

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 Services Program is a holistic student development program that is dedicated to helping each student reach his or her full academic potential.

shine

Student Spotlight— Honey Zin



TRIO Student Support Services is happy to spotlight Honey Zin in *The Pillar* newsletter. She has been an active participant since spring 2019. She is pursuing a Bachelor of Science in Business Administration degree in Marketing and Entrepreneurship and is on-target to graduate this spring 2022. Her favorite quote by John C. Maxwell is, "Small disciplines repeated with consistency every day lead to great achievements gained slowly over time." Honey has remained consistent each semester with achieving small goals toward the larger goal of graduating college. Choosing CU Denver was the best decision that she has ever made as she was able to receive great academic and career support. She stated, "I have learned a lot about myself and grew throughout my college journey. The process of figuring my major out has helped me learn a lot about myself such as my strengths and weaknesses according to my personality. I was also able to visualize where I want to be in the next 10 years."



During her junior year, she was scouted by the Council of Asian Student Leaders (CASL) President to join the executive board. When she first joined CASL in 2020-2021, she started as the Social Media Specialist. She was then asked to take the President role in 2021-2022 after the former CASL President graduated. She mentioned that it was extremely difficult for her to make the decision to accept the role as she felt that she was still lacking in her leadership skills. However, she pushed herself to take the role to challenge herself to the next level of leadership for CASL. She also noted, "This hands-on experience will potentially help me prepare for business management once I graduate from college. Joining CASL was one of the great experiences as I was able to improve my leadership skills."

CONTINUED ON NEXT PAGE ...

Spotlight Continued—Honey Zin

She noted that her biggest challenge while earning her degree was changing her major several times after she decided not to pursue a career in the medical field. In her freshman year, she was an architecture major but figured out that she was not as passionate as she thought to pursue major. She transferred back to the College of Liberal Arts and Sciences to pursue a Communications degree. She felt that this major did not suit her the best with the career path she wanted to take after attending career workshops. She made the decision to change her major to Marketing and then added Entrepreneurship. Honey's favorite memory in college was being accepted into the Reisher Scholarship Program, which was also her biggest accomplishment throughout her college journey. Being selected into program provided tremendous financial help for both her and her family. One thing I wish I was told when I started college was that changing majors from a whole different institution (for example, from a science major to a business or engineering major) after your freshman year can potentially extend your graduation deadline and cost more money.

When asked how TRIO has supported her, Honey stated, "Being a part of the TRiO has created a whole different experience attending here at CU Denver. I was struggling with figuring my major and career path during my freshman year of college, after letting go of the idea of going to medical school. Then, I got accepted into TRIO and received a lot of support from Henry (Program Manager) and my peer mentors. Henry would provide me many resources and connect me with staff to fulfill all the things that I need to be able to be successful. For example, Henry recommended me to visit the Career Center to receive help with deciding my major by providing me with information about the upcoming career workshops and such." After Honey attended several career workshops, she was able to visualize where she saw herself in the future. She was ready to declare a double major (Marketing and Entrepreneurship). She also noted that TRIO also helped her with finding available internship opportunities in her field. Her advice to other student is, "DO NOT be afraid to ask for help! Amazing people like Henry, Daniela, and other TRIO staff are there to help you succeed. Please take advantage of this opportunity! I promise that you will not regret it."

Honey's short-term goals including graduating from CU Denver in May 2022 and to secure a digital marketing position before she graduates. For the future, one of her long-term goals is to start her own ecommerce business. She would also like to get involved in investing and into real estate. She would like to maintain a healthy lifestyle for both her mental and physical well-being. A few of Honey's hobbies include dancing, singing, playing guitar, hiking, and camping. A newer hobby that she discovered during COVID was going to gym to weightlift. She also enjoys trying new foods and exploring new places. If she won a million dollars, the very first thing she would do is purchase her parent's home and then invest the rest of monies into mutual funds as well as startups for new businesses.

TRIO SSS wishes Honey continued success in future endeavors. We are excited to celebrate her accomplishments at the end of the spring semester.



CU Denver Booster Requirement

A COVID booster shot will be required for all students, faculty, and staff beginning Jan. 31, 2022.

If it has been less than six-months since your last COVID vaccine,

you will be required to get the booster within one month of eligibility. More information can be found [here](#).

Why Graduate School?



Finding a satisfying career path to pursue can be difficult, especially as undergrad comes to an end. Questions start to arise as individuals take that next step in life, questions like, “what next?” Some look for a job with the degree they’ve earned. Some find employment in fields different from their degree. Others continue their path into post-secondary education: graduate or professional school. The purpose of this article is to motivate future and current students to continue their path to obtain knowledge; hopefully, by the end of this article, you too will consider that next step in your life.

