

THE PILLAR

A MONTHLY JOURNAL OF THE TRIO SSS COMMUNITY
"Helping Students Realize Their Full Potential"



December 2022
ISSUE

Page Guide

Page 1

- Undergraduate Research

Page 2

- Resume Tips

Page 3

- Movie Review
- TRIO News and Kudos!

Page 4

- Tips to Avoid Holiday Stress
- Spring 2023 EDFN Course

Page 5

- Holidays Around the World
- Find the Penguin?

Page 6

- Recipe—Sugar Cookies
- Affordable Gift Ideas

Page 7

- Study Tips for Finals
- Spring 2023 Academic Dates

Page 8

- Holiday Events/Activities

Page 9

- Director's Corner



Undergraduate Research

Anschutz Summer Program Session—Thursday, Jan 19, 2023

UNDERGRAD RESEARCH

Anschutz Summer Programs

LEARN ABOUT SUMMER 2023 UNDERGRADUATE RESEARCH PROGRAMS AT THE CU ANSCHUTZ MEDICAL CAMPUS

Are you an undergraduate looking for an opportunity to conduct research at CU Anschutz and want more details before applying? Talk to program representatives at these upcoming info sessions!

PROGRAMS INCLUDE:

- Cancer Research Experience for Undergraduates (CREU)
- Developing Scholars Program in Cell Biology, Stem Cells, and Development (CSD)
- Gates Summer Internship Program (GSIP)
- Graduate Experiences for Multicultural Students (GEMS)
- And more!

Monday, December 5 | 4:00-5:00

[Register in Handshake for Zoom Link](#)

Thursday, January 19 | 5:00-6:00

[Register in Handshake for Zoom Link](#)



University of Colorado Denver | Anschutz Medical Campus

CONTACT US

undergrad.research@ucdenver.edu

ucdenver.edu/lynxconnect/undergraduate-research





National Association of Colleges and Employers (NACE) “Attributes Employers Want To See On College Students Resumes”

Have you ever wondered what employers are seeking on a resume? That is a good question! Creating a solid resume communicates your qualifications and experience. Of course, the goal of your resume is to land an interview. Hopefully, this article will give you some insight about what attributes employers are seeking. You may have developed some of these skills through your coursework, employment, community outreach, and leadership roles. You want to make sure these skills are clearly articulated on your resume.

The National Association of College and Employers (NACE) was established in 1956 and is the only professional association in the United States that connects more than 9,800 college career services professionals, more than 3,300 university relations and recruiting professionals, and more than 300 business solution providers that serve this community.

NACE publishes the Job Outlook Survey each year that serves as a forecast of hiring intentions of employers as they relate to new college graduates. Data for the Job Outlook 2022 survey were collected from August 18, 2021, through October 1, 2021.

According to NACE's Job Outlook 2022 Survey, nearly 86% of employers who responded to survey are seeking evidence of problem-solving skills on student resumes. This is followed by more than three-quarters looking at a candidates' analytical/quantitative and teamwork skills. (See Figure 1.)

ATTRIBUTE	% OF RESPONDENTS SEEKING FOR CLASS OF 2022	% OF RESPONDENTS SEEKING FOR CLASS OF 2021
Problem-solving skills	85.5%	79.0%
Analytical/quantitative skills	78.6%	76.1%
Ability to work in a team	76.3%	81.0%
Communication skills (written)	73.3%	72.7%
Initiative	72.5%	67.8%
Strong work ethic	71.0%	65.4%
Technical skills	64.9%	67.8%
Flexibility/adaptability	63.4%	65.9%
Detail-oriented	62.6%	56.1%
Leadership	60.3%	67.8%
Communication skills (verbal)	58.8%	73.2%
Interpersonal skills (relates well to others)	56.5%	57.6%

Figure 1: Resume attributes for the Class of 2022 and the Class of 2021

Reference

The Attributes Employers Want to See on College Students' Resumes. (2022, February 15). National Association of Colleges and Employers, Job Outlook 2022 and Job Outlook 2021. <https://www.naceweb.org/about-us/press/the-attributes-employers-want-to-see-on-college-students-resumes/>.



