



*dream
big*

THE PILLAR

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



January 2023
ISSUE

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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.

Student Spotlight—Ge'Swan Swanson



The TRIO Student Support Services program is happy to spotlight Ge'Swan Swanson in this month's edition of "The Pillar" newsletter. He is majoring in Biology with a minor in Political Science. He will be graduating this semester. His favorite quote is, "The greatest glory in living lies not in never falling, but in rising every time we fall." The quote by Nelson Rohlilahla Mandela resonates with Ge'Swan. He believes there is a lot of power in this statement. He mentioned that by no means is he a perfect individual, none of us will ever be. He stated, "We cannot predict the misfortunes that lie ahead in the roads we have yet to travel toward our dreams, and some of them will hit us harder than we imagine. And when those moments come, you have a choice to succumb or overcome. We can choose to stay down, or get back up, to see the cup as half full." He noted that we do not have to be the best

but we should aim to be the best version of ourselves. He believes the first-step in doing this is being able to forgive and accept yourself for who you are in this present moment. Be yourself: there is beauty in imperfection.

When asked about his experience in college Ge'Swan noted that college is a journey filled with highs and lows that mirror the path of life. He stated, "An unforgettable experience regardless of the amount of times I had to stumble along rocky unpaved roads. There's so many moments I can reflect and dwell on in this passage, but the one thing, more than anything, I am most grateful for is the people I have encountered along the way. I am a firm believer that we, as people, are shaped by our experiences, and I would not be who I am if it was not for everyone I have met." Even if it was what seemed to be a small interaction, it was those brief instances that carried him to where he is today and will contribute to who he will become in the future. The two CU Denver offices that he has to give the most credit for in terms of an abundance of love and support during his college journey is, of course, TRIO SSS and the Center for Identity and Inclusion (CII). He shared both offices exposed him to perspectives outside of his own, introduced him to new skills, and gave him a loving community that he considers to be a home away from home. Saying thank you a thousand times could not encompass his gratitude nor repay the kindness that was shared. He noted, "The greatest thing the people within these communities have done for me, is believe in me, especially in times where I was not sure I believed in myself."

CONTINUED ON NEXT PAGE ...

Spotlight Continued—Ge'Swan Swanson



When asked about his biggest challenge earning his college degree, Ge'Swan stated, "I think my biggest challenge, out of everything, was simply not being prepared for college. In my experience, despite having wonderful teachers, high school did not prepare me much in regards to self-advocacy and time management, so I struggled a lot with juggling my courses, social life, and setting personal limitation/boundaries. On top of this, at least in the beginning, it was difficult to pursue my degree enthusiastically." An incredible valuable lesson he had to learn was not how to succeed, but how to fail. He mentioned that he was no stranger to failing courses, and in the beginning of his college career, he was harsher on himself than he is today. It took him a while to under-

stand there is a difference between someone who fails and someone who is a failure. He shared persistence is key, and his persistence is built upon than foundation that was instilled into him by those mentioned later in article (the list is too long to name drop everyone).

When asked about one thing he wished he was told when he started college, he stated, "I'll go back even further: knowing what I know now, I would have done high school differently. It is not the end of the world if you were not a stellar performer academically in high school, however, the work you put in during your high school years heavily dictates what your college journey is going to look like and how much aid you'll receive." He mentioned that he would have also taken concurrent enrollment courses the entire time.

When asked about his favorite memory in college he noted, "I have had a plethora of fun adventures, but what I can tell you is my favorite class: Race, Law, Gender, and Public Policy." He shared that this class was a US History course that was told in the eyes of the law. The course displayed how the United States "legally" established itself and how the issues of the past related to the issues of today.

When asked how TRIO has helped him Ge'Swan stated, "TRIO has always been one of my biggest fans, supporting me before I was officially in TRiO! Whether that be providing academic advice, life advice, or checking in on me. I cannot emphasize that last part enough. Having people genuinely care about me helped keep my smile bright and provided me an additional reason to keep going, no matter how daunting times were every now and then." One of the biggest pieces of advice he would recommend is to network, which can sound nightmarish to some, but it is simply making meaningful connections. He also noted to stay in touch because you never know when you will need someone or a service provided by the university. This becomes increasingly important as you get ready to graduate and pursue your post graduate college plans when you are in need of letters of recommendations or solid resume references.

If he won a million dollars, Ge'Swan would travel and see the world including a visit to Japan. He mentioned that he has not been outside of the U.S. yet. After his college experience, he intends to travel should the opportunity arise. His hobbies include playing games, watching anime, eating and seeing movies with friends (really into Sushi and Ramen), and spending time with his family. He also spends time on Duolingo attempting to learn new languages. In the past, he also drew and wrote poetry.

