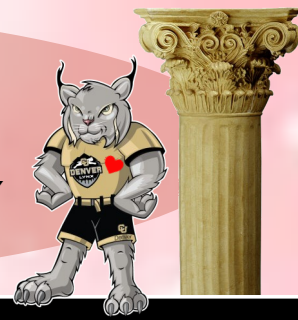




THE PILLAR

A MONTHLY JOURNAL OF THE TRIO SSS COMMUNITY

"Helping Students Realize Their Full Potential"



February 2023
ISSUE

Page Guide

Page 1

• Student Spotlight

Page 2

- Spotlight - Continued
- Involvement Fair

Page 3

- Recipe—Butter Chicken
- National TRIO Day

Page 4

- Free & Low Cost Events
- Women in Business

Page 5

- Valentine Gift Ideas
- Black History Month

Page 6

- TV Show Review
- Internship and Job Fair

Page 7

- Workshop Calendar

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.

STUDENT SPOTLIGHT—CRISTAL SARMIENTO GARCIA



The TRIO Student Support Services program would like to highlight Cristal Sarmiento Garcia in this month's edition of "The Pillar" newsletter. Cristal is majoring in Business Management and Human Resources. She will be graduating this spring semester. Her college experience originally started in 2008 where she enrolled at Front Range Community College in Longmont. She graduated in December of 2020 and received her Associate's of Arts degree in Business. Along with her degree, she earned two certificates in Business Specialization and Foundations in Business. From there, Cristal decided to continue her education and enrolled at CU Denver. Cristal stated, "As a first-generation, Latina student, TRIO was the perfect program for me to be part of. TRIO helped me in many ways. Their Book Scholarship helped me. Not only that, but it helped me connect with professional staff and learn more about the resources we have on campus. Other than being part of the TRIO program, I was also invited to be part of The National Society of Leadership and Success (NSLS)."

Cristal was asked how TRIO has helped her and what advice she would give other TRIO participants. Cristal noted, "TRIO has helped me be more involved with the community. Before TRIO, I would come to class, do work, and leave campus. But now I'm not only a TRIO participant, I am a TRIO Peer Mentor for the program as well. During my role, I have met with multiple students whom all have different college stories to share. Many of the students who I meet have different majors. It allows me to learn a lot from them. A piece of advice I would give to students would be to schedule your meetings early and get them done. I know we all procrastinate, but the faster you get things done, the more time you will have to do other things. In addition, I would also tell students to take advantage of the

workshops that are offered. Many times the topics shared in the workshops are useful not only for when you're in school, but they also prepare you for when you are out in the world."

When asked about her short and long term goals, she mentioned, "This year I want to end the semester as best as possible, which includes getting good grades, making meaningful connections, and overall I just want to make the best of my last semester." As for her long-term goals, she hopes to secure a good job that is related to her major. This will allow her to fulfill her biggest dream, which is to be able to give back to her parents.

TO BE CONTINUED....

SPOTLIGHT CONTINUED—CRISTAL SARMIENTO GARCIA

Cristal was asked about her biggest challenge while earning her degree, which was always encountering the unknown. This included filing her FAFSA for the first-time, or enrolling for courses, applying for scholarships, and accepting that it is not a bad thing to ask for help. She noted, "As I had mentioned before I am a first-generation student, so I did not have an older sibling to help me through the process, and not only that, but I am the first in the family to ever pursue a higher education. My parents, uncles, and aunts had to work at a young age so that they could provide for their families and give them a better life. Being the oldest grandkid in the family, I decided that I had to change the story, I had to demonstrate to my sister and younger cousins that although education can be difficult and it can seem like an impossible thing to do, it was the right thing to do and, in the end, it's worth it."



Something she wished she was told when she started college is to never be afraid to ask for help. She believed that if she had asked for help from the start her first semester wouldn't have been as stressful. She mentioned, "By asking for help you are not only expanding your knowledge, but you are also creating relationships. This is created because the moment you ask for help, you are showing a vulnerable side of you to someone you might or might not know, and in the end, you form a trust. For me, the hardest time I had to ask for help was when I was taking a Calculus class. As a business major, I thought that I had to know everything and anything about math, and so asking for help seemed out of the question. I finally realized that in order for me to continue, I needed to reach out and ask for help. To some, math comes easy and, to others, it's writing. That semester I completed the calculus class with a grade of an "A." This couldn't have been possible without the help of my professor, and my tutor. From that day on, I've never hesitated to ask for help, we all have different strengths and weaknesses and the sooner you ask for help, the more you will learn and achieve."