There are plenty of beneficial reasons to attend graduate schools; for many, the most important is earning potential and notability within the job market of their respected field. If your main focus is finding a decent-paying job, you will need to be more than qualified; you will need to distinguish yourself from other applicants, and obtaining a master's degree is one way to do that. The reason is that in graduate school, you receive professional skills and the personal development and networking necessary to be successful in today's society. Another great reason to pursue grad school is the opportunity to discover your interests more in-depth. Graduate-level research and course topics will help your mind develop a more critical thought process in the areas you love. Perhaps the most important reason to attend post-secondary education is to contribute to society. In graduate school, you will learn your topic of study front and back. This in-depth study will allow you to make valuable contributions to the field you choose to pursue and offer undiscovered knowledge and information to those who follow the same path.

These are just a few reasons why individuals might pursue graduate school. Beyond the higher pay and better job opportunities, a graduate education allows you to engage in topics and areas of study that motivate and intrigue you. If you have questions regarding graduate school or a Ph.D. path, please stop by the TRIO office to find out more!



Michael Martinez | TRIO SSS Peer Mentor

Sorority & Fraternity Life Spring 22 Recruitment

Are you interested in becoming a founding member of the CU Denver Sorority & Fraternity Life community? Sign up [HERE](#) by February 3rd. Sorority & Fraternity Life is launching this Spring 2022 with our first four organizations: [Alpha Psi Lambda](#), [Alpha Phi](#), [Delta Lambda Phi](#), and [Lambda Sigma Upsilon](#). These four organizations will join on February 3rd for our Recruitment Kickoff & Orientation and then will have their own processes for selecting their founding members. If you are unsure about what being in a sorority or fraternity means, come learn more at the Recruitment Kickoff & Orientation.

Recruitment Kickoff & Orientation

- February 3rd, 2022 | 5:00 - 7:30pm | Tivoli Turnhalle

Students only need to attend information sessions for the organization (s) they are interested in joining. If you are only interested in joining one organization, you do not need to attend Information Sessions #1 or #2.

- 5:00-5:30: Welcome & Orientation
- 5:30-6:00: Food, Drinks, Networking
- 6:00-6:30: Information Session #1
- 6:30-7:00: Information Session #2
- 7:00-7:30: Information Session #3



Signing up for recruitment or attending the orientation does not guarantee an invitation to the organization. Each organization has their own selection process and a certain number of founding members they are able to take in. If you do not receive an invitation this first semester, don't be afraid to try again or join another student organization! *Required to participate in any organization's process. Students must have at least a 2.5 cumulative GPA to participate. Please email sfl@ucdenver.edu if you have any questions.

7-Day Chicken Meal Prep

Prep Time 10 minutes

Cook Time: 40 minutes (varies)

Total Time: 50 minutes

7-Servings

INGREDIENTS

For the Italian Dressing Chicken:

- 7 Boneless skinless chicken breasts
- Wishbone Italian Dressing 24 oz.

For the Roasted Rosemary Potatoes:

- 3 pounds small red potatoes diced into cubes
- ¼ cup quality olive oil
- 2 tsp sea salt
- 1 tsp ground black pepper
- 6 cloves of minced garlic
- 2 tbsp. chopped fresh rosemary

For the Sautéed Broccoli:

- 2 tbsp. olive oil
- 10 cups raw broccoli florets
- 1 tsp garlic powder
- 1tsp sea salt
- 1 tsp ground black pepper



DIRECTIONS

1. In a gallon sealable bag, add the boneless, skinless chicken breasts, and pour the 24 oz of Italian dressing. As the chicken marinates, preheat the oven to 425 degrees F and line a rimmed baking sheet with parchment paper.
2. In a large mixing bowl, combine the diced red potatoes, olive oil, sea salt, black pepper, garlic, and rosemary. Spread the potatoes evenly over the prepared baking sheet. Once the oven reaches 425 degrees, place the baking sheet in the oven. Roast, stir the potatoes halfway through cooking, until potatoes are golden brown, crisp outside and tender inside, about 30 minutes.
3. In a large skillet, heat the olive oil over medium-high heat. Once hot, combine the broccoli florets, sea salt, garlic powder, and black pepper. Toss to coat. Cover the pan and cook for 6 – 8 minutes, tossing regularly until broccoli is bright green and slightly tender.
4. In a large skillet, heat the olive oil over medium-high heat. Once hot, add the seasoned chicken spaced evenly. Cook 7 minutes on one side without moving them around. Next, Flip the chicken and cook for 7 more minutes or until the internal temperature is 165 F. Cooking time will always depend on the thickness of the chicken breasts. Once cooked, transfer the chicken breasts onto the cutting board. Let rest for 5 minutes, then dice.
5. To assemble: I recommend using seven meal prep containers. Start by adding the diced chicken, then roasted potatoes, and finally the sautéed broccoli. Secure the lids and store containers in the refrigerator.

