

THE PILLAR

A MONTHLY JOURNAL OF THE TRIO SSS COMMUNITY

"Helping Students Realize Their Full Potential"

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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 — Lizeth Gutierrez Perez



The TRIO SSS Program would like to spotlight Lizeth Gutierrez Perez in this month's newsletter. She has been an active participant since the fall 2015 semester. Her hard work and commitment to earn her degree is paying off. She is completing a Bachelor of Science in Business Administration degree in Accounting with a minor in Economics. She has worked hard to balance working, being a student, and managing her personal responsibilities at home.

Lizeth described the earlier part of her college experience like a roller coaster ride. She remembers in her first year that she was scared and doubted herself that she would not finish school. She also thought that school was not for her. Being a first-generation student and an older sister put a lot of stress on her that set high standards. Her family could not help her because they had minimal experience with education, so she had to learn as she went and took risks and big steps for herself. It was hard. She stated, "Just as much as I struggled, I also experienced many great things." She met many new people from different cultures, countries, and cities. She also tried many different restaurants and activities throughout campus. That was the best part about choosing a university in the city. Lizeth also grew personally. She noted, "I learned important things that shaped me as a person. I learned how to be independent and enhanced my critical thinking due to all my major courses in Accounting." During her experience, she conquered her fear of public speaking and learned to become more outspoken, which is the result of getting herself into the business industry. Academically, she learned how to write a research paper and cite it correctly. Like that roller coaster ride she mentioned, some semesters she was at her lowest point to where she wanted to give up. Being in TRIO SSS since the beginning of her freshman year has helped push her and understand college. The ride to the top and everything she gained from school made her college experience worth it.

When she started college, she wished she were told to apply for jobs and internships sooner rather than later. She stated, "It is known that many students tend to leave it till late junior to senior year to start applying, and I am guilty of that. You genuinely would not know what you like, or if the career path you are taking is the right thing for you if you do not try to work in that industry." She recommends working early and getting as much experience as you can before graduation. This will help you decide on your major earlier on, which will make it easier to continue your career path without falling behind. She stated, "It is true, having a lot of experience will make it easier to position you and have a job waiting for you as soon as you graduate." Her favorite memory in college was meeting a lot of amazing people and networking. She mentioned, "There are so many events around campus that always make the college experience fun, such as the Block Party that happens every year starting the fall semester, as well as trying out different foods from many food trucks that you can find around campus."

CONTINUED ON NEXT PAGE...

Spotlight Continued — Lizeth Gutierrez Perez



The biggest challenge she faced while earning her degree was balancing her work, school, and personal life. When she did not have balance, it led to poor time management and procrastination. There were times she would pull all-nighters to finish an assignment because she would have left work late or worked over 25+ hours a week. She mentioned, "It was hard to keep up being a full-time student. Yes, I finished my assignments/projects, but I think if I had more time and started ahead and not leaving it last minute, I would have turned in work that I would have been proud of and get a better grade." It can be draining to try to balance it out, but she learned that she does not work well under pressure. It is just a stress shock. It was better for her to organize herself and learn how to prioritize her time.

When asked how TRIO SSS has helped her, she noted "TRiO has helped me by being my guidance as a first-generation student. I remember starting school and not having a guideline of steps to navigate through college. They mentally prepared me by offering academic support, career preparation, resources, and a mentor who is just like us and has gone through the same process, making it feel like we are a family and always providing a shoulder to lean on." Her advice to other participants is to not be afraid to ask for help and use your resources. The mentoring will answer so much of your un-answered questions. It will make your experience much more comfortable to navigate. In addition, she advises you to take care of yourself by picking up a hobby, getting into health & fitness, and setting some time aside for yourself, which will help sharpen your focus and build self-confidence.

Her short-term goal is to graduate and complete a fall internship. She would also like to practice navigating through the digital world since many things are being held virtually. She stated, "It will be excellent practice if I adapt to the digital world now rather than later. It will eventually become a new norm or experience when seeking a job." Her long-term goals include applying to graduate school and continue to pursue her career in accounting. She would like to obtain her CPA. Eventually, she would like to be an Accountant in the oil industry or the tax world. A personal long-term goal is to encourage others as a business mentor.

