 11:30 am—12:15 pm Zoom ²LEAD: Emotional Intelligence for Student Leaders 12:30 pm—1:30 pm Learning Commons, 2220 Zoom: 917 4872 1674	18 ³Graduate School Preparation 12:00 pm—1:00 pm SC, Suite 2000 	19 ³Note Taking 101 11:00 am—12:00 pm Zoom
22 ³Resume Basics 11:00 am—12:00 pm SC, Suite 2000	23 ³Procrastination: Now or Later? 1:00 pm—2:00 pm Zoom	24 ¹Investing 101: The Basics 10:00 am—11:00 am Wellness Center—Seminar Room ²LEAD: Unleashing Young Boss Moves w/Director Brown 12:30 pm—1:30 pm Learning Commons, 2220 Zoom: 917 4872 1674	25 ³What's Your Learning Style? 11:00 am—12:00 pm Zoom	26
29 ⁴TRIO SSS Financial Literacy Session: Debt Repayment w/Emily Schwartz 2:00—3:00 pm Zoom	30 	<div style="border: 2px solid green; padding: 10px;">Make sure to complete the TRIO SSS Online Evaluation Form for Skill Building Workshops and Financial Literacy Sessions. Complete at: https://forms.office.com/r/hZWNYBUGdf</div>		

Legend for In-person, Zoom, and Hybrid Sessions.

HYBRID

IN-PERSON

ZOOM

REGISTRATION REQUIRED—Non-TRIO workshops are subject to change.

¹Wellness & Recreation Services Financial Wellness Workshops: [Registration Required: RSVP: HERE](#)

²Student Life and Campus Community LEAD Workshops: Registration is not required. Please see calendar for details.

³TRIO SSS Skill Building Workshops: [Registration Required: RSVP: HERE](#)

⁴TRIO SSS Financial Literacy Session: [Registration Required: RSVP: HERE](#)

⁵Learning Resource Center Workshops: [Registration Required: RSVP: HERE](#)