Student Spotlight—Coco Chanel Padilla

The TRiO SSS Program is happy to highlight Coco Chanel Padilla in this edition’s newsletter. Coco will be finishing her undergraduate degree this fall semester in Political Science and a minor in Criminal Justice. Coco will be continuing her education here at CU Denver. She has been accepted into the 4+1 Political Science program. When asked about what her experience in college was like she stated, “College was challenging because I am a first-generation student. I had no one I could turn to for help with classes. A huge responsibility was put on my shoulders. It was also hard finding a niche because of the culture of the university setting. To overcome this, I just had to remind myself why I was here and why I was doing this. I got involved in events especially those held by the AISS, I was accepted into TRiO that also helped with challenges because I felt I had people who cared about my success as a student.” One thing that she wished she were told before starting college was that she belonged, she is worthy, and can do this. She also mentioned her favorite college memory, “I loved the beading circle as well as other events that were hosted by the cultural center.”

Her favorite quote is, “MMIWG (missing and murdered indigenous women and girls)”. She states, “I use this quote because I want to raise awareness to the missing murdered indigenous women and girls. They are not in the classroom with me #MMIWG.”

Coco was asked about her short term and long term goals. Within a year or less she would like to get an internship in her field. Her long term goals include finishing her graduate school program and finding a career direction to head for. Some of her hobbies include traveling, exploring, listening, learning, and supporting her community. If Coco were to win a million dollars, the first thing she would do is pay off her student loans and buy her mom a house. When asked what advice she would give other TRiO participants she stated, “do not be afraid to reach out to TRiO, no matter what, they are here to help.”

The TRiO office wishes Coco continued success on her career path.
New Peer Mentor—Mardochee Mafuana

Welcome to the new semester! My name is Mardochee Mafuana. I will be a new peer mentor for the TRiO SSS Program. I know my name can be hard to pronounce and to remember but that is because it is in French. My name translated to English is Mordecai. I do not mind being called Mordecai. I am also fluent in French.

Currently, I am in my third year at CU Denver as well as having participated in the program six semesters. The TRiO Program has helped me by providing me guidance and mentorship on achieving my goals. The advice that I would give to students is to remain confident in their abilities under any circumstances.

I have decided to pursue a Bachelor of Science in Business Administration with an emphasis in both Accounting and Finance. The reason that I chose accounting and finance is because both majors teach individuals the fundamentals of the economy and at the same time, help a person become in charge of their finances. My long-term goal with these degrees is to become an accountant or a financial consultant.

I enjoy learning new things, especially if it relates to history. I am also a sports addict. I love watching, playing and discussing soccer, basketball, and football. I am open to learning about a new sport. I hope you have a wonderful semester. Feel free at any moment to reach out to me over email or stop by the office with any questions.

Submitted by Mardochee Mafuana | TRiO SSS Peer Mentor

New Office Staff—Nazik Jameel

Hello everyone. My name is Nazik. I am a first-generation college student and I am majoring in Public Health with a minor in Entrepreneurship. In my free time, I enjoy drawing and painting, working out, the great outdoors, reading books, meeting new people and helping others. I love finding ways to keep healthy and stay creative and explore new adventures.

I believe that everyone has their own story, which makes them unique and different than others. A short piece of my story is that I came from the Middle East six-years ago and that is when I started speaking and learning English. Because of the war and other circumstances my family and I went through, I struggled while growing up. I did not live a normal life just like any other happy child/teenager. Despite all the problems I had, people always tell me that I am a positive and happy person. I am grateful to make it through these challenging experiences because they have shaped me to be the person I am today and have taught me many lessons at a young age. I am also thankful to be in the United States because of the great opportunities that exist. I am incredibly honored to be part of the TRiO Student Support Services program, which is such a great resource to have on campus. I look forward to meeting you during the upcoming semester.

Submitted by Nazik Jameel | TRIO SSS Office Staff
The Society of TRiO Students Club is taking nominations for the 2019-2020 Executive Board. If you have any reservations about taking on a leadership role with the STS Club, please visit with Henry or Daniela to discuss your questions. We need your motivation and energy to lead the club. Being a leader is more than the title, it is a commitment to your community. You will be able to contribute your knowledge to run meetings, events, and engage members to participate. If you are interested in running for a position, please submit a biography including your major, minor, skills/abilities and “Why you would be the best candidate for the position” based on your leadership skills, employment history, coursework, or volunteer service. You can submit your candidate information through email to Daniela (daniela.castorena@ucdenver.edu).

