



THE PILLAR

A MONTHLY JOURNAL OF THE TRiO SSS COMMUNITY

"Helping Students Realize Their Full Potential"



HAPPY
HOLIDAYS

December 2020
ISSUE

Page Guide

Page 1

• Student Spotlight

Page 2

• Spotlight Continued

Page 3

• Relaxation Techniques • Kudos

Page 4

• Goal Setting—New Year • Movie Review

Page 5

• Review—Continued • Book Review

Page 6

• 5-Mindful Tips—Holidays • Important Dates

Page 7

• Exam Study Tips

Page 8

• DIY Project • Graduation Celebration

Page 9

• Recipe • Human Rights Day

Page 10

• Director's Corner

Student Spotlight—Valerye Godoy



The TRIO Student Support Services program would like to highlight Valerye Godoy. Valerye is a Biology major who will be graduating spring 2021. She was asked about her experience in college and stated that her experience has been unique looking back. She noted, "It has gone by really fast. I always knew I wanted to be a veterinarian. In high school, I became a veterinary assistant and started working at a veterinary clinic full-time. This clinic was my dream job, when I began working there I made a promise to myself that I would work there full-time the entire time I was in college until I was accepted to veterinary school (so far I have kept this promise 5 years later). I knew that I needed to earn an undergraduate degree if I wanted to become a Veterinarian, so I began my journey at the Community College of Denver back in 2015 and was accepted to CU Denver in 2016. Being a first-generation college student and not having any friends at school, it

was difficult to navigate student loans, class schedules, and extracurricular activities. For the first two years, I really did not know what I was doing but I somehow managed to slowly get by. I also did not know how to apply for loans or grants, so I paid for school out of pocket for a while (that was stressful). Once I started getting more comfortable with the college life, I joined the Pre-Veterinary Club of Denver and began networking and learning new things. I was still living with my parents and tried to live with them for as long as I could so that I could pay for school and it worked out great. Classes were often difficult for me; I never had a niche for science, but I worked hard to try to get the grades I needed. Throughout college, I had a few side jobs and personal life achievements and goals that helped me balance school and keep me motivated. I tried to do things that I enjoyed such as hiking, going to concerts and having fun (in moderation) so that I wouldn't get burned out or feel like a robot and that really helped me become more well-rounded. I also spent a lot of time volunteering and traveling. I feel lucky that I got to experience all that I have during my journey and now that I am almost done, I want to help other first-generation students like myself navigate college. Being bi-lingual, coming from a different culture, and trying to get yourself through school (often times alone) is courageous and I am proud to be a part of an organization filled with students like myself who have the strength to persevere and pursue a degree at CU Denver – all TRIO students should be proud of themselves!"

Valerye has faced many challenges during college while trying to earn her degree. Having to work full-time, she often found herself struggling to perform well or do her best on exams. She stated, "I would often stretch myself thin by not getting enough sleep, worrying about work instead of school, and focusing on things that really did not matter in the long run. I also ran into some self-doubt, financial problems, and lack of motivation. Overall, it took a little longer than I expected, but I just kept going despite every single road bump. Every part of earning my degree was difficult for me but my dream of becoming a veterinarian was stronger than the temporary setbacks I faced." Her short-term goal is to raise her GPA and save more money to move to Mexico or Costa Rica during the spring semester for 5-months. Her long-term goal is to move to Fort Collins to start professional school at CSU in fall 2021 in the Doctor of Veterinary Medicine program.

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Student Spotlight—Continued

When asked what her favorite memory she had in college was, she mentions taking Physics I with professor Duane BirdBear! She said, "He really shifted my perspective on upper level science courses and boosted my confidence in physics. He was also the best professor I have ever had, and he made class so much fun. I remember his speech on the first day of class and how he brightened up the room with his stories and humor. It was honestly like a magical movie scene; I am not even kidding. I was eager to attend his classes and I think anyone who has ever taken him, or Professor James McNeil can say the same. Thanks professors!"