Movie Review



Ketsia Kabelá– TRIO SSS Peer Mentor

Black Panther is a masterpiece in every sense of the word: a precisely and exquisitely crafted narrative, populated by heartwarming characters you'll care about right away, dealing with prominent issues while also making very particular statements about black history and black identity.

What appears to be yet another superhero movie in the never-ending parade is actually considerably more significant. Even before it opens in theaters, it has already had a significant cultural impact. The film explores what it means to be black not only in America but also in Africa and, more broadly, around the world. The movie tackles the problems affecting contemporary black life head-on rather than sidestepping complex subjects regarding race and identity. Incredibly funny at the right times, the action is well-choreographed, and individuals of all colors are well-illuminated.

There are two Black Panther movies. One that was published 4 years ago and another that was just published a month ago. The two movies are very good and have different story contexts. I will recommend starting with the first Black Panther movie if you haven't watched it yet before jumping into the second one to give you a better understanding of things that will happen!

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.***



- * Congratulations to our upcoming fall 2022 graduates: Ritish Dangol, Robert Espinoza, Zawadi Majaliwa, Maria Mejia, Tirusew Muluneh, Estrellita Portillo Olivas, Kristianna Pott, & Mayra Prieto!
- * Miracle Wright, (SSS and McNair Scholar) accepted a Summer Undergraduate Research Opportunity at Syracuse University.
- * Katira Elbashir (SSS) was invited to attend the National Black Society for Engineers (NBSE) Conference in November.
- * Katira Elbashir (SSS) and Cody Lewis (McNair Scholar) won CU Denver's First-Gen Scholarship!
- * Ali Al Nazzal completed and presented his Political Science Capstone Project: "Iraqi Women's in US Foreign Policy Before and After the Invasion"
- * Bella Scancarello was accepted into the BSBA/MS 4+1 Marketing Program.
- * Huy Duong has secured an internship with Hanson & Co during the summer 2023 semester.
- * Maria Mejia, who is graduating this semester, will be flying out to London as part of a work-abroad program after graduation, and will then backpack across Europe.

Tips to Avoid Stress This Holiday Season

Ali Al Nazzal | TRIO SSS Peer Mentor

Waiting eagerly for the Holidays!!! Envision joy and happiness with your family members, the ones you love and care for!! While doing so, Holidays bring a lot of stress, frustration, and anxiety and sometimes spoil the holidays. The main reasons for those stress emerge from a straightforward concept "Each one wants to make it the best holiday ever." This expectation always creates a negative thought that isolates you from holidays' happiness.

Here are some tips to deal with stress during the holidays :

ACCEPT IMPERFECTION

We often set the bar impossibly high for ourselves and then feel upset when our celebrations don't live up to expectations, It's OK if it's not perfect. Imperfection is healthy and normal. For some of us, it might just take a little practice.

KEEP YOUR FINANCES IN CHECK

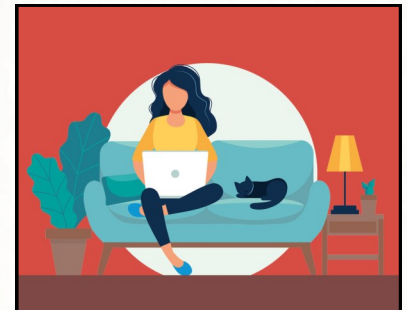
Be realistic about what you can afford. The sentiment behind a gift is more important than the cost. Create a budget and stick to it. Spend only what you can afford, and if you don't have the ability to spend anything, bake a treat or offer your talents and time to your friends and loved ones.

