

Welcome

THE PILLAR

A MONTHLY JOURNAL OF THE TRIO SSS COMMUNITY

"Helping Students Realize Their Full Potential"



August 2022
ISSUE

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be scared
and do it
anyway

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.

Welcome—TRIO SSS Office Assistant—Huy Duong



Hi everyone, my name is Huy Duong; I am a student at the University of Colorado Denver majoring in Accounting. I was originally born in Ho Chi Minh City, Vietnam but grew up in the state of Colorado for most of my life. I joined the TRIO Student Support Service as an Office Assistant to learn about the office environment and overall work life. I will be graduating in the fall semester of 2023 and looking for possible accounting careers or internships in the meantime.

So far, my CU Denver experience has been wonderful. I have had the opportunity to meet and converse with people from different backgrounds on-campus, which includes getting to know and befriend more people with similar backgrounds as myself since I grew up in an area that did not have many Asian Americans. I am a part of a group called Asian American Inter Varsity (AAIV) and I attend monthly CU Denver Asian Student Association (ASA) meetings. My college experience is allowing me to learn more about myself and be with people who are very passionate about their education and potential careers. I hope everybody can have the ability to express who they are without facing discrimination.

One of my short-term goals is to secure an internship or employment in Accounting. A long-term goal is to purchase a home for myself and parents. I enjoy working out, cooking, playing music (guitar/saxophone), and watching films. My favorite quote by the Dalai Lama is, "Whether one is rich or poor, educated or illiterate, religious or non-believing, man or woman, black, white, or brown, we are all the same. Physically, emotionally, and mentally, we are all equal. We all share basic needs for food, shelter, safety, and love. We all aspire to happiness, and we all shun suffering. Each of us has hopes, worries, fears, and dreams. Each of us wants the best for our family and loved ones. We all experience pain when we suffer loss and joy when we achieve what we seek. On this fundamental level, religion, ethnicity, culture, and language make no difference." This quote is important to me because it best represents how I see the world.

Huy Duong | TRIO SSS Office Assistant

TRIO McNair and TRIO Student Support Services Open House

TRIO OPEN HOUSE

Join us to meet TRIO staff, and Students, networking, and Community-building activities To start the new semester off

Wednesday, September 14th
11:45 AM - 1:00 PM
Student Commons Building
2000

The CU Denver TRIO Programs will be hosting an Open House on September 14th at 11:45 am in the Student Commons Building, Room 2000.

You're
INVITED

Please join us to learn about the TRIO McNair Scholars and TRIO Student Support Services Program's.

There will be an opportunity to meet the professional staff, student employees, and other TRIO participants.

TRIO News and Kudos

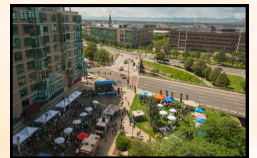
Have an accomplishment? Please tell TRIO about it.

You can stop by the TRIO Office located in the Student Commons Building, Suite 2011 to share your News and Kudos.

- ☆ *CU Denver TRIO McNair Scholars attended the Baylor McNair Research Conference in Texas on August 4-5, 2022. Scholars presented their summer research at event.*
- ☆ *Tiffany Roman was accepted into the Psi Chi International Psychology Honor Society.*
- ☆ *Congratulations to all of our SSS students who earned a spot on the Spring 2022 Dean's List:*
 - ✓ **Business School:** Erika Chavez, Nhung Nguyen, Kimberly Perez Chavira, Mayra Prieto, and Trudy Reed.
 - ✓ **College of Engineering, Design, and Computing:** Eduardo Pimentel
 - ✓ **College of Liberal Arts and Sciences:** Ali Alnazzal, Ritish Dangol, Atal Esan, Astrid Flores, Juan Gonzalez Gonzalez, Eyni Jama, Mikayla Kielty, Mia Jannika Lim, Maria Mejia, Najad Mohamed, Gabriela Peralta Reyes, Tiffany Roman, Kathy Vo, and Priscila Zamora.
 - ✓ **School of Education & Human Development:** Yessenia Flores Salgado
 - ✓ **School of Public Affairs:** Jhovanna Lara Quezada