There are many things that Valerye wished she was told when she started college. She noted, "Oh man, there are so many things I wish I knew and was told before starting college. One thing I wish someone told me was how important it is to make friends or at least try to socialize a little bit. I did not start to make friends until my senior year and up until then I was clueless on which professors to take or what to expect from classes. Since I started socializing a little more, my study habits have increased, I am more prepared for future classes and I get a lot of insight from different students which would have been so helpful in the beginning and probably would have saved me a lot of money and time."

TRIO has helped her in many ways. Since she started TRIO, she has felt more supported during her time at CU Denver and learning about how to manage her money using the "My Colorado Journey" website, which has helped her organize her finances a lot better. She said, "TRIO has also helped me gain grants and apply for scholarships, both of which I would have probably never done on my own. There was also a time when I was experiencing homelessness and TRIO provided me with resources and organizations to reach out to and shortly after, I was able to get my own apartment. I am so grateful to be a part of this program, they helped me not only get back on my feet again, but they gave me confidence to keep going! Special thank you to Daniela; I appreciate the kindness and compassion you have given me. The advice I would give to other TRIO participants is to take advantage of all the resources TRIO has to offer. They do something unique and informative almost daily, and there is someone you can always reach out to for whatever you need. Do not hesitate to ask or reach out for any questions or advice. Also, make friends with other TRIO participants, it's fun to do activities together even if it's through zoom and you guys can help each other stay on track for whatever you need. TRIO is a great program to find like-minded students and together you guys can help each other and feel supported."

Valerye was asked, if she won a million dollars, what is the first thing she would do?" She stated, "The first thing I would do with a million dollars is to pay my parent's mortgage, send my mom to her dream retirement, and help my brother get back on his feet again. If I had any money left over, I would then pay some of my student loans." Some of Valerye's hobbies include creating 3D art, specifically ceramic art. She loves building things and creating art for others. She mentioned, "When I was 17, I bought a kiln and a wheel and would make art in my parent's basement for years. If I had more time, I would do that daily. Though on an average day, I love to wander the city with my dogs, especially at night. We could walk or get lost for hours; it is a form of meditation for me. I also love to hike, read books, and take long drives."



Many students like Valerye have many goals that would like to be reached and I am sure that it happens one way or another. Life has many opportunities for us, and it is up to you whether to take them or not. Whether those opportunities are meant for us or not, Valerye gives us her favorite quote, "What is meant for you will reach you even if its beneath two mountains, and what is not meant for you won't reach you even if it's between your two lips" by Etaf Rum. She loves this quote because it not only applies to love, but it also applies to everything in life and she believe this to be true. She stated, "I always return to this quote when I need a reminder to relax and let things happen, the way they should. It also just feels good every time I read it haha." The TRIO SSS Program wishes Valerye continued success in her career!



Relaxation Techniques – For End of the Semester and Holiday Season

Tests, family, isolation, money, etc., as we enter early December can bring challenges to our lives on multiple levels. A common thread that runs through many of the events of this time of year is stress. Especially this year, we don't need more undue stress taking its toll on our bodies and our immune systems so how do we relax? Let's explore some techniques of relaxation that can be used on the go or at home.

First, many relaxation techniques that exists out there is going to play on one of the five senses: sight, hearing, touch, smell, or taste. Everything relaxation technique from yoga, scented candles to bath bombs and relaxing ocean sounds all incorporate the senses. Think about what sense works best for you when you have felt relaxed in the past. Do you enjoy siting by a stream and taking in the sounds of nature, laying on the floor with headphones in listening to your favorite artist, or maybe taking time to sketch something new? No matter what you decide to do focusing on one sense at a time and how your body physically responds is key in choosing what relaxation technique works for you.



