

# THE PILLAR

A MONTHLY JOURNAL OF THE TRIO SSS COMMUNITY

"Helping Students Realize Their Full Potential"

*Carpe Diem*

February 2020  
ISSUE

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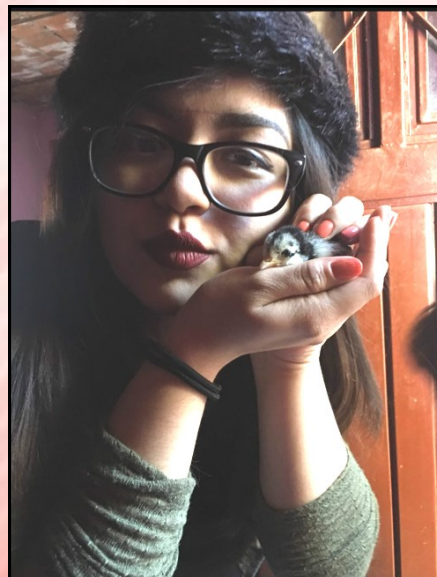
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*I'm not telling you it's going to be easy- I'm telling you it's going to be worth it. - Art Williams*

## Student Spotlight— Jocelyn Castillo Flores



The TRIO SSS Program is delighted to highlight Jocelyn Castillo's undergraduate journey. She is an active participant in the program and will be graduating with a Bachelor of Science degree in Biology this semester. When she started her undergraduate experience here at CU Denver, she wished someone would have told her that she was not alone in this journey. Jocelyn noted, "Most students experience the same challenge as you. When I was feeling down, I had amazing professors and classmates that helped me stay motivated."

As an active member of the TRIO program, she has had the opportunity to visit with her mentor, professional staff, attend skill building workshops, and financial literacy sessions. When asked how TRIO has helped her she stated, "I am a first-generation college student and my parents do not speak English. I had to do most of the paperwork by myself. I was new to the college system and did not know how to navigate it; I am so grateful to have TRIO be part of my life because they were there helping me and teaching me how to navigate the college system."

When she reflects on her overall experience here at CU Denver, she noted that her favorite memory in college was the freedom to choose what she wanted to study. She was able to take photography classes that were fun and helped her to be more open-minded. Jocelyn mentions that her college experience was great because she had an amazing support system and the opportunity to work on-

campus in a position she enjoyed. Her work-study allowed her to meet many great people. Although she enjoyed her experience, it also came with some obstacles. The biggest challenge was her financial need. She works two part-time jobs as well as going to school. She noted that both positions have taught her to manage her time better.

CONTINUED ON NEXT PAGE....



## *Student Spotlight Continued—Jocelyn Castillo Flores*

Her short-term goal includes passing all her classes to graduate this semester. In addition, she would also like to find some personal time for herself. As graduation approaches, she would like to enter a career in the health field. While completing her biology courses, she was able to learn about cancer and how it is the horror movie of biology. She never knew that cancer research would excite her as much as it did. Her long-term goal is to pursue graduate studies in a Cancer Research Program. One of her favorite hobbies is nail art. Although she is not the best at nail art, she loves playing with the color and making interesting shapes.

If she won a million dollars, the first thing she would do is a purchase a house. She stated, "My family and I have struggled financially and all we want is a house that can be ours. We had a house but we lost it." Not having the resources to purchase a home is challenging. Ultimately, having a roof for my parents and family is a goal. She does not have a favorite quote, rather a favorite word, "HAPPY." Jocelyn noted that she loves to make people happy because it makes her happy. She tries not to let negative comments or situations affect her. Instead she tries to see the happy side of things. Our program wishes Jocelyn a Happy Graduation! You have worked hard to get to this point in your undergraduate career. Wishing you continued success!

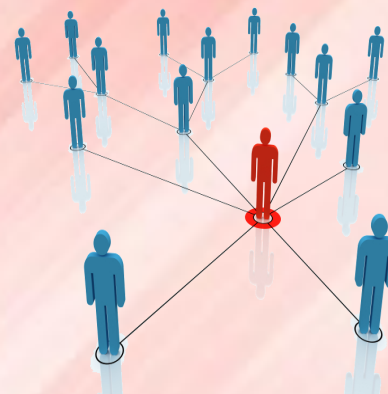


## *Importance of Networking*

Networking seems like a waste of a time and space to most people, but it is bane of the industrial world. To get most job positions, it often boils down to who you know more than what you know. Who you know will get you the job while what you know will keep you the job. Without the right approaches, networking events can end up being a waste of time. For example, job fairs are filled with recruiters hyping up their respective companies to attract resumes of all sorts. The dark truth is that most of these resumes end up in the trash. I've learned the trick is not to connect with the recruiter, but the people behind the recruiters. In some cases, it would be the relaxed older gentlemen who works in the field that your interested in or the fierce businesswomen running the company behind the scenes in the first place. When done just right, your resume will gain some identifying mark (i.e. a signature or an endorsement on the top sheet of your resume), effectively separating you from the rest of the pile.

