

THE PILLAR

A MONTHLY JOURNAL OF THE TRIO SSS COMMUNITY

"Helping Students Realize Their Full Potential"



FEBRUARY 2021

PAGE GUIDE

PAGE 1

- Student Spotlight

PAGE 2

- Spotlight Continued
- Valentine's Recipe

PAGE 3

- Lunar New Year

PAGE 4

- Valentine's Day
- Kudos

PAGE 5

- Now What?
- TRIO Got Talent

PAGE 6

- Student Spotlight
- American Heart Month

PAGE 7

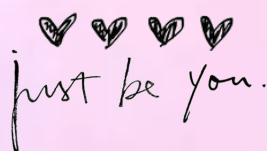
- Book Review
- Social Justice Retreat

PAGE 8

- Director's Corner
- LGBTQ Virtual Space

PAGE 9

- February Workshops



STUDENT SPOTLIGHT-PAOLA DE LA TORRE



The TRIO Student Support Services Program would like to highlight Paola De La Torre in our February issue. Paola will be graduating this summer in Geography and Environmental Science. The small moments in college are what Paola really enjoyed most like buying Starbucks at the Tivoli and taking a stroll throughout campus to help her ease her mind before an exam. Paola said, "I enjoyed the peacefulness at the Auraria Library where I used to spend hours studying. Even though I rarely participated in the block parties, I loved to see everyone hyped for volleyball games and meet new people in the crowd. These are moments I will probably never get back due to COVID-19, but I am glad I got to experience them before graduating." There were many challenges that she went through while earning her college degree, such as dealing with her mental health and being dyslexic. The biggest challenge has been being a first-generation college student. She stated, "When you are a first-generation student you must figure many things out on your own. For example, filling out FASFA and student loans. Going through these struggles alone has motivated me to continue my education so my children do not have to go through the same problems as me."

When asked about one thing she wished she was told when she started college, Paola noted, "I wish I was told to put my mental health first before anything." In addition, she stated, "Throughout college I had many sleepless nights and stressors that really took a toll on me, but I chose to ignore them. I was too hard on myself by taking 15-credits and working full-time. Now I know the importance of making time for myself and I think it is important to give yourself breaks throughout college. It is not about how fast you finish college, it is about the knowledge and experience you get from it." Her favorite memory about college was taking field trips in her environmental science courses. She mentioned, "Instead of sitting in a classroom and studying graphs on pollution in Denver the best way to study the effects is by physically being at the source of the problem or observing communities." Paola was asked how has TRIO helped her and what advice would she give other TRIO participants. She stated, "TRIO has helped guide me in the right direction for career paths and internships. My parents barely got through high school, having TRIO for moral support has helped me out a lot. Occasionally, I think of TRIO as therapy as they not only help you with course work but really do care about your mental health. The advice I would give other TRIO participants is to take advantage of workshops and go to as many as they have because it really does help to network and meet new people."

CONTINUED ON NEXT PAGE...

SPOTLIGHT CONTINUED—PAOLA DE LA TORRE



Like many other students, Paola has set both short and long-term goals. Her short-term goal after graduating includes getting as much experience as she can in her field. She wants to accomplish this by volunteering at national parks, forestry, and community projects for conservation purposes. She wants to do this because she loves learning and she would want to learn as much as possible before she begins her career. Her long-term goal is to move out of Colorado and start fresh somewhere else. She noted, "Even though Colorado has been my home for many years, it is starting to get very crowded and expensive. It's time to start a new chapter of my life and after graduation is perfect timing."

Paola's hobby is making jewelry. With the outbreak of COVID-19, she spent a lot of time making earrings and necklaces. She hopes to start a small business soon. Her favorite hobby is playing video games. Since being in quarantine, these activities have helped her cope with the real world by escaping every once in a while. If Paola were to win a million dollars, she would set it all aside for her three nieces and two nephews, so they can go to their dream college after they graduate from high school. Her family has always been poor, so it has discouraged her from going to college. Since they had no money her parents never talked to her or her siblings about going to college. But she would like to change that when it comes to her nieces and nephews.

