

# THE PILLAR

A MONTHLY JOURNAL OF THE TRIO SSS COMMUNITY

"Helping Students Realize Their Full Potential"

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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— Catharine Saucedo-Zavala



TRIO Student Support Services Program is delighted to highlight Catharine Saucedo-Zavala in this month's newsletter. Catharine will be graduating this spring 2020 semester with a major in Business Management and Human Resources with a certificate in Entrepreneurship. One of her favorite hobbies is going on hikes with her dog Loui Vuitton. He is a little Yorkie and loves the outdoors, only when it is warm. Her experience in college has been a roller coaster. She stated, "I have had my highs and lows these last four years and I wouldn't want to have it any other way. I have maintained a GPA above a 3.4 and I wouldn't have been able to do so, if it wasn't for the support I have had along the way. However, I am not saying this to brag but rather to show that as an ethnic minority we are ALL possible of achieving success in academics. This was not made for us, but we are all doing it!" She has served as a PAL, TRIO SSS Peer Mentor and a sister of the Pi Lambda Chi Latina Sorority, Inc. She is beyond grateful for all the opportunities she has had along the way as they have made her the person she is today. These experiences have kept her very busy, but it has taught her time management and organizational skills.

Catharine has both short and long term goals. Her short-term goal is to graduate in May and begin to work her way up at Castlewood Doors. She noted, "I am pleased to announce I have been offered my first big girl job at Castlewood Doors as an Inside Sales/Project Manager. I am excited to start my new role 3 ½ months before graduation and be able to move my way up along the way." Her long-term goal would be to practice a lot of self-care after graduation. She mentions, "I have been slacking in that department for the last four years. I want to take some time off to work on myself and become good at my job before I decide to pursue a master's degree." She plans to go back to school and earn her MBA. She believes it will open more doors and opportunities, however she wants to ensure that she is in a good state of mind. Cathy also wants to be able to spend more time with her family.

Catharine's favorite memory in college was when she became a sister of Pi Lambda Chi Latina Sorority, Inc. She stated, "Greek life has been always been talked down upon because it is perceived to be partying. However, we do so much more than some people fail to see. The sorority has helped me grow, mature, and has opened doors for me. This has been a great experience for me thus far and I wouldn't want to have it any other way." One thing she wished she was told starting college was that she did not have to finish in four years. When she first started college, she felt pressured to finish and have a good GPA. She was given the impression that she would not find a good job, if she did not have a good GPA. She then realized that was not the case. She stated, "It is not about when you get there, it is about how you get there. I wish someone would have told me that, so I didn't feel pressured to finish in four years and overload myself."

CONTINUED ON NEXT PAGE...



## *Student Spotlight—Continued*



Catharine was asked how TRIO has helped her and she stated, “TRIO has helped me grow as a person and has been an amazing support system. All my mentors along the way have always helped me with school, scholarships, and advice. TRIO has so many resources at their disposal that are used to helping students be successful.” Her advice she gives to other TRIO participants is to not be afraid to ask for help and ask questions. Cathy noted “Everyone at the TRIO office is here to help and they do a really good job.”

Catharine was asked if she were to win a million dollars what would be the first thing she would do. “If I was fortunate enough to win a million dollars, I would pay my parents’ house and any outstanding debts they have. Next, I would put money aside to help pay my brother and sisters college tuition in the future so my parents wouldn’t have to worry about it. Being the oldest of three means you are also a mom to your younger siblings. I would not want them to worry about having to pay college tuition in the future and being in a financial crisis.” She has had to pay for her tuition and fees with the help of her parents and working three to four jobs to help with her expenses.

She leaves us with her favorite quote that reads, “I don’t know where I am headed but I am on my way.” – Voltaire. This is her favorite quote because she is a person that likes to take things as they come. She doesn’t tend to plan ahead. This is why this quote resonates so much with her. She doesn’t know where she is headed or where life will take her, but she is on her way there regardless where it is. The TRIO SSS office wishes Catharine continued success.

## *TRIO Explorer—Cesar Munoz*



The TRIO Program is delighted to highlight Cesar Munoz with his recent study abroad experience to Cuba. Cesar is studying Finance with a minor in History. He participated in the Cuba Libre: Innovation and Culture program. He traveled during the Winterim 2020 (January 2-14) and he spent time in three different cities including Havana, Viñales, and Trinidad.