As you are thinking about the sense you want to embrace also consider these three things that will contribute to successful relaxation: time, money, and space. Everyone is busy this time of year but its important to take those moments for relaxation when you can. Whether you have an hour to spend taking a hot bath or a 30 seconds to take a deep breath before you run into the grocery store, take those moments when you can. Relaxation also doesn't need to be expensive (and can't be when money is very tight) and can be as cheap as going for a walk to breath in some of that fresh winter air or going through a guided meditation on YouTube. Finally, consider the space and environment around you. Closing your eyes to take a deep breath is great when you are sitting in a parking lot, but a bad idea when going 70 mph on I-25. Maybe you live in a small space with family or roommates who you can always hear talking or yelling, so perhaps taking out that pair of headphones and watching a cat video on YouTube would be most effective.

No matter what you decide to do to relax the most important thing is you actually do it. Self-care is important as students and even more important in times of great stress to get those grades you want and maintain a healthy mental state. Good luck on finals this semester everyone, Happy Hanukkah, and Happy Holidays!

Justin Shrader | TRIO SSS Peer Mentor

Kudos

Have an accomplishment? Please tell TRiO about it.

Please send KUDOS to Henry Ornelas, TRIO SSS Program Manager.

Click [HERE](#) to send him a message!

- Diademe Porzio secured a Management internship for the upcoming year!
- Zaira Flores would like to give kudos to the team for welcoming her to TRIO community.
- Samaria Stovall, McNair Scholar defended her honors thesis in Psychology last week and she is anxiously waiting to hear back from the Ph.D. programs she applied to.



***Congratulations and great job on your hard work.
Keep it up TRIO students!***

Setting Goals for the New Year



I can't believe 2020 is almost over. 2020 has been a wild and unpredictable year. Typically, with every new year, we had somewhat of an idea how the following year would look for us. With 2021 being around the corner, we may not have an idea of how the new year will treat us. COVID-19 has made it difficult for us to go on with life normally. We are experiencing changes and finding ways to adapt to those changes. You may still be finding that new normal for yourself, and that is okay. That shouldn't deter you from making goals for the new year 2021. Giving ourselves goals for the new year helps us with maintaining motivation throughout the year.

Setting goals for the new year can either be a short-term or a long-term goal. It all depends on what you would like to accomplish. Goals may range from health and wellness to personal growth or education. There is also no limit to how many goals you can have or what kind of goal you should make for the year. The most important thing is to keep aspiring towards your goals. Something you should ask yourself is what you would like to accomplish in your lifetime, what actions you will have to take to reach that goal, and the importance of the goal. Some helpful tips in setting goals:

- Reflect and think of your future
- Set specific goals
- Write your goals down
- Prioritize your goals

A way to help with setting goals can be using the SMART mnemonic (MindTools, 2020).

S- Specific or Significant
M- Measurable or Meaningful
A- Attainable or Action-oriented
R- Relevant or Rewarding
T- Time-bound or Trackable

Remember to be patient with yourself, and if you experience a setback, don't give up, and continue to achieve your goal (s).

Reference— MindTools. (2020). *Personal Goal Setting*. <https://www.mindtools.com/page6.html>

Carol Combs | TRIO SSS Peer Mentor



Movie Review: The Hannibal Lector Series



There is not an adult alive today that does not know the name Dr. Hannibal Lector. He has become a pop culture anti-hero loved and hated by many around the world. Originally created by Thomas Harris, Hannibal Lector made his debut as the intelligent, charming, and manipulative cannibalistic psychopath in the novel, "The Red Dragon" which has now been adapted into two films and a TV show. The original story is heavily white and male-dominated, with few female characters. Do they include characters of color? Do they pass the Bechdel Test? The Bechdel Test states a movie must (1) have at least two females in it (2) who talk to each other about (3) something else besides a man. Here we will take a look at the various adaptations of the stories and their inclusivity.