Below, you will find the position descriptions and qualifications.

The President will:
- Update and maintain current and accurate information to the CU Denver Student Government Association.
- Serve as the link between the organization, the advisor, and the Office of Student Life.
- Conduct meetings.
- Prepare meeting agendas and inform members of the said meeting.
- Appoint all committees and committee chairs.
- Be a current CU Denver student with a minimum GPA of 2.5
- Be in good standing with the University.
- **Have been an active member of the organization for at least two semesters and have at least sophomore or junior status.**

The Vice-President will:
- Serve in the absence of the President.
- Assist the President in the duties of the Office of President.
- Assist the President in fundraising activities.
- Be a current CU Denver student with a minimum GPA of 2.5
- Be in good standing with the University.
- **Have been an active member of the organization for at least two semesters and have at least sophomore or junior status.**

The Treasurer will:
- Update and maintain current and accurate account information with the CU Denver SGA Office.
- Work in conjunction with the CU Denver SGA Finance Board in all financial matters concerning the organization.
- Maintain an accurate record of all organizational receipts and expenditures. This will include making deposits and reconciling statements.
- Be a current CU Denver student with a minimum GPA of 2.0
- Be in good standing with the University.
- **Have been an active member of the organization for at least one semester.**

The Secretary will:
- Maintain an accurate record of discussions and minutes of all meetings.
- Maintain and keep all records of the organization.
- Maintain and handle all organizational correspondence.
- Be a current CU Denver student with a minimum GPA of 2.0
- Be in good standing with the University.
- **Have been an active member of the organization for at least one semester.**
Participation Agreement—Program Expectations

We look forward to working with each of you for the upcoming semester to create new goals, discuss your progress towards graduation, chat about graduate/professional school, review your financial aid, and most of all to provide support for you so that you can achieve success. We encourage you to set up your appointments early so that we can discuss your needs in the beginning rather than the end of the semester. We highly encourage you to utilize the comprehensive services we offer in our program. Active participation in the program will help you achieve success. Your signature affirmed your desire to join us in partnership in the realization of your academic goals, so please schedule your appointments and be on-time. The Participation Agreement you signed specifies the program requirements that include:

- Meet with a Peer Mentor at least three times during the fall and spring semester.
- Meet with the Professional Staff at least two times per semester.
- Attend at least two skill building workshops during the fall and spring semesters.
- Complete one financial literacy session per semester.

Tips for Starting the Semester Off Right

1. Get a planner
   a. Write down important dates from the academic calendar such as the First day of classes, last day to drop, last day to add/waitlist, and the Census date.
   b. Write down assignment due dates, quizzes and exams according to the syllabus and by a monthly and weekly plan. Write down the % of grade it’s worth to help you prioritize.
   c. Color coordinate by priority.
   d. Schedule required study times and commit to it.
   e. Write down anything you remember that you need to do.

2. Build relationships and start networking
   a. Take advantage of instructors’ office hours.
      i. No question is a bad question! Instructors are there to help you. If your availability conflicts with your instructor’s availability, most instructors are happy to extend their availability to meet you by appointment.
      ii. When your instructor can connect your name to you (your face), you build a relationship with the instructor and the instructor could be your future reference and/or recommendation letter for graduate school.
   b. Reach out for help.
      i. You have TRiO Staff to help you and connect you to appropriate resources. Let us know if you are struggling and need help.
      ii. Meet with your academic advisor to go over your degree plan.
   c. Join a club
      i. Your club involvement is a great add-on to your resume and a club gives you a sense that you are a part of a family/ community with those who share similar interest with you.
   d. Make at least one friend from each class.
      i. Exchange contact information with new classmates. There will be times when you are unsure about deadlines or need an additional explanation that you may have missed. Your classmates will be your resource to ask.

