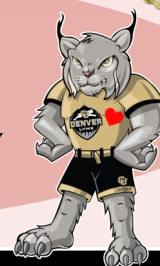


THE PILLAR

A MONTHLY JOURNAL OF THE TRIO SSS COMMUNITY

"Helping Students Realize Their Full Potential"



February 2024
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.

STUDENT SPOTLIGHT— JUAN GONZALEZ



The TRIO Student Support Services program would like to spotlight Juan Gonzalez in this month's edition of the newsletter. He has participated in the program since the summer 2022. He has accomplished a lot during his undergraduate experience here at CU Denver. He will be graduating this semester with a Bachelor of Art degree in Political Science with minors in Legal Studies & Women and Gender Studies.

When asked about what his college experience was like he noted that CU Denver was truly memorable. What stands out the most over the last four years are the incredible memories he created with his colleagues. Juan noted, "One of the distinctive aspects of my time at CU Denver was the ability to juggle multiple responsibilities. I was actively engaged in remote learning, which provided me with the flexibility to balance my academic pursuits with other commitments." In addition to his coursework, Juan was actively involved in the Student Government Association (SGA), where he had the opportunity to make a meaningful impact on campus. Serving in SGA President allowed him to connect with fellow students, advocate for their needs, and be part of positive changes within the university community. To further enhance his college experience, he also worked part-time alongside his studies. This not only provided valuable financial support but also helped him develop his time management and organizational skills. Looking back, he is grateful for the unique blend of academics, extracurricular activities, and real-world responsibilities that made his college journey both challenging and rewarding. It was a time for personal growth, skill development, and lasting friendships that he will cherish for years to come. One of Juan's favorite memories in college was when he attended the Nuggets Watch Party and being able to see the Chainsmokers. Being able to find a study spot on campus was one of his biggest challenges.



CONTINUED ON NEXT PAGE...

SPOTLIGHT CONTINUED



When asked how TRIO has helped him, he mentioned that the program has been an invaluable part of his college experience, offering crucial support in various ways. Juan noted, "The academic resources, including tutoring and study groups, helped me excel in my coursework, while the mentorship and guidance provided by TRIO advisors were instrumental in navigating academic and career choices. I would advise any student with the capacity to do so to take advantage of these resources."

Juan's favorite quote is "Where there is a will, there is a way." This quote resonates with Juan because it has helped him through college. He shared, "For me it means that if you want something you can easily have it." His short-term goal is to finish his last semester strong. His mind is set on graduation. For the future, he plans to apply and work his way into law school. His hobbies and interests include going to the gym and spending time with his family and friends. When asked what he would do if he won a million dollars, he shared that he would invest his money and move to Mexico. The TRIO SSS Program wishes Juan continued success in his academic and career endeavors. Woo Hoo!

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.

Save the Date — Friday February 23rd Celebrate National TRIO Day with us, specific details will be sent out soon!



THE POWER OF POSITIVE AFFIRMATIONS

I think we can all agree that sometimes life can be difficult. Do you feel you need to overcome some negative thoughts or self-doubt? Consider using a simple phrase that you could say out loud or in your head. This saying is an affirmation. You might ask, what is an affirmation? The Merriam-Webster dictionary states, 1) the act of affirming, and 2) something affirmed: a positive assertion. For me, at its simplest, affirmations are short encouraging statements that can help you reframe some negative thoughts.

"I Can, and I Will," is one positive affirmation I consistently use when I find myself in those moments where I feel like I cannot do something or feel unmotivated. If I am completely honest with myself, I have a bajillion reasons not to do something but not one good reason. As a perfectionist, I must remind myself that it is okay to make mistakes to grow. Sometimes you must "Give yourself grace," which is another affirmation.

For students, you may find yourself comparing yourself to other students, telling yourself that you will fail that exam, or that you can't do this. Consider the affirmation, "I am smart and capable," to help you believe in your abilities and to build confidence. Kaiser Permanente put together a list of affirmations that you can use day to day to feel more positive and motivated. Consider the use of an affirmation throughout your day.

