



THE PILLAR

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"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.

Health & Wellness — Back to School Edition



As summer winds down and fall approaches, school time will begin. The tedious tasks that come with starting a new academic year like registering for classes, planning out schedules, and other crucial needs can be overwhelming for students. As life transitions back from a remote way of living, this article will provide multiple tips to maintain one's health. Interestingly, there are many things that can be done to help maintain or increase health and some of these things are as simple as drinking enough water to stay hydrated. There are many important things that one can do to improve their overall wellness, the most important is one's diet. As a student it important to maintain a healthy diet, eating things like leafy greens, vegetables, berries, fish, and nuts are crucial to ensure the nutritional threshold is met. Another important thing one can do to improve the wellness of their health is exercise. Simple aerobic exercises like running, swimming, and walking can significantly improve overall health as it is known improve metabolism and reduce stress hormones like cortisol and adrenaline. A great way to maintain consistency with your wellness as a student is to be prepared for classes. Utilizing study tips will help you balance the hectic workload and requirements that come with being a student, things like learning in multiple ways, teaching what you know, and knowing the best time of day you retain information can be beneficial. Another nerve wrecking reality of being a student is exams, being prepared and doing well on exams is pivotal to being a successful student. Some helpful tips to ease test anxiety are organizing your time accordingly, review material early, study in the same or similar environment you will take the exam, eating and sleeping well, and knowing your material. The daily life and struggles of higher education can add weight and take a toll on the mental health of any student, so it is imperative to take the necessary steps to manage one's mental health. Some useful strategies are to implement good sleep hygiene, which means following a sleep schedule, no eating before bed, and no electronics for at least 30-minutes before bed. Another useful tool is to find a hobby that brings pleasure and joy as this enhances neurotransmitters like dopamine and serotonin, activities like crafting, reading, and cooking have been proven to be beneficial to those who struggle with mental wellness.

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Health & Wellness Continued

As important as education, careers, and professions are, it is equally important to understand that possessing adequate health wellness is the foundation that everything is built from.

Don't forget to visit the [CU Denver Wellness and Recreation Services](#) to check out the awesome resources that include items to meet the 7-Dimensions of Wellness (Emotional, Physical, Spiritual, Social, Environmental, Financial and Creative). Don't miss the opportunity to enhance our overall wellness. You are important!

References:

<https://www.skillsyouneed.com/learn/exam-tips.html>

<https://medicine.llu.edu/academics/resources/brain-based-techniques-retention-information>

<https://www.health.harvard.edu/healthbeat/foods-linked-to-better-brainpower>

<https://www.health.harvard.edu/staying-healthy/exercising-to-relax>

Disclaimer: I am not a mental health, physical health or training professional, all information was obtained online from the provided sources above

Michael Martinez | TRIO SSS Peer Mentor

Boba Recommendations in Denver

Boba tea, bubble tea and milk tea are all essentially different names for the same thing. Boba is a drink that originated from Taiwan and has made its way throughout the world. Boba tea is a sweet drink that contains tea, milk, ice, and chewy tapioca balls. Boba tea can come in traditional forms such as Jasmine milk tea or Oolong milk tea, as well as unique flavors (ie. brown sugar milk tea, peach milk tea, etc.). Boba tea offers many customizations with the type of tea you want, to the toppings and variations of boba (crystal boba, regular black boba, etc.). Here in Denver, Colorado, there are tons of boba tea shops to choose from. My two suggestions if you're interested in trying milk tea would include: Ding Tea and Zero Degrees.

1. Ding Tea (1699 S Colorado Blvd unit e, Denver, CO 80222) is a franchise that has locations all over the world. Locations include Taiwan, China, Japan, Singapore, Malaysia, Vietnam, Indonesia, Brunei, and here in the United States. My personal favorite to-go order is the Brown Sugar Milk Tea with Crystal Boba. Ding Tea offers fresh teas, flavored teas, milk teas, fruit juices, yakult/yogurts, lattes, coffees, and hot drinks. One of Ding Tea's most known drinks is the "Monster", an aesthetic brown sugar boba drink.