MAKE SMALL ADJUSTMENTS

The holiday season can seem full of big changes, so focus on little things that can help you relax. For example, take some time away from your mobile phone; disconnecting can provide some much-needed separation from the demands of people in your life, your calendar and your to-do list.

TAKE SOME TIME FOR YOURSELF — AND DON'T BE AFRAID TO SAY NO

If you're feeling stressed, don't be afraid to call a timeout and spend some time on self care. Maybe your self-care is taking a bubble bath, scheduling a massage, heading to the gym, or indulging in some retail therapy — whatever it is, enjoy the moment and let yourself feel refreshed.



MORE
THAN
JUST
FOOD

EDFN: 4000—Food Justice in City and Schools



Are you looking for a class to take in Spring 2023? Check out **EDFN: 4000, Food Justice in City and Schools** which meets on Tuesdays & Thursdays from 3:30 pm—4:45 pm. This class fulfills your core requirement for Cultural Diversity. EDFN 4000 is taught by former TRIO SSS Student and McNair Scholar, Marcia Maxson. This course examines systemic inequities in access to healthy food. The history of school/community gardens, developments in urban agriculture and school/city policies are examined. The intersection of urban agriculture, hunger, and schooling/learning is examined in school gardens and school farmer's markets. As part of the class, we go on two field trips to explore the topic discussed through experiential learning and the best part is there are NO TESTS/EXAMS.

If you have any questions, feel free to reach out to Professor Maxson at marcia.maxson@ucdenver.edu

Holidays Around The World

Monica Vu | TRIO SSS Office Assistant



Holidays around the World in December



December 5th

Krampusnacht- a holiday celebrated in Germany and other parts of Europe, where people dress up as the devil, Krampus. Krampus is a half-goat and half-man that chases misbehaved children. It is a tradition that the Krampus hands out twigs to children so they can remember to behave themselves or he will take their gifts away and come after them.

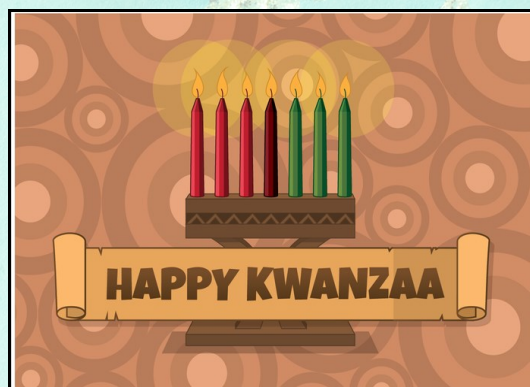
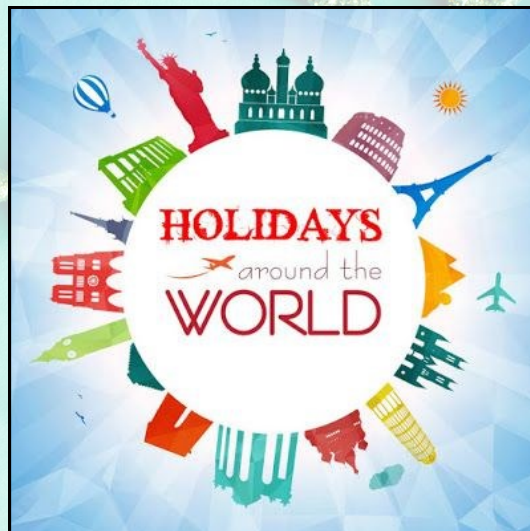
December 21st

Winter solstice- this day has the longest night and shortest day of the year. Many different countries celebrate this in different ways. Like in Iran they celebrate Yalda and have families celebrate by eating special foods like nuts and pomegranate-based dishes. Or in Antarctica, where they celebrate Midwinter by enjoying special meals and watching some films.

