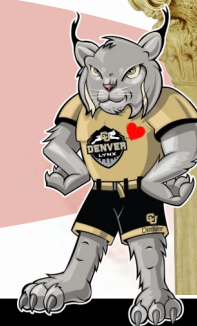
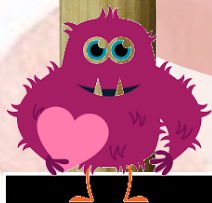


THE PILLAR

A MONTHLY JOURNAL OF THE TRIO SSS COMMUNITY

"Helping Students Realize Their Full Potential"



February 2022
ISSUE

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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.

CELEBRATING BLACK HISTORY MONTH



February 1st marks the beginning of Black History Month, in which we celebrate black excellence. It is important to highlight organizations and people who continue to create change, and to acknowledge the history.

The CU Denver, Black Student Services has created a series of month-long events that are both educational and personal. All students, faculty, and staff are welcome and encouraged to bring their own experiences to the conversations.

Black Folks Everywhere: Informal Reflections **from Dr. Rachel Harding about the African Diaspora**

Rachel Harding, associate professor in College of Liberal Arts and Sciences Ethnic Studies Program, has traveled extensively in the Caribbean, Latin America, and West Africa, researching the Afro-Atlantic diaspora. Harding will share autobiographical reflections and thoughts about connections among people of African descent from around the world. Come with your questions, your ideas, and your own experiences to share.

When: Thursday, Feb. 3, 5 pm | Where: Hybrid
In-person: Student Commons 2600 | Zoom Meeting ID: 928-8344-7226

Melanated and Abroad

Black Student Services and the Office of Global Education are hosting a panel to discuss opportunities for students to study abroad while exploring their self-identity and career. They will also discuss the experiences of traveling abroad as a Black student.

When: Monday, Feb. 7, 5 pm | Where: Hybrid
In-person: Student Commons 2600 | Zoom Meeting ID: 981-8447-8274

Kick Back

Join Black Student Services, Black Student Alliance, African Student Union, Black Girl Alliance, and Metropolitan State University of Denver for a social event to meet and greet students, and to engage and get connected on the Auraria Campus. The event will include games, conversations, and snacks.

When: Thursday, Feb. 17, 5:30 pm | Where: Tivoli 440/540

Understanding Patient Histories and the Legacy of Medical Mistrust

Dr. Channing Tate, assistant professor of general internal medicine at the CU Anschutz Medical Campus, shares her personal experiences with family and stories of being a healthcare researcher. She will use her personal story as a roadmap to illustrate some of the experiences of the older Black patients/participants, and will discuss how their experiences may affect their access to healthcare.

When: Thursday, Feb. 24, 5:30 pm | Location: Hybrid
In-person: Student Commons 2600 | Zoom Meeting ID: 918-6235-4303

DIRECTOR'S CORNER

Dear SSS Students,

Welcome back! The TRIO SSS team is happy to resume in-person meetings and programming. Of course, we will continue to offer synchronous and asynchronous virtual skill-building and financial literacy options. Coordinators and peer mentors can also accommodate requests to meet virtually. If you scheduled an in-person meeting or signed up for an in-person workshop and don't feel well, please reschedule or consider changing to a virtual format.

As you settle into your spring semester routine, I encourage you to get a head start on scheduling meetings with your peer mentor and coordinator. If you haven't already done so, please review the book scholarship deadlines and plan to complete the program and book scholarship deadlines on time. Carve out time to explore student organizations and different campus events.

February is a special month for TRIO programs across the nation. CU Denver is proud to house two TRIO programs - Student Support Services (SSS) and the McNair Scholars Program. On February 28th, we celebrate National TRIO DAY by bringing attention to TRIO's achievements and raising awareness about the ongoing needs of the communities TRIO serves. TRIO Day is an opportunity to CELEBRATE, REFLECT, and ACT. I invite you to reflect on how TRIO has impacted your life and share these reflections with your elected officials.