Networking is also an important part of social life as well. Connecting with likeminded individuals is important for personal growth. I have relied on friends for technical and nontechnical advice and have learned a plethora of new information even after doing significant amounts of research. Experience speaks more than knowledge. This past two years, I have always wanted to learn about cars and do routine maintenance on my own rather than paying a mechanic. I looked around amongst friends to find some car enthusiasts and connected with them to learn basic oil changes and tune ups. Although I did research and read my car manual several times, it was their experience that really showed me how to turn the wrench properly.

Networks exists all around us whether we like it or not. It is up to us to utilize them effectively to live the most optimal and satisfied lives. Without them, we are just stuck in Plato's allegorical cave crawling around in the darkness hoping to see the light to lead us out on our own.



**Vrajen Patel | TRIO SSS Peer Mentor**



## American Heart Month



Traditionally the month for lovers and all things heart related, February also reminds us to take care of our heart. It is American Heart Month. The annual celebration began in 1963 to encourage Americans to join the battle against heart disease. A presidential proclamation implemented by Lyndon B. Johnson's administration, pays tribute each year to researchers, physicians, public health professionals, and volunteers for their tireless efforts in preventing, treating, and researching heart disease, which is the leading cause of death for both men and women in the U.S. Heart disease and the conditions that are associated with it can occur across all social demographics. High rates of obesity and high blood pressure among younger people (ages 35-64) are putting them at-risk for heart disease earlier in life. Half of all Americans have at least one of the top three risk factors for heart disease (high blood pressure, high cholesterol, and smoking).

Hospitals and health systems around the country celebrate American Heart Month by helping to raise awareness in their communities about heart disease. Staff wear red and volunteers knit or crochet pint-sized red hats for newborns. They hold free screenings and heart health awareness events. It is a great time for the people who work in hospitals and health systems and live in your communities to commit to a healthy lifestyle and make small changes that can lead to a lifetime of heart health. If you are not doing so already, get involved in American Heart Month. Spread the word about strategies for preventing heart disease and living heart healthy lives.

**Nazik Jameel | TRIO SSS Student Staff**

## National TRIO Day



On February 24, 1986, a congressional resolution declared that Saturday, February 28, 1986, should be designated as "National TRIO Day" to commemorate the annual achievements of the Federal TRIO programs in communities across the country. Every year since then, our community has reserved the fourth Saturday in February as National TRIO Day — an opportunity to focus the nation's "attention on the needs of disadvantaged young people and adults aspiring to improve their lives if they are to become contributing citizens of the country, and to the talent which will be wasted if that investment is not made."

For many programs, National TRIO Day has become a tradition as it allows students who benefit from the TRIO programs and to give back to their local communities through acts of service. In past years, National TRIO Day celebrations have included some of the following activities.

- ♥ Building homes with Habitat and Humanity
- ♥ Organizing voter registration drives
- ♥ Raising awareness about TRIO through visits to the State Capitol
- ♥ Reading to children at the local library
- ♥ Cleaning a park, river or other public area
- ♥ Assisting the Salvation Army, Red Cross, United Way or local non-profit