Cristal's favorite memory from her college experience would be the day she encountered a childhood friend on-campus, years after high school graduation. They did not keep in touch over the years. She said "Seeing her in the TRIO graduation ceremony was nostalgic. Days after the ceremony we would meet up at the end of the day and drive back home together. We both live in Longmont, so it was perfect! The long drives I hated now were exciting, we would talk non-stop and reminisce about our high school days."

When asked about her hobbies and interests, she noted she enjoys baking, exploring new places and also making flower arrangements. She was also asked if she won a million dollars, what would be the first thing she would do. Cristal stated, "I would give back to my family and my community. Financial help is always needed and if there is a chance that I can help someone that wants to pursue a career, I wouldn't hesitate to do so. By pursuing a career, you not only want to learn more about what you love, but you also want to have the opportunity to be able to change your life for better."

Cristal leaves us her favorite quote - "I am the product of sacrifice." This is her favorite quote because her parents moved to this country in hope for a better future for her and her sister. Cristal said, "When they came to the United States, they didn't have anything, but with hard work they were able to buy their own place. Years later, my sister and I are now in college. I will be graduating in May of 2023 with the double major in Business Management and Human Resources and my sister will officially complete her first year at CU Boulder in May as well. This couldn't have been possible without the sacrifice and support from my parents." The TRIO Student Support Services program wishes Cristal continued success!

SPRING INVOLVEMENT FAIR

Looking for ways to get involved? Come to our involvement fairs to meet student organizations on campus and learn about how you can join.

When: Tuesday, February 7th
Where: North Classroom Atrium
Time: 1:00 pm — 4:00 pm



**STUDENT
ORGANIZATION
FAIR**

RECIPE—BUTTER CHICKEN

INGREDIENTS

- ♥ 1 Tbsp. garam masala
- ♥ 1 Tbsp. kosher salt
- ♥ 1 ½ lbs. boneless, skinless chicken thighs
- ♥ 2 Tbsp. vegetable oil
- ♥ 1 yellow onion, diced
- ♥ 2-inch knob of ginger, finely diced
- ♥ 6 cloves of sliced garlic
- ♥ Salt and pepper to taste
- ♥ 2 tsp paprika
- ♥ 2 tsp ground cumin
- ♥ 1 Tbsp. garam masala
- ♥ 1 ½ tsp turmeric powder *optional
- ♥ 14oz crushed tomatoes
- ♥ 2/3 cup water
- ♥ 1 cup heavy cream
- ♥ 2 Tbsp. unsalted butter
- ♥ Steamed rice



INSTRUCTIONS

1. Cut chicken thighs into cubes and in a bowl, mix yogurt, garam masala, and salt with the chicken. Cover and marinate for 30 minutes or overnight.
2. In a large pan, heat vegetable oil over medium-high heat. Add chicken in batches and sear for 2-3 minutes on each side. Remove chicken from the pan and set to the side once done.
3. Lower the heat of the same pan to medium heat, add a touch of more oil along with diced onions, diced ginger, sliced garlic, and season to taste with salt and pepper. Mix and stir, sautéing for 2-3 minutes or until softened.
4. Add in turmeric powder, garam masala, ground cumin and paprika and stir together until spices have toasted for 1-2 minutes.
5. After toasting, add in crushed tomatoes and water then stir until incorporated over medium heat. Let this simmer for 5-8 minutes until the sauce has reduced.
6. Once reduced, add chicken back to the pan to mix into the sauce and simmer for 3-5 minutes.
7. Add in heavy cream, stirring until thickened and incorporated. Reduce the heat to low and simmer for no longer than 3-4 minutes. Stir often.
8. Turn off the heat and continuously stir in unsalted butter until melted. Season to taste with salt.
9. Plate with steamed rice.

For more information: <https://www.joshuaweissman.com/post/2-dollar-curry-butter-chicken-but-cheaper>

Monica Vu | TRIO SSS Peer Mentor

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.