If she won a million dollars, the first thing she would do is help her parents. She noted, "My parents helped me throughout my college journey and worked hard to put me through college when they had nothing coming into the U.S. to provide a better life/future for my sisters and me." She would not be here without them. Lizeth loves to stay active by hiking, running, doing yoga, or playing volleyball and soccer. On a calm day, she likes to find new reads now that the pandemic is happening. In addition, she enjoys online shopping, remodeling/organizing the house and finally learning new cooking recipes.

"Discomfort is the currency of success," by Brooke Castillo is her favorite quote. This quote holds meaning for Lizeth. This quote has helped her get outside of her comfort zone and challenge herself to reach her goals. She noted, "many people tend to hold back from their aspirations and goals; they do not feel comfortable or do not do something because, at the same time, it could be difficult." Success takes courage and many risks. It reminds her of the saying, "No pain, no gain." It will be hard to reach the top. If making it to the end were easy, then everyone would have been successful. She likes to be challenged and it makes her feel like she is learning something. ***We wish you continued success in your career!***

Scheduled Tutoring — Need that extra help?



The CU Denver Learning Resources Center will be providing scheduled tutoring. Students may request one-time tutoring sessions through Navigate directly or it can be accessed via your UCDAccess student portal. Space is limited so they encourage students to submit an appointment request for tutoring as soon as possible. In addition the office will also provide drop-in tutoring that anyone can attend. The LRC provides drop-in tutoring in Biology, Chemistry, Math, Physics, and Psychology.

The Learning Resources Center also provided other awesome resources including Supplemental Instruction, Academic Development Workshops, English Language Services, and Intense Preparation. Check out their website, [here](#).



Creamy Pineapple Berry Smoothie Recipe

There is nothing better than a good and creamy Pineapple Berry Smoothie in the summer! It is filling, rich drink with vitamins and nutrients that provide so many health benefits. From improving digestion to lowering cholesterol and blood pressure, boosting your immune system and preventing early ageing. Here is a quick and healthy smoothie to make at home using 4 ingredients.

Preparation Time: 5-Minutes

Servings: 2

Ingredients:

- 1 pineapple, cut into chunks & half frozen
- 1 cup (150 g) frozen strawberries,
- 1 cup (150 g) frozen raspberries
- 3 scoops frozen vanilla yogurt



Instructions:

- Blend strawberries, raspberries and one scoop frozen yogurt until smooth, pulsing as needed. You might need to scrape down the sides of the blender a few times. Pour into glasses.
- Blend the pineapple chunks and the remaining frozen yogurt.
- Pour into glasses and serve immediately and enjoy

Reference: <https://www.yummyhealthyeasy.com/healthy-summertime-snacks/>

So YUMMY

Nazik Jameel | TRIO SSS Office Assistant

Health and Lifestyle — Exercise



In the middle of a viral pandemic, it is important to keep your health in tip-top condition. There are a variety of ways to keep yourself healthy. One step is to continue exercising during a stressful time. This can help to reduce stress and anxiety that come with the state of the world. Exercise boosts the immune system: Research shows that regular, moderate-intensity exercise has immune-boosting benefits that may help your body fight off infections, including COVID-19. Exercise can help you burn extra calories caused by dietary changes and offset the effects of sedentary activities. Exercise is a proven mood-booster and can help adults reduce stress levels and build emotional resilience. Exercise improves

sleep: There is evidence that suggests regular exercise helps you fall asleep faster and improves sleep quality — and getting a good night's sleep has also been found to boost your immune system.

Exercise is an excellent opportunity for family fun. Walks, bike rides, dance parties, living-room yoga sessions, or backyard soccer games are just a few examples of how you and your roommates or family members can exercise together. Walking, cycling, jogging, and hiking can help you get some much-needed fresh air while staying safely away from others. If you don't want to commit to a full hour-long session, then you can break that session up into 10-minute increments. A few brisk walks around the block can add up to a full workout. Whether you enjoy yoga, cardio kickboxing, pilates, strength training, barre, dance, or another type of workout, chances are you can find a service that offers online videos. Additionally, many exercise studios and other community organizations are now providing on-demand virtual fitness content.

The CU Denver Wellness and Recreation Services plans to open August 10th with a specific plan broken into phases. To review phased opening plan, click [here](#). You can also take advantage of their various **virtual resources** focused around keeping you moving, energized, and mindful during your time away from campus.