When asked about his short-term goal Ge'Swan noted, "Honestly, graduating is more than enough for me! I have been at this school for quite some time, to the point where some even tease me as being the God Father of CII." His lifelong mission is to find ways to give back to his community. For the future, he is looking for positions that are politically related or somewhere serving people, which would be the icing on the cake for him. He stated, "I owe my success to many family members, friends, coworkers, mentors, etc.! Some here, and some who have moved in light of recent events that have effected everyone. Nonetheless, I consider their impact everlasting. I was once an empty shell, and it was the people in life who gave me a heart filled with love. I'm grateful, for everything." The TRIO SSS program wishes Ge'Swan continued success in his academic, career and personal endeavors. Woo Hoo!

10 Tips To Maintaining New Year's Resolution

1. Be Realistic-With the new year in mind many goals fall short because they were unattainable. Instead of using "never" or "always" start with small steps.
2. Plan Ahead-Don't make your resolution on New Years Eve, your resolution should be well planned before December 31st.
3. Outline your Plan- You need to plan how you will deal with temptations to skip the gym session or have a sweet dessert. To help with temptations call a friend for help, practice positive thinking, and self-talk.
4. Make a "pros" and "cons" list- Having a list will keep your motivation strong. Having list that outweighs con's will be the reminder you need to keep going!
5. Talk about It- Friends and family should know about your goals. This will create a support system.
6. Rewards Yourself- Celebrate your success by treating yourself with something that doesn't contradict your resolution.
7. Track your Progress- Small goals matter, keep track of that small success. Short term goals are easier to reach and will keep you focused and motivated to reach the end goal.
8. Don't Beat yourself up- Obsessing over the occasional slip won't help you achieve your goal. Do the best you can each day and take one day at a time.
9. Stick to It-Experts say that it takes about 21 days for a new activity to become a habit and 6 months for it become part of your personality. Be persistent and patient!
10. Keep Trying- Don't be afraid to start over! If you have broken your resolution weeks in, simply start over, recommit yourself for 24hrs. These 24hr increments will build on top days, weeks, and then eventually months.



Cristal Sarmiento Garcia | TRIO SSS Peer Mentor

Television Show Review

This Netflix Original is a spin-off of the series "The Addams Family," a well-known 90's supernatural comedy film, however, this time around the main character is Wednesday. Wednesday, played by Jenna Ortega, is an outcast no matter where she goes. When she gets expelled from her school for the fifth time, her family sends her off to a school she'll fit in. Wednesday is then enrolled in Nevermore Academy, a school for outcasts that has an array of students with special abilities and features. Full of dread and annoyance, Wednesday, plans to escape the academy and along the way accidentally uncovers secrets the academy holds. You will go on a comedic yet dark adventure with Wednesday as her straightforward, morbid, and sarcastic personality uncovers Nevermore Academy's secrets. Overall, the film has great acting from the cast and some epic scenes with a good plot all around. You won't be disappointed by Jenna Ortega's acting as she even learned skills like playing the cello and violin, fencing, and even choreographed a dance scene to prepare for her role. Jenna Ortega's role as Wednesday left quite an impression on me with her great acting skills. To add on, Wednesday as a character is a very refreshing personality that is quite dark and has no filter when it comes to her views. The show is both funny and intriguing in plot and character, I highly recommend watching the show for Jenna Ortega's acting and skills as well.



Monica Vu | TRIO SSS Office Assistant

Meal Prep: Satay Chicken Lunch Bowl

Prep Time: 45 minutes

Cook Time: 10 minutes

Total Time: 55 minutes

INGREDIENTS

Dressing

- ¼ cup of peanut butter
- ¼ cup of rice vinegar
- 1 table spoons of water
- 2 table spoons of sesame oil
- 1.5 table spoons of soy sauce
- 1.5 table spoons of lime juice
- 2 tea spoon of minced ginger
- 2 tea spoon of brown sugar
- 1 tea spoon of red pepper flakes

Salad

- 12 ounces boneless chicken thighs (roughly 4)
- 3 cups of shredded cabbage
- 2 of carrots (shredded)
- 1 bell pepper (thinly julienned)

Garnish

- Green onions
- Peanuts



INSTRUCTIONS

1. Stir together all marinade/dressing ingredients.
2. Remove 1/3 cup and add to small dish along with the chicken thighs allow to marinate for at least 30 min (up to 24 hours).
3. While chicken is marinating, prepare the veggies and divide evenly between 4 2 cup capacity storage containers.
4. To cook chicken: heat an outdoor grill over medium-high heat. Spray with oil to prevent sticking.
5. Grill chicken thighs for 5-minutes per side, until cooked through.
6. Alternatively, pre-heat a George foreman grill for 5-minutes, then grill chicken thighs for 5-minutes total or until cooked through.
7. Allow chicken to rest for 5-minutes before slicing and adding to the storage containers.
8. To serve: either dress the salad ahead of time or right before serving. Enjoy cold.