FREE & LOW—COST EVENTS



Denver Zoo Free Day—February 5, 10 am—5 pm

If you want to win 5 vouchers to visit the zoo for free you must register during the designated lottery period and if you win you will be notified by email!

In-Person Fresh Take Cooking Classes—February 9, 5 pm—6:30 pm

Join Chef and Registered Dietitian Anita Bancroft with other Registered Dietitians quarterly for an in-person, hands-on cooking class at the CU Anschutz Health and Wellness Center on the CU Anschutz Medical Campus.

Price: \$50 per person or \$80 per pair or couple

The Art Garage—February 10, 6 pm—9 pm & February 17, 6 pm—9 pm

Here you will find an open studio where you can bring in your own work and materials to work on in a focused environment surrounded will local artists! Limited spaces available.

Denver Art Museum — February 14, 10 am—9 pm

Spend this year's Valentine's Day at the Denver Art Museum with free general admission all day and evening hours. Walk-ins are welcomed but online reservations are encouraged so make sure you save your spot!

Denver Botanic Gardens—February 16, 9 am—4 pm

Free days at Denver Botanic Garden occur all throughout the year thanks to funding from the Scientific and Cultural Facilities District. Make sure you complete online registration to ensure that everyone can be accommodated given ongoing COVID-19 concerns.

Clyfford Still Museum — Discounted Prices for college students

During your visit, learn about the legacy of an artist who invented a new way to paint and who continues to inspire artists today. Clyfford Still (1904–1980) had a unique artistic vision and was unwilling to compromise it for money or recognition. Still thought the best way to experience his art was by seeing it all in one place.

Cristal Sarmiento Garcia | TRIO SSS Peer Mentor

WOMEN IN BUSINESS—BREAKING THE GLASS CEILING



Join us for FOOD and a chance to win BEATS HEADPHONES! ❤️



Tasha Jones
LV Jones Consulting



Shelley Peterson
Microsoft



Jeannie Bidner
Charles Schwab



Kathy Hodgson
Lakewood City Manager's Office

Event Description ❤️

Women in Business is excited to invite all students to participate in an executive panel with amazing women leaders from Microsoft, Charles Schwab, LV Jones Consulting and the City Manager's Office. Hear from these inspiring women about their journey, experiences, and success stories through the challenges they face. Also learn about potential career opportunities in the tech, finance, marketing, and government fields.

When: February 8, 2023
Time: 5:00 pm—6:30 pm ❤️
Where: Business School 3700



RSVP

Believe in Yourself ❤️

VALENTINES DAY GIFT IDEAS

Do you have a special someone in your life that you really want to give a nice gift to for valentine's day? Perhaps you want to give your partner or friend something that has a lot of utilities for everyday life. Rather than getting the usual chocolates and teddy bear holding a heart for the holiday, you can consider getting a mini-Keurig machine if they're a coffee lover. Available on the Keurig official website, Amazon, or your retail store for around \$80. If you know someone that is very interested in horoscopes, perhaps giving a necklace that has gemstones to represent their zodiac sign. Just head over to the website (<https://birthdate.co/>) and enter your birthday and the website will layout the best stones for you. Finally, if the person you want to give a gift to is photo-genic and loves to collect physical pictures. Then a tiny polaroid photo printer would be perfect to make great memories and makes additional souvenirs. They're available on Amazon, Best Buy, or any retail store technology area for as low as \$70.

Huy Duong | TRIO SSS Peer Mentor



BLACK HISTORY MONTH



How did Black history month get started? It began in 1915 and started because of the lack of information on accomplishments of Black people. Carter G. Woodson, a historian, co-founded the Association for the Study of Negro Life and History. The association declared the second week of February "Negro History Week". This week was to recognize the accomplishments and contributions of African Americans. Black history was not included in textbooks back then, nor did they know about "Negro History Week". The reason why the association chose the second week of February was because it included the birthdays of Frederick Douglass and former U.S president Abraham Lincoln. The week of recognition became official in 1976 when U.S president Gerald Ford extended recognition for a whole month, since then the U.S has celebrated Black History the month of February.