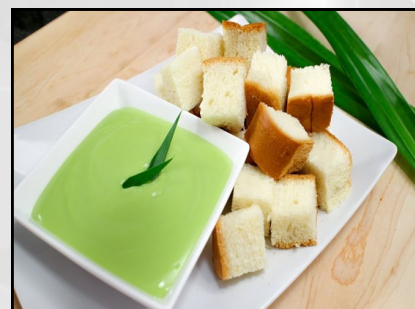
Josephine Thibodeau | TRIO SSS Graduate Assistant



Recipe—Thai Pandan Custard Dip Recipe

INGREDIENTS

3 tbsp. Pandan Extract
3 eggs
1 cup of milk
½ cup of sugar
2 tbsp. cornstarch
½ cup of salt
¾ cup of coconut milk
¼ evaporated milk
6 ounces of white bread (brioche or sweet dinner rolls work well), cut into 1-inch cubes



INSTRUCTIONS

1. In an aluminum or glass mixing bowl, combine milk, sugar, salt, eggs, pandan extract, and cornstarch. Stir until well mixed. Make sure there are no lumps.
2. Pour water into a pot until it is filled halfway, and bring it to a gentle boil. Place your heat-safe metal or glass bowl over the pot, and use a whisk to stir the mixture until it starts to thicken up to the consistency of yogurt.
3. Add coconut milk and keep stirring until the mixture is thick and smooth, then transfer to a bowl and top with evaporated milk.
4. Steam bread cubes on low steam or briefly microwave for 30 - 40 seconds.
5. Serve the custard warm with warmed bread cubes, and enjoy!

Patitta Banjongwit | TRIO SSS Peer Mentor

Spring 2022 Academic Calendar Deadlines

- ✓ January 17, 2022— Martin Luther King Jr. Holiday No Classes
- ✓ January 18, 2022— First Day of Spring semester courses
- ✓ January 18, 2022— Last Day to sign-up for QuikPAY 4 payment plan.
- ✓ January 19, 2022— Students will be able to sign-up for QuikPAY 3 payment plan.
- ✓ January 20, 2022— Auto-debit/auto-withdrawal for students on QuikPAY payment plan.
- ✓ January 23, 2022— Last day to waitlist classes using [UCDAccess](#).
- ✓ January 24, 2022— Last day to drop a class without a \$100 drop charge. All waitlists will be eliminated today.
- ✓ January 24, 2022— First day instructor approval may be required to add some classes.
- ✓ February 2, 2022— Census
- ✓ February 2, 2022— Last day to add classes in UCDAccess.
- ✓ February 2, 2022— [Last day to add classes with instructor consent on the Schedule Adjustment form.](#)
- ✓ February 2, 2022— Last day to drop classes with a financial adjustment (before 5pm).
- ✓ February 2, 2022— Classes dropped after 5pm will appear on your transcript with a grade of "W"
- ✓ February 2, 2022— Full tuition will be charged for additional classes added after 5pm. College Opportunity Fund hours will not be deducted from eligible student's lifetime hours.
- ✓ February 2, 2022— Last day to apply for Spring graduation via [UCDAccess](#). After this date, contact your advisor.
- ✓ February 2, 2022— Last day to request or cancel Grade Forgiveness.
- ✓ April 3, 2022— Last day to withdraw from a class via UCDAccess.
- ✓ April 3, 2022— [Last day to request No Credit or Pass/Fail grade for a class.](#)
- ✓ April 4, 2022— First day to withdraw from a class with a Late Withdraw Petition form.
- ✓ May 4, 2022— Last day to withdraw from a class with a Late Withdraw Petition form.

**DON'T
FORGET!**

Free Events in January

Are you looking for fun activities and events to attend for the beginning of the new year of 2022? Here are free events that will help you relax and explore the culture of Denver.