The movie "The Red Dragon" has two named female characters but they do not interact with each other. The movie, "The Silence of the Lambs" is ironically known for its strong female heroine Clarice Starling. This movie barely passes, with Clarice talking to her friend and roommate Ardelia Mapp. In the third book, "Hannibal" there is of course, Clarice, and a new character named Margot Verger. Margot is somehow completely left out of the film adaptation. I believe her character is central to the plot and character development of her brother, Mason Verger. Not only are there few female characters, every person is white. There are few characters of color and they are almost all minor, unimportant characters. Therefore I believe Bryan Fuller's TV adaptation for NBC is superior in many ways.

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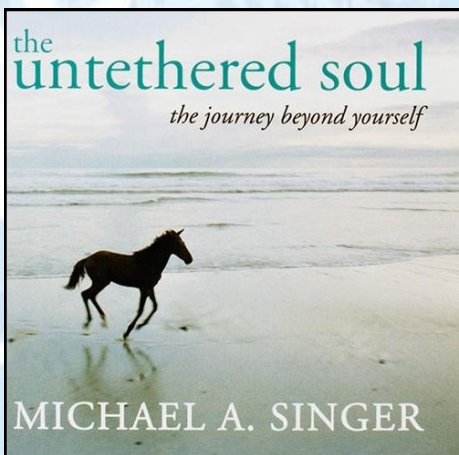


Movie Review—Continued

In NBC's 'Hannibal,' creator Bryan Fuller made impactful choices that helped diversify the cast and be much more inclusive than the movies and books. Many of the characters who were described as white in the books were cast by talented actors such as Laurence Fishburne, Gina Torres, Raúl Esparza, Hettienne Park, and Rutina Wesley. And pertaining to the Bechdel Test, many of the male characters in the book and movies were changed to female for the TV show. The notable choices to change Dr. Alan Bloom to Dr. Alana Bloom and Frederick "Freddy" Lounds to Frederica "Freddie" Lounds help the TV adaptation pass the Bechdel test. While all these casting choices and changes may seem small, they are monumental in creating a diverse and inclusive cast. Not only does the TV show present a diverse cast, it also explores themes of queerness and sexuality. Many of the characters, including Hannibal Lecter, are presented as queer. In 2020 we should not have issues being inclusive, yet there are many movies and TV shows that fail miserably. Representation matters. It matters to include female characters, gay characters, black characters, Hispanic characters, Asian characters, Native American characters, and so many other underrepresented groups. If you love Dr. Hannibal Lecter and his stories, I strongly recommend watching the TV version. It is inclusive in many ways that the books and movies are not.

Vrajen Patel | TRIO SSS Peer Mentor

Book Review: The Untethered Soul



The Untethered Soul by Michael A. Singer describes the journey beyond yourself and is categorized as a self-help/transformation book. The materials within outline the process of untethering the soul through 5 parts.

Part one is 'Awakening Consciousness'. Singer describes the critical shift in self-identification from Ego to Consciousness. The example utilized is having a roommate as the voice inside. Singer explains that our personal thoughts are not what define us and that they are simply outputs of what our consciousness perceives.

Part two is 'Experiencing Energy'. Singer discusses the importance of attaining an untethered soul by letting life flow, rather than blocking and attaching to negative energies. Freeing yourself is completed by transcending the tendency to close the heart.

Part three is 'Freeing Yourself'. Singer uses an incredible analogy for treating fear as though it were a thorn. Singer emphasizes the importance of not doubting one's ability to remove thorns. If this work is not done, freedom will be compromised for the sake of avoiding the thorn.

Part four is 'Going Beyond'. Singer explains how to widen your consciousness to expand beyond yourself and the importance of taking down 'protective' walls. We limit our spiritual growth by clinging and attaching to the pain that we have created for ourselves. One's comfort zone must constantly be pushed to grow spiritually.

Part five is 'Living Life' and is my favorite part. It discusses the path of unconditional happiness and the spiritual path of nonresistance. Singer describes the 'secret' of the middle way and how to use Taoism to live a life of unconditional happiness. Death is discussed as an incredible tool that can be utilized to prioritize what is important in life.

