

THE PILLAR

A MONTHLY JOURNAL OF THE TRIO SSS COMMUNITY
"Helping Students Realize Their Full Potential"



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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.

be extraordinary

Student Spotlight— Daisy Cruz



The TRIO SSS Program is delighted to highlight Daisy's journey as she will be graduating this semester. She is majoring in Psychology with a minor in Human Development and Family Relations. She has been an active member of TRIO since the summer of 2018. Being that she is the first person to attend college, it was difficult for her in the beginning since everything was new to her. During her first semester of college, she had to learn how to cite her papers in MLA, Chicago, and APA formatting. Her parents never attended college and she is the oldest of her siblings. She could not ask them for help since they too had no idea. She felt that she could not rely on anyone to help her navigate college. From this experience, she has learned to seek resources and become independent. During this time, she found that she enjoyed helping others who were in the same situation.

When she transferred to CU Denver from a community college, she felt like it was starting all over again. She stated, "I did not know where things were or where to start looking for resources." Shortly after she started school, Daisy was accepted into the TRIO SSS Program. Daisy mentions, "Getting into the TRIO Program at CU Denver has helped me find support and resources on campus. Looking for resources on campus and answers to my questions became easier. I felt like I was not completely on my own anymore. I was then able to focus on looking for fun events to attend and ways to get involved on campus. At CU Denver, I have been able to find and attend multicultural events and interesting talks on a variety of topics. Recently, getting a job on campus has helped me feel more connected to campus. I have also met more people and made new friends."

A favorite memory that Daisy has of CU Denver would be attending the first Transfer Student Organization meeting. She was able to be in a space where students with similar experiences came together and share what it was like to be a transfer student. Daisy stated, "This organization held discussions on things transfer students wanted to change. It was nice to hear the voice of other transfer students and their opinions on campus."

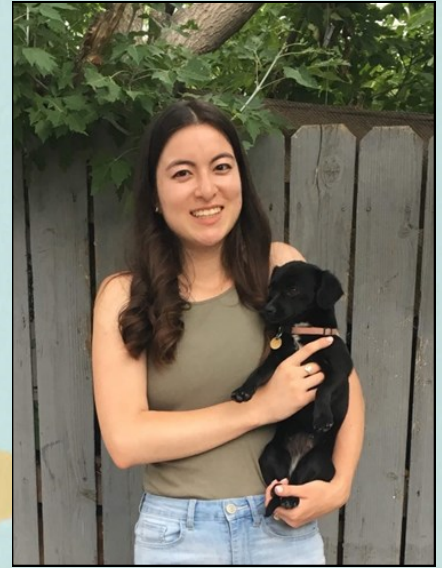
Daisy has short and long term goals. Her short-term goal as of now is to find a place of employment where she is able to work with kids and with people who have master's degrees. The reason for that is so she can have guidance to help her decide what graduate degree she would like to pursue. For her long-term goals, she would ultimately want to pursue graduate studies and find an enjoyable place of employment working with kids.

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Spotlight Continued — Daisy Cruz

One thing that Daisy wished she was told when she started college is to attend many events on campus. Daisy stated, "If you go around campus and explore and get involved it would really make a difference in getting the most out of CU Denver. Most of the events I attend on campus are ones where I can meet new people and make friends. The events may have booths giving information about many great resources on campus, which are very helpful. The events are also a great way to relax and enjoy what CU Denver has to offer."

She was asked how TRIO has helped her and what advice she would give to other participants. She noted, "TRIO has helped me very much. My coordinator and peer mentor have helped me approach difficult situations with advice or a plan. I am now more confident in approaching tough situations and I know I have support on campus. I know that after a meeting with my coordinator or mentor I will come out feeling better about my academics and life. Through the workshops, TRIO has helped me develop life skills such as time management and job searching." The advice she has for other TRIO participants would be to take advantage of the workshops. She mentions, "The workshops are helpful and have useful information if you are willing to attend them."



If Daisy were to win a million dollars, the first thing she would do is fix up her parent's house that way they can retire comfortably. She stated, "My parents have supported me throughout college and I just want to give back to them. I want to show them my appreciation for their hard work and sacrifices they have made." Her hobbies consist of attending multicultural events, reading dystopian books, crafting, exploring Colorado, and watching Netflix. She enjoys spending time with her friends and dogs.