His experience in Cuba was like he went back in time. He saw vehicles from the 1950’s everywhere and he enjoyed the amazing architecture. He stated, “My favorite experience was going through the Viñales valley to visit tobacco fields and watching the cigar-making process, while also seeing rural farmers using traditional methods of cultivation like using cows to plow the fields. Although I am not a big fan of the national dish “Ropa Vieja” which translates to old clothes, Cuban cuisine consists of very organic and fresh produce, I would say my favorite was a Yucca root dish, which I enjoyed in a restaurant that grew their own produce.”



Something that Cesar experienced in Cuba was the Cuban embargo that was first enforced in 1958, which still effects Cuba today. The U.S. placed the embargo on Cuba’s exports, except for food and medicine. The embargo does not prohibit food or humanitarian supplies. He stated, “The embargo is hurting civilians more than it’s hurting the government. One thing that they rely heavily on is tourism and encouraged us to spread the word about visiting Cuba. It’s not hard to get a Visa to Cuba but the U.S. government makes it seem that way.”

Cesar would encourage other TRIO students to expand their horizons and try new things. He said, “If you never been outside of the country, it’s a great experience to see new cultures and get outside of your comfort zone. I met a lot of interesting people and it’s a great way to see the world from a different lens.” Study abroad has been a great experience for him. He advises students to look at programs that are short-term like Cuba if students cannot do a longer abroad program.



## *Spring Mix Salad with Strawberries and Mandarin Orange*

### INGREDIENTS

- 1/2 cup pecans
- 1 bag spring mix lettuce
- 1 can mandarin oranges—drained
- 1 cup sliced strawberries
- 1/2 cup chopped red onions
- Poppy Seed Dressing

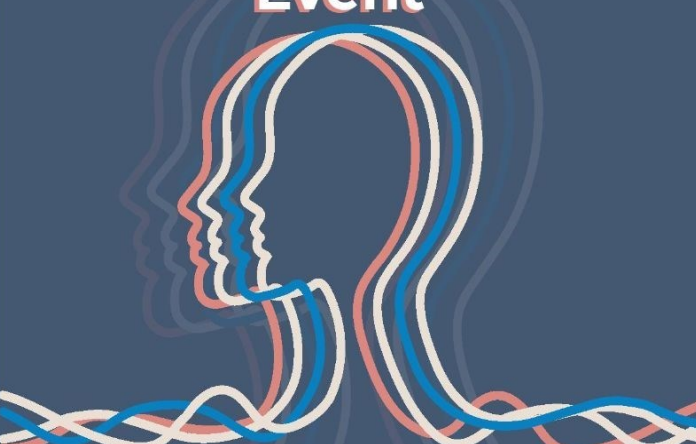
**So YUMMY**



Alexandria Joo | TRIO SSS Project Specialist




## *Diversity Networking Event*







**AURARIA CAMPUS 6TH ANNUAL**  
**Diversity Networking**  
**Event**



Wednesday, March 11th  
Tivoli 320 | 3:00 - 7:00 PM

Your diverse background is an asset!  
Meet & converse with inspiring professionals.

Gold and Silver Sponsors:      

Program Sponsors:

The University of Colorado Denver, Metro State University of Denver, Community College of Denver and community partners are pleased to host the 6<sup>th</sup> Annual Diversity Networking Event on Tuesday, March 11, 2020 3:00 pm—7:00 pm in Tivoli Student Union Room 320.

The goals of the event are:

- To provide students an opportunity to network with local professionals in a relaxed atmosphere
- To have students hear inspiring stories from our diverse professionals
- To help students gain a better understanding of the value of diversity in the workforce and the additional skills employers desire
- To allow student to receive advice on how to maximize their college experience and leverage their cultural assets.

We are excited that **Dr. Brenda J. Allen**, retired Vice Chancellor for Diversity & Inclusion will join us to moderate a panel of esteemed professionals. Representative **Leslie Herod** will be sharing her personal educational and career journey as the keynote speaker. See flyer below. You can view more details as well as registration for the event at: <https://dne2020.eventbrite.com>. Appetizers will be provided.



## Art Therapy for Stress Release



Many people use art as a hobby or profession but I'm here to tell you art can also be a form of therapy. In psychology, the use for artistic methods have helped treat patients with psychological disorders and enhance mental health known as art therapy. This method can also be used with anyone who is undergoing stress, depression or anxiety. Art therapy is a therapeutic technique that helps people to create expression, healing and mental well-being. Art is viewed in two different ways to such as the process of creating it or viewing others' artworks. Both ways are to help people explore their emotions, develop self-awareness, cope with stress, boost self-esteem, and work on social skills. Many people find this method to be intimidating because they think they require an artistic talent or a sense of creativity. Art therapy is for people of all ages including children, teens, and adults. Some research suggests that just the presence of art can play a part in boosting mental health. Some people rely on the arts to communicate and express themselves. In the 1940's, doctors started to notice how individuals