Be safe and be well.

Sonia Valencia
Director, TRIO SSS & McNair



DENVER THINGS TO DO

Check-out some of these events for February!

Visit: <https://www.denver.org/things-to-do/>

Deep Cuts Comedy Shows

When: Wednesday, Feb. 2, 2022 at 7:00 pm
Where: Giordano's

The New Era of Black Entrepreneurs - A Global Power Networking Event

When: Saturday, Feb. 12, 2022 at 6:00 pm
Where: Akwaba Restaurant

Chili Cook-Off for a Cause

When: Thursday, Feb. 3, 2022 at 11:00 am
Where: DMAR HQ

Alchemy at ETHDenver Happy Hour!

When: Wednesday, Feb. 16, 2022 at 5:00 pm
Where: Mirus Gallery & Art Bar

2022 Launch: An Evening of Impact!

When: Thursday, Feb. 10, 2022 at 5:00 pm
Where: Rocky Mountain PBS

Chainlink ETH Denver Happy Hour

When: Thursday, Feb. 17 at 6:00 pm
Where: Denver Art Museum (Hamilton Building)

KidX Club Bestie Bash

When: Friday, Feb. 11, 2022 at 5:00 pm
Where: Town Center at Aurora

Black History Month Fashion Show

When: Saturday, Feb. 19, 2022 at 4:00 pm
Where: Town Center at Aurora

JuneShine Presents Weekend Rejuvenation

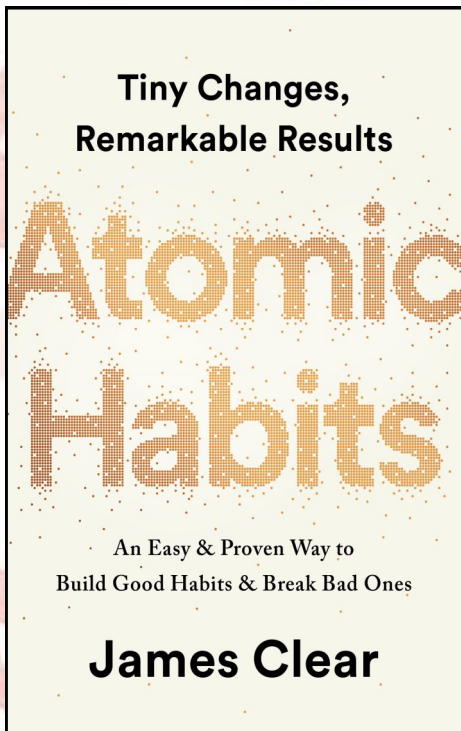
When: Saturday, Feb. 12, 2022 at 9:30 am
Where: Zeppelin Station

Denver Tech Career Fair: Exclusive Tech Hiring Event

When: Monday, Feb. 28, 2022 at 10:00 am
Where: TBD



Alexa Dominguez-Estrella | TRIO SSS Office Staff



Atomic Habits: An easy & proven way to build good habits & break bad ones.

James Clear weaves strategies to construct good habits and gently minimize bad habits that will eventually evaporate as good habits occupy that space. In the fundamentals of habits, Clear explains why miniscule changes make profound impact in one's life. "Making a choice that is 1 percent better over ... the span of moments that make up a lifetime these choices determine the difference between who you are and who you could be." Good habits create freedom and space to do more of the things you would like to do in the future.

He identified four laws, "make it obvious, make it attractive, make it easy, and make it satisfying". He believes bad habits interfere with discovering greatness within each one of us.

The first law of changing one's behavior is "make it obvious". Clear summarizes the first law by expressing be intentional when implementing a new habit with a habit stacking formula and with a new pattern of behavior, time, and location.

Stacking formula: After I, **[current habit]**, I will **[new habit]**

Gratitude: After I [wash up for dinner], I will [say one thing I am grateful for today.]

The pattern: I will **[behavior]** at **[time]** in **[location]**

Studying: I will [study biology notes for 45 minutes] at [10 a.m.] in [the university library.]