Vrajen Patel | TRIO SSS Peer Mentor

Participation Agreement



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 to be more successful. This program works based on your active participation. 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 two times during the fall and spring semester.
- ✓ Meet with professional staff at least two times per semester.
- ✓ Attend at least one skill building workshops during the fall and spring semesters.
- ✓ Complete one financial literacy session per semester.

Schedule Your Appointment

Career Outlook — Bio-engineering Profession



Many engineering disciplines exist in today's world and some common ones fall under mechanical, electrical, or civil engineering. However, a lesser-known type of engineering is becoming popular, especially with the advent of COVID-19. This type of engineering is known as bioengineering and encompasses a wide variety of healthcare-oriented technologies. Bioengineering is the application of the life sciences, physical sciences, mathematics, and engineering principles to define and solve problems in biology, medicine, health care and other fields. It is used in the design of medical devices, diagnostic equipment, biocompatible ma-

terials, renewable bioenergy, ecological engineering, agricultural engineering, and other areas that improve the living standards of societies. Examples of bioengineering research include bacteria engineered to produce chemicals, new medical imaging technology, portable and rapid disease diagnostic devices, prosthetics, biopharmaceuticals, and tissue-engineered organs. Depending on the institution and definitional boundaries employed, some major branches of bioengineering may be categorized as (note these may overlap): Tissue engineering, genetic engineering, neural engineering, pharmaceutical engineering, clinical engineering, bioinformatics, and biomechanics.

In order to become a bioengineer, one has to typically obtain a 4-year undergraduate degree for entry-level positions. Most jobs in today's world require a master's degree or higher. In terms of salaries, individuals with a professional degree had an average salary that paid approximately \$700 more per week than those with only a bachelor's degree. The median annual wage for biomedical engineers was \$91,410 in May 2019. Research and development bioengineers earned a median of \$92,230 a year while those in medical equipment and supplies manufacturing made less at \$89,400 a year [Source: Bureau of Labor Statistics, U.S. Department of Labor, Occupational Outlook Handbook, Biomedical Engineers, <https://www.bls.gov/ooh/architecture-and-engineering/biomedical-engineers.htm>]. So, is bioengineering a career worth investing in? The answer is yes if you have a passion for medicine and enjoy engineering work. It is a very multidisciplinary profession that allows you to work in many different capacities toward a common goal.

The CU Denver College of Engineering, Design and Computing offers a [Bioengineering Program](#). The Bachelor of Science in Bioengineering at CU Denver emphasizes the professional competencies of leadership, communication, presentation, and critical problem-solving. For more information on the B.S. program, click [here](#). There are graduate programs in Bioengineering including a Master of Science and Ph.D. If you have further questions, you can reach out to Vrajen Patel, TRIO SSS Peer Mentor and graduate student in Bioengineering.

Vrajen Patel | TRIO SSS Peer Mentor



Understanding Intersectionality

Intersectionality is the concept that all oppression is linked. More explicitly, the Oxford Dictionary defines intersectionality as “the interconnected nature of social categorizations such as race, class, and gender, regarded as creating overlapping and interdependent systems of discrimination or disadvantage”. Intersectionality is the acknowledgement that everyone has their own unique experiences of discrimination and oppression and we must consider everything and anything that can marginalize people – gender, race, class, sexual orientation, physical ability, etc. First coined by Professor Kimberlé Crenshaw back in 1989, intersectionality was added to the Oxford Dictionary in 2015 with its importance increasingly being recognized in the world of increasing awareness of other’s oppression.



WHAT CAN I DO?

Check your privilege: And look beyond just skin color. Middle class? University-level education? Able-bodied? Cis-gender? All your social identities play into your ‘privilege’, even if you didn’t ask for it. Reflect on these and consider how this impacts the discriminations you do and don’t experience.

Listen and learn: At its very core, intersectionality is about learning and understanding views from others. Listen to, include and meaningfully collaborate with diverse groups of people. Hear and honor their words. But remember it’s not the responsibility of marginalized groups to do all the work in educating people on their experiences. This often takes up lots of emotional labor and should never be taken for granted so be prepared to help undertake some of the labor by doing your own research.

Make space: Ask yourself if you’re the right person to take up space or speak on certain issues. Center stories and actions on those with the lived experiences. Don’t speak for them, don’t speak over them.