This month honors all Black people, starting from the time the enslaved people was first brought from Africa. This month spotlights Dr. Martin Luther King Jr., Thurgood Marshall, Mae Jamison, Rosa Parks, Frederick Douglass, and many more. For more information: <https://kids.nationalgeographic.com/history/article>.

HERE ARE THINGS THAT YOU CAN DO TO CELEBRATE

The Dirty South: Contemporary Art, Material Culture, and the Sonic Impulse

This exhibition explores the aesthetic legacies and traditions of Black culture in the African American South as seen through the lens of contemporary Black musical expression. When: Thursday, February 5th @ Museum of Contemporary Art.

Lamont Wind Ensemble

This celebration of Dr. Martin Luther King Jr. and Black History Month will feature guest conductor Wesley Broadnax and guest narrator Charles Moore. The program includes a work by Michael Daugherty called "Rosa Parks Blvd," which celebrates Rosa Parks and features soloists Richard Harris, Greg Harper, and Pete Ellefson.

When: Wednesday, February 1st @ Newman Center for Performing Arts.

For other events please visit: <https://www.denver.org/blog/post/black-history-month/>

TV SHOW REVIEW—OLD ENOUGH!



Old Enough! is a Japanese reality TV show that has been airing on Netflix since March 2022, however its second season was released earlier this year and it has completely captured my heart! はじめてのおつかい (Hajimete no Otsukai) which means “First Errand” (literal translation of the Japanese show title) has been airing in Japan since 1988, but started out as a segment in a different, SNL-like, TV show. It was adapted into its own show in 1991. New episodes are still being produced every now and then, making it a long-running and staple TV show in Japan!

This adorable TV show broadcasts Japanese children between the ages of 1- to 7-years-old going out and completing their first errand given to them by their parents. Some of these errands could involve tasks like going out to the store and independently buying items from different shops, to going to a friend's or grandparent's house and dropping off some items, to traveling on

a ferry/bus/train to pick up medicine that cannot be bought on the children's island. Because of the children's young age, however, many are unable to read and thus their parents have to verbally tell the kids the instructions. This often results in many of them forgetting some items or confusing the instructions/process. However, the most important thing is that they return home safely. The First Errand is a task that many Japanese children must do as it is considered a right of passage and also teaches these children independence and equips them with the ability to travel and purchase items all alone. It prepares children for life in Japan since, often times, Japanese students in middle school to college travel outside of their cities or prefectures (similar to states) to attend school, which could sometimes be hours away! While safety can be a concern, the TV crew checks the errand routes thoroughly to ensure that there are no dangers that the children can encounter. Additionally, the camera and safety crew are always close to the children as they are completing their tasks to make sure that they are always safe.

What I really enjoy about this show is just witnessing the cultural differences between how Japan treats their children's independence and comparing it to my own experiences as a child. I was quite a sheltered kid, so seeing this level of freedom and independence is absolutely mind-blowing for me! Not to mention, the show surprisingly keeps me at the edge of my seat since I always wonder if the kids actually remember the task that they are supposed to do and if they will return home successfully. Additionally in this new season, the first 5 episodes showed episodes that aired from 15-20 years ago and how they completed their tasks as children. Then, later on in the episode it shows the kids in the present day and shows the audience what they look like, what they are doing now, how they are living their lives, how Japan has changed as they grew older, and how the show impacted their lives. This show is absolutely addicting and I highly recommend watching it. The episodes are not too long, making it perfect for binging in one night and truly does make you feel all the feelings. Please give this show a watch when you can and broaden your cultural horizons!

Josh Caraballo | TRIO SSS Project Specialist

CU DENVER SPRING 2023 INTERNSHIP & JOB FAIR

Save the date for the Spring 2023 Internship and Job Fair scheduled for Tuesday, February 21st from 10:00 am to 2:00 pm. 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!**