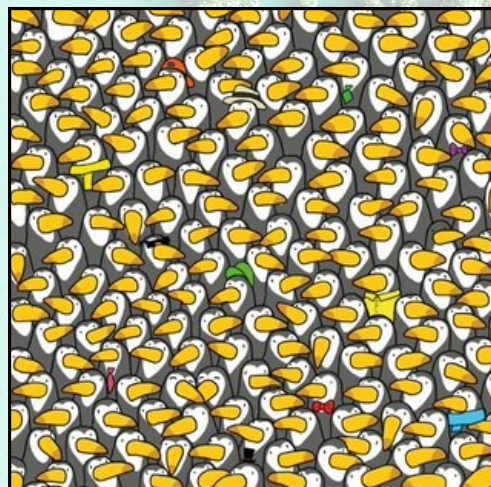
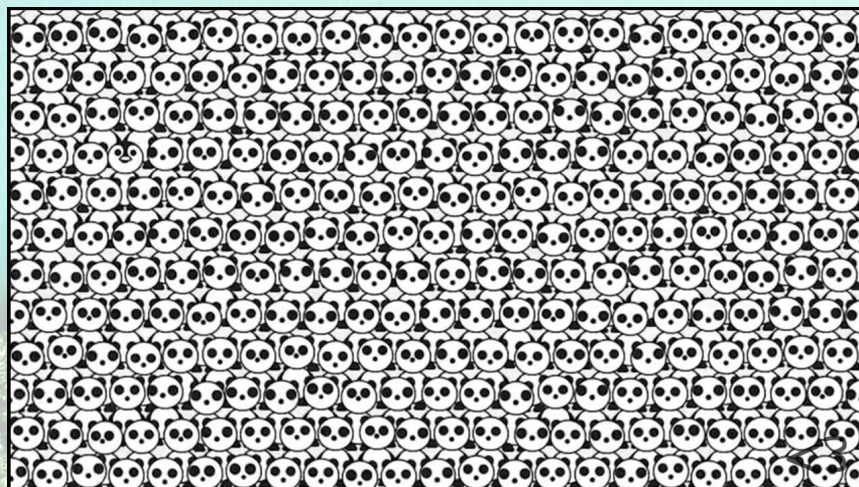
December 26th

Kwanzaa- is an African American holiday that is celebrated for 7 days based on the seven principles of Kwanzaa. For each day, families light one candle on the kinara, a candle holder. On December 31st, families gather for a feast together called Kamaru with special foods, wearing traditional garments, and so on.

December is a very celebratory month, as these holidays are some of the many celebrations around the world. What do you celebrate in December?



Find the Penguin!



Festive Sugar Cookies

Emily Huynh | TRIO SSS Peer Mentor

Cookie Dough

1 tsp. baking powder | ½ tsp. kosher salt | 1 cup (2 sticks) butter (softened)
1 cup granulated sugar | 1 large egg | 1 tsp. pure vanilla extract | 1 tbsp. milk

Buttercream Frosting

1 cup (2 sticks) butter, softened | 5 cups powdered sugar | ¼ cup heavy cream
½ tsp. pure almond extract | ¼ tsp. kosher salt | Food coloring

Directions

1. In large bowl, whisk together flour, baking powder, and salt and set aside
2. In another large bowl, beat butter and sugar until fluffy and pale in color. Add egg, milk, and vanilla and beat until combined, then add the flour mixture gradually until totally combined
3. Shape the dough into a disk and wrap it in plastic. Refrigerate for 1 hour.
4. When ready to roll, preheat oven to 350 and line two baking sheets with parchment paper. Lightly flour a clean work surface and roll out dough until 1/8" thick. Cut out shapes and transfer to prepared baking sheets. Freeze 10 minutes (so your shapes hold while baking!)
5. Bake cookies until edges are lightly golden, 8 to 10 minutes
6. Frosting: In a large bowl using a hand mixer, beat butter until smooth, then add powdered sugar and beat until no lumps remain. Add cream, almond extract, and salt and beat until combined
7. Let cookies cool, then frost and decorate as desired!