2. Zero Degrees has two degrees in Colorado, one in Aurora (13600 E Colfax Ave, Aurora, CO 80011) and another in Denver (1390 S Colorado Blvd Suite 140, Denver, CO 80222). Zero Degrees locations are scattered all over the United States. States include Arizona, California, Florida, Louisiana, Nevada, Oregon, and Texas. Personally, what makes Zero Degrees stand out is how you can try two different flavored drinks at the same time. Zero Degrees has a concept of a split cup - where you can try half a cup of two drinks on the menu. The #1 best seller drink at Zero Degrees is the "Mangonada", a delectable mango slush with real fruit chunks, topped with chamoy and Tajin seasoning to give it a sweet, salty, spicy kick.



Kathleen Le | TRIO SSS Office Assistant

Colorado Hidden Gems

Either wrapping up summer break or wanting to take a break from studies, Colorado offers many opportunities for exploration. From historic buildings to scenic views, Colorado doesn't disappoint.

One location is the Great Sand Dunes National Park and Preserve in southern Colorado. It's a national park in Colorado known for huge dunes like the towering Star Dune, and for the seasonal Medano Creek and beach created at the base of the dunes. There are multiple activities while you visit. You can go hiking and backpacking, splash in the Medano Creek, go sandboarding and sand sledding, and even go horseback riding!



Another location to explore is Bishop Castle (12705 CO-165, Rye, CO 81069). Bishop Castle is an "elaborate and intricate" "one-man project" named after its constructor, Jim Bishop, that has become a roadside attraction in central Colorado. The castle consists of three full stories of interior rooms complete with a Grand Ballroom, soaring towers and bridges with vistas of a hundred miles, and a Fire-Breathing Dragon that makes Bishop Castle quite the unforgettable experience!



One last location is Paint Mines Interpretive Park located in El Paso County. It's a unique open space with distinctive color variations and rock formations plus 4 miles of trails. Brightly colored bands, caused by oxidized iron compounds, are found in varying amounts throughout the many different layers of clay. The trail is primarily used for hiking, running, nature trips, and bird watching. In addition to hiking, one can also capture the scenery with photography.



Kathleen Le | TRIO SSS Office Assistant

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

Within Every Students Reach: Virtual Study Abroad Programs



Students Benefit from New, Affordable Virtual Offerings

The Office of Global Education has worked with faculty this past year to offer interesting new virtual study abroad programs. Nearly forty students have completed virtual courses so far and more courses will be offered in 2022. Students have universally noted that the virtual experience exceeded their expectations!

WHY STUDY ABROAD FROM HOME?

Virtual study abroad programs offer major benefits, similar to on-location programs. For students who are not planning to travel internationally while they are in college, virtual study abroad opens a window to the world, right from their own home. Students who do hope to travel in the future are able to dive deeply into their favorite subjects in advance.

Student feedback from our first virtual courses on Spanish society, Danish Architecture, Recording Studios in Prague, and East African development were *very positive* – with some students saying they would have never been able to get away to study overseas. (Yet we bet they will make a point of traveling there in the future!)

Very affordable, practical, and accessible to more CU Denver | CU Anschutz students, the virtual study abroad programs are designed to augment the CU Denver student success experience. Three course credits can be earned per program in under three weeks. Students gain valuable knowledge relevant to their degree program, tour museums virtually, hear from guest speakers, and enlarge their perspective and understanding of their roles as modern global citizens.

STUDENTS: BENEFITS OF A STUDY ABROAD PROGRAM

[Virtual and on-location study abroad programs](#) enhance a student's resume/CV; global educational experiences are looked upon favorably by potential employers. The [Global Education: Study Abroad](#) office works closely with faculty and staff to provide students with interviewing tips and professional resources after course completion. Students report that virtual and on-location study abroad experiences contribute to their personal growth and provide new networking contacts.