CU Denver Events

- ✓ **CU Denver Block Party—August 24, 2022, from 12:00 pm—3:00 pm @ Lawrence Street & 14th Street**
You will be able to enjoy live music, food trucks, meet with staff and professors from different departments, and grab free giveaways.
- ✓ **Wake Up Wednesday— August 31, 2022, from 9:00 am—10:00 am @ Learning Commons, Room 2220**
Join First Year Experience (FYE), Wake Up Wednesday for some bagels, coffee, and other breakfast items are provided for free. A chance for you to meet with FYE, and PAL staff and instructors.
- ✓ **Open House: Women & Gender Center—August 31, 2022 from 1:00 pm—3:00 pm @ Tivoli Student Union, Room 310**
Come meet the staff and learn about their services and events.
- ✓ **Welcome Bash— August 31, 2022, from 5:00 pm—7:00 pm @ Wellness Center**
The Welcome Bash at Wellness is a FREE carnival-style event at the Salazar Student Wellness Center and will highlight various student organizations, club sports, and the programs and services offered by Wellness & Recreation. Attendees will enjoy food from local restaurants and Lynx Dining, vendor exhibits, games, and great music. PLUS, we will be giving out hundreds of Welcome Bash T-shirts and CU Denver swag!
- ✓ **Nintendo Switch Meet-Up—September 1, 2022 from 3:30 pm—5:00 pm @ Learning Commons, Room 2231**
Formerly the Animal Crossing SIG, this Meet-Up group is open to all students who love playing Nintendo Switch games! Come by every Thursday from 3:30pm-5:00pm in Learning Commons Building Room 2231 for free snacks and games! Don't have your own Switch? No problem - the FYE and PAL office have a Switch console for folks to play with others!
- ✓ **Pizza with a Professor—September 8, 2022, from 12:00 pm—1:00 pm @ Learning Commons, Room 2230.**
Come and join First Year Experience for free pizza and a special topic presentation lead by campus offices, professors, instructors, and more.



Study Skills and Time Management Tips



As we approach the beginning of the 2022-2023 school year, I would like to provide you with some study skills/time management tips that will be helpful during the upcoming fall and spring semesters. Time management is beneficial for college students because it increases your focus and improves your productivity, reduces stress, helps you achieve your goals, and it also prevents procrastination. Below, you read about some helpful tips.

✓ **Find a regular time to study:**

Right from the outset of the semester, it is best to get into the habit of studying everyday at a regular time and place.

✓ **Put important due dates on a calendar:**

Include dates you need to begin work on these projects. Count backwards and give yourself plenty of time.

✓ **Balance your activities:**

Plan to spend time doing a variety of activities: classes, eating, sleeping, recreation, and homework. Make sure you are taking care of yourself to not get too overwhelmed.

✓ **Speak up when you need support:**

Your professors are more than happy to help you but you need to speak up if you have any questions or concerns to get the help you need.

✓ **Plan for a suitable place to study:**

It is important to find a place that allows you to concentrate without distractions. Your bedroom or your residence hall room is not a good place to study because there would be too many distractions in that environment. Distraction free environments can be a private room on-campus or a library.

Make sure to use the CU Denver Campus Resources you have available to have a successful year. You can also schedule an Individual Academic Coaching session with the CU Denver [Learning Resources Center](#) for additional study skills help. Make sure to visit [Lynx Central](#), which is your ultimate source for getting your questions answered and gaining access to critical resources.

Ketsia Kabela | TRIO SSS Office Assistant

TRIO SSS 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 one skill building workshops during the fall and spring semesters.
- ✓ Complete one financial literacy session per semester.