Source: <https://sweetpeasandsaffron.com/satay-chicken-meal-prep-lunch-bowls/>

Emily Huynh | TRIO SSS Peer Mentor

CU Denver Business School Graduate Program Information Session

Graduate Programs
Information Session...

Wednesday, January 25, 2023 9am to 10am

I'm Interested Register



Join us for an online graduate programs information session to learn about all of the MBA and MS offerings at CU Denver Business School. An email reminder for the event with the ZOOM link will be sent prior to the session.

Wednesday, January 25, 2023
9:00 AM until 10:00 AM

Register [HERE!](#)

Fun Facts About The World Cup

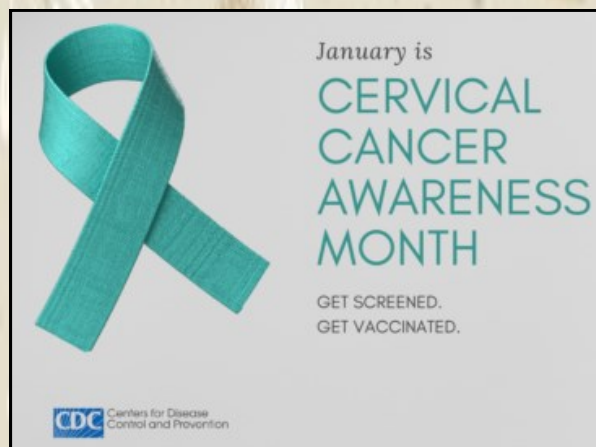
The FIFA World Cup 2022 held in Qatar is a distinguished tournament attracted the attention of many people with all the controversy surrounding it. The ban of LGBTQ+ attendances on the premise of contradicting the host country's tradition attract most of the world's attention. Here are some fun facts about the FIFA World Cup.

- ✓ **20 World Cup** tournaments held since the inaugural competition in 1930.
- ✓ **Only eight countries** have ever lifted the trophy. Brazil won five times, while Germany and Italy have four titles each. Argentina, France and Uruguay have each won the World Cup twice, while England and Spain have each won once.
- ✓ **Six times** the World Cup has been won by its host country.
- ✓ **It is the first Time** the world Cup is held in Nov.-Dec. Usually it is held in summer June- July.
- ✓ **27,7 years is the oldest** average age of a team belong to Argentina.
- ✓ **24.5 years is the youngest** average age of a team belong to USA.
- ✓ **5 billion:** People, more than half the planet's population, are expected to watch this year's World Cup.
- ✓ **\$44m:** The prize money for the winner of the World Cup in Qatar.

Ali Al Nazzal | TRIO SSS Peer Mentor



Cervical Cancer Awareness Month



This month of January is Cervical Cancer Awareness month which is help prevent an increase of patients throughout this year. Cervical cancer is a malignant tumor found in lower area of the uterus and has affect over 600,000 women worldwide in 2020 alone. This disease can be inflicted on someone as young as 21 years old and the month of January is to help provide information and possible vaccines. Patients can get treatment to prevent cervical cancer as young as 9 years old and is recommended to get help before exposure of the illness. Health industries such as the CDC and American Sexual Health Association has been sponsoring this month of awareness to aid victims worldwide.

Huy Duong | TRIO SSS Peer Mentor

LEAD Workshop: Imposter Syndrome



People who feel imposter syndrome suffer from chronic self-doubt and a sense of intellectual fraudulence that quashes any feelings of success or proof of accomplishment. We all may feel this at different times in our lives! Participants will learn 5 different types of imposters, which type is their default, and strategies for feeling confident and capable.

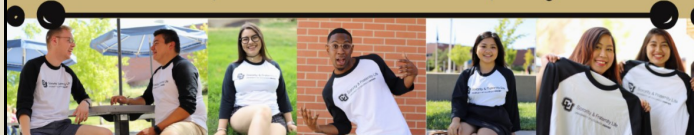
Wednesday, February 1, 2023 12:30 pm to 1:30 pm
Presenters: Lance Glunz & Tierza Watts, Student Life & Campus Community
Zoom Meeting ID: <https://ucdenver.zoom.us/j/91256409385>

Sorority & Fraternity Life Info Session



Sorority & Fraternity Life
UNIVERSITY OF COLORADO DENVER

Membership Recruitment ~ Spring 2023



Learn More at bit.ly/SFLRecruitmentSP23

Questions? Contact Addison Lemons, Assistant Director for Student Organizations (addison.lemons@ucdenver.edu)

Mission Statement:

CU Denver's Sorority & Fraternity Life program is committed to fostering the development of socially responsible leaders through encouragement of mutual respect, cultural sensitivity, and community contribution.