Watch your language: So many of the words we use every day are ableist, exclusionary and downright offensive to marginalized communities. When was the last time you said “ah, that’s so lame!” when you were annoyed about something? Consider how someone with a physical impairment might hear this. Recognize and correct your use of such terms. Accept criticism and call others out. As we become more intersectional and better at understanding differences, our language evolves to simply reflecting experiences from people of a singular identity.

When exploring the concept of intersectionality, it is important to remember that for students that fit into multiple minority communities, the consequences of unconscious bias can quickly compound – and can even come from well-meaning peers and campus programs. Proactive education, thoughtful expectation setting, data collection, and institutional commitment are critical steps towards creating more inclusive and equitable campus communities.

The CU Denver Office of Equity also provides Education and Training through their Self-Guided Learning webpage. They also provide an “[Intersectionality Guide](#)” that includes information on Self-Guided Learning Definitions. They also provide Customized Equity Trainings including 1) Active Bystander Training, 2) Bias and Discrimination, 3) Gender Visibility, 4) Identity and Self-Identity Exploration, 5) Intersectionality, 6) Microaggressions, and 7) Power and Privilege. Check out their helpful website, [here](#).

Carlos Guillen | TRIO SSS Peer Mentor



Bullet Journal School Planner Ideas

Bullet Journal School Planner Ideas

Fall semester is around the corner and you might be preparing yourself for back to school with school supplies such as notebooks, pencils, pens and planners. Organizing a planner can be confusing and hard. The following are some ideas of how-to layout and set up a bullet journal planner you might want to consider using for this upcoming school year!

Front page of journal:

- The first page on the left side of your journal planner can have an inspirational quote that inspires you to study hard and not give up when your classes get challenging.

Key:

- On the right side of the front page, you can have an organized and simple key. Having a key with different shapes and colors of all your assignments can help you stay on top of everything and remember your deadlines faster.

Index:

- An index can be efficient since it can quickly help you locate the content of your bullet journal such as the page number and title of each page. You can make it simple by only adding color washi tape on the side and by using a black gel pen to write your titles.

School schedule:

- On a left page, you can write/draw your school schedule. If you decide to color code your classes, it would be a good idea if you write the title and the description of the classes with their respective colors.

Important instructors' info:

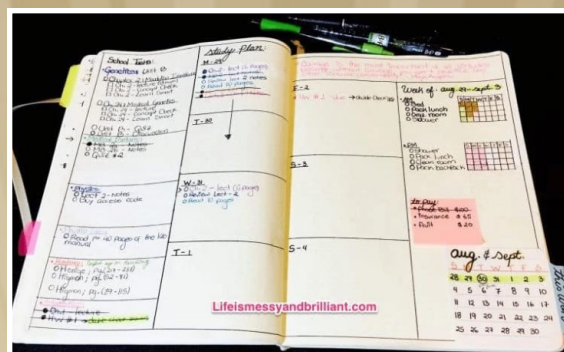
- On the right page next to the school Schedule, write all your instructor's information, their office hours and contact information. Simply highlight the class title.

Calendar:

- Create a calendar with all the months and days.

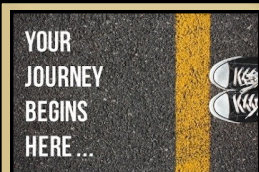
Weekly To-Do:

- On a left page, write down all assignments that will be due during the week. In the middle page, draw a study plan from Monday-Sunday. Using this layout helps distribute the days you want to work on the assignments that you want to finish. It can be beneficial because it will keep you on track of all the homework.
- Write an inspirational quote every week on top of the right page of the weekly to-do to stay motivated. Also, you can write your personal daily to-dos such as cleaning and self-care
- You can add on a sticky index/tab note and stick it on the current month. This will help you find where you left off quicker.



Source: <https://lifeismessyandbrilliant.com/bullet-journal-school-layout-setup/>

Alexa Dominguez-Estrella | TRIO SSS Office Assistant



Financial Aid Note

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.



Director's Corner

Dear SSS Students,

Welcome back! I hope that you and your loved ones had a healthy and safe summer and that you practiced self-care and return to your coursework renewed. I am happy to share some great news: TRIO Student Support Services has been re-funded for five more years. We are grateful for the opportunity to continue working with and helping you reach your academic and career aspirations!