"The virtual study abroad program opened new doors for me," explained Max Morgan, who participated in a virtual study abroad three-week program, Danish Solutions to Sustainability. "We learned about a few companies in Denmark, and you're sitting there as a student thinking, 'I would love to work for one of these companies, but what's in my backyard?' And lo and behold, some of these Danish entities are right here in Colorado."

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Virtual Study Abroad Continued

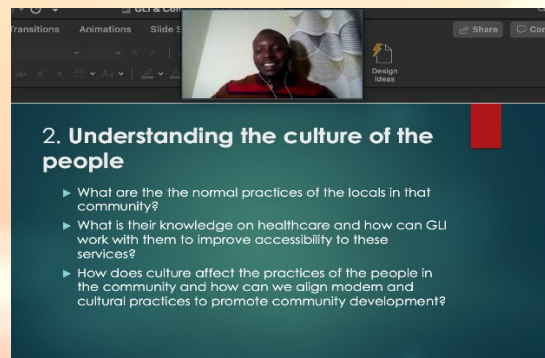
UPCOMING VIRTUAL COURSE IN SUMMER 2022

Listen. Think. Act. Exploring Best Practices in Community Development Work in East Africa – UGANDA!

Gain insights and an understanding of how to engage in public service through good governance in the areas of public management, international development, and public health, through interdisciplinary lectures and participation in transformational dialogue with members of various communities—ultimately, to listen and think before jumping to action. When you complete this course, our hope is that you will think differently about public service. And you will think big. As a student in this highly interactive virtual course, you will be exposed to a series of dialogues, lectures, conversations, and interactions with the grassroots leaders of several distinct communities (both rural and urban), with university professors, and with nonprofit and public sector personnel and leaders in Uganda and Rwanda. The course will connect students with thought leaders and meaningful experiences in their areas of interest. The lessons of this course will apply to your own work, whether it be in an international setting or in a community setting in the United States.

Whether you want to travel abroad or study virtually, CHECK OUT OGE'S WEBSITE at <https://studyabroad.ucdenver.edu/index.cfm?FuseAction=Programs.SimpleSearch> or email the staff at study.abroad@ucdenver.edu.

Photos courtesy of the Global Livingston Institute and their virtual course.



Fall 2021 Vaccine Requirement

All students, faculty, and staff are required to get a COVID-19 vaccine before the fall 2021 semester. Get your vaccine through the campus clinic or at any other location.

All COVID-19 vaccines are free. For vaccine questions, the Colorado Department of Public Health and Environment provides a toll-free hotline available 24 hours a day, seven days a week. Call 1-877-COVAXCO (1-877-268-2926).

Individuals who want to apply for a vaccine exemption must self-disclose their status and submit to routine COVID-19 testing during the fall semester beginning Aug. 23. CU Denver's process allows exemptions to anyone who requests one for religious, medical, or personal reasons.

REMINDERS

- Anyone experiencing symptoms, exposed, or in quarantine for COVID-19—[report here](#).
- CARES Act emergency funding for students: [How to apply](#), [Disclosure on distribution of funds](#).
- [Report and prevent](#) COVID-19 discrimination or harassment.
- Anyone requesting a vaccine exemption—[learn more here](#).

Returning To Campus

Undoubtedly, the outbreak of COVID-19 has brought a cloud of uncertainty to higher education institutions. We have been in this pandemic over a year now and with the new Delta variant it has continued to bring uncertainty of next steps. The institution is still moving forward with in-person, hybrid, and remote courses. CU Denver is continuing to follow CDC and health partners recommendation guidelines. As far as mask wearing, you may have seen many k-12 public schools going back to wearing mask for all students and staff. CU Denver has been working with and requesting guidance from Denver Public Health & Environment and the state. Thus far, Denver county has not changed any of its public health order based on the new CDC guidelines. They will continue to monitor and work closely with health partners.