Make it attractive is the second law. Coupling temptation bundling by linking actionable behaviors of what one desires to do with what one needs to do, habit stacking formula helps one look forward to doing the things that must be done in order to get to do the things one wants to do. The third law, make it easy, speaks to the action of practice. Good habits become automatic through repetition. Finally, the fourth law, make it satisfying, indicates when feeling immediate success, it encourages one the desire to repeat the behavior to experience immediate reward. Overall, if you would like to start the new year with a new you check out Atomic Habits by James Clear.



Josephine Thibodeau | TRIO SSS Graduate Assistant

CELEBRATE NATIONAL TRIO DAY

On February 24, 1986, a congressional resolution (H. Con. Res. 278) 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.



STUDY SKILLS

Study skills are one of the most important skills we college students need to learn throughout our college career. Whether we use the skills we learned from grade school to learning new skills along the way during college, there are many ways to study. Each person has a unique way that works for them. We need to find out what works for ourselves. Today, I want to share some of the study skills that I use and hopefully it can also be helpful for you.



Sometimes procrastination can get the best of us. Many things can distract us when we try to get things done. Whenever I have any assignments to complete, or any tests come up I use this method to help myself focus. Phones are a real distraction when it comes to getting work done. Whenever I need to get something done whether it be work or school, I put my phone on do not disturb. You can even custom your own “do not disturb” on your phone for specific tasks. If you are afraid to miss certain calls or texts from certain contacts, you can even change the settings to let certain people contact you when the function is up and running.

Another thing that helps me a lot when I study for exams is Quizlet. Quizlet makes it so that it helps me learn my material in a more interactive way. Just using the flashcards and entering in the information onto Quizlet is a way of studying and reviewing your materials. Quizlet has a lot of different ways where it helps you study, you can use the flash cards and review yourself or even with a classmate or friend. But my favorite way to study is using the learn function. The system slowly helps you learn each card one by one whether it be multiple choice or fill the blank. When you think you are ready, they even have a test portion where they can take the questions and make it into a mini test for you to take and see how well you did on it. It has so many different functions and it would be a great benefit to use these functions to your advantage.



Mini Tip: don't study the day before, but study in tiny increments throughout the week maybe even 30 minutes a day would make a big difference in retaining information. Your brain learns and retains material better when you sleep on it.

Emily Huynh | TRIO SSS Office Assistant

SPRING STUDENT ORGANIZATION FAIR

DON'T MISS OUT! Come meet student organizations and learn about how to join this semester! The event runs from 1pm-4pm. Sponsored by the CU Denver Student Life and Campus Community.

February 10, 2022 | 1:00 pm—2:00 pm | Tivoli Turnhalle

**STUDENT
ORGANIZATION
FAIR**

DIY POP-UP VALENTINE CARD

MATERIALS

Scissors | Glue | Cardstock Paper | Colored Papers

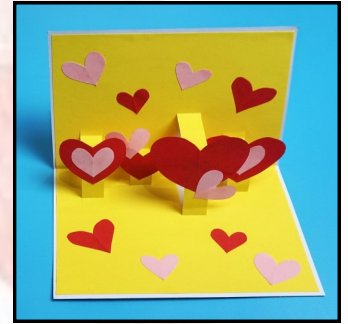
INSTRUCTIONS

1. Start by folding the cardstock to create a card base
2. Cut a colored paper with the same size as your card and fold it. Then, cut slits on the folded part.
3. Glue the colored paper inside the card. Leave some slits unglued to create a pop-up stand.
4. For the different colored paper, cut out a heart shape and glue it on the front part of your card.
 - a. Cut out some heart shapes in different sizes
5. Lastly, glue the heart shapes onto the pop-up stand and to other parts of the card.

Your valentine's card is done and is ready to be delivered to someone you love!