So yummy!

Affordable Gift Ideas



Huy Duong | TRIO SSS Office Assistant

As the year ends and a well-worth winter break is among us after completing finals week. The stress of getting gifts for friends and loved ones can be a gigantic issue if you're on a budget. However, you can still get a nice/meaningful gift that won't break the bank account this holiday season. A great gift for on-the-go music lovers is JLAB wireless earbuds. The JLAB's GO AIR TONES and GO AIR POP both cost \$20 each before tax and shipping. Another great affordable gift idea is for a friend you know is good at cooking. The Crock-Pot 3-Quart Manual Slow Cooker is available in stores such as Walmart and Target costing around \$20 or even less. Finally, if you meet new friends and relatives over the holiday, the board game "We're Not Really Strangers" would be a great gift. Costing around \$15 on Amazon and Target, the board centers around different levels of questions that can make a deeper bond with people you just met to a potential friendship.



Tips to Follow When Studying for Finals

Josh Caraballo | TRIO SSS Peer Mentor

Finals is just around the corner and that means it's the national stress week for all students. While finals can be quite scary, here are a few tips and tricks that you could do RIGHT NOW to perhaps alleviate that stress and make finals much more easier for you to prepare for.



Study with classmates: This gives you a more fun way to review for your tests and working together helps develop good study habits, increase collaboration on group projects, and boosts confidence in your knowledge of the material.

Take advantage of office hours: Office hours exist for a reason! See your professor or TA's to understand the class material better and maybe even get helpful study tips on how to prepare for your exams!

Create flashcards: Flashcards let you quiz yourself without the help of others! There are also more digital flashcards these days, so take advantage of that technology!

Switch it up: Taking too much time on one subject can make you lose your concentration, so change topics every 30 minutes or so to prevent learning fatigue!

Read and review, early and often: We've all heard it at this point, we forget 70% of what we have learned within 24 hours, but going over new ideas a day after class will help increase retention and comprehension, so make time each evening for a quick review!

Find a tutor: Tutors are available here at CU Denver through the Learning Resources Center! Take advantage of the fact that they are there! Also, if you can't find one that works for your time, CU Denver is now collaborating with a 24/7 tutoring platform called TutorMe. Here, you can find a tutor for almost every subject and they can be accessed at any-time! Here is the link for that service: <https://tutorme.com/p/cu-denver-main/>

I hope that these tips are helpful for you all! Please take care and slay those finals!

Spring 2023 Academic Deadlines

- ✓ Martin Luther King Jr. Holiday **Jan 16, 2023**
- ✓ First day of spring semester classes **Jan 17, 2023**
- ✓ Last day to waitlist classes using UCDAccess **Jan 22, 2023**
- ✓ Last day to drop class without a \$100 drop charge **Jan 23, 2022**
- ✓ Census **Feb 1, 2023**
- ✓ Last day to add classes in UCDAccess **Feb 1, 2023**
- ✓ Last day to drop classes with a financial adjustment **Feb 1, 2023**
- ✓ Classes dropped after this date will appear on your transcript with a grade of "W" **Feb 1, 2023**
- ✓ Full tuition will be charged for additional classes added after this date **Feb 1, 2023**
- ✓ Last day to apply for Spring Graduation via UCDAccess **Feb 1, 2023**
- ✓ Last day to request or cancel Grade Forgiveness **Feb 1, 2023**
- ✓ Registration begins for Summer Semester via UCDAccess **March 1, 2023**
- ✓ Open enrollment begins for Summer Semester **March 17, 2023**
- ✓ Spring Break **March 19-March 25, 2023**
- ✓ Last day to request No credit or Pass/Fail grade for a class **April 2, 2023**
- ✓ Registration begins for Fall Semester via UCDAccess **April 3, 2022**



Holiday Events and Activities



Cristal Sarmiento Garcia | TRIO SSS Peer Mentor



The Mile High Tree presented by XCEL Energy & Xfinity

When: Now through Dec.31st

Where: Civic Center Park

The Mile High Tree is a 110-foot tall installation filled with colorful lights and music shows. And, for the first time you can experience two of Denver's most popular holiday attractions, 1. America's tallest digital tree and the city's only authentic German holiday market.