Paola leaves us with her favorite quote, "It took me quite a long time to develop a voice, and now that I have it, I am not going to be silent" - Madeleine Albright. She noted, "I was raised in a strict Latin household where men had the say in everything. Latinas are often silenced and look down upon in many cultures that still strive on machismo. On the other hand, I found my voice and became a feisty feminist. For that reason, I speak my mind to achieve equality and eliminate gender roles." Our office would like to wish her luck on her continued success and to keep speaking her mind.

RECIPE—VALENTINE TRIFLE

The month of the love has finally arrived and there is nothing better than eating a Valentine Trifle to satisfy your sweet tooth cravings during this season.

Ingredients

- ♥ 1 package of 5 oz instant cheesecake pudding mix (any flavor)
- ♥ 3-4 cups of fresh whipped cream
- ♥ 2-3 cups of cake cubes from a 9x13 size vanilla cake
- ♥ 1 ½ cups of milk
- ♥ 2 cups of sliced strawberries
- ♥ 1 cup of raspberries

Instructions

1. Wash your strawberries and raspberries and pat them dry. Then cut the strawberries into slices and your vanilla cake into cubes.
2. Prepare the pudding according to the box directions, except use only 1 ½ cups of milk. Let sit for 5 minutes to thicken. Fold in 1 cup of the whipped cream (color pink with food coloring).
3. On a medium size bowl or trifle dish start layering. Start with the pudding, then add the cake cubes so they can soak in the pudding. Arrange the strawberries and raspberries on the sides and bottoms; top with pudding.
4. Continue layering until all the berries and pudding are gone, finishing with whip cream on the top.
5. Cover and refrigerate for at least 2 hours. Enjoy!



So YUMMY!

Reference: <https://makinglifeblissful.com/2015/02/easy-valentine-trifle-desser.html>

ALEXA DOMINGUEZ—ESTRELLA | TRIO SSS OFFICE ASSISTANT

LUNAR NEW YEAR



HOW S. KOREAN CELEBRATE LUNAR NEW YEAR

Lunar new year is a holiday to celebrate the beginning of a new year on the traditional lunar calendar. Lunar New Year is also known as Chinese New Year. Some people may believe it is only celebrated by Chinese; however, Lunar New Year is celebrated by a plethora of other Asian cultures as well. S. Koreans also celebrate Lunar new year. They call it Seollal – 설날 and it is a traditional holiday for families to gather and spend time together. (Source: https://en.wikipedia.org/wiki/Korean_New_Year)



SEOLCHARAE TABLE — 설차레상



SEOLCHARAE — 설차레



SEBAET — 새배



BOKJUMONY — 복주머니

S. Koreans gather with family and have Seolcharae – the ritual conducted to express respect and gratitude to ancestors. They wear traditional Korean dress – hanbok for Seollal. Family members each take turns to pay respect by bowing by order of eldest to youngest toward the name of the ancestor on charae table 차례상. This symbolizes having the spirit of ancestors over and families paying respect to the ancestors and having the food for the ancestors first. All family members gather, and younger generation Sebae - bow to elders and say “*Saehae bok mani badeuseyo*” which means “*please receive a lot of good fortune for the New Year.*” **Bok** 복(福) means good fortune and luck. Elders typically share dokdam 덕담 - word of wisdom and give pocket money called Sebaet don 새뱃돈 (sometimes in an envelope). Children receive Sebaet don gathers the money and puts them in their silk bags called **Bokjimony** 복주머니.