1. I am ready.	2. I will try new things.
3. My efforts help me succeed.	4. I will turn negative thoughts into positive ones.
5. I can make a real difference.	6. I will accept myself as I am.
7. My hard work will pay off.	8. I love myself.
9. I am strong.	10. I will make time for what brings me joy.
11. I have the power to make the right choices for me.	12. I am powerful.
13. I have faith in my abilities	14. I believe in myself.
15. I got this.	16. It's OK for me to have fun.
17. I am grateful for what I can do.	18. My possibilities are endless.
19. I am happy to be me.	20. I am well-rested and full of energy.
21. My goals are achievable.	22. I am relaxed and at peace.
23. I am confident.	24. I am strong in mind, body, and spirit.
25. I will be kind to myself today.	26. My life is a gift.
27. I am on the right path for me.	28. I deserve love and happiness.
29. I deserve love in my life.	30. I care for myself.
31. I will take action to accomplish my goals.	32. Healthy food fuels my body.
33. I will celebrate the progress I'm making to reach my goals	34. Today, I will take steps to reach my goals.
35. I will look for the good in things.	36. I give myself room to make mistakes and grow.
37. I am always learning.	38. I will find moments of joy today.
39. I trust myself.	40. I embrace my power.

References

Merriam-Webster. (n.d.). Affirmation. In Merriam-Webster.com dictionary. Retrieved January 18, 2024, from <https://www.merriam-webster.com/dictionary/affirmation>

40 positive affirmations for better self-care and brighter days. (2023, December 19). Retrieved from Kaiser Permanente Health and Wellness.

Henry Ornelas | TRIO SSS Program Manager

RECIPE—STRAWBERRY CAKE MIX COOKIES

INGREDIENTS

Strawberry Cake Cookies

- ♥ 1 strawberry cake mix
- ♥ 2 eggs
- ♥ 1/4 cup canola or vegetable oil
- ♥ 1 tsp pure vanilla extract

Strawberry Lemon Glaze

- ♥ 2 cups powdered sugar
- ♥ 1/3 cup strawberries chopped
- ♥ 1 Tbsp lemon juice or water



INSTRUCTIONS

1. Preheat the oven to 350F.
2. In a large mixing bowl, combine the strawberry cake mix, eggs, oil, and vanilla together and mix well (you can use a fork or a hand mixer).
3. Line a baking sheet with parchment paper and create 1 tablespoon cookie dough balls with a cookie scoop. Place the cookies about 2" apart on the baking sheet.
4. Bake for 10 minutes - or until the edges start to brown. Do not over bake.
5. Remove from the oven and let the cookies cool on the baking sheet while you make the glaze.
6. To make the glaze, blend strawberries and lemon juice together in a food processor or blender. Blend the strawberries to a puree, or leave larger chunks.
7. Add strawberry mixture to powdered sugar and mix until smooth (if the glaze is too thin, add powdered sugar. If it's too thick, add more lemon juice or water).
8. Transfer cookies to a cooling rack and spoon glaze on top of cookies.
9. Once cooled, sprinkle with powdered sugar (optional).

NOTES

- ♥ Keep an eye on your cookies in the oven. You do not want to overbake these! Once they start to lightly brown on top, pull them out of the oven. They puff up nicely and taste best when they are chewy and soft.
- ♥ You can sprinkle with powdered sugar before or after you add the glaze. Either way works.

For more information: <https://amandascookin.com/strawberry-cake-mix-cookies/>

Jenny Keller | TRIO SSS Program Coordinator

TRIO VALENTINE'S DAY EVENT

Celebrate Valentine's Day with TRIO

Stop by the TRIO SSS office from 12—2 pm on February 14th to make your own Valentine's, socialize with other students, and grab a treat!