Blossom of Light

When: Now through Jan. 7, 2023

Where: Denver Botanic Gardens

This annual holiday lights extravaganza transforms Denver Botanic Gardens into a twinkling winter wonderland. Sip warm drinks and nibble on tasty treats as you stroll.



Downtown Denver Rink

When: Now through FEB.14, 2023

Where: Skyline Rink

Free ice skating in the heart of downtown Denver!



Zoo Lights

When: Dec 3-Jan 15, 2023; 5:30pm-8:30pm

Where: Denver Zoo

Experience the Denver Zoo as the WILDEST winter wonderland! These Zoo lights have been recurring every December for more than 30 years now. Find animated animal sculptures, Santa and Mrs. Claus visits, animal encounters, and treats for kids of all ages.



Find more holiday events and activities in Denver here: [Holiday Favorites](#)

Directors Corner

Dear SSS Students,

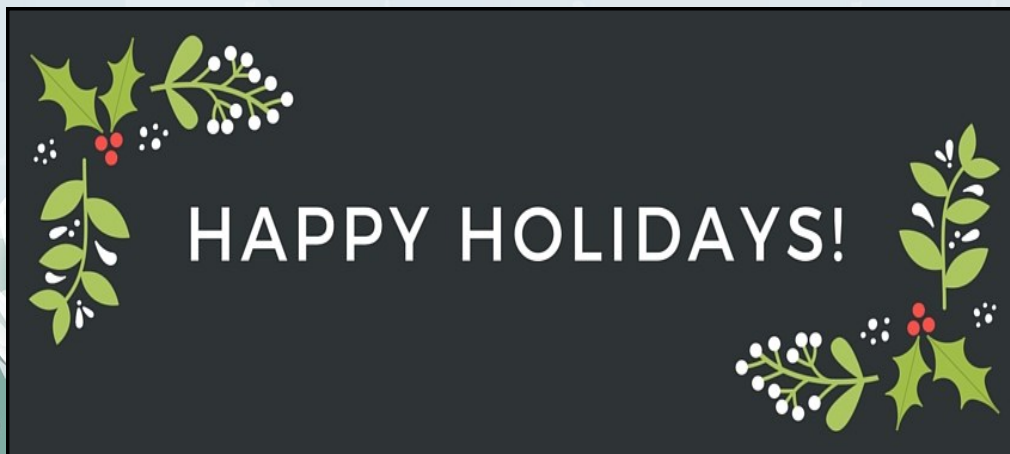
I can't believe the end of the fall semester is here. As you head into finals, please remember that the TRIO team is here to help. Contact your coordinator if you want to develop a study plan or have questions regarding grading options or withdrawals. Don't forget that the LRC now offers 24/7 tutoring support via TutorMe, and the Writing Center is an excellent resource for those of you writing final essays. Make sure you rest, get good sleep and eat nourishing meals this finals season.



To our fall 2022 graduates – CONGRATULATIONS! We are so proud of your achievements and grateful for being part of your journey. I hope you're planning to attend our TRIO SSS Graduation Recognition Ceremony on Wednesday, December 7th. We look forward to celebrating this milestone and presenting you with your TRIO stole. We hope that program participants who are not graduating will join us on the 7th to celebrate their peers and take a break from studying.

Thank you all for making 2022 a great year! For students returning next spring, we hope you find time to recharge this winter break. Our team wishes you and your loved ones a safe and happy holiday season and a prosperous New Year. We look forward to seeing you in the new year.

Sonia Valencia,
Director, TRIO SSS & McNair



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.