D'Art & Friends! – Members Invitational Exhibition

Jan 1st – 31st 2022

D'Art Gallery LLC, Denver

2021 Annual Holiday Lighting

Jan 1st – 23rd 2022 @ 5:45pm – 6:45pm

City and County Building, Denver

Chromatic Cogitations: Rhythm Reboot

Jan 1st – 22nd 2022

Redline Contemporary Art Center, Denver

Johnny Defeo: Soft Eyes

Jan 1st – 14th 2022

Visions West Contemporary, Denver

Rise Group Show

Jan 1st – 13th 2022

Bitfactory Gallery, Denver

Photography Exhibition: Privilege and Consequence

Jan 1st – 8th 2022

Tuesday – Friday @ 11:00am – 5:00pm

Saturday @ noon – 4:00pm

Colorado Photographic Arts Center, Denver

Friday Art Walks

Jan 7th 2022 @ 5:30pm – 9:30pm

Art District on Santa Fe

Kick-Off Parade – The National Western Stock Show

Jan 6th 2022 @ 12:00pm – 1:00pm

Downtown Denver

Dr. Martin Luther King, Jr. Tribute

Jan 11th 2022 @ 7:30pm

Boettcher Concert Hall in the Denver Performing Arts Complex



Emily Huynh | TRIO SSS Office Assistant



Upcoming Events



Student Life & Campus Community
UNIVERSITY OF COLORADO DENVER

LEAD Workshops Spring 2022

FEBRUARY 2022

- 2 - Harnessing the Power of I (Introversion)
- 9 - Cultivating Inclusion Through Digital Accessibility
- 16 - Running for a Student Organization Leadership Position
- 23 - True Colors Personality Type

MARCH 2022

- 2 - Delegation: Using Others Help
- 9 - Emotional Intelligence for Student Leaders
- 16 - Cultural Identity & Leadership

23 - SPRING BREAK

- 30 - Imposter Syndrome: Know it, Name it, Tame it!

APRIL 2022

- 6 - Teamwork & Collaboration
- 13 - Self Advocacy in the Workplace
- 20 - Socially Responsible Leadership

3:30-
4:30pm

ZOOM MEETING ID:
940-0159-9764

THESE WORKSHOPS WILL TAKE
PLACE VIRTUALLY. LOOK FOR
THESE ICONS ON POSTERS:



CU Night at the National Western
Stock Show.

Friday, January 21, 2022 7:30pm

<https://www.ucdenver.edu/student/lynxlife/events>



Speaker Event with Dr. Bryon
McClure: Culturally Responsive Re-
storative Justice.

Friday, January 28, 2022 5pm to
6pm .

<https://www.ucdenver.edu/student/lynxlife/events>

Check out the CU Denver Events Calendar Today!

<https://calendar.ucdenver.edu/>

Director's Corner

Dear SSS Students,

Happy New Year. I hope you and your loved ones had a healthy and safe winter break and holiday season and that you're returning to your coursework renewed and ready to excel. As you know, CU Denver leadership has decided that we will operate remotely until at least January 28th. While we will not be meeting in person until we resume face-to-face operations, our team of professional staff and peer mentors are ready and eager to start working with you! Please reach out to your assigned coordinator and peer mentor to discuss your Spring 2022 goals.




Congratulations to all of the Spring 2022 SSS Book Scholarship Recipients! We applaud your efforts to meet the program requirements by the publicized deadlines and your academic excellence. Our team looks forward to helping you meet the programmatic requirements this semester; please take note of the Spring 2022 deadlines (sent to you via email) and work with your coordinator and peer mentor to complete all requirements promptly. We have some exciting new workshops coming your way!

I wish you a great Spring 2022! I urge you to continue to do your part to prevent the spread of COVID-19. Be on the lookout for COVID-related announcements by regularly checking your university email account, and remain nimble as we all make adjustments to ensure our community's safety. Finally, remember that TRIO is here to help you navigate challenges, chart your path towards success, and celebrate your accomplishments. TRIO Works.

***Be well,
Sonia Valencia***



January Workshop Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
10	11	12	13	14
17 MLK Day Campus Closed	18 First Day of School	19	20	21
24	25 ¹ Improve Your Productivity! Time Management 12:00pm—1:00pm 	26 ² TRIO Financial Literacy: Managing your Finances 2:00pm—3:00pm 	27 ¹ Scholarship Essay Writing 2:00pm—3:00pm 	28
31				

WORKSHOP EVALUATION

Please make sure to fill out the evaluation after workshop by using this link: <https://bit.ly/34QeyNS>

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

¹TRIO SSS Skill Building Workshops: Registration Required: RSVP at: <https://bit.ly/33FUnSc>

²TRIO SSS Financial Literacy: Registration Required: RSVP at: <https://bit.ly/3FthooF>

*“Another fresh new year is here. Another year to live!
To banish worry, doubt, and fear, to love and give”
~ William Arthur Ward*