Her favorite quote reads, "Your present circumstances don't determine where you go, they merely determine where you start." She enjoys this quote because it suggests growth. She noted, "My parents are immigrants and just because they did not go to college does not mean I cannot do it. We all start at different places but have the option to go to different places too." Daisy has been able to grow during her undergraduate experience and will still continue to grow as she finds her career path. The TRIO SSS program wishes her continued success in her career endeavors.

Artist of the Month



Yayoi Kurasama

A Japanese artist who is also known as "The princess of polka dots."

She also describes herself as the "modern Alice in Wonderland" where she welcomes the public into a visualization of the world she sees. The simple and repetitive concept has gained recognition all around the world. Dots, are a common figure she uses by manipulating the figure in color, style, or even materials. The way she molded this concept was through her childhood experience. At the age of 10, she experienced hallucinations as she would appear in front of a field of flowers, and the flowers started talking to her. This enabled her to self-obliterate the flowers and turn them into dots. In addition, growing up in an abusive household contributed to her hallucinations, which her art became a form of therapy. This experience later had an influence in her work. Currently, she is 90 years old, her uprising as an artist began in the 1960's when she arrived in New York City from Kyoto in 1958. In 1977, her mental health became unstable and was necessary for her to return to Tokyo. She began to check herself into a mental institution. Today, she still lives in the institution, which is down the street from her art studio. This gives the opportunity and accessibility for Kurasama to continue her signature pieces.



Kimberly Mata-Martinez | TRIO SSS Peer Mentor

Get Ready for Back 2 School—Spring 2020



Note: Prepare for Spring 2020 semester with this table.
Feel free to replace sections with your own goals!
Good Luck!

SPRING 2020	SPRING CLEAN	SPRING SCHEDULE	LOOK OVER SYLLABI	SPRING PLANNER	RECONNECT
STEP #1	Take care of old paperwork.	Log onto UCDAccess.	Read the syllabus.	Find a system that works for you.	Adjust your attitude.
STEP #2	Clean out your food stash.	Click Registration & Records.	Look at course materials.	Make planning a habit.	Take time to learn about yourself.
STEP #3	Bust out your vacuum.	Register for classes.	Look at the academic calendar.	Set time to plan/time to complete tasks.	Seek out clubs, activities, programs etc.
STEP #4	Revamp your wardrobe.	Search for courses desired.	Seek out important dates.	Make time for self-care & rest day.	Step out your comfort zone.
STEP #5	Sell old textbooks.	Save and Checkout.	Search for relevant information.	Have accountable partners.	Find old friends & make new memories.

Rebecca Huerta | TRIO SSS Peer Mentor

Undergraduate Pre-Health Program—Office of Inclusion and Outreach

The Undergraduate Pre-health Program (UPP) started in 2016 from the Office of Inclusion and Outreach at the University of Colorado Anschutz Medical Campus. They are committed to helping increase the number of underrepresented individuals within the health care profession for the purpose of reducing health disparities among underserved communities in Colorado. By participating in the program, students learn about health policy, health disparities, and issues that impact equity in healthcare. The program is designed to allow students to explore many aspects of healthcare. Below you will find the eligibility of the program:

Students are selected on the basis of academic and professional achievement, and an interest in healthcare professions. UPP encourages students from underrepresented groups or backgrounds including first-generation college students, low income/financial hardship, LGBTI, U.S. veterans, persons with a disability, or ethnic minorities such as Black or African American, Hispanic, American Indian or Alaska Native, Native Hawaiian or other Pacific Islander, and Asian to apply.

- Applicants must have 30 or more college credits before the start of the program.
- Applicants must be a full-time student throughout the duration of the program.
- Applicants must be U.S. Citizens or have Permanent Resident status. DACA recipients, DREAMers and valid Visa holders can also apply.
- Students are not permitted to work part-time jobs or take any additional classes (exceptions for online classes may be granted on an individual basis) during the summer portion of the program.
- Minimum Overall GPA of 3.3 (preferred GPA 3.5)
- Minimum Science GPA of 3.3
- Two (2) recommendation forms (see application) - at least one from science faculty (Includes: STEM, Natural Sciences, Psychology, etc.)
- Must complete application by the **April 20, 2020** (all components of the application must be complete prior to the deadline)
- Submit **unofficial** transcripts from all institutions attended for the application.
- Interview

For more information please visit the website [here](#).