Source: <https://www.easypeasyandfun.com/heart-valentines-day-pop-up-card/>

Patitta Banjongwit | TRIO SSS Peer Mentor



MOVIE REVIEW—SPIDERMAN—MAN NO WAY HOME



As the semester begins, so do the worries of assignments, due dates, and grades. One way to help relieve the stress that comes with a new semester and new year, is to visit the cinema to attend your favorite film on the big screen. Perhaps the most anticipated film to release in the past few years, Spider-Man: No Way Home is the perfect film to help reduce some stress this semester. As one of the more popular superheroes, this Spider-Man movies is unlike any you have experienced in the past 20 years. This film has it all, from a meticulous and well thought plot to its star studded cast this film is sure to leave audiences laughing with clever and witty lines that capture the teenage Peter Parker as he was meant to be. Not only does this movie bring humor but also suspense, romance and of course action, following the events after Spider-Man: Far from Home the storyline is about Parker and his reactions to his secret identity being uncovered as Spider-Man. The successful formula that has allowed the Marvel cinematic universe to expand is a key role in this movie, involving multiple characters from different series in the cinematic universe like Dr. Strange and Daredevil as they help Parker through these difficult times in his life. Spider-Man: No Way Home is not only for kids as there are some surprises for the older audiences as well, but this film is also the epitome of nostalgia with special guest appearances from the least likely

characters. Amidst all the fighting and living life as a superhero, the film also shows that Spider-Man is just like us, a teenager who is graduating high school and is worried about college him and his friends will get into. Whether you enjoy superhero movies or not, Spider-Man: No Way Home has something for everyone and is the must see movie of the year!

Michael Martinez | TRIO SSS Peer Mentor

HEART OF THE BATTER CUPCAKES

INGREDIENTS

1 1/2 teaspoons baking powder
1/2 teaspoon salt
1 stick unsalted butter, at room temperature

FOR THE CUPCAKES:

1 1/2 cups all-purpose flour
3/4 cup granulated sugar
2 large eggs, at room temperature
1 teaspoon vanilla extract
1/2 cup strawberry-flavored milk, at room temperature
6 strawberries, hulled

FOR THE FROSTING AND TOPPING:

2 cups confectioners' sugar
1/2 cup unsweetened cocoa powder
1 stick unsalted butter, at room temperature
1/2 cup heavy cream
3 strawberries, hulled and halved lengthwise



DIRECTIONS

1. Make the cupcakes: Preheat the oven to 350 degrees F. Line a 6-cup jumbo muffin pan with paper liners. Whisk the flour, baking powder and salt in a bowl.
2. Beat the butter and granulated sugar in a large bowl with a mixer on medium-high speed until light and fluffy, about 3 minutes. Beat in the eggs, one at a time, then beat in the vanilla. Reduce the mixer speed to low; beat in the flour mixture in 3 batches, alternating with the strawberry milk, beginning and ending with flour, until just combined.
3. Divide the batter evenly among the prepared muffin cups. Bake until a toothpick comes out clean, 25 to 30 minutes. Let cool 5 minutes in the pan, then remove to a rack to cool completely.
4. Using a paring knife, cut a cone-shaped piece of cake out of the top of each cupcake (about the same size as the strawberries), stopping about 1/2 inch from the bottom. Stuff with the strawberries, then cover with a small piece of the removed cake.
5. Make the frosting: Sift the confectioners' sugar and cocoa powder into a medium bowl. Transfer half of the sugar-cocoa mixture to a large bowl; add the butter and 1/4 cup cream and beat with a mixer on medium-high speed until smooth. Add the remaining sugar-cocoa mixture and 1/4 cup cream and beat until fluffy. Transfer to a pastry bag fitted with a star tip and pipe onto the cupcakes. Top each with a strawberry half.