3. Designate “me time” every week near the end of the week to reward yourself
   a. It is also important to take some time for yourself. Reward yourself by designated “me time” on your calendar. If you complete all assignments and study plans throughout the week, reward yourself with a personal fun or relaxing time.

4. Set realistic expectations and goals - Make SMART goals
   a. Set goals that are Specific, Measurable, Attainable, Relevant, and Time-bound.

5. Minimize distractions
   a. Clean your room/study area.
   b. Keep your phone on silence and have it face down while studying.

Submitted by Alexandria Joo | TRiO Project Specialist

For more information visit: https://www.hercampus.com/school/siena/12-tips-starting-semester-right
Hello TRiO students,

I hope your summer has gone well and that you are having some fun and are getting rested so that you can come back to the fall semester ready to go, as it is just around the corner. Whether you did well or not last year or last semester, take time to focus on your goals now for the upcoming fall semester. This is a brand new year, so take what you learned from last year and make a great new start!

We have a few new staff this semester as you can see from their introductions in this edition of the newsletter. We lost a few Peer Mentors and Office Staff Assistants who graduated this last year, or moved on to new experiences. We are very happy to have had them on board with us for a while. We are also happy to have our new staff and continuing staff on board and I believe you will be happy with them too. You will be getting email messages from your mentor (who may be a new staff member) and Coordinator soon, so be on the lookout for that. Please stop by the office as soon as you can and let us know how your summer went and start setting your goals for this academic year. We have a lot of great workshops already scheduled for fall 2019, so take advantage of that and schedule yourself to attend these early in the semester before you get bogged down with classes. If you struggle in a certain subject area, like math, and you plan to take that class this semester, come see the staff in the Learning Resources Center (LRC) and sign up for tutoring before the semester begins. As a TRiO SSS participant, you get extra tutoring time, so take advantage of that service as well.

Check on your financial aid for the upcoming year now, if there are some discrepancies there, come and see us in the TRiO SSS Office first and we will see if we can help you straighten it out before we send you through the long lines in the financial aid office. I have provided the Financial Aid and Scholarships Office with the list of TRiO SSS Book Scholarship recipients for fall 2019, so be on the look-out for that in your portal.

You should be getting an email from your Peer Mentor early in the semester outlining the TRiO SSS Book Scholarship requirements for fall 2019 to receive the scholarship in spring 2020. These requirements are not only necessary for the Book Scholarship, they are the regular participation requirements you agreed to when you were accepted to the TRIO SSS Program, so please work on making these requirements this fall semester. We want to help you succeed, so let us do our jobs and visit us often in the TRiO SSS Office, attend the workshops and complete your financial literacy requirement. I or Daniela will be sending you an invitation early in the semester to join the new UCD_TRiO_SSS_2019-20 group for this academic year. You can complete your financial literacy requirement online as a member of this group if you prefer that, or check out the calendar in the newsletters to find an in-class session, if that is your preference.

This is also the last year of our current grant cycle. I am also currently working on completing the grant application for the new cycle, which will begin fall 2020, if we get re-funded. Wish us luck on that.

Welcome back everyone and have a great and successful semester. ~Teresa De Herrera

"The question isn't who is going to let me; it's who is going to stop me."
~ Ayn Rand

SAVE-THE-DATE

- 6th Annual TRiO Graduate School Conference
  - Friday, October 25 | 8:00 am—3:00 pm | Colorado State University
  - Whether you are considering attending graduate school or are ready to take the next steps to apply, this conference can provide strategies, introductory information, and hands on support. This event is free for all TRIO students and staff. Attendees will receive a fee waiver for the CSU Graduate School Application.
  - Sponsored by the CSU Graduate School and Academic Advancement Center (TRiO SSS)

- Anschutz Medical Campus Visit with CAPE Simulation
  - Friday, November 15 | 8:00 am—3:00 pm | AMC
  - Sponsored by TRIO SSS, MAPS and the Center for Identity and Inclusion (Asian American Student Services)
The Career Center offers a full array of services to assist and guide students with understanding and leveraging their skills, personality, values and interests as they choose a major and determine a career direction. Services include help on choosing a major, job search assistance, building your resume and cover letters, learning about networking, and preparing for an interview. The Career Center is located in the Tivoli Student Union, Suite #267. The telephone number is (303) 315-7315. PLEASE NOTE: The Career Center will be moving to the LynxConnect Center in August.