TTEOKGUK — 떡국



YUTNORI — 윷놀이

After Seolcharae, they eat Tteokguk 떡국 – sliced rice cake soup and other traditional dishes. S. Korean count their age by the new year, thus some people say you age 1 more year by eating Tteokguk during Seollal. There are many folk games for Seollal. Yutnori 윷놀이 is a Korean traditional family board game. It is played using a set of specially designed sticks called Yut 윷. Korean also flies rectangle kites and call it Yeonnalligi 연날리기. There is also jegichagi 제기차기 which is played like how we play hacky sack.



JEGICHAGI — 제기차기



ALEXANDRIA JOO
TRIO SSS AND MCNAIR PROJECT SPECIALIST



VALENTINE'S DAY

February 14th, a holiday where couples surprise each other with romantic gestures, buy loved one's flowers or chocolates. There are different ways couples, or friends celebrate Valentine's Day, all depending on the traditions you are familiar with. Valentine's Day slowly came together as the holiday we know today. Here are some facts on how some Valentine's Day tradition came about (History, 2019):

- ♥ It's said that Valentine's Day began so that it could replace a Pagan celebration. The celebration would have Roman priests sacrifice animals to increase the woman's fertility.
- ♥ Richard Cadbury was the first person in the 19th century to gift a box of chocolate.
- ♥ From prison, Charles, Duke of Orleans, wrote a love letter to his wife.
- ♥ Heart candies were originally lozenges. In 1866, messages were printed on the candy, and in 1901, the heart-shaped outline was produced.
- ♥ Cupid was originally named Eros, the god of love. His set of arrows signified love and hate.
- ♥ In the Middle Ages, the letter X symbolized Christianity and the cross. X was also used by people to sign off documents and the document was "sealed with a kiss."



Here are some ideas on how to spend Valentine's Day weekend while maintaining social distance:

- ✓ Dillon Ice Castles
- ✓ The Light Show at the Denver Art Museum
- ✓ 3rd Annual Petite Parade
- ✓ 60-Minute Free Virtual Online Yoga
- ✓ Denver Virtual Game Night
- ✓ Broken Shovel Farm Sanctuary
- ✓ Colorado Wolf and Wildlife Center



No matter how you celebrate Valentine's Day, remember to enjoy the day with loved ones and to be safe in whatever you do.

Reference—History (2019). Valentine's Day Facts. <https://www.history.com/topics/valentines-day/valentines-day-facts>

CAROL COMBS | 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!

kudos

- ♥ **McNAIR SCHOLARS KAILYN DEAVENS AND KATHY LE HAVE BEEN ACCEPTED TO PRESENT THEIR RESEARCH AT THE NATIONAL CONFERENCE ON UNDERGRADUATE RESEARCH (NCUR) IN APRIL.**

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



WHAT NOW?



As I sit at my computer writing this article it is under 24 hours until President-Elect Joe Biden is sworn into office marking the end of the Trump Administration. It has been a contentious past four years, to put it lightly, which culminated in the largest voter turnout in US election history. I have been actively involved in politics for over 18 years and I can honestly say that in that time I have never seen so many people care this much about what is going on in government.

From my perspective, it has been encouraging to see people of all ages and political affiliations asking questions about the political process from “what is a bill, how does it get passed, and how is it put to action in the real world” to “What is the electoral college, why do we have it, and when does the college vote”. I believe that knowing how the system works is an important step to demystifying politics, leading to engagement by people who may not have been otherwise, and eventually creating a stronger democracy.

Many students I know have become involved in politics because they despise Trump or because they want to support him. The common thread between both motivations is President Trump, but now that he’s going to be out of the Oval Office, what’s next? Will political participation continue to be high or will it drop? If you ask me, what comes next depends on where you fall on the political spectrum and which movements you support. However, my hope is that the student body at CU Denver will strive to be more informed about civics, as well as involved, even after the end of the Trump Administration. There is always more work to be done in a democracy because interests change, society changes, and at the heart of democratic values is the representation of constituents in the political system. I am unsure what the future of this country looks like, but I do know that students must strive to understand and be involved in civics on every level of government more than any time since I have been involved in politics.