The Untethered Soul helped me to recognize my identity as a spiritual being that is present 'here and now' to experience life fully and grow.

Zaira Flores | TRIO SSS Graduate Assistant

5 Mindful Holiday Season Tips to De-stress

The joyful holiday season can be stressful during the difficult time with change in life-style of remote learning and working environment. Some people are even feeling more stress than joy for this holiday season. Here are some tips to practice informal mindfulness.

1. Accept Imperfection.

"Don't let perfect get in the way of great." ~ Dr. Samuel Kim- CU Denver's Assistant Vice Chancellor for Student Community

We always want to do our best and try to be perfect at everything. With limited time and resources, you may have to prioritize. Also, keep in mind that sometimes things may not go exactly as you've planned. And that is okay.

2. Don't Lose Sight of What Really Counts.

Holidays can get hectic with traffic and long lines. If you are overwhelmed, focus on prioritizing, and ask yourself:

1. "Where does this fit in the grand scheme of things?"
2. "Can I use this moment of frustration as an opportunity to reflect?"
3. "Even if this moment seems stressful, can I find a way to make it pleasant?"

3. Respond with Kindness.

You can't change or control the way other people behave. However, you can control your own emotions and your behavior. Be kind and generous. When you are encountering a difficult person, take a deep breath and think: "This person is suffering, and that's why they're acting this way." This may help you soften your frustration and be more compassionate. Also, remind you that it's not personal. Keep in mind that the holidays could be especially difficult to those who may be alone or who may have lost someone.

4. Rethink your Resolutions.

"Typical New Year's resolution set you up for failure," – Gould warns. Consider SMART Goals and keep in mind that year 2020 is not a typical year as we've used to have. **Start small** and break your goal into smaller steps over the course of the year. Also **be kind to yourself** and focus on growth mindset. Rather than self-criticizing I didn't achieve x and y, focus on things you've accomplished even it may be a very small thing.

SMART CRITERIA

Become more successful
by setting better goals



5. Reserve self-care time.

It's easy to forget about yourself and only think about others. However, you deserve to treat yourself with self-care. Reserve some time for self-care in your schedule to de-stress and relax.

References:

<https://www.50minutes.com/title/smart-criteria/>

<https://www.hopkinsmedicine.org/health/wellness-and-prevention/4-mindful-tips-to-destress-this-holiday-season>



Alexandria Joo | TRIO SSS and McNair Scholars Project Specialist

Important Dates

INFORMATION	DATE	IMPORTANT NOTES
Finals week.	December 7 - 12, 2020	
End of semester - Commencement	December 12, 2020	
Final grades available on UCDAccess and transcripts (tentative).	December 17, 2020	
Winter Break.	Dec. 25, 2020 - January 1, 2021	No classes. Campus closed.
No classes. Campus closed.	January 18, 2021	No classes. Campus open.
First day of Spring semester classes.	January 19, 2021	

Exam Preparation Study Tips

Final exams are around the corner and preparing for them is a challenge. However, there are some ways you can prepare for your exams by following the study skills tips below.

Avoid Procrastination and Cramming

As students we usually tend to cram. However, that is not the most effective way to study since cramming only makes students sacrifice sleep time in order to use that time to study. Sleeping is crucial for academic success as it will improve our brain function. For this reason, sacrificing sleep for additional study hours can only be disadvantageous. To avoid cramming, don't procrastinate. Give yourself enough time to study by creating the habit of reviewing your lecture videos and notes. Organize your time so you can dedicate more time to your exams.



Plan study time

Plan your study time in advance by setting aside time to study in order to get the required knowledge and achieve high performance in your exam. Something you can do to make time to study is to use a calendar or planner to prepare a daily/weekly schedule that includes regular study sessions and your "me" time, so it doesn't eat up study time.