LYNXCONNECT Career Center UNIVERSITY OF COLORADO DENVER

EXPERIENTIAL LEARNING CENTER UNIVERSITY OF COLORADO DENVER

**VIRTUAL
INTERNSHIP
AND
JOB FAIR**

Sponsor: OPTIMUM CAREERPATH

FEBRUARY WORKSHOPS

Mon	Tue	Wed	Thu	Fri
<p>Make sure to complete the TRIO SSS Online Evaluation Form for Skill Building Workshops and Financial Literacy Sessions.</p> <p> Complete at: https://bit.ly/3vXHy0j</p>		<p>1 ¹Time Management 11:30 am—12:15 pm </p> <p>²Imposter Syndrome 12:30 pm—1:30 pm  Zoom: 912-5640-9385</p> <p>³Credit & Credit Scores: Learn the basics of credit  2:00 pm—3:00 pm Wellness Center</p>	<p>2 </p>	<p>3 </p>
<p>6 ⁴Arguments & Thesis Statement 9:30 am—10:20 am  Learning Commons & Zoom (Interactive Workshop)</p> 	<p>7 ¹Take Control of Your Semester: Time Management 12:30 pm—1:15 pm  Learning Commons</p> 	<p>8 ⁴Effective Revision 9:30 am—10:20 am  Learning Commons & Zoom (Interactive Workshop)</p> <p>³Budgeting 101: How to budget for the semester 11:00 am—12:00 pm  Wellness Center</p> <p>¹Study Smarter, Not Harder 11:30 am—12:15 pm  Fostering Support & Empathy in Leadership 12:30 pm—1:30 pm  Zoom: 912-5640-9385</p>	<p>9 ⁵Sustainability 101 3:30 pm—4:45 pm  Tivoli 329 Or Zoom: 966-5916-9368</p> 	<p>10 </p>
<p>13 ⁴MLA & APA Basics 2:00 pm—2:50 pm  Learning Commons & Zoom (Interactive Workshop)</p> 	<p>14 ¹Roadmap to Mastery: Study Guides 12:30 pm—1:15 pm  Learning Commons</p> <p>³Money & Relationships 1:00 pm—2:00 pm  Wellness Center</p> <p>⁴Effective Resume & Cover Letters 2:00 pm—2:50 pm  Learning Commons & Zoom (Interactive Workshop)</p>	<p>15 ¹Back To Basics: Note Taking Skill 11:30 am—12:15 pm </p> <p>²Delegation: Getting the Support of Others 12:30 pm—1:30 pm  Zoom: 912-5640-9385</p> <p>³Credit Cards & Debt 2:00 pm—3:00 pm  Wellness Center</p>	<p>16 ⁶Coping With Stress  12:00 pm—1:00 pm</p> 	<p>17 </p>
<p>20 ⁴Application Essays, Letters & Personal Statements 11:00 am—11:50 am  Learning Commons & Zoom (Interactive Workshop)</p>	<p>21 ¹Let's Study Together: Study Groups 101 12:30 pm—1:15 pm  Learning Commons</p> 	<p>22 ¹Communicating with Your Professor 11:30 am—12:15 pm </p> <p>²Teamwork: Collaborating with others! 12:30 pm—1:30 pm  Zoom: 912-5640-9385</p>	<p>23 ⁴Writing a Literature Review 11:00 am—11:50 am  Learning Commons & Zoom (Interactive Workshop)</p> <p>³Student Loans 3:00 pm—4:00 pm  Wellness Center</p> <p>⁵Water: Planning for the Future 3:30 pm—4:45 pm  Tivoli 329 Or Zoom: 966-5916-9368</p>	<p>24 </p>
<p>27 ⁶Resume Basics 3:00 pm—4:00 pm  SC, 2000</p> 	<p>28 ¹Midterm Reality Check 12:30 pm—1:15 pm  Learning Commons</p> <p>³Emotional Spending 3:00 pm—4:00 pm  Wellness Center</p>	<p> = In-Person  = Zoom  = Hybrid</p>		

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

¹**Learning Resource Center Workshops:** Registration Required: RSVP at: <https://ucdenver.xyz/calendar/study-skills-workshops>

²**Student Life LEAD Workshops:** Registration is not required please see calendar for details.

³**Wellness & Recreation Services Financial Wellness Workshops:** Registration Required: RSVP at: [HERE](https://clas.ucdenver.edu/writing-center/workshops)

⁴**Writing Center Workshops:** Registration Required: RSVP at: <https://clas.ucdenver.edu/writing-center/workshops>

⁵**Auraria Sustainable Campus Program Workshops:** Registration is not required. Please see calendar for details.

⁶**TRIO SSS Skill Building Workshops:** Registration Required: RSVP at: <https://bit.ly/3IKERai>