Again, just because President Trump is leaving the Oval Office does NOT mean that politics stops or slows down. If you would like to know more about how government works check out Crash Course: US Government and Politics which gives a great overview. If you would like to follow bills in the Federal Congress check out: <https://www.govtrack.us/> State bills can be found on: <https://leg.colorado.gov/> On both these websites you can find your representatives or senators and send them an email if you think they should support or oppose any legislation, exciting! For your local city council agendas, try Googling your city and searching for the official city website. Don’t forget the college also has a student council that represents the students if you want to be involved at the college level.

JUSTIN SHRADER | TRIO SSS PEER MENTOR

TRIO GOT TALENT—DON’T MISS OUT!



Do you have any talent (s) you want to share? This is a perfect opportunity for you to enter the TRIO GOT Talent Show Contest. This is what you need to do. In a 3-minute video, please record an introduction followed by your talent. Please submit one recording per category.

SUBMIT YOUR VIDEO HERE!

CONTEST OPEN TO ALL CU DENVER STUDENTS.

MAIN EVENT OPEN TO ALL!

Deadline for video submissions: February 19th—5:00 pm

Main Event: February 26th—1:00 pm—3:00 pm

Meeting ID: 910 5210 1298 | Passcode: 760615

If you have any questions, please email mcnair@ucdenver.edu.

STUDENT SPOTLIGHT—MARDOCHEE MAFUANA



The TRIO Student Support Services program is happy to highlight Mardochee Mafuana. He will be graduating with a Bachelor of Science in Business Administration degree in Accounting and Finance. Mardochee has been an active participant in the program since 2017. When asked what his college experience was like he stated, “My experience in college has been pleasant. I met amazing people who helped me become a better version of myself.” Mardochee has been active on-campus by participating in several organizations including the Business Student Ambassador Committee, *Beta Alpha Psi* and also served on the Business School Advisory Council. Since he has started his undergraduate experience, he has worked on-campus to help other students. Mardochee has also successfully completed an internship in his field. He has certainly engaged in those experiential learning opportunities, which helped him network with other students and professionals.

One of his best memories in college was talking about the economy in the business school. Like many first-generation college students, Mardochee has also faced some challenges. He stated, “The biggest challenge in earning my degree was over coming procrastination.” He wished that someone would have told him that when he started college no two days will ever be alike. There were days that he loved college and other days that he detested. Mardochee’s has short- and long-term goals. His short-term goals are to graduate and travel the world. His long-term goals are to earn a master’s degree in Accounting as well as to find full-time employment. His hobbies include watching and playing sports. When asked if he were to win million dollars what would he do he mentioned, “The first thing I would do is to take out 10% because that is God’s money and plan with the remaining money.”

TRIO has helped Mardochee tremendously for him to be successful. As a participant, he has benefited from the priceless advice and mentorship throughout his college career. When asked what advice he would give to other TRIO participants he stated, “Don’t be afraid to ask questions.” Indeed, the TRIO SSS program encourages our students to ask questions to help make your undergraduate career easier. His favorite quote by Eric Thomas states, “Pain is Temporary.” The challenges a person faces may bring pain but are also temporary. As you move through the experience, you will also gain strength. The TRIO SSS program is happy that Mardochee has persevered through the semesters. We wish you continued success!

AMERICAN HEART MONTH

February is designated as American Heart Month. Valentine’s Day is also in February! If you never heard of American Heart Month before, it takes place on the first Friday of every February. American Heart Month, in other words, is heart awareness day. President Lyndon B. Johnson established American Heart Month under the Presidential Proclamation 3566 in December 1963. It was established because there was a national problem of heart and blood-vessel diseases. But the first American Heart Month took place in February 1964 (Harold, 2017). Today, American Heart Month brings everyone together to take more awareness of their health and be more precautionous with their heart.