Watch for clues

Most professors tend to have methods to prepare students for their exams by providing clues to them. It is recommendable for you to watch for clues your professor might give about possible exam questions and formats. We advise you to participate in exam review sessions and engage in asking questions about concepts that might be unclear to you. You can also attend your professor's office hours to ask questions.



Review early and review with a group

Start a final review of all class materials such as lecture notes, videos, slides, and class assignments that will help you prepare, a couple days/weeks before the exam. Do this review by yourself or with your study group. Reviewing in preparation for an exam as part of a study group can be beneficial, since it can allow you to improve your class notes, explore complex concepts, cover more material, gain additional knowledge about what might be on the exam, as well as they can be a support system for you.

Prepare an outline

Prepare an outline of the concepts and topics that will be covered during the exam and use this sheet to study. Having an outline will help you memorize important information and key facts of the topics you will be tested on.

Schedule an appointment with the [CU Denver Learning Resources Center](https://www.educationcorner.com/test-preparation-tips.html) through the Navigate system to request study skill assistance including test taking, coping with test anxiety, learning strategies, and many more. You can also set-up an individual Coaching Session with professional staff. These sessions are designed for students to receive individualized support and review their time management, learning strategies and study skills to refine for better efficiency and effectiveness. Contact them at LRC@ucdenver.edu.

Reference—<https://www.educationcorner.com/test-preparation-tips.html>

Alexa Dominguez-Estrella | TRIO SSS Office Staff



DIY: Waterless Snow Globe

The holidays are a special time of the year. Families and people across the world and all cultures gather to celebrate their festivities. Whether it is Christmas, Hanukkah and Kwanzaa or Ramadan, the festivities are sure to bring cheerful spirits and decorations. A fun holiday craft to construct this season is a waterless snow globe. They are easy to make at an affordable price and will provide you with entertainment and a personalized snow globe, let us begin!

*Almost all the materials needed for this project that are listed below, can be found at any craft store, local supercenter or just plain household items. *

MATERIALS:

- ✓ Glass Mason Jar (any jar with a lid)
- ✓ Some fake snow (cotton balls or flour works perfect)
- ✓ Hot glue gun with glue
- ✓ Assorted decorations (for inside the snow globe)
- ✓ Some glitter and paint (optional)



STEP 1:

Remove the LID of the mason jar (this is the time to put the optional paint and glitter).

1b) Hot glue the canning lids of the mason jar together, once dry glue your decoration to the lid.

STEP 2:

Take your fake snow and line the bottom of the lid with enough to cover the bottom of the lid.

If you put too much snow you may not be able to see your decoration

STEP 3:

Screw your lid on and flip your jar and voila you got yourself a waterless snow globe for this holiday season.



Michael Martinez | TRIO SSS Peer Mentor

AASS and CASL End of Semester Celebration

The Asian American Student Services and CASL invite you to their End of Semester Celebration honoring Asian Pacific Islander Desi American graduates or students involved with the Asian Cultural Clubs, and Asian American student services!



Thursday, December 3rd
5:00 pm – 7:00 pm
ZOOM ID: 936 7394 3620



Sweet Sticky Rice with Mango Recipe

INGREDIENTS

1 ½ cup glutinous rice (sticky rice)
1 1/3 cup of unsweetened coconut milk
1/3 cup of sugar
¼ teaspoon of salt
1 tablespoon sesame seeds, toasted slightly
1 large mango (can have more depending on how much you like mango)



PREPARATION

In a bowl, wash rice well in several changes of cold water until water is clear. Soak rice in cold water to cover overnight. This is the most important step. You must soak the sticky rice overnight.

Drain rice well in a sieve. Set sieve over a large deep saucepan of simmering water (sieve should not touch water) and steam rice, covered with a kitchen towel and a lid, 30 to 40 minutes, or until tender (check water level in pan occasionally, adding more water if necessary).