Schedule Your Appointment

Student Life Events



LEAD Workshops Fall 2022

September 2022

- 7 - Socially Responsible Leadership
- 14 - Self Advocacy in the Workplace
- 21 - No Longer on Standby: Using Your Voice to Intervene
- 28 - Conflict Management (YouTube Workshop: @CUDenverStudentLife)

October 2022

- 5 - Teamwork: Collaborating with Others
- 12 - Emotional Intelligence for Student Leaders
- 19 - The Saving of a Landmark: From Ruin to Museum (at Golda Meir Museum, 9th St Park)
- 26 - True Colors Personality Type

November 2022

- 2 - Young, Invincible, & Making Change
- 9 - Beyond the Ballot: Political Advocacy & Leadership
- 30 - The Power of I: Leading as an Introvert

December 2022

- 7 - Crucial Conversations

**WEDNESDAY
12:30-1:30 P.M.**

**2230
LEARNING
COMMONS**

HYBRID EVENTS



JOIN US IN PERSON
OR VIA ZOOM
MEETING ID:
961-7719-6962

REGISTER HERE!



Need Accommodations?
Contact us at studentlife@ucdenver.edu

Want lunch?
Register for
workshops each
Monday by 5pm to
get lunch!

Fall 2022 Workshops Leadership Certificate in Sustainability

Sustainability Workshops

Thursday's 3:30-4:45 pm

In Person Tivoli 329 or Zoom Meeting ID: 972-5172-9253

- Sept. 15 - Sustainability 101 (Beginning Workshop)
- Sept. 29 - Sustainability & Business
- Oct. 6 - Sustainability 101 (Beginning Workshop)
- Oct. 13 - The State of Waste (Recycling)
- Nov. 3 - Greenhouse Gas & Climate Action Planning
- Nov. 10 - Food Waste
- Dec. 1 - Water: Planning for the Future

LEAD Workshops

Wednesday's 12:30-1:30pm

In Person Learning Commons 2230 or Zoom Meeting ID: 961-7719-6962

- Oct. 5 - Teamwork: Collaborating with others!
 - Oct. 26 - True Colors Personality Type
- On-Demand @ Student Life YouTube Channel
- Conflict Management
 - Managing Change



Sign Up for
the Certificate



Auraria
Sustainable
Campus
Program



Hiring STEM and Social Science Peer Mentors

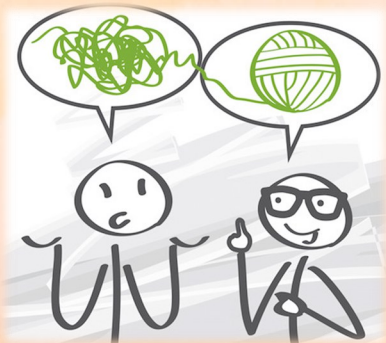
Are you passionate about supporting student's academic and personal success? Consider becoming a TRIO SSS Peer Mentor. Through training, Peer Mentors direct student to campus resources and provide support in classes, campus involvement, and so much more.

QUALIFICATIONS

- ✓ Must be pursuing a major in STEM or Social Science/Humanities
- ✓ Must have completed at least 60 or more
(if transfer student, must have complete one full semester at CU Denver)
- ✓ Maintain a minimum of 2.90 GPA
- ✓ Minimum one-year work commitment
- ✓ In-Person position

APPLY ON HANDSHAKE!

- ⇒ **STEM PEER MENTOR POSITION #5761350**
- ⇒ **SOCIAL SCIENCE/HUMANITIES PEER MENTOR POSITION #5761339**



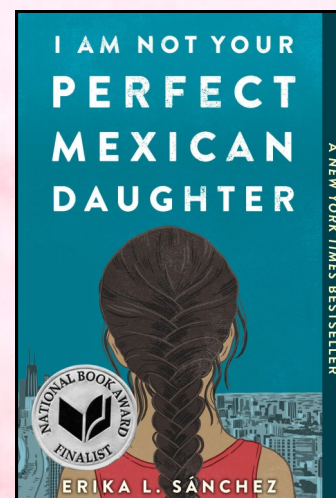
Book Review—I Am Not Your Perfect Mexican Daughter

Erika L. Sanchez is a National Book Award Finalist and a New York Times Bestseller. Erika's book is about immigrant parents who came to the United States for a better life and have two daughters born in America. One daughter dies (Olga) and the other daughter named Julia stands out from her family, as she wants a different life for herself. A life where she can move out of her neighborhood, go to college, and become a writer.