Academic Calendar—Important Deadlines



- January 21—First day of Spring semester classes
- January 26—Last day to add or WAITLIST classes using UCDAccess.
- January 26—Last day to request or cancel Grade Forgiveness
- January 27—Last day to drop class without a \$100 drop charge.
- January 27—First day to add classes with the Late Add Form with instructor approval
- February 5—Census Date until 5:00 PM.
- February 5—Last day to Drop full term classes with a financial adjustment.
- February 5—Last day to ADD full term classes with instructor approval on a Late Add form.
- February 5—Last day to request No Credit or Pass/Fail grade for a class.
- February 5—Last day to apply for spring graduation via UCDAccess. After this date, contact your advisor.

Criteria for Student Support Services Book Scholarship

To be awarded 2 times per year to active SSS students (Fall – Spring). Up to \$350.00 per semester will be awarded to each active participant (exact amount awarded is dependent on the number of students who qualify each semester). To qualify, students must meet the following minimum criteria:

- **GPA Requirement – Minimum of a 2.50 GPA each semester for full scholarship, not cumulative but semester GPA. However, must also have a minimum of a 2.00 cumulative GPA.**
- **Full-time students may be awarded up to the maximum amount listed, part-time students will be awarded based on the number of credits completing. Must be enrolled and complete at least 6 credit hours to receive scholarship consideration.**
- **Must be an active participant in the Student Support Services Program meeting the following minimum participation requirements:**
 - **Attend two skill building workshops per semester.**
Attend one workshop by Friday, March 13, 2020.
 - **Meet with the professional staff at least two times per semester.**
Complete one meeting by Friday, March 13, 2020.
 - **Meet with a Peer Mentor at least three times per semester.**
Meet with a Peer Mentor at least two times before March 13, 2020.
 - **Complete one Financial Literacy session per semester.**
Must be completed by 5/8/2020.
 - **Complete at least six credit hours.**

All students must meet these requirements by May 8, 2020 to be considered for the scholarship to be awarded in the fall 2020 semester.

Students who enter the program on or after 3/30/20 are not eligible for the fall scholarship, but will have the opportunity to make these same requirements in fall 2020 to receive the scholarship in spring 2021. The Book Scholarship is totally contingent on the grant being renewed in the fall 2020-summer 2025 grant cycle.

DIY— Mason Jar Snow Globe

What you need:

- Mason Jar with gasket lid
- Clear Elmer's Glue
- Snack cup (washed and dried) – optional
- Scissors
- Elmer's CraftBond Glue Gun + Glue Sticks
- Bottlebrush Christmas Tree or other miniatures
- Glitter



Steps:

Start off by hot gluing the two parts of your mason jar lid (the ring and the insert) together. You want to make sure your insert has a gasket (rubber seal) on it.

Next, hot glue your tree or other miniatures to the plastic base you've created. Then, prepare your water/glue mixture. Start by pouring Elmer's Clear Glue into your jar. I used a whole bottle for my mason jar. You could use more or less, depending on how quickly you'd like your glitter to settle. Then add your glitter to the jar — I added maybe 1/5 of my small jar of glitter and that seemed about right.

Then fill the jar the rest of the way with warm water. Flip your tree lid over, slide the tree into the jar, and seal. You can hot glue it closed, if you'd prefer. Then flip over and shake gently to combine the water, glue, and glitter and you have an adorable mason jar snow globe!

Catherine Saucedo | TRIO SSS Peer Mentor

Sports with Carlos

As the 100th season of the NFL season comes to an end, we'll take a look at how the Denver Broncos season concluded and what is in store for the Mile High Squad's future. After an 0-4 start since 1999, the Denver Broncos finished with a 7-9 record which is improved from their 2018 campaign that ended with a 6-10 record. However, the Broncos didn't find themselves in playoff contention and have now missed the playoffs for the fourth consecutive year. The team struggled to develop offensive fluidity and consistency, their offensive woes were apparent on the stat sheet within bottom five overall rankings in several offensive categories (Total yards, Passing yards, Total Touchdowns, Points per game, Receiving Touchdowns, and First downs per game). The offensive side of the ball is in much need of construction with possible additions of big-play potential players and a supportive cast surrounding potential 2020 starting quarterback Drew Lock and rising stars of Courtland Sutton and Phillip Lindsay.