Heart disease is a public health burden. Cardiovascular disease accounts for one of every four deaths in the United States. With this awareness day, people will be able to keep in mind to take care of their hearts not only in February but for every month. Not many people may know about American Heart Month, so one way to spread awareness is to spread the word with your loved ones, friends, families, and coworkers. The heart is one of the most important organs in our body. Sometimes, we are drawn by delicious foods and being at home in a pandemic can lead to weight gain. This leads us to not think about our health and ways to keep our bodies healthy. It is hard to think about a way to be active and live a healthy lifestyle. Here are some ways that you can prevent heart disease:

- ♥ Eat healthy. There are many ways you can eat healthy food deliciously.
- ♥ Quit smoking and stay away from second-hand smoke
- ♥ Manage stress, doing more self-care.
- ♥ Drink alcohol only in moderation
- ♥ Control your cholesterol and blood pressure
- ♥ Be active. This can be standing up and walking around your house, doing chores, going outside, and enjoying your walk!

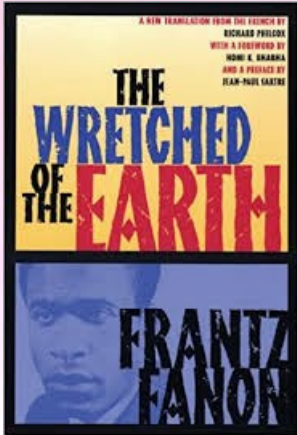


Hopefully, after reading this, you will know more about American Heart Month and it makes you think about taking care of your heart and your health overall! One way you can celebrate American Heart Month is to wear red and remember to spread the word!

Reference— The Evolution of American Heart Month. (n.d.). Retrieved January 27, 2021, from <https://www.acc.org/latest-in-cardiology/articles/2017/02/21/12/42/the-evolution-of-american-heart-month>

PATITTA BANJONGWIT (FAAl) | TRIO SSS PEER MENTOR

BOOK REVIEW—THE WRETCHED OF THE EARTH



Living in a time when racial, economic, social, and ethical tensions are at a breaking point, the variables that make-up this disastrous equation can easily be determined and what better way is there to solve this uninvited chaos, other than to step into the light and derive the true meaning of it. A book is a tool that is greatly utilized to signify interpretations and develop a rhetoric that is deemed as truth. Books are not limited to non-fiction crea-



tions that accommodate the subjective experience of those who choose to view them. Literature often delivers a certain type of ethos for the audience, and this ethos is acknowledged as truth. A book that lives up to and exceeds the notion of truth is, *The Wretched of*

the Earth by Frantz Fanon. This literature is much more than words on a page, Fanon a Psychiatrist born under French colonial rule on the island of Martinique, shoves the political, societal, psychological, religious, and racial pillars that support the foundation of what he describes as the colonized and the colonizer. Fanon then dissects these foundations and acknowledges the deep psychological connections that are a product of colonialism. Fanon, with his transparent way of writing, discusses the inferiority complex that is implemented on the colonized through the bourgeoisie and very boldly implies that the book is not for those who do not wish to see themselves in the light. For the majority, life continues down a path into a deep eerie fog that blinds and enables an unjustified paradox of racism, war, poverty, genocide, and immoral values known as colonialism. A grasp of reality is lost and refusing to acknowledge the lapse that we have submerged ourselves into will lead to an ultimate demise. Fanon makes it clear that due to colonialism, deep and irredeemable trauma is imposed on the colonized and due to this, the issues are equally political as they are psychological and personal. If you are curious to try and understand how and why the horrific events that take place in everyday society, including ours today, we must open our eyes or as Fanon puts it, “step into the light” to see our true selves.