FREE EVENTS ON CAMPUS



Pizza with a Professor — Feb. 7th from 12:30 pm – 1:30 pm

Learning Commons—Room 2230

Join us for free pizza and conversation in Learning Commons 2230 with some of our amazing faculty at CU Denver! Learn about their research, ways you can get involved, and more from the Undergraduate Research Office and FYE!

Website: <https://calendar.ucdenver.edu/event/pizza-with-a-professor-3/2024-02-07>

FYE Wake Up Wednesday — Feb. 21st from 9am – 10 am

Learning Commons—Room 2230

Website: <https://calendar.ucdenver.edu/event/wake-up-wednesday/2024-02-21>

Come and enjoy free breakfast food as you are starting your day on campus!

FREE EVENTS AROUND DENVER

Free Day at the Denver Zoo — Feb, 11th (Check website for free day tickets—are posted 11 days before each free day)

Enjoy some time outdoors and visit the animal life at Denver Zoo!

Website: <https://denverzoo.org/free-days/>

Free Day at the Denver Art Museum — Feb, 13th (Tickets can be obtained on the website or at the front desk)

Enjoy the many art exhibits that the Denver Art Museum has to offer! Engage with art, experience onsite activities, and explore the art on view all while enjoying free general admission at the Denver Art Museum !

Website: <https://www.denverartmuseum.org/en/calendar/free-day-feb-13-2024>

Free Day at the Denver Botanic Gardens — Feb, 15th (Check website for time and tickets)

Spend a few hours walking through the York Street Botanic Garden and the Chatfield Farm Botanic Garden all for free! Even in the winter, there is still a lot to see and explore throughout the gardens at both the York Street Botanic Garden and the Chatfield Farm Botanic Garden.

Website: <https://www.botanicgardens.org/events/free-days>

Free Day at the Denver Museum of Nature and Science — Feb. 25th from 9 am – 5pm

Denver Museum of Nature and Science – 2001 Colorado Blvd., Denver, CO

Website: <https://www.dmns.org/visit/events-and-activities/free-days-and-free-nights/>

Come and visit the many of the exciting permanent exhibits such as the museum's "Wildlife Halls!"

Image Reference: "Our Gardens." Denver Botanic Gardens. <https://www.botanicgardens.org/york-street/our-gardens>, Accessed 22 Jan 2024.

Anahi Andres | TRIO SSS Peer Mentor

GRADUATE FELLOWSHIP PANEL

Presented by TRIO McNair Scholars Program

Come learn about several methods to get paid to go to graduate school. Many organizations offer graduate fellowships that pay for tuition, fees, and health insurance while you pursue a graduate degree. Additionally these fellowships offer a stipend for you to live off of and professional development opportunities. Come learn about the benefits of these fellowships. Learn about the application process and what it takes to successfully apply for one of these fellowships.

When? On February 7th from 10:30am—12pm

Where? In LynxConnect

Registration for the event can be completed on Handshake

Questions? Email Zoe and zoe.vavrina@ucdenver.edu

Want to learn more or apply to the McNair Scholars Program at CU Denver?

TV SHOW REVIEW—FRIENDS



"Friends," which first aired in the 1990s, is a sitcom that swiftly became a cornerstone of American television culture. Centered around six friends; Ross, Rachel, Monica, Chandler, Joey, and Phoebe, navigating life in New York City, the show strikes a unique balance of humor, heart, and relatability. Its witty dialogue, memorable catchphrases, and iconic scenarios have helped it attain a near-mythical status in pop culture. The series delves into various aspects of life, from romantic relationships to career challenges, all portrayed with a comedic touch. Its influence extends beyond television, impacting fashion, language, and even coffee shop culture.

The show's charm is significantly enhanced by the strong chemistry among its ensemble cast. Each actor brings a distinct flavor to their character, enriching the group's dynamic. The writing is a blend of humor and heart, capturing the essence of friendship and the complexities of adult life. Storylines range from the absurdly funny to emotionally resonant, reflecting the varied experiences of young adults. This blend of comedy and emotion is a key element in its widespread appeal and longevity.