The Student and Community Counseling Center provides mental health counseling services to CU Denver students well as the Denver Metro community. The center provides counseling sessions and workshops to CU Denver students at no cost as part of student fees. Services focus on helping clients learn, recognize, and use their strengths and skills to solve problems. The Counseling Center is located in the Tivoli Student Union, Suite #454 (4th floor). The telephone number is (303) 315-7270.

The Office of Disability Resources and Services is dedicated to the full participation of students with disabilities in the academic environment. DRS will provide assistance to qualified students with disabilities and coordinate reasonable accommodations in order to provide students equal access to the institution’s programs, activities, and services. Accommodations may include assistance in identifying note takers, alternative testing (additional time, private room, scribe, and reader), textbooks in alternate format (braille, enlarged, audiotape, scanned/electronic), interpreters, and assistive technology (portable devices including reading pens, and talking calculators). DRS is located in Student Commons Building, Suite #2116. The telephone number is (303) 315-3510.

The Center for Identity & Inclusion consists of the American Indian Student Services, Asian American Student Services, Black Student Services, Latinx Student Services, and the Undocumented Student Services. CII was designed to provide support to students of color and underrepresented student populations. However, they welcome all students, and support them throughout their educational journey. Students can receive peer mentorship, advocacy, tutoring, and attend cultural events and activities to enhance students cross-cultural understanding. CII is located in Student Commons Building, Suite #2007. The telephone number is (303) 315-1880.

The Experiential Learning Center is committed to working closely with students, faculty, employers and community partners to provide quality experiential learning opportunities that enhance academic learning, integrate theory and practice, and promote professional development and active citizenship. The ELC offers resources for internships, undergraduate research, and professional development experiences. The center is located in the Tivoli Student Union, Suite #260. The telephone number is (303) 315-7258. PLEASE NOTE: The ELC will be moving to the LynxConnect Center in August.

The LGBTQ Student Resource Center strives to improve the campus climate for Lesbian, Gay, Bisexual, Transgender and Questioning students by fostering acceptance and understanding. They also educate the campus community about issues related to this population and develop programming which unites diverse communities of people. Additionally, they provide support services and growth opportunities for students to realize their potential. The center is located in the Tivoli Student Union, Suite #213. The telephone is (303) 615-0600.

The Learning Resources Center is designed to promote student success, retention, and graduation in the academic setting. Services are available to all University of Colorado Denver undergraduate and graduate students. Services include scheduled tutoring, open-lab tutoring, supplemental instruction, academic development workshops and English language services. The LRC is located in the Student Commons Building, Suite #2105. The telephone number is (303) 315-3531.

The Registrar’s Office serves students, faculty, staff and alumni of CU Denver through registration, course and classroom management, record keeping, and academic support. Students can update their educational record and residency status, submit schedule adjustment and intercampus enrollment forms, COF waivers, and request verification of enrollment letters and official transcripts. The Registrar’s Office is located in the Student Commons Building, Suite #5005. The telephone number is (303) 315-2600.
CU Denver Campus Resources

Math Education Resource Center (MERC) Lab

The MERC Lab is a resource center for all students who are enrolled in a math course at CU Denver (regardless of the course level). Some of the services offered in the MERC Lab include, prerequisite testing, tutoring offered daily, access to math software including R, MatLab & SPSS, PC technology and graphing calculator support, and a computer instructional lab. The MERC Lab is located in the North Classroom, Room #4015. The telephone number is (303) 315-1712.

Ombuds Office

The Ombuds Office assists students in resolving conflicts, complaints, and disputes. Students typically use this office when facing issues that seem unfair to them or when they just do not know what to do next. A sampling of concerns includes the actions of faculty, staff, or other students, denials of petitions, harassment of any kind, administrative decisions, and grading disputes. The office is located in the Lawrence Street Center, Suite #1003. The telephone number is (303) 315-0046.