MICHAEL MARTINEZ | TRIO SSS PEER MENTOR

UPCOMING OPPORTUNITY—SOCIAL JUSTICE RETREAT: ACTIVISM THROUGH ART



The 2021 Transcend Social Justice Retreat theme is Activism Through Art. The purpose of this retreat is to create a brave space for students of all backgrounds to deepen their exploration and understanding of issues related to diversity, inclusion, identity, power, privilege, oppression, and activism. Given the context of several national, regional, and local events that have impacted our campus community, this retreat will provide a space for students to engage in advocacy for change through unique forms of activism in conversations across differences in a deep and intentional way. This **virtual retreat** will be grounded in social justice pedagogy. Students will be challenged to understand their lived experience as the grounds for developing critical perspectives and actions directed toward social change (Adams, 2007). The hope is that through this retreat, students will begin to understand how dynamics of power, privilege, and oppression show up in their

lives and on campus, ultimately resulting in a positive influence towards the Auraria and CCA campus climate.

VIRTUAL RETREAT HELD MARCH – APRIL 2021 | SOCIAL JUSTICE RETREAT BASED IN ART ACTIVISM AND EXPRESSION

FOR PARTICIPATION APPLICATION, CLICK [HERE!](#)

DIRECTOR'S CORNER

Dear SSS Students,

I hope your spring semester is going well and that you have settled into a routine that includes time for that which brings you joy. A lot has happened since I wrote you last, including an armed storming of our nation's Capitol and the inauguration of the 46th president of the United States, and our first female and woman of color vice president.

Congratulations to those who met the book scholarship requirements! Our program shared the Spring 2021 Book Scholarship list with FASO. The award should appear in your student account when this newsletter is published. If you did not receive the book scholarship but believe you met all the requirements, please reach out to your coordinator ASAP. You have plenty of time to meet the fall 2021 award requirements, but I encourage you to get started early. Keep in mind two key deadlines: Friday, April 16th, and Friday, May 7th. If you did not receive the updated requirements, please contact your coordinator or peer mentor.

I am excited to invite you to participate in TRIO Day 2021. What is TRIO Day? National TRIO Day is an opportunity to bring attention to TRIO's achievements and raise awareness about the ongoing needs of the communities TRIO serves. TRIO Day is an opportunity for us to **CELEBRATE**, **REFLECT**, and **ACT**. This year, CU Denver TRIO programs, SSS & McNair, will celebrate TRIO Day virtually on Friday, February 26th, in an event talent showcase titled "**TRIO GOT TALENT**." I look forward to seeing you there!

Finally, please don't forget to complete your FAFSA! Kudos to those who have already submitted their FAFSA. If you have yet to submit, reach out to the SSS team, we would love to help you complete your 2021-22 FAFSA.

Be safe and be well.

Sonia Valencia
Director, TRIO SSS & McNair



"FOR THERE IS ALWAYS
LIGHT, IF ONLY WE ARE
BRAVE ENOUGH TO SEE IT
— IF ONLY WE ARE BRAVE
ENOUGH TO BE IT."

~ THE HILL WE CLIMB.

- Amanda Gorman



LGBTQ VIRTUAL ENGAGEMENT – VIRTUAL LOUNGE SPACE

VIRTUAL SOCIAL SPACE



JOIN LGBTQ SRC STAFF AND OTHER
COMMUNITY MEMBERS ON
ZOOM TO CHAT, RELAX, AND STAY
CONNECTED

Please fill out the Qualtrics survey with your contact information and choices, and you will be emailed the invites to the opportunities that you have chosen.