In an effort to keep students safe while meeting their diverse academic needs, the University has four different course offerings: online, remote, hybrid, and on-campus. If you need help understanding your schedule, we can help! TRIO SSS will continue to operate remotely this Fall. While we may not be in our office, our team of professional staff and peer mentors remain committed to supporting and helping you navigate your educational journey. We are only an email away.

Whether you are a seasoned or novice virtual learner, you might agree that distance learning requires time management, organization, and intentionality. Our team is here to help you develop the skills necessary to excel in your courses and find balance. I encourage you to take advantage of workshops that allow you to learn about and reflect on your time-management and organizational practices. To combat the isolation that can arise with social distancing measures, we are adding organized social virtual events to our programming calendar. Keep an eye out for trivia and movie night offerings. I urge you to participate in at least one of these social events this semester. Come make friends and build community!

Next, I want to congratulate all of the Fall 2020 SSS Book Scholarship Recipients! Over the summer, Daniela, Henry, and I made changes to the SSS program and book scholarship requirements that took into consideration our current academic and social landscape. We hope that more students will be able to meet the book scholarship requirements. Please be on the lookout for an email with the new requirements and contact us if you have any questions. Finally, we are excited for you to meet our fabulous team of peer mentors; some faces will be familiar and some new. Your peer mentor will reach out via email to introduce themselves later this month. Please welcome our new peer mentors to the SSS family.

I wish you a great Fall 2020. I realize that this first day of classes may be unlike any other, but different doesn't mean bad. You have a team of professionals who care about you deeply and are determined to help you succeed. Do not be afraid to ask for help. In this mostly remote environment, email communication is our primary form of communication. Please check your emails for important deadlines and reminders from our office and other University representatives. We believe in you, we care about you, and we are here for you. **TRIO Works.**

Be well,

Sonia Valencia
TRIO Director



"Knowledge emerges only through invention and reinvention, through the restless, impatient, continuing, hopeful inquiry human beings pursue in the world, with the world, and with each other."

— Paulo Freire, *Pedagogy of the Oppressed*



Returning To Campus

Undoubtedly, the outbreak of COVID-19 has brought a cloud of uncertainty to higher education institutions regarding the 2020-2021 academic year. While many colleges and universities have announced their plans to reopen campuses this fall, students need to prepare for the possibility of continued social distancing orders, which could once again force on-campus classes to transition to online learning. Here is some information and tips that may be helpful as you prepare to return to campus during the COVID era.

TIPS TO SUCCEED IN ONLINE CLASSES:

1. Treat an online course like a “real” course
2. Hold yourself accountable
3. Practice time management.
4. Create a regular study space and stay organized
5. Eliminate distractions
6. Figure Out How You Learn Best
7. Actively participate
8. Leverage your network



Denver

6 STEPS FOR A SAFE RETURN



Conduct a wellness check



Wear your CU Denver ID



Maintain a distance of at least six feet



Wear a face covering



Wash your hands



Practice area hygiene

COVID-19 PREVENTION MEASURES

As a friendly reminder, be sure to follow these guidelines recommended by the Centers for Disease Control and Prevention (CDC).

EDUCATE YOURSELF ON HOW COVID-19 SPREADS

At the time of publication, there is no vaccine for COVID-19. The virus is spread through person-to-person contact. Respiratory droplets carry the virus from the infected person to others by way of sneezing, coughing, or talking. COVID-19 does not affect everyone the same way — in fact, some people infected with the virus have no symptoms at all. For up-to-date information on COVID-19, visit [cdc.gov](https://www.cdc.gov).

STAY AT HOME IF YOU ARE SICK

This rule applies to classes, clubs on campus, and social gatherings. Now is not the time to overlook mild symptoms. Be sure to contact a healthcare provider with medical concerns.

REGULARLY CLEAN AND DISINFECT SURFACES

Research suggests COVID-19 can live on surfaces for days at a time. Make it a habit to sanitize your doorknobs, steering wheel, phone, keyboard, light switches, remote controls and other objects you regularly touch.

WASH YOUR HANDS OFTEN

Wash hands with soap and water for at least 20 seconds after using the restroom, preparing food, after contact with animals or pets, and especially after blowing your nose, coughing or sneezing.