While rice is cooking, in a small saucepan bring 1 cup coconut milk to a boil with 1/3 cup sugar and salt, stirring until sugar is dissolved, and remove from heat. Keep mixture warm.

Transfer cooked rice to a bowl and stir in coconut milk mixture. Let rice stand, covered, 30 minutes, or until coconut milk mixture is absorbed. Rice may be prepared up to this point 2 hours ahead and kept covered at room temperature.

While rice is standing, in cleaned small pan slowly boil remaining 1/3 cup coconut milk with remaining 3 tablespoons sugar, stirring occasionally, 1 minute. Transfer sauce to a small bowl and chill until cool and thickened slightly.

To serve, mold 1/4 cup servings of sticky rice on dessert plates. Drizzle desserts with the coconut sauce and sprinkle with sesame seeds. Divide mango slices among plates.

Reference—Check out more recipes under www.epicurious.com

Patitta (Faai) Banjongwit | TRIO SSS Peer Mentor



World Human Rights Day



Every year on December 10th, “Human Rights Day” is observed. This year’s theme is: Recover Better - Stand Up for Human Rights, which focuses on recovery efforts after COVID-19 to ensure human rights. We can only create equal opportunities for all by reaching common global goals. There are four Sustainable Development Goals noted: 1) End discrimination of any kind, 2) Address inequalities, 3) Encourage participation and solidarity, and 4) Promote sustainable development. These measures can help advance global human rights to make sure that our society can fully recover and continue to build a world that is **Better!**

Reference: <https://www.un.org/en/observances/human-rights-day>

Henry R. Ornelas | TRIO SSS Program Manager

Directors Corner

Dear SSS Students,

I hope you and your loved ones are well. As cliché as it sounds, I cannot believe how quickly the semester and year has passed. As the semester winds down to an end, please remember that the entire TRIO team is here to help you end on a high note. If you need help preparing for an exam or final paper, please reach out to your peer mentor or coordinator. Remember too that the Learning Resource Center and Writing Center are also available to you as you prepare for finals. If you have not yet met your book scholarship requirements, don't fret! You still have time to meet the final book scholarship deadline. Your coordinator or peer mentor can help you find eligible workshops and seminars.



Fall 2020 marks my first full semester at UC Denver! I have thoroughly enjoyed getting to meet you, albeit virtually, at our skill-building workshops, socials, and campus-wide events. My favorite fall 2020 memory is seeing you at the First-Gen Week celebration. All the events allowed me to hear from fellow first-generation students and to connect with first-gen students at UC Denver. During our meetings, I have been impressed by your resolve to make the best of our virtual setting and social distancing recommendations. It is not an understatement to say that 2020 has been a trying year. Despite the challenges, frustration, and pain, you have persisted, and that is something to celebrate!

The TRIO team also celebrates Kuresha Abdullahi, Nayeli Flores, Lizeth Gutierrez, Elaine Mendoza, Coco Chanel Padilla, and David Padilla, who are completing their undergraduate education this semester. It has been a joy and honor to be part of your academic journey. Please keep in touch and let us know how you're doing. We wish you the best in your future endeavors! This semester, we also say thank you and goodbye to Carlos Guillen and Vrajen "Raj" Patel, two of our amazing peer mentors. Carlos and Raj, we'll miss you!

Finally, I hope that each of you finds time to rest, reflect, and recharge during winter break as you prepare for another semester of distanced learning. I encourage you to celebrate the small and big victories and to reflect on what you'd like to achieve next semester and year. We thank you for making 2020 memorable. We wish you and your loved ones a safe and happy holiday season and a prosperous New Year.

We look forward to serving in the new year! Be safe and be well.

Sonia Valencia
Director, TRIO SSS & McNair



*"Just like moons and like suns,
With the certainty of tides,
Just like hopes springing high,
Still I'll rise."*

"Still I Rise"
Maya Angelou

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.