https://msudenver.qualtrics.com/jfe/form/SV_cU5LribfH0fhVXM

Wednesdays and Thursdays from 2—4 p.m., beginning January 27th

FEBRUARY WORKSHOPS

| Mon | Tue | Wed | Thu | Fri |
|--|---|--|--|--|
| 1  | 2 ¹ Study Strategies for Remote Learning 101 10:00 am—11:00 am — ² Wellness and Recreation Financial Literacy: Credit and Credit Cards 11:00 am—12:00 pm | 3 ¹ Back to Basics: Effective Note-Taking 12:30 pm—1:30 pm — ³ Verbal Judo 3:30 pm—4:30 pm | 4 ⁴ Understanding and Translating Your Background for a Job Search 12:00 pm—1:00 pm — ⁵ Student Financial Services Financial Literacy: Got Verification And Why? 5:30 pm—6:60 pm | 5 <i>Believe in Yourself</i> |
| 8 | 9 ¹ General Study Skills for New Students 10:00 am—11:00 am — ⁶ MLA & APA Basics 11:00 am—11:50 pm | 10 ⁴ Applying to Graduate & Professional School: What You Need to Know & Do 9:00 am—10:00 am — ¹ Discover New Learning Strategies 12:30 pm—1:30 pm — ³ True Colors Personality Type 3:30 pm—4:30 pm | 11 ⁴ Now or Later? Procrastination 11:00 am—12:00 pm — ⁵ Student Financial Services Financial Literacy: Change in circumstances— Appeal, Appeal, Appeal! 5:30 pm—6:60 pm | 12 ⁴ Professional Etiquette 11:00 am—12:00 pm You can't say THAT to a customer!  |
| 15  ⁴ Stress is a Mess 11:30 am—12:30 pm | 16 ¹ Take Control of Your Semester: Time Management 10:00 am—11:00 am  | 17 ² Wellness and Recreation Financial Literacy: Student Loans and Repayment 11:00 am—12:00 pm — ¹ Due Today ≠ Do Today: Avoid Procrastination 12:30 pm—1:30 pm — ³ Socially Responsible Leadership 3:30 pm—4:30 pm | 18 ⁴ Forming Healthy Eating Habits 11:30 am—12:30 pm — ⁶ Effective Revision 2:00 pm—2:50 pm — ⁵ Student Financial Services Financial Literacy: An Independent Student in a Financial Aid World 5:30 pm—6:60 pm | 19 <i>* leave a little sparkle wherever you go *</i> |
| 22  ⁶ Application Essays, Letters & (Personal) Statements 11:00 am—11:50 am | 23 ¹ Ace My Tests 10:00 am—11:00 am  | 24 ¹ Wellness and Stress Management 12:30 pm—1:30 pm — ⁴ Professional Effective Networking 3:00 pm—4:00 pm — ³ Identifying and Addressing Privilege 3:30 pm—4:30 pm | 25 ² Wellness and Recreation Financial Literacy: Game of Life 11:00 am—12:30 pm — ⁴ Addressing the Slacker in Group Work 2:00 pm—3:00 pm — ⁵ Student Financial Services Financial Literacy: The Basics on Student Loans 5:30 pm—6:60 pm | 26 ⁴ Pandemic Talk 9:00 am—10:00 am  |

REGISTRATION REQUIRED | NON-TRIO WORKSHOPS ARE SUBJECT TO CHANGE.

¹Learning Resources Center Workshops

✓ Registration Required: RSVP at: <https://www.ucdenver.edu/learning-resources-center/resources>

²Wellness and Recreation Services, Financial Literacy Workshops

✓ Registration Required: RSVP at: <https://www.ucdenver.edu/wellness/matters/financial-wellness>

³Student Life LEAD Workshops

✓ Registration Required: RSVP at: [MyLynx.ucdenver.edu](https://mylynx.ucdenver.edu) under the Events Tab.

⁴TRIO SSS Skill Building Workshops

✓ Registration Required: RSVP at: <https://bit.ly/2LYSIhJ>

⁵Student Financial Services, Financial Literacy Workshops

✓ Registration Required: RSVP at: <https://bit.ly/3rkHBVa>

⁶Writing Center Workshops

✓ Registration Required: RSVP at: <https://clas.ucdenver.edu/writing-center/workshops>



WORKSHOP EVALUATION

Please fill out the evaluation after workshop by using this link: <http://bit.ly/2Wtio87>.