Phoenix Center at Auraria (PCA)

The Phoenix Center at Auraria serves students, staff and faculty at CU Denver, CCD, and MSU Denver. The PCA provides free and confidential resources and assistance to survivors of interpersonal violence (relationship violence, sexual assault, and stalking), as well as their friends and families. The PCA support services include academic advocacy, assistance reporting to the school and/or police, safety planning, court accompaniment, and emotional support. The PCA also provides campus education and training, awareness raising events and campus policy guidance. PCA is located in the Tivoli Student Union, Suite #259. The telephone number is (303) 315-7250. The 24/7 helpline number is (303) 556-CALL (2255).

Financial Aid and Scholarship Office (FASO)

The Financial Aid and Scholarship Office is dedicated to helping students achieve their educational goals. They are responsible for administering federal, state, and institutional aid, such as grants, student loans, work-study as well as scholarships. FASO is located in the Student Commons Building, Suite #5105. The telephone number is (303) 315-1850 for scholarship and financial aid questions.

Bursar's Office

The Bursar's Office provides services that meet students’ billing and other financial needs. Students may pay their bill, enroll in a payment plan, authorize COF hours towards tuition, set up direct deposit, view information regarding tuition and fees and inquire about their bill. Additionally, resources are available for students who wish to learn more about managing their debt, which includes information on defaulting, delinquency, and debt collection. The office is located in the Student Commons Building, Suite #5127. The telephone number is (303) 315-1800.

Global Education: Study Abroad

Are you a CU Denver student interested in studying outside the United States? The Study Abroad Office offers many opportunities to pursue your educational and career goals and to internationalize your education. Prepare yourself for today’s rapidly changing world—access programs ranging from architecture to global health. The office is located at 1380 Lawrence Street, 9th Floor. The telephone number is (303) 315-2001.

Writing Center

The Writing Center is a free service for students who wish to improve as writers. Students can meet with a Professional Writing Consultant in-office or by the synchronous online session to discuss ideas, organization, thesis development, incorporation of sources, and grammar—pretty much any aspect of writing. Appointments can be scheduled through the online portal. The center is located in the North Classroom, Suite #4014. The telephone number is (303) 315-7355.

Women and Gender Center (WGC)

The Women and Gender Center strives to collaborate and build relationships with campus partners to specifically address topics related to women and gender issues on campus. To do this, the Center creates a safe space in their office as well as across campus to discuss issues impacting students in relation to gender, particularly in regard to programming and policy. They value inclusion, social justice, and gender equity as a means to ensure respect and tolerance for people regardless of background or experience. The center is located in the Tivoli Student Union, Suite #260, A-1. The telephone number is (303) 315-7262.

Veteran & Military Student Services (VMSS)

Representing Active-Duty, Reservist, National Guard, Veteran and VA-dependent students, the VMSS provides support throughout the transition from military life to the university environment, the entire academic experience and the progression from college to the work force and a professional career. VMSS is located in the Tivoli Student Union, Suite #124. The telephone number is (303) 315-7300.
Join us for the 8th Annual CU Denver Block Party which kicks off the academic year with delicious food, music by DJ Chonz, and fun surprises around each corner!

- Lunch from some of Denver’s favorite food trucks & one of this year’s sponsors - Jim 'N Nick’s Bar-B-Q
- Live music from great local bands
- Exciting interactive games!
- Academic info from real, live people
- Photo ops with Milo the CU Denver Lynx
- Activities, giveaways and more!

WHEN:
Thursday, August 22, 2019
11 am – 2 pm

WHERE:
Speer and Lawrence Street

WHO:
Students, Faculty, Staff, Alumni, & Community Members

COST:
Free Admission!

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**CU Skaggs School of Pharmacy Updates**

University of Colorado Skaggs School of Pharmacy no longer requires the Pharmacy College Admissions Test (PCAT) for PharmD admission. Admissions changes at CU Pharmacy aim to streamline the process and increase diversity among PharmD candidates. Application requirements, flexible interview options and financial incentives are part of changes approved for applicants submitting applications for fall 2020. Please review the following changes.