As, you may have heard and read students who are returning to campus must be vaccinated or need to fill out the exemption forms. You should have received an email requesting you to fill out either the vaccine verification or if needed the exemption form. Students who have been vaccinated will not be required to fill out the daily attestation, and complete COVID testing every week. All students, faculty, and staff will be required to wear masks even though you are vaccinated. Mind you, if you are remote or online you do not have to do any of this. But if you plan on coming to campus you need to complete all of the steps. Please click on the link where you can find the exemption process, vaccine verification, and other updates.

For students who plan to come to campus please plan ahead. If you are thinking about taking public transportation be aware of bus fares and RTD schedules. If you are interested in opting in to the ECO pass there is a cost of \$135 effective August 1, 2021 through January 31, 2022. Payment is required at the time the pass is issued. Students can activate their RTD bus pass at the Campus ID Station located in the Tivoli Student Union Suite 269.

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.

For more information please visit: <https://www.ucdenver.edu/coronavirus/updates>



Director's Corner



Dear SSS Participants,

The start of a new academic year is upon us, and after being remote for over a year, the SSS team is busy planning for a safe in-person return, even in the face of rising cases of the Delta variant. As we plan and look ahead, we heed the advice of university administrators and public officials and pivot as necessary; I encourage you to stay abreast of changing policy regarding masks, social distancing, and other preventive measures. To help you in this effort, we have included two articles in this issue about Fall 2021 Vaccination Requirements (did you know you're required to disclose your vaccination status by August 23rd?) and about our safe return to campus. As you navigate this first semester back in person, please know that your peer mentor and coordinator are here to help.

What do you hope to accomplish fall 2021? What do you want this semester to look like? How would you like to feel at the end of fall 2021? These are some questions I ask myself at the start of every new academic school year and semester. I like having a plan or goal to work towards. Our team is here to help you set goals and hold you accountable; I encourage you to schedule a meeting early in the semester to do some vision planning. Remember that your participation requirements include two meetings with your program coordinator and peer mentor. Academic planning is a great topic to cover during these appointments.

You should have already received a copy of the fall 2021 program and spring 2022 book scholarship requirements and deadlines. We are grateful to all who completed the Spring 2021 satisfaction survey, as we learned that many of you are interested in maintaining elements of virtual programming as we transition back into in-person learning. Consequently, we will continue to offer virtual opportunities for you to complete the academic skill-building and financial literacy requirements. Additionally, coordinators and peer mentors can accommodate requests to meet virtually if that is what you need. SSS program and book scholarship requirements:

- ◇ **Attend one skill-building workshop by Friday, October 29, 2021.**
- ◇ **Meet with the professional staff at least two times per semester. The first meeting should be completed by Friday, October 29, 2021.**
- ◇ **Meet with a Peer Mentor at least two times this semester before Friday, October 29, 2021.**
- ◇ **Complete one Financial Literacy session by Friday, December 3, 2021**
- ◇ **Complete at least six-credit hours.**

Finally, on a more personal note, I am very excited to experience life on campus. If you're ever near our office, please pop in and say hello! Wishing you a great first day of classes!

Be safe and be well.

Sonia Valencia
Director, TRIO SSS & McNair

"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*

Student Life—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
23 	24	25	26	27
30 ¹ Coping with Stress 9:00 am—10:00 am 	31 ² TRIO Financial Literacy: Saving Strategies & Investing for Future 3:00 pm—4:00 pm SC, 2000 	1 ¹ Now or Later? Procrastination 3:00 pm—4:00 pm  — ³ Vision Boarding My Leadership Journey 3:30 pm—4:30 pm Tivoli, 640 	2 ¹ Applying to Graduate & Professional School 10:00 am—11:00 am SC, 2000 	3

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

¹TRIO SSS Skill Building Workshops: **Registration Required:** RSVP at: <https://bit.ly/3ipckJA>

²TRIO SSS Financial Literacy Workshops: **Registration Required:** RSVP at: <https://bit.ly/3lu6cl8>

³Student Life LEAD Workshops: **Registration Required:** RSVP at: [MyLynx.ucdenver.edu](https://mylynx.ucdenver.edu)

**Legend for in-person and
Zoom workshops:**

 **Zoom**

 **In-person**