**Alexa Dominguez-Estrella | TRIO SSS Student Staff**





## Black History Month



Black History Month is a month where we celebrate the vast achievements by African Americans across the globe and a time for recognizing the pivotal role of African Americans or Blacks in the United States and across the world. Black History Month grew out of “Negro History Week,” which was comprised of Harvard trained Historian Carter G. Woodson and the prominent minister Jesse E. Moorland who founded the Association for the Study of Negro Life and History (ASNLH) in the year of 1915. The ASNLH was an organization devoted to researching and promoting achievements by black Americans and other peoples of African descent. Known today as the Association for the Study of African American Life and History (ASALH), the organization sponsored a national Negro History week in 1926, choosing the second week of February to honor the birthdays of Abraham Lincoln and Frederick Douglass. February marks Black History Month, a tribute to African American men and women who have made significant contributions to America and the rest of the world in the fields of science, politics, law, sports, the arts, entertainment, and many other fields. While Black History Month is synonymous with prominent figures such as Martin Luther King Jr., Harriet Tubman, Rosa Parks, Muhammad Ali, Jackie Robinson, Langston Hughes, Maya Angelou, George Washington Carver and Barack Obama, there are countless other African Americans who've made a profound impact in history: self-made millionaire Madam C.J. Walker, astronaut Mae C. Jemison, open-heart surgeon Daniel Hale Williams, inventor Garret Morgan, and media mogul Oprah Winfrey.

But we must remember that Black History Month exists to deliver what federal policy has not — the eradication of systemic racism. Yes, policy is important, but the state of black America today proves it is wholly insufficient on this score. We have *Brown v. Board*, and yet the racial segregation of public schools remains the norm. We have the Fair Housing Act, and racial segregation in housing has barely changed in nearly four decades. We have the Fifteenth Amendment and a Supreme Court-weakened Voting Rights Act, and yet state laws still implement measures that disproportionately affect black voters. Black unemployment remains at twice the rate of white Americans. Black median wealth is nearly ten times less than white wealth. Black Americans are incarcerated at a rate five times that of their white countrymen. And black health continues to be worse on nearly every front — heart disease, asthma, infant mortality, diabetes — and the racial gap cancer deaths is widening. Injustice to any group is the encouragement of injustice to all.

What does Black History Month mean to me? Black History is a time when African Americans can take time out and see what the people before them fought and endured during the different caste systems that were implemented during the timeline of American history. Times of slavery, Jim Crow era, Racial Separation and discrimination, and War on Drugs are moments in history where the adversity and courage embodied the African American community. Black History is a time of rejoicing, celebrating, and thanking those African Americans for giving us as friends, neighbors, family, and community hope or a life lesson that could be used. Black History is a time when we can be reminded of what it means to be an African American. Black History isn't just about all the suffering and pain that has been and currently is experienced throughout history. It's about integrity, leadership, and determination. It's about showing your real character. There are lessons for all who seek to be inspired during the historical month of February. I would like to end with a quote from the infamous African American female poet Maya Angelou:

*"Let gratitude be the pillow upon which you kneel to say your nightly prayer.  
And let faith be the bridge you build to overcome evil and welcome good." — Maya Angelou*



Carlos Joel Guillen | TRIO SSS Peer Mentor



## 8-Romantic Places in the Mile High City

### DENVER BOTANIC GARDENS

During the summer months, there's no better spot to snuggle than under the stars at **Denver Botanic Gardens**, a blooming botanical paradise in which to enjoy some of the top musical acts in the country in one of the most serene outdoor landscapes in Colorado. Pack a picnic, bring a bottle of wine and a blanket, and stretch out on the grass while listening to the likes of Melissa Etheridge, Chaka Khan, Bruce Hornsby & The Noisemakers and Gipsy Kings. The 2019 season runs from the beginning of June to the middle of August. Tickets sell out quickly, though you may have luck purchasing a last-minute pair at the ticket window on the evening of a show.

### THE SPA AT THE BROWN PALACE

Downtown Denver's crown jewel, the historic **Brown Palace Hotel**, is also home to one of the city's most luxurious spas, the **Spa at the Brown Palace**. Tucked away from the hustle of the Brown's opulent lobby, the spa welcomes visitors with a soothing waterfall that sets the stage for the spa's signature soaks. These invigorating bathing treatments enlist the hotel's exclusive artesian well, located 750 feet below the lobby.

### HORSE-DRAWN CARRIAGE RIDE

You've heard the Frank Sinatra lyrics: "Love and marriage go together like a horse and carriage." We can't help you pop the question, but if you want to add some spark to your love life — or just rekindle the romance, slow down the pace and take in the historic sites of downtown Denver from the intimate confines of a horse-drawn carriage — we highly suggest this classic carriage ride that meanders along the **16th Street Mall** and down the city's surrounding side streets. Make a reservation with **Irish Rose Drafts** by calling 720-470-9384.