suffered from mental illness often expressed themselves in drawings and other artworks, which led many to explore the use of art as a healing strategy. Since then, art has become an important part of the therapeutic field and is used in some assessment and treatment techniques. Most of the techniques used in art therapy can include drawing, painting, coloring, sculpting, or collage. As clients create art, they may analyze what they have made and how it makes them feel. Through exploring their art, people can look for themes and conflicts that may be affecting their thoughts, emotions, and behaviors. I really encourage every individual especially students to take an hour and at least draw something. It doesn't have to convey a message or look pretty but to simply bring a peace of mind and explore your creative side.



Kimberly Mata-Martinez | TRIO SSS Peer Mentor and Office Assistant

## Coping with Stress via Creative Outlet Workshops



For help in dealing with the upcoming stressful midterms, consider attending one of these sessions. Kimberly Mata-Martinez will be co-facilitating these sessions with Alexandria Joo. They will include art activities to let your creative side emerge.

- Tuesday, March 10th | 3:30 pm to 4:30 pm | Student Commons 2018
- Tuesday, March 17th | 3:30 pm to 4:30 pm | Student Commons 2000
- Thursday, March 19th | 3:30 pm to 4:30 pm | Student Commons 2000

## Why is it Important to Manage Stress?

If you're living with high levels of stress, you're putting your entire well-being at risk. Stress wreaks havoc on your emotional equilibrium, as well as your physical health. It narrows your ability to think clearly, function effectively, and enjoy life. It may seem like there's nothing you can do about stress. The bills won't stop coming, there will never be more hours in the day, and your work, school and family responsibilities will always be demanding. But you have a lot more control than you might think. Effective stress management helps you break the hold stress has on your life, so you can be happier, healthier, and more productive. The ultimate goal is a balanced life, with time for work, relationships, relaxation, and fun—and the resilience to hold up under pressure and meet challenges head-on. But stress management is not one-size-fits-all. That's why it's essential to experiment and find out what works best for you. The following stress management tips can help you do that. While stress is an automatic response from your nervous system, some stressors arise at predictable times: your commute to work, a meeting with your boss, or family gatherings, for example. When handling such predictable stressors, you can either change the situation or change your reaction. When deciding which option to choose in any given scenario, it's helpful to think of the four A's: avoid, alter, adapt, or accept.

### Avoid unnecessary tips:

- Learn how to say "No"
- Take control of your environment
- Avoid people who stress you out
- Cut down your to-do list

### Alter the situation tips:

- Be willing to make compromises
- Please do not shy away from your emotions, express them in a healthy manner
- Create a well-balanced and realistic schedule

### Adapt to the stressor tips:

- Reframe the problem (s)
- Be adaptable with your standards
- Remind yourself of the BIGGER picture
- Rehearse gratitude practices

### Accept things you can't change tips:

- Do not try to control the uncontrollable
- Learn and practice to forgive
- Always attempt to look for the upside
- Allow yourself to share your feelings at the moment

Carlos Guillen | TRIO SSS Peer Mentor

## Upcoming Events





## Healthy Eating—How to Read Nutrition Label

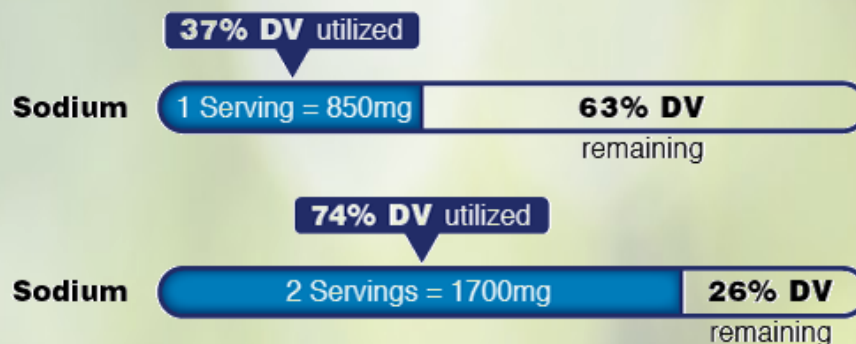
A good way to start eating healthy is by looking at the nutrition labels on food. This gives you important information on what your food/drink contains.