Check out the [CU Denver Safe Return to Campus](#) website. As CU Denver gradually returns to campus in fall 2020, the institution is committed to providing quality learning experiences, robust support services, and opportunities to be a part of the Lynx community. You will find helpful information on returning to campus including Health Check-In Stations, accessing the Daily Health Attestation form, and Campus Safety Protocols. You must take the one-time SkillSoft training “COVID-19 Return to Campus - CU Denver” before returning to campus for the first time. Once you have finished the training, take a screenshot of the certificate of completion on your mobile device. You may be asked to show this at a health check-in station. If you are returning, there is a helpful [“How to Return to Campus”](#) YouTube video you can watch.

Carlos Guillen | TRIO SSS Peer Mentor

Bursar's Office Important Dates

August 18, 2020—Last day to sign up for the QuikPAY 4 payment plan. Last day to drop from all classes via UCDAccess.

August 19, 2020—Students will be able to sign up for the QuikPAY 3 payment plan

August 24, 2020—Last day to drop a class without a \$100 drop charge

September 2, 2020—Census Date— until 5:00 PM . After this date, full tuition is assessed for dropped/withdrawn courses or additional enrolled courses. Last day for Denver Campus students to drop full term classes with a financial adjustment .

For more important dates click [here](#).



LEAD Workshops

The CU Denver Office of Student Life and Campus Community will be providing a series of LEAD workshops, including five on-demand sessions viewable now on the [Student Life YouTube Channel](#). These workshops have been approved to meet your TRIO SSS Book Scholarship skill building workshop. Talk to your coordinator in the program (Daniela and Henry).

HOW TO ADULT

Is adulting really as boring as just learning how to manage your money, doing your laundry, and learning how to cook? If that's all it is, no wonder society has turned it into a meme! Adulting is not supposed to be boring – it's about learning to take care of every change or problem as an opportunity to grow. It's knowing yourself and your values as you navigate life's challenges. Come and discover who you are becoming!

MANAGING CHANGE

How exactly do you create change and lead a group through the change process? Students participating in this workshop will learn about Kotter's 8 Step Process for Leading Change. You will learn what is at the heart of creating a climate for change, engaging and enabling your peers or teammates and lastly how to implement and sustain change.

LISTENING SKILLS FOR LEADERS

In today's stressful world, it is important to learn to listen deeply to team members when needed. As a leader, you will need to learn how to identify when members may need assistance / support to effectively accomplish group goals. This workshop will introduce you to the Helping Skills Model and effective listening skills you can use in student organizations and the workplace.

CONFLICT MANAGEMENT

Conflict is an inevitable part of working in groups and how you manage it impacts your teams success. This workshop gives you an opportunity to learn about your default conflict management style, and learn how to manage controversy with civility as a leader. Find out if you are classified as a teddy bear, shark, turtle, owl or a fox. Participants will engage in activities that will help you focus on how to handle your next conflict.

DECISION MAKING

Decisions, decisions, decisions ... we make them all day long but can find them difficult when the stakes are high (relationships, work, involvement, time commitments, etc.) It's important to address the things that block our decision making thought process and find a method of decision making that works best for us. In this workshop, you will learn about personal decision-making steps and learn about three decision-making models you can use in groups / student organizations to diagnose and discuss a problem before making a decision.

In addition to the LEAD workshops, you can also find information on Student Organizations, Student Government Association and the LEAP (Lead, Emerge, and Advance with Purpose) program centered on Social Change. You can visit their website, [here](#).

August Workshop Calendar

Mon	Tue	Wed	Thu	Fri
17 	18	19 <i>STICK WITH US AND WE'LL GO PLACES!</i>	20	21
24 	25 ¹TRIO SSS Financial Literacy: Managing Your Finances 10:00 am—11:00 am	26 ²TRIO SSS Now or later? Procrastination 3:00 pm—4:00 pm	27 ²TRIO SSS Professional Development: Effective Networking 12:00 pm—1:00 pm	28 

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

¹TRIO SSS Financial Literacy Workshops

✓ **Registration Required:** RSVP at: <https://bit.ly/32Y18fG>

²TRIO SSS Skill Building Workshops

✓ **Registration Required:** RSVP at: <https://bit.ly/303R2bt>

ALL Skill Building and Financial Literacy workshops will be held via ZOOM Conference. After you register, you will receive zoom invite information.