Despite its success and popularity, "Friends" has faced criticism in recent years for aspects now viewed as problematic, such as its lack of diversity and certain stereotypical portrayals. It is important to consider the show in the context of the era it was produced. Nonetheless, its cultural impact remains significant. The show's enduring popularity lies in its universal themes of friendship, love, and life's trials and triumphs. "Friends" continues to be celebrated for its ability to connect with audiences, making them laugh and feel a sense of belonging with its characters.

Angel Lupian | TRIO SSS Office Assistant

FEBRUARY WORKSHOP CALENDAR

Mon	Tue	Wed	Thu	Fri
			1	2
5	<p>¹College Survival 101 w/TRIO SSS 11:30 am—12:15 pm  In-Person Learning Commons</p> <p>²Time Management & Procrastination 2:00 pm—3:00 pm  SC, Suite 2000</p>	<p>¹College Survival 101 w/TRIO SSS 11:30 am—12:15 pm  Zoom</p>		<p>²Coping w/Stress Using Art: Painting 1:00 pm—2:30 pm  SC, Suite 2000</p>
12		<p>¹Take Control of Your Semester Time Management 11:30 am—12:15 pm  In-Person Learning Commons</p>	<p>¹Take Control of Your Semester Time Management 11:30 am—12:15 pm  Zoom</p> <p>³LEAD: Failing Up: Learning to Embrace Failure as a Leader 12:30 pm—1:45 pm  Learning Commons, 2220 Zoom: 917 4872 1674</p> <p>⁴Money & Relationships 2:00 pm—3:00 pm  Wellness Center Seminar Room</p>	<p>²First Year First Gen Tips & Tricks 11:00 am—12:15 pm  SC, Suite 2000</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p style="text-align: center;">Make sure to complete the TRIO SSS Online Evaluation Form for Skill Building Workshops and Financial Literacy Sessions. https://forms.office.com/r/hZWNYBUGdf</p> </div>
19	<p>²Organization: Getting it Together 2:00 pm—3:00 pm  Zoom</p>	<p>¹Roadmap to Mastery Study Guides 11:30 am—12:15 pm  In-Person Learning Commons</p>	<p>¹Study Smarter, Not Harder General Study Skills 11:30 am—12:15 pm  Zoom</p> <p>³LEAD: Teamwork & Collaborating with Others 12:30 pm—1:45 pm  Learning Commons, 2220 Zoom: 917 4872 1674</p> <p>⁵What is Undergrad Research & How to Get Started 1:00 pm—1:45 pm  LynxConnect & Zoom</p>	<p>Celebrate National TRIO Day More details coming soon! </p> 
26	<p>²Time Management Basics 1:00 pm—2:15 pm  Zoom</p>	<p>¹Let's Study TOGETHER Study Groups 101 11:30 am—12:15 pm  In-Person Learning Commons</p>	<p>¹Back to Basics Effective Note-Taking 11:30 am—12:15 pm  Zoom</p> <p>³LEAD: Burnout 12:30 pm—1:45 pm  Learning Commons, 2220 Zoom: 917 4872 1674</p>	<p>⁴Money Mindset 2:00 pm—3:00 pm  Wellness Center Seminar Room</p> 

Legend for In-person, Zoom, and Hybrid Session |  = In-Person  = Zoom  = Hybrid

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

¹Learning Resource Center Workshops: Registration Required: RSVP: [HERE](#)

²TRIO SSS Skill Building Workshops: Registration Required: RSVP: [HERE](#)

³Student Life and Campus Community LEAD Workshops: Registration is not required. Please see calendar for details.

⁴Wellness & Recreation Services Financial Wellness Workshops: Registration Required: RSVP: [HERE](#)

⁵Undergraduate Research Opportunity Program: Registration Required via Handshake — <https://ucdenver.joinhandshake.com/login>