Serving size is usually a portion that people will usually eat/drink, this however is not a recommendation on the amount you should eat. Serving sizes are also done to make it easier at looking at the nutrition label. Smaller

foods/drinks will usually have 1 serving while bigger sizes will have more servings. In the example with the photo, it shows that there are 4 servings, keep in mind that the nutrition facts represent 1 serving size. For example, the label says that it has 280 calories for one serving size, since there's 4 serving sizes there is 1,120 calories.

Calories is how much energy you will have taken from eating/drinking the product. There is a general nutrition guide is eating around 2,000 calories a day. This will vary on many different factors and you should speak to a dietitian for specific dietary plan as calorie intake may differ for individuals.

Nutrients are also included and shows how much you're taking into your body usually represented in gram or milligrams. Sodium, saturated fat, and added sugars are nutrients you should get less of. Dietary fiber, calcium, iron, potassium and vitamin D should be getting more of. Percent's are also shown next to the nutrients, also called percent daily value. This value shows how much of this nutrient you have taken for the recommended daily amount you should be consuming, again the intake daily value of nutrients will differ from person to person.



<https://www.fda.gov/food/nutrition-education-resources-materials/how-understand-and-use-nutrition-facts-label>

Cristian Sarabia | TRIO SSS Peer Mentor

## Women's History Month

International Women's Day, took place for the first time on March 8, 1911. It is a global celebration of the economic, political and social achievements of women. The United Nations has sponsored International Women's Day since 1975. Women's History Month grew out as a celebration of women's contributions to history, culture and society organized by the school district of Sonoma, California, in 1978. It all started as a women's history week when President Jimmy Carter issued the first presidential proclamation in late February of 1980 to set the week of March 8 as Women's history month in order to honor the extraordinary achievements of American women. It was in 1986 that fourteen states created a lobby Congress action to declare the whole month of March as the National Women's History month and in 1987, it was declared in perpetuity by congress. There are many amazing women in the world that needs to always be recognized. An example of an extraordinary woman is Elizabeth Freeman. She was the first African American woman to successfully file a law suit for freedom in the state of Massachusetts. She was born with the name of "Mum Bett" in Claverack, Columbia County, New York as a slave and once she became freedom she changed her name to Elizabeth Freeman. For many years she worked as a prominent healer, midwife, domestic worker and as a nurse until she was able to buy her own house where she lived with her children. Freeman died on December 28, 1829. Another women that needs to be recognized is Autherine Lucy who was born on October 5, 1929 in Shiloh, Alabama as the youngest of ten brothers and sisters. Lucy was the first African American student to attend the University of Alabama and many of the white students there didn't want her to attend since that school was still segregated. In April of 1989 she graduated from that University at the same time as her daughter Grazia. Her legacy continues, as the University of Alabama named a \$25,000 scholarship after her.



Elizabeth Freeman  
(1744-1829)



Autherine Lucy  
(1929- )

<https://nationalwomenshistoryalliance.org/womens-history-month/womens-history-month-history/>

<https://www.history.com/topics/holidays/womens-history-month>

<https://www.womenshistory.org/womens-history/fab-five>

Alexa Dominguez-Estrella | TRIO SSS Office Assistant

## Kudos







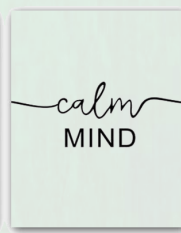

**Have an accomplishment? Please tell TRiO about it.**

**Inside the TRiO office, there is a sheet of paper for you to write share your accomplishments and awards you received.**

- Jessica Luna (TRIO SSS Alumna) accepted a fellowship with the Colorado Department of Higher Education.
- Michelle Ramirez attended the Transcend Auraria Retreat.
- Cristian Sarabia (SSS Peer Mentor) found his mentor for the McNair Scholars Program.