<table>
<thead>
<tr>
<th>Admissions Requirements</th>
<th>Interview Options</th>
<th>Financial Incentives</th>
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</thead>
<tbody>
<tr>
<td>PCAT is not required.</td>
<td>On-Campus</td>
<td>Travel reimbursements available for candidates outside the metro area for on-campus interviews.</td>
</tr>
<tr>
<td>ALL prerequisites may be completed at a community college or 4-year university.</td>
<td>OR</td>
<td>Waived matriculation deposit ($400) for candidates accepted via the Early Decision process.</td>
</tr>
<tr>
<td>Two letters of recommendation required.</td>
<td>Virtual Interviews</td>
<td>Scholarships continue to be available for incoming students.</td>
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<tr>
<td>Candidates selected for an interview may choose either option. Campus visit days are available for candidates selecting a virtual interview.</td>
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</table>

To read more about the exciting new changes and full article, visit the Skaggs School of Pharmacy and Pharmaceutical Sciences Blog [here](#). A complete list of all CU Pharmacy application requirements can be found [here](#).
### Fall 2019 Academic Calendar

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>August 19</td>
<td>First day of Fall semester classes.</td>
<td></td>
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<tr>
<td>August 25</td>
<td>Last day to add or waitlist classes using UCDAccess.</td>
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<tr>
<td></td>
<td>Last day to request or cancel Grade Forgiveness; Refer to the Grade Forgiveness Form for Restrictions.</td>
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<tr>
<td>August 26</td>
<td>Last day to drop a class without a $100 drop charge.</td>
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<tr>
<td></td>
<td>First day to add classes with the Late Add Form with instructor approval.</td>
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<td></td>
<td>All waitlists will be eliminated today.</td>
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<tr>
<td>September 2</td>
<td>Labor Day Holiday. No Classes. Campus Closed.</td>
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<tr>
<td>September 4</td>
<td>Census Date—Until 5:00 PM.</td>
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<td></td>
<td>Last day to DROP full term classes with a financial adjustment.</td>
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<tr>
<td></td>
<td>Last day to ADD full term classes with instructor approval on a Late Add Form.</td>
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<tr>
<td></td>
<td>Last day to request No Credit or Pass/Fail grade for a class.</td>
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<tr>
<td></td>
<td>Last day to apply for Fall graduation via UCDAccess. After this date contact your advisor.</td>
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<tr>
<td></td>
<td>After this date, dropped classes will appear on your transcript with a grade of ‘W’</td>
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<tr>
<td></td>
<td>After this date, you will be charged the full tuition amount for additional classes added - College Opportunity Fund hours will not be deducted from eligible student’s lifetime hours.</td>
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<tr>
<td>October 27</td>
<td>Last day to WITHDRAW from a class via UCDAccess</td>
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<tr>
<td>October 28</td>
<td>First day to WITHDRAW from a class with a required authority signature on a Late Withdraw Petition Form</td>
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### Campus Events and Workshop Calendar

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<tr>
<th>Mon</th>
<th>Tue</th>
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<th>Thu</th>
<th>Fri</th>
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<tr>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
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<tr>
<td><strong>Financial Aid Note</strong></td>
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<tr>
<td><em>If you are attending school for the fall term, disbursements and refunds begin the second week of August. Have you accepted your awards and completed the loan requirements? Please log into your student account and view your To-Do List.</em></td>
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<tr>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
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<tr>
<td>First Day of Classes</td>
<td></td>
<td></td>
<td><strong>CU Denver Block Party</strong></td>
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<td>11:00 am - 2:00 pm</td>
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<tr>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
</tr>
<tr>
<td><strong>NOW! OR LATER? Procrastination</strong></td>
<td><strong>Financial Literacy: College Cash Basics</strong></td>
<td><strong>Financial Literacy: College Cash Basics</strong></td>
<td>Balancing School, Work, and Family</td>
<td></td>
</tr>
<tr>
<td>1:00 pm—2:00 pm SC, 2000</td>
<td>Student Wellness Center, 3rd Floor Seminar Room 12:30 pm—1:30 pm</td>
<td>Student Wellness Center, 3rd Floor Seminar Room 12:30 pm—1:30 pm</td>
<td>2:00 pm—3:00 pm SC, 2000</td>
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</tbody>
</table>

*CU Denver, Wellness and Recreation Services, Financial Literacy Sessions—Registration Required—Click “HERE” to RSVP*

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

### 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.