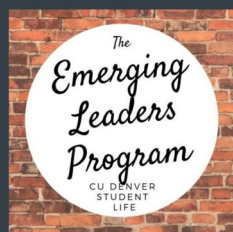
Not all is bad within the Mile High City, the team has a total of nine draft picks in the 2020 NFL Draft. Seven of those nine draft picks are located within the first four rounds. The amount of draft picks and the location of those picks can be possibly right the Denver Broncos ship to a winning season, winning the division and contending for the Super Bowl in the 2020-21 NFL season possibly. All is dependent of the actions of Team President Joe Ellis, General Manager John Elway, and Head Coach Vic Fangio. With the impending draft and free agency looming closer here are some potential positions of need that the Denver Broncos should consider in investing in: Offensive Linemen, Interior Defensive Linemen, and Defensive back. This season may have ended with a record below 0.500, however under Coach Vic Fangio there were improvements made and with the right coaching pieces, current gifted talent, draft picks and cap space to ensure a change of narrative next season.

Carlos Guillen | TRIO SSS Peer Mentor

CU Denver Student Life & Campus Community—Leadership Opportunities

Want to develop your leadership abilities? - Now is the time!

The CU Denver Student Life & Campus Community is offering several programs to help students develop their leadership skills.



Spring 2020 Registration Now Open

Program Meetings:
Wednesday's 3:30 - 5pm
February 12 - April 15, 2020
Tivoli Student Union

"This program was an amazing way to learn more about leadership, to improve my own leadership, and also a great way to collaborate with others that are also part of my school community and hear their thoughts. It would be great to have this last even longer!"



100% of participants agreed they increased their leadership knowledge, skills and abilities as a result of participating in the Emerging Leaders Program.

REGISTER @ ucdenver.edu/leadership
Deadline: Feb. 7, 2020

The Emerging Leaders Program

The program is a 9-week "leadership short course" based on the Social Change Model of Leadership. In this program, you will meet like-minded people and hopefully create some new friendships while you learn to be a great leader.

Class Topics/Sessions

1) What is Socially Responsible Leadership? /Social Change Model Overview, 2) Consciousness of Self, 3) Congruence, 4) Commitment, 5) Collaboration, 6) Common Purpose, 7) Controversy with Civility, 8) Citizenship, and 9) Change.

Program Details

Time: 3:30 pm—5:00 pm

Day/Dates: Wednesday's for 9 weeks - February 12 - April 15. Students must complete 8 of the 9 workshops to complete the program.

Where: Tivoli Student Union

Volunteering: Students are required to participate in 3 hours of community service by April 15th.

Registration: Complete registration by Friday, February 7, 2020. Click [HERE](#) to participate in this awesome event!

SPRING 2020

Friday, February 28, 2020

Registration Deadline: Feb. 14, 2020

1-Day National Student Leadership Program

Grow
Get real
Question
Go deeper

Craft your story
Challenge yourself
Expand your perspective
Find the possibility in you
See the possibility in others
Figure out what's holding you back
Dare to have a meaningful conversation
Ask yourself hard questions & then ask some more



**Then go start something
extraordinary!**



Student Life & Campus Community
UNIVERSITY OF COLORADO DENVER



CATALYST Leadership Conference

Leadership skills are one of the many attributes employers are seeking on a candidate's resume, according to the National Association of Colleges and Employers (NACE) 2019 Job Outlook. Now is a perfect time to develop your leadership abilities.

Catalyst by LeaderShape® is a one-day national leadership program designed to allow participants the time and space to connect with others and engage in learning more about their own story of leadership. If you are interested in starting something extraordinary and being authentic as a leader, you should consider **Catalyst**. As a participant, you will explore questions like:

- Who do I want to be?
- What is my story?
- Am I being the person I want to be?
- What are the causes and communities I care most about?
- How can I contribute?

The event is scheduled for Friday, February 28, 2020 in the Tivoli Student Union from 8:30 am to 4:00 pm. Breakfast and lunch will be provided. The deadline to register is 2/14/20. Click [HERE](#) to join this exciting leadership event. Space is limited, so do not wait too long.