Sorority & Fraternity Life Values:

Diversity & Inclusion
Health & Wellness
Leadership
Learning & Scholarship
School Spirit & Community Impact

Recruitment Timeline

Recruitment Registration Open

January 9 - February 3
bit.ly/SFLRecruitmentSP23 - Registration



Recruitment Information Sessions (Attend 1)

January 24 (T), 26 (Th), 30 (M) & Feb. 1 (W)

All sessions at 5pm

Zoom Meeting ID: 662-369-4694

Grades/Conduct Checks

February 6-7

Membership Recruitment Processes & New Member Education Programs

Feb. 13 - May 7

Our Groups:

Alpha Phi
Alpha Psi Lambda
Delta Lambda Phi
Lambda Sigma Upsilon



Want to be involved on campus
or develop your leadership abilities?
Check out an upcoming recruitment session.
Don't Miss Out!

Don't Miss Out—Spring Involvement Fairs

Student Organizations
UNIVERSITY OF COLORADO DENVER



Spring
Involvement Fairs



February 1st, 9 am-12 pm
February 7th, 1 pm-4 pm

North Classroom Atriums

LOOKING FOR WAYS TO GET
INVOLVED ON CAMPUS? COME TO
OUR INVOLVEMENT FAIRS TO MEET
STUDENT ORGANIZATIONS ON
CAMPUS!

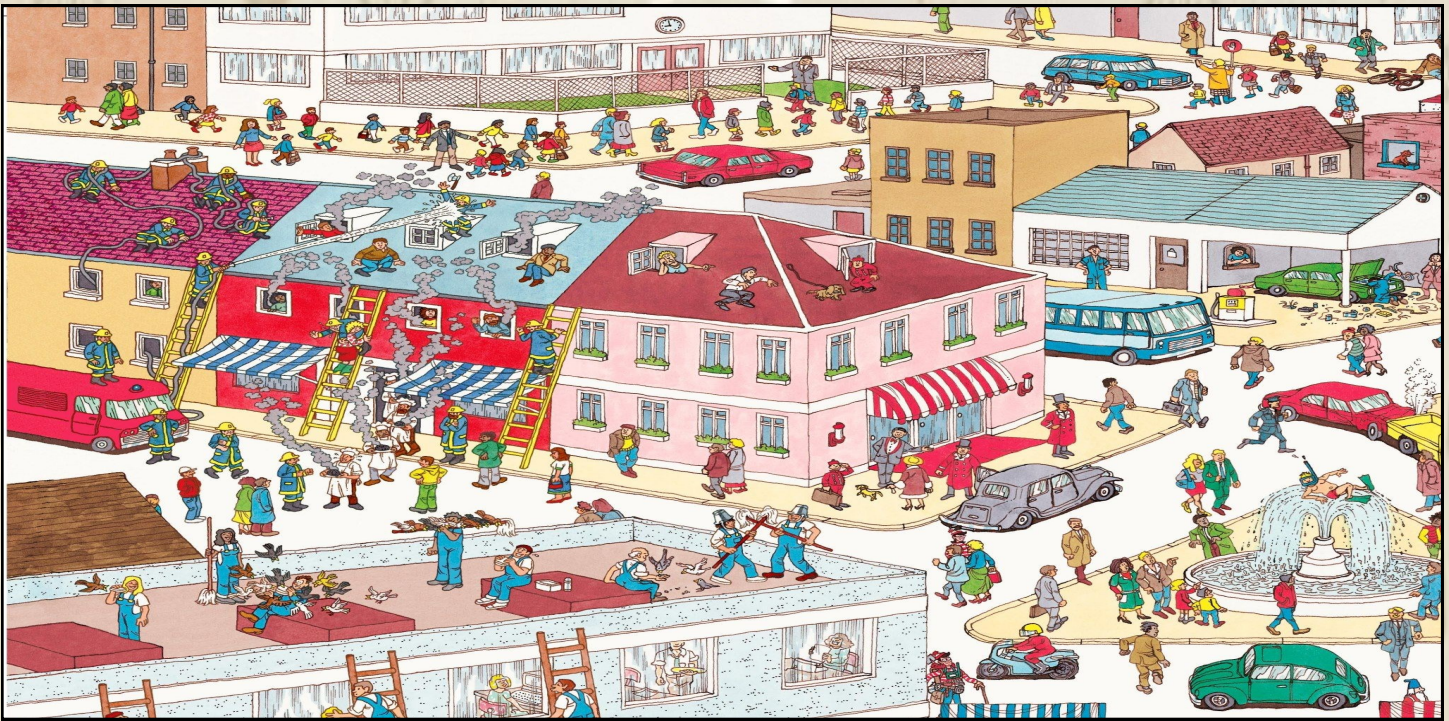
How To Network? Learn to Love It!