Food Network:

<https://www.foodnetwork.com/recipes/food-network-kitchen/name-this-dish-stuffed-cupcakes-recipe-2109714>

VIRTUAL CU DENVER SPRING 2022 INTERNSHIP & JOB FAIR

Save the date for the Virtual Spring 2022 Internship and Job Fair happening Thursday, February 24th from 11:00 am to 3:00 pm via Handshake. Students from all majors are invited to meet and network with employers to learn more about their current internship and job opportunities. Hope to CU there! **Register Through HANDSHAKE!**

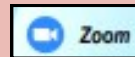


VIRTUAL INTERNSHIP AND JOB FAIR

Sponsor:



FEBRUARY WORKSHOPS



Mon	Tue	Wed	Thu	Fri
	1 ¹ Wellness & Recreation Financial Wellness: Budgeting 101 3:00 pm—4:00 pm Wellness Center Seminar Room	2 ² Harnessing the Power of I (Introversion) 3:30 pm—4:30 pm Zoom ID: 940-0159-9764	3 	4
7 ³ Arguments and Thesis Statements 9:30 am—10:30 am 	8 ³ Effective Revision 9:30 am—10:30 am ⁴ College Survival 101 Learning Commons 11:30 am—12:30 pm ¹ Wellness & Recreation Financial Wellness: Budgeting 101 3:00 pm—4:00 pm	9 ⁴ Take Control Of Your Semester—Time Management 1:00 pm—2:00 pm ² Cultivating Inclusion Through Digital Accessibility 3:30 pm—4:30 pm Zoom ID: 940-0159-9764	10 	11 ⁵ TRIO SSS Financial Literacy: Managing Your Finances 2:00 pm—3:00 pm
14 ³ MLA & APA Basics 2:00 pm—2:50 pm 	15 ⁴ General Study Skills Learning Commons 11:30 am—12:30 pm ⁶ Professional Networking 3:00 pm—4:00 pm SC, 2000 	16 ¹ Wellness & Recreation Financial Wellness: Taxes 101 11:00 am—12:00 pm Wellness Center Seminar Room ⁴ Discover New Learning Strategies 1:00 pm—2:00 pm ² Running for a Student Organization Leadership Position 3:30 pm—4:30 pm Zoom ID: 940-0159-9764	17 ⁶ Motivation and Goal Setting 12:00 pm—1:00 pm SC, 2000 ³ Effective Resume & Cover Letters 2:00 pm—2:50 pm 	18 Stress Management 11:00 am—12:00 pm
21 ³ Application Essay's, Letters & Personal Statement 11:00 am—11:50 am	22 ³ Writing a Literature Review 11:00 am—11:50 am ⁴ Due Today ≠ Do Today Learning Commons 11:30 am—12:30 pm	23 ⁴ Ace My Tests—Test Taking Skills 1:00 pm—2:00 pm ² True Colors Personality Type 3:30 pm—4:30 pm Zoom ID: 940-0159-9764	24 ¹ Wellness & Recreation Financial Wellness: Start Small Money Mindset 1:00 pm—2:00 pm Wellness Center Seminar Room	25 ⁶ Time Management 1:00 pm—2:00 pm SC, 2000
28 Please complete your Program/Book Scholarship requirements by the deadline.	Please register and be on-time as professional courtesy to the presenter. You should receive correspondence with either room location or zoom link information. Complete your <u>Online Evaluation Form</u> for Workshops and Financial Literacy Sessions at: https://bit.ly/34QeyNS			

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

- ¹Wellness & Recreation Services Financial Literacy Workshops: Registration Required: RSVP at: <https://www.ucdenver.edu/wellness/matters/financial-wellness>
- ²Student Life LEAD Workshops: Registration is not required please see calendar for details.
- ³Writing Center Workshops: Registration Required: RSVP at: <https://clas.ucdenver.edu/writing-center/workshops>
- ⁴Learning Resource Center Workshops: Registration Required: RSVP at: <https://www.ucdenver.edu/learning-resources-center/resources>
- ⁵TRIO SSS Financial Literacy Workshops: Registration Required: RSVP at: <https://bit.ly/3FthooF>
- ⁶TRIO SSS Skill Building Workshops: Registration Required: RSVP at: <https://bit.ly/33FUUnSc>