Julia wants to know who her sister was really like as she was the perfect daughter in her parents eyes. Olga, the eldest was a daughter who went to school, worked, and came home. She only dated once and never really had a life outside of that. As for Julia, the youngest child was the opposite, a high school student who enjoyed her English class and wanted more for herself. She wanted to explore the world, move out of her parents home and the neighborhood in Chicago that was not safe to live in. Julia ends up finding out things about her sister that no one would have thought she would be capable of.

Things at home changed after her sister's death. Julia and her mother's relationship worsened. Her father who really never speaks is more absent than ever. As she discovers things about her sister, Julia becomes depressed and does something that scared her parents. She is sent off to Mexico where she is surrounded by relatives who she has not seen since a young age. Not only does she learn about who her sister really was, she learns about her parents and what they went through while crossing the border.

This book is a good read where you can relate to both sisters, and understand the pressures that children go through having immigrant parents in the U.S.



Fall 2022 Academic Calendar

- ✓ Deadline to sign up for the **QuikPAY 4** payment plan—August 18, 2022
- ✓ Students will be able to sign up for the **QuikPAY 3** payment plan—August 19, 2022
- ✓ Auto-debit/auto-withdrawal for students on QuikPAY payment plan—August 22, 2022
- ✓ First Day of Fall semester — August 22, 2022
- ✓ Last day to add or waitlist Fall first five-week session classes using UCDAccess — August 26, 2022
- ✓ Last day to drop a Fall first five-week session class without a penalty and a 'W' grade — August 26, 2022
- ✓ Last day to drop a class without a \$100 drop charge. You must **DROP** your classes via **UCDAccess** by 11:59 PM to receive a refund. —August 29, 2022
- ✓ Labor Day Holiday No Classes Campus Closed — September 5, 2022
- ✓ **Census Date** - until 5:00 PM—September 7, 2022
- ✓ Last day for Denver Campus students to DROP full term classes with a financial adjustment. You must **DROP** your classes via UCDAccess by 4:59 PM to receive a refund. After this date, full tuition is assessed for dropped/withdrawn courses or additional enrolled courses. College Opportunity Fund hours will be forfeited from eligible student's lifetime hours.—September 7, 2022
- ✓ Last day to withdraw from a Fall first five-week session class via UCDAccess — September 10, 2022
- ✓ Last day to request No Credit or Pass/Fail grade — September 10, 2022



Director's Corner

Dear SSS Participants,

A new academic year is upon us. While the summer break seems to have zipped by, our team is ready and excited to see you on campus again. We have some exciting workshops and special activities planned for this academic school year, and we're looking forward to building a strong and vibrant feeling of community.

As you prepare for your first day of classes, remember that 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. Your participation requirements include two meetings with your program coordinator and peer mentor, and academic planning is a great topic to cover during these appointments.

We will continue to offer virtual and in-person opportunities for you to complete all program requirements. This year, SSS participants will not be assigned to one peer mentor but will have the opportunity to schedule meetings with any of our student peer mentors. If you have any questions, please don't hesitate to contact your coordinator.

For those who earned the fall 2022 book scholarship, we have sent the awardee list to the Financial Aid & Scholarship Office, and you should see the book scholarship hit your account in the next couple of days. Please remember two important dates for the SSS book scholarship requirements: Friday, October 28, 2022 and Friday, December 2, 2022.

We wish you a great first day of classes! If you find yourself near the TRIO office, please pop in and say hello! Be safe and be well.

Sonia Valencia



August Workshop Calendar

Mon	Tue	Wed	Thu	Fri
22 <i>Welcome Back</i>	23	24	25	26
29 ² Managing Your Finances 2:00 pm—3:00 pm SC, 2000	30 ¹ Coping with Stress 10:00 am—11:00 am 	31 ² Budgeting Basics 12:00 pm—1:00 pm SC, 2000	1 ¹ Now or Later: Procrastination 3:00 pm—4:00 pm SC, 2000	2

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

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

²TRIO SSS Financial Literacy Workshops: Registration Required: RSVP at: <https://bit.ly/3P7Rb4q>

Legend for In-person and Zoom workshops:

Zoom

In-person