**Congratulations and great job on your hard work. Keep it up TRiO students and staff!**

# March Workshop Calendar

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p><sup>1</sup>Writing a Literature Review NC, Suite 4002R 11:00 am—11:50 am</p> <p>—</p> <p>Now or Later! Procrastination SC, 2000 2:00 pm—3:00 pm</p> <p><b>I PUT THE PRO IN PROCRASTINATION</b></p>	<p>3</p> <p>TRIO Financial Literacy: Saving Strategies &amp; Retirement SC, Suite 2000 10:30 am—11:30 am</p> <p>—</p> <p><sup>2</sup>Wellness and Stress Management SC, 2018 2:00 pm—3:00 pm</p>	<p>4</p> <p><sup>3</sup>Lunch and Lead: Minding Your Own Business: Women Entrepreneurs Tivoli 440 12:30 pm—1:30 pm</p> <p>—</p> <p><sup>4</sup>Abstract Writing Tivoli 339 Lynx connect 1:00 pm—2:00 pm</p> <p>—</p> <p><sup>5</sup>Stress Less Tivoli 454 4:00 pm—6:00 pm</p>	<p>5</p> <p><i>Little Known Ways to Balance School, Work, and Family</i> SC, 2000 10:00 am—11:00 am</p> <p>—</p> <p><sup>1</sup>Arguments &amp; Thesis Statement NC, Suite 4002R 11:00 am—11:50 am</p>	<p>6</p> <p>Please make sure to register and be on-time as professional courtesy to the presenter.</p> <p>Makes sure to take the sign-in sheet for non TRIO workshops.</p>
<p>9</p> <p><sup>3</sup>Lunch and Lead: Emotional Intelligence For Leaders Tivoli 440 12:30 pm—1:30 pm</p> <p>—</p> <p><sup>2</sup>Mid-Term Reality Check SC, 2018 2:00 pm—3:00 pm</p>	<p>10</p> <p><sup>2</sup>Ace My Tests Test Taking Skills SC, 2018 12:30 pm—1:30 pm</p> <p>—</p> <p>Coping with Stress With Art Activity SC, Suite 2018 3:30 pm—4:30 pm</p>	<p>11</p> <p><sup>1</sup>Tackling Common Errors In English Grammar NC, Suite 4002R 11:00 am—12:00 pm</p> <p>—</p> <p><sup>5</sup>Getting what you want in a Relationship Tivoli 454 4:00 pm—6:00 pm</p>	<p>12</p> <p>TRIO Financial Literacy: Budgeting SC, 2000 1:00 pm—2:00 pm</p> <p>—</p> <p>Time Management SC, Suite 2000 2:30 pm—3:30 pm</p>	<p>13</p> <p>Don't Miss the <b>DEADLINE!</b></p>
<p>16</p> <p><sup>1</sup>Writing a Curriculum Vitae NC, Suite 4002R 11:00 am—12:15 pm</p> <p>—</p> <p><sup>2</sup>Coping with Test Anxiety SC, 2018 2:00 pm—3:00 pm</p> 	<p>17</p> <p><sup>2</sup>Connect to Critical Thinking SC, 2018 12:30 pm—1:30 pm</p> <p>—</p> <p>TRIO Financial Literacy: Managing Your Finances SC, 2000 2:00 pm—3:00 pm</p> <p>—</p> <p>Coping with Stress With Art Activity SC, Suite 2000 3:30 pm—4:30 pm</p>	<p>18</p> <p><sup>5</sup>Food For Thought Stereotypes of Women SC, Suite 2000 12:30 pm—1:45 pm</p> <p>—</p> <p>Now What! Tips for Graduate School SC, 2000 2:30 pm—3:30 pm</p>	<p>19</p> <p><sup>3</sup>Lunch and Lead: How to Adult Tivoli 440 12:30 pm—1:30 pm</p> <p>—</p> <p>Coping with Stress With Art Activity SC, Suite 2000 3:30 pm—4:30 pm</p>	<p>20</p> <p>the best is yet to come</p>
<p>23</p> 	<p>24</p> 	<p>25</p> 	<p>26</p> 	<p>27</p> 
<p>30</p> <p><sup>2</sup>Time Management SC, 2018 2:00 pm—3:00 pm</p> 	<p>31</p> <p><sup>2</sup>Time Management SC, 2018 12:30 pm—1:30 pm</p> <p>—</p> <p>CLAS Academic Advising Basics SC, Suite 2000 1:00 pm—2:00 pm</p>	<div>    </div>		

<sup>1</sup>Writing Center: RSVP at <https://clas.ucdenver.edu/writing-center/workshops>

<sup>2</sup>Learning Resources Center: RSVP at [https://forms.ucdenver.edu/secure/sa\\_lrc\\_academic\\_development\\_workshop](https://forms.ucdenver.edu/secure/sa_lrc_academic_development_workshop)

<sup>3</sup>Student Life and Campus Community: RSVP at <http://www.ucdenver.edu/life/services/studentlife/Leadership/Pages/Lunch.aspx>

<sup>4</sup>Career Center: RSVP via the Handshake Portal at <https://ucdenver.joinhandshake.com/login>

<sup>5</sup>Student and Community Counseling Center: RSVP at [https://forms.ucdenver.edu/secure/counseling\\_group](https://forms.ucdenver.edu/secure/counseling_group)

<sup>6</sup>Asian American Student Services: No RSVP Required.

Room Location Key: SC = Student Commons, NC = North Classroom | \*Please note: Non-TRIO workshops are subject to change.