### BAROLO GRILL

The lovely two-top buttressed against the flickering glow of the fireplace isn't just one of most sought-after tables in town — it's also one of the most coveted spots for an intimate tête-à-tête. Named for the wine of the Northwestern Italian province of Piedmont, **Barolo Grill** is a convivial restaurant, strewn with grapes from the vine, wine bottles and farmhouse touches, all of which give it an air of rustic sophistication. Executive chef Darrel Truett, whose cooking complements the expansive wine roster, turns out shareable dishes like the fritto misto — fried prawns and calamari pooled in grilled lemon crema.

### BISTRO VENDOME

Flirting habitués find fun and romance at this Larimer Square French-food temple that speaks *ooh la la* at every turn. Tucked into a secret back alley, **Bistro Vendome's** sunflower-yellow interior, with its warm golden glow of flickering candlelight, whimsical chalkboard menu, scarred hardwood floors and welcoming vibe, is an idyllic date spot. The scarlet-canopied, foliage-flush *jardin* is just as ambient, especially during spring and summer when the flowers are in full bloom. But no matter where you park yourself, the decadent menu — duck confit, escargot, steak tartare, mussels and frites — is a jubilee.

### PEAKS LOUNGE

From the sky-scraping 27th floor of the towering **Hyatt Regency Denver**, you can pop the cork (or the question) while beholding heart-palpitating panoramas from **Peaks Lounge**, a gorgeous floor-to-ceiling-windowed bar showcasing memorable vistas of the Rocky Mountains and brightly lit city skyline. Furnished with plush, oversized sofas and chairs and illuminated by the flame of a blazing fireplace, it's a place that invites lingering, even if the altitude-high drink prices might cost you more than an engagement ring. But, oh, those views!

### DATE NIGHT SCAVENGER HUNTS

Looking for a unique date night idea? Try a scavenger hunt with **Let's Roam**. It's perfect for first dates as well as couples who've been together for years. It's a great way to experience the city where you can pause the hunt to have a bite or a drink.

### HOTEL MONACO

It's easy to get lucky in love at **Hotel Monaco**, renowned for its elegantly appointed rooms and suites bedecked with down pillows and comforters, bold color schemes (think racy reds), deluxe bath amenities, and playful furnishings. Indulge in the hotel's afternoon wine hour, complete with complimentary chair massages, then slide into a booth for two at **Panzano**, the excellent, on-site Northern Italian restaurant. In the morning, luxuriate in a massage, either in your room or at the **VEDA Salon & Spa**.

Carlos Joel Guillen | TRIO SSS Mentor





## Motivational Message

I can  
AND  
I will

I hope everyone had a great winter break with your friends and family. Remember, this is one step closer in pursuing your college degree, as you began this semester. For some students, fall semester went well and for others not so great. Some students are entering this semester with tension based on courses (upper level), or professors that may be challenging. As a soon to be senior, let me give you some advice; always be honest with yourself. We all have the tendency to procrastinate or leave tasks for the last minute due to stress or because we want to have fun. I am not saying to work yourself to the bones or until your brain fries completely to get everything done on time.

Trust me it won't help. This is where honesty comes in. Ask yourself: Do I deserve this break?

Should I take this nap? Should I cancel this plan with my friends in order to do my work? You want to consider all the possible reasons, outcomes and consequences to your decisions. Write them down if you have to because it's hard analyzing this when your mind is under pressure or stress. It can lead into this shutting down/numb mode where you end up not doing anything. You want to avoid this. Once you write everything down, also write your desires and needs. What is your mental/physical state telling you? I know this might sound complicated and draining to even do but you will be able to analyze things with clarity, peace and satisfaction. Sometimes taking things day by day is all you need or even taking things by the hour. Take time to acknowledge and be aware of bad/good habits, which plays a role in your self-growth. Be gentle and proud of yourself. Everything that happens is to keep you on track, so do yourself a favor, be kind, gentle and honest with yourself.

Kimberly Mata-Martinez | TRIO SSS Peer Mentor

## Follow Us on Facebook



Start following the CU Denver TRIO Student Support Services program on Social Media. We have an active Facebook account where we share campus events, scholarship information, job postings, alumni stories, information from the Council for Opportunity in Education, and much more.

Visit:

<https://www.facebook.com/University-of-Colorado-Denver-TRiO-Student-Support-Services-371650237309/>

CLICK  
THERE

## Mission Statement

The University of Colorado Denver TRIO Student Support Service Program is a holistic student development program that is dedicated to helping each student reach his or her full academic potential.

## Kudos!

Have an accomplishment? Please tell TRIO about it.

Inside the office, there is a sheet of paper for you to share your accomplishments and awards you received. Congratulations and great job on your hard work. Keep it up TRIO students and staff!