Networking—a topic that truly induces fear in many people. However, in today's society, networking is a vital component that helps many people advance their careers and expand their social networks. It's as the saying goes, "It's about not what you know, but who you know". So, to start the journey of networking, here are some things to keep in mind as you embark on the adventure of networking:

- **Identify Commonality and Shared Interests:** When networking with others, think about how your interests and goals align with the other parties' goals. It is through collaborative interactions that establishes long-lasting and memorable connections. Not only that, but it also makes the interaction feel more authentic and meaningful too!
- **Focus on Learning:** Many people see networking as something that they are obligated to partake in. However, this kind of thinking takes away a lot of the benefits of networking. Rather, it is best to switch your mentality into one that is more open-minded and ready to embrace possible outcomes of the interaction. Doing this will make networking feel more exciting, engaging, and authentic!
- **Find a higher purpose:** Studies have found that, when networking for selfless purposes (e.g.: find resources to help my clients) rather than personal purposes (e.g.: will this land me a promotion?) the quality and effectiveness of the interaction is diminished. Any work activity becomes more attractive when it's linked to a higher goal!

Joshua Caraballo | TRIO Professional Staff

Where's Waldo?



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. If you traveled over the break, I hope airline cancellations didn't negatively impact you.







New year, new you? Our professional staff and peer mentors are excited to help you identify and set S.M.A.R.T. goals for 2023. Please reach out to your assigned coordinator or schedule an appointment with one of our peer mentors to discuss your spring 2023 goals and develop an action plan.

Congratulations to all of the Spring 2023 SSS Book Scholarship recipients! We applaud your commitment to academic excellence and your diligence in meeting the program requirements by the publicized deadlines and your academic excellence. This April will mark my third year with CU Denver TRIO, and during that time, I have learned that some students miss out on the book scholarship because they did not keep track of the programmatic requirement deadlines. Write those deadlines in your calendar or planner, and set event reminders if necessary. I challenge you to complete your required meetings, financial literacy, and academic skill-building requirements by their respective deadlines. Don't forget that we offer on-demand options for academic skill-building and financial literacy requirements. You can do it!

***Be well,
Sonia Valencia***



January Workshop Calendar

Mon	Tue	Wed	Thu	Fri
23 	24 ¹ Budgeting 101: How to budget for the semester!  11:00 am—12:00 pm Wellness Center	25 <i>Make Today amazing</i>	26 ¹ Budgeting 101: How to budget for the semester!  3:00 pm—4:00 pm Zoom	27 Time Management Strategies  11:00 am—12:00 pm SC, 2000
30 ² FAFSA Workshop 12:30 pm—1:30 pm  SC, 2011	31 ³ College Survival 101 12:30 pm—1:15 pm  Learning Commons	<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>		

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

¹Wellness & Recreation Services ,Financial Wellness Workshops: [Registration Required: RSVP at: HERE](#)

²TRIO SSS Skill Building Workshops: [Registration Required: RSVP at: https://bit.ly/3IKERai](https://bit.ly/3IKERai)

³Learning Resource Center Workshops: [Registration Required: RSVP at: https://ucdenver.xyz/calendar/study-skills-workshops](https://ucdenver.xyz/calendar/study-skills-workshops)

Spring 2023 Study Abroad Fair

Spring 2023 —

STUDY ABROAD FAIR

During the fair, the
Global Education/
Study Abroad office
will be highlighting
their Summer 2023
faculty-led program-
ming, scholarships,
and third-party
partners.



FEBRUARY 7, 2023

10 a.m. - 2 p.m.

@ **LYNXCONNECT**, TIVOLI 439

VIEW WEBSITE
to browse programming

FIRST 100 STUDENTS WILL GET
A BREAKFAST BURRITO!



LYNXCONNECT

Office of International Affairs
Global Education/Study Abroad
UNIVERSITY OF COLORADO DENVER ANTHONY M. BROWN CAMPUS