SPRING 2020
STUDY ABROAD
FAIR



Wednesday, January 29th
10 AM - 2 PM
Tivoli Turnhalle

Can't wait for the fair?

Come see us at LynxConnect today!
No appointment needed.

ucdenver.edu/StudyAbroad



Office of International Affairs
Global Education/Study Abroad
UNIVERSITY OF COLORADO DENVER | ANSCHUTZ MEDICAL CAMPUS

I do believe it's
time for
another
adventure

Have you ever thought about Studying Abroad? Did you know there are CU Denver short-term (summer and winterim) programs, full-semester opportunities, as well as internship abroad experiences?

***Check out the upcoming Spring 2020 Study Abroad Fair scheduled for
Wednesday, January 29th from 10:00 am to 2:00 pm in the Tivoli Turnhalle.***

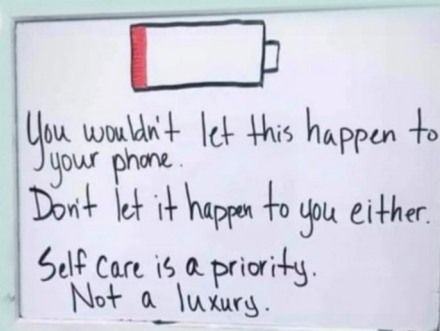
If you are interested in studying abroad, please visit with a representative from the CU Denver Office of Global Education/Study Abroad! You can visit their website [here](http://ucdenver.edu/StudyAbroad). Click the "Appointments" tab for scheduling your first-time appointment. As you consider studying abroad make sure to ask about scholarships and your financial aid. The office is located in the Tivoli Student Union, Suite #339 (LynxConnect). The telephone number is (303) 315-2001.

January Workshop Calendar

Mon	Tue	Wed	Thu	Fri
20 Martin Luther King Jr. Holiday No Class Campus Closed	21 	22	23	24
27 Coping with Stress SC, Suite 2000 10:00 am—11:00 am 	28  Time Management SC, Suite 2000 3:30 pm—4:30 pm	29 <i>small steps every day</i>	30 Financial Literacy: Managing Your Finances SC, Suite 2000 2:00 pm—3:00 pm  Financial Literacy	31  Motivation and Goal Setting SC, Suite 2000 1:00 pm—2:00 pm

Importance of Self-Care—New Year, New Start!

I think we can all agree that life can be stressful at times. Being on the emotional roll-a-coaster can take a toll on your body. When I came across this image, I found it thought-provoking. When life is busy and challenging, sometimes we allow ourselves to get run-down and at the moment self-care is not a priority. *Why is that?* Recently, I found myself facing burnout and wondered why I have become apathetic to my own health. Perhaps, I set my health goal as a low-priority. Since this is a **new year**, I figured I should have a **new start**. We all have the potential to create change in our lives and I understand that small changes can have big impacts. Just a couple days ago a few members of the TRIO SSS staff were discussing the possibility of joining a fitness club and participating in some form of physical activity (i.e., Zumba or walking). This conversation has given me the motivation to start!



When we consider self-care, we typically look at mental and physical well-being. In a recent article published by Kaiser Permanente, they also list the importance of your spiritual, social, and emotional well-being. Below, you will find examples of each.

Physical — Eating well, exercising, getting enough sleep, and prioritizing your health.

Mental — Being creative, keeping your mind sharp, and learning and trying new things.

Emotional — Self-compassion, acceptance, and creating space to express how you feel.

Social — Nurturing relationships and spending quality, face-to-face time with friends and family.

Spiritual — Spending time in nature, meditating, practicing religion — anything that feeds your soul.

The article noted that **“a little self-care goes a long way.”** As we start the beginning of a new semester, I encourage you to consider what self-care activities you will use to maintain your overall well-being. Wishing you a productive semester! *PS—Check out the CU Denver Wellness and Recreation Services as well as the Student and Community Counseling Center.*

Henry R. Ornelas | TRIO SSS Program Manager

Kaiser Permanente. (2020, January 2). *Make time for me: time with these simple self-care ideas*. Retrieved January 2020, from Thrive Together. Live Well: https://thrive.kaiserpermanente.org/thrive-together/live-well/make-time-for-me-time-self-care-ideas?wt.tsrc=email_pih&cat=ld