- ♥ Julia Lomas has been accepted into the 4+1 Master of Science Accounting Program.
- ♥ McNair Scholar Cynthia Rice was accepted to the CU Denver Master's of Arts Political Science Program.
- ♥ McNair Scholar Alex Morales will be presenting at the Rocky Mountain Psychological Association in April 2020.
- ♥ Judy Tran, Carlos Guillen, and Kathy Le (McNair Scholars) and Rebecca Huerta (Peer Mentor) participated in the 2020 Transcend Auraria Social Justice Retreat.

kudos kudos kudos



## DIY—Inexpensive Valentines Gifts

Create your own valentines gift this year. What's a better way to tell someone that you have a crush on them? This is what you can do; Give them a bottle of crush with a card. It is very simple yet creative and shows effort. All you need is a bottle of crush, ribbon to tie the card, and you can either write it yourself or buy letter stickers from Dollar Tree. It can simply say, "I have a crush on you."



Here is another creative Valentines gift that will not empty your bank account. You can just use a shoe box and buy construction paper to decorate the box. Inside the box you can put anything that your crush or partner may like. For example, a bag of kisses with a note saying "kisses for when I'm not around." Or a bag of popcorn with a note saying "So glad you popped into my life." Sometimes these gifts can be cheesy but can make your significant other feel special.

Cristian Sarabia | TRIO SSS Peer Mentor

You don't need to spend a ton to say a whole lot!

## Latinas First Foundation—Speed Mentoring/Networking Event



**Latinas First Foundation** would like to invite Colorado Latina High School Senior and Undergraduate students to the annual **Speed Mentoring / Networking event**



**During this event, we will be going over:**

- How to Network
- Developing elevator speeches
- Interview tips/techniques
- Engaging with mentors

**By attending, you will qualify for scholarships!**

Saturday, February 22, 2020

9:00 am—2:00 pm

Register early but no later than February 7, 2020  
(when registration will close)

Auraria Campus

Confluence Conference Room  
800 Curtis St., Denver, CO 80204

To register, please visit our website at:

<https://latinasfirstfoundation.org/>

Continental breakfast and light lunch will be provided.



## February Workshops

Mon	Tue	Wed	Thu	Fri
<p>3</p> <p><sup>1</sup>College Survival 101 SC, 2018 12:30 pm—1:30 pm</p> 	<p>4</p> <p><sup>2</sup>Health Center: Physical Wellness Auraria Library Discovery Wall 12:30 pm—2:00 pm</p> <p><sup>1</sup>Academic Success For Non-Traditional Students SC, 2018 2:00 pm—3:00 pm</p>	<p>5</p> <p><i>Now What!</i> Tips for Graduate School SC, Suite 2000 3:00 pm—4:00 pm</p> <p><sup>3</sup>Stress Less Tivoli 454 4:00 pm—6:00 pm</p>	<p>6</p> <p><sup>4</sup>Lunch and Lead: True Colors Personality Type Tivoli 440 12:30 pm—1:30 pm</p> <p><i>Professional Development:</i> Effective Networking SC, Suite 2000 2:30 pm—3:30 pm</p>	<p>7</p> <p>Please make sure to <u>register</u> and be on-time as professional courtesy to the presenter. Make sure to take the sign-in sheet for non-TRIO workshops.</p>
<p>10</p> <p><sup>5</sup>MLA &amp; APA Basics NC, Suite 4002R 10:00 am—10:50 am</p> <p><i>Tips for Writing Personal Statement That You Absolutely Can't Miss!</i> Scholarship Workshop SC, Suite 2000 10:00 am—11:00 am</p> <p><sup>1</sup>Discover YOUR Learning Style SC, 2018 12:30 pm—1:30 pm</p>	<p>11</p> <p><sup>2</sup>Health Center: Social Wellness Auraria Library Discovery Wall 12:30 pm—2:00 pm</p> <p><sup>1</sup>Take Control of Your Semester: Time Management SC, 2018 2:00 pm—3:00 pm</p> 	<p>12</p> <p><sup>6</sup>Grad School Preparation Tivoli Suite 339 (LynxConnect) 11:30 am—12:30 pm</p> <p><sup>4</sup>Lunch and Lead: Team Collaboration and Group Development Tivoli 440 12:30 pm—1:30 pm</p> <p><sup>3</sup>Getting what you want in a Relationship Tivoli 454 4:00 pm—6:00 pm</p>	<p>13</p> <p><sup>5</sup>Effective Revision NC, Suite 4002R 11:00 am—12:00 pm</p> <p><i>Now or Later?</i> Procrastination SC, Suite 2000 2:30 pm—3:30 pm</p> <p><b>I PUT THE PRO IN PROCRASTINATION</b></p>	<p>14</p> 
<p>17</p>  <p><sup>6</sup>Prep for the Internship and Job Fair Tivoli Suite 339 (LynxConnect) 11:30 am—12:30 pm</p> <p><sup>1</sup>Back to Basics: Effective Note Taking SC, 2018 12:30 pm—1:30 pm</p>	<p>18</p> <p><sup>2</sup>Health Center: Emotional Wellness Auraria Library Discovery Wall 12:30 pm—2:00 pm</p> <p><sup>4</sup>Lunch and Lead: Running Effective Meetings Tivoli 440 12:30 pm—1:30 pm</p> <p><sup>1</sup>Study Skills for New Students SC, 2018 2:00 pm—3:00 pm</p>	<p>19</p> <p><sup>5</sup>Application Essays, Letter &amp; Personal Statement NC, Suite 4002R 10:00 am—10:50 am</p> <p><sup>7</sup>Food For Thought Series AAPI Discussion: Racial Profiling SC, Suite 2000 12:30 pm—1:45 pm</p> <p><i>Beginners Guide:</i> Job Search Tips SC, Suite 2000 3:00 pm—4:00 pm</p> <p><sup>3</sup>Peace of Mind Tivoli 454 4:00 pm—6:00 pm</p>	<p>20</p> <p><b>BUDGET LIKE A PRO</b></p> <p>TRIO Financial Literacy: Managing Your Finances SC, Suite 2000 10:00 am—11:00 am</p>	<p>21</p> <p><i>Don't be pushed around — by the —</i></p> <p><b>FEARS</b> in your</p> <p><b>MIND</b> Be led by the</p> <p>DREAMS in your </p>
<p>24</p> <p><i>Stress Management Made Simple!</i> Coping with Stress SC, Suite 2000 9:30 am—10:30 am</p> <p><i>Are you Distracted?</i> Concentration SC, Suite 2000 11:30 am—12:30 pm</p>	<p>25</p>  <p><sup>2</sup>Health Center: Financial Wellness Auraria Library Discovery Wall 12:30 pm—2:00 pm</p>	<p>26</p> <p><sup>4</sup>Student Life Financial Literacy: Lunch and Lead: Life After Graduation Tivoli 440 12:30 pm—1:30 pm</p> <p><sup>3</sup>Managing Your Mood Tivoli 454 4:00 pm—6:00 pm</p>	<p>27</p> <p><sup>5</sup>Interview Prep Tivoli Suite 339 (LynxConnect) 12:30 pm—1:30 pm</p> <p>TRIO Financial Literacy: Saving Strategies &amp; Retirement SC, Suite 2000 3:00 pm—4:00 pm</p> <p><sup>5</sup>Resumes and Cover Letters NC, Suite 4002R 11:00 am—12:00 pm</p>	<p>28</p> <p><b>≡DON'T≡</b> <i>wait until</i> <b>IT'S TOO</b> <i>late</i> ≡</p>

<sup>1</sup>Learning Resources Center: RSVP at [https://forms.ucdenver.edu/secure/sa\\_lrc\\_academic\\_development\\_workshop](https://forms.ucdenver.edu/secure/sa_lrc_academic_development_workshop)

<sup>2</sup>Health Center at Auraria Wellness Sessions: RSVP at <http://www.healthcenter1.com/>. Click "Wellness" and then "Events."

<sup>3</sup>Student and Community Counseling Center: RSVP at [https://forms.ucdenver.edu/secure/counseling\\_group](https://forms.ucdenver.edu/secure/counseling_group)

<sup>4</sup>Student Life and Campus Community: RSVP at <http://www.ucdenver.edu/life/services/studentlife/Leadership/Pages/Lunch.aspx>

<sup>5</sup>Writing Center: RSVP at <https://clas.ucdenver.edu/writing-center/workshops>

<sup>6</sup>Career Center: RSVP via the Handshake Portal at <https://ucdenver.joinhandshake.com/login>

<sup>7</sup>Asian American Student Services: No RSVP Required.

Room Location Key: SC = Student Commons, NC = North Classroom | \*Please note: Non-TRiO workshops are subject to change.