

THE PILLAR

A MONTHLY JOURNAL OF THE TRIO SSS COMMUNITY

"Helping Students Realize Their Full Potential"



March 2022
ISSUE

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Student Spotlight — Amy Vu



TRIO Student Support Services is delighted to highlight Amy Vu in "The Pillar" Newsletter. She has been an active participant since fall 2019. She is pursuing a Bachelor of Science in Business Administration degree in Finance and is on target to graduate this spring 2022. The biggest challenge Amy has faced is battling burn-out. She was taking 18-credits hours per semester, including summer, and working part-time. Amy wanted to make sure that she was staying busy during the pandemic. She stated, "This ended up leading to a poor school/work to personal life balance, so I did not actually take much time to rest or do something for myself." Something that she wished she was told when she started college was "that a pandemic was going to happen, but all jokes aside. I wish someone had told me that it's okay not to be so hard on yourself. Be sure to set your expectations, of course. But you're not perfect and do not need to be so hard on yourself when you're not."

Even though Amy faced struggles through her undergraduate experience, college was amazing! Amy noted, "I had the opportunity to expand my knowledge and meet so many wonderful people from living in the dorms, the TRIO Program, etc. I also feel that outside of gaining academic knowledge, I have gained many skills as well from working at the Pre-Collegiate Center and my internships, which I can apply to both my career and to my personal life." Her favorite memory while in college was coming back to campus after being fully remote. She mentioned, "It was pretty surreal to come back and be able to feel a little bit of the normalcy from before the pandemic by interacting with people, being in the classroom, etc."

Amy's short-term goals consist of spending more time with her friends and family, doing better with practicing self-care, and getting out of her comfort zone a bit more. Her long-term goals are to find a job and develop a work-persona life. She stated, "I really want to do more volunteer work because that was something that I had a lot of difficulty doing during school. I specifically want to work with children and be able to include the aspect of art as well. I want to make a meaningful impact." Amy was asked how TRIO has helped her. She expressed that TRIO has helped her so much because of how it has kept her grounded. Her advice for other TRIO participants is to "take the opportunity to truly utilize the resources TRIO offers and also to put yourself out there and get to know your peers."

TO BE CONTINUED ...

Student Spotlight — Continued — Amy Vu

If Amy won a million dollars, the first thing she would do is treat her family to something nice, and then she would donate to an organization such as the International Rescue Committee. Her hobbies involve reading, painting, and hanging out with family and friends. Currently, she is interested in learning more about sewing and making her own clothes.

Her favorite quote is, "Kind words can be short and easy to speak, but their echoes are truly endless" – Mother Theresa. This is her favorite quote because it reminds her to do and say kind things because of the impacts it could have on another person and because kindness is contagious. She adds, "the goal is to start a chain reaction of kindness."

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



Student Spotlight — Nazik Jameel



The TRIO Student Support Services program would like to highlight Nazik Jameel in this month's newsletter. Nazik will be graduating this spring semester with a Bachelor of Arts in Public Health and two minors in Sociology and Psychology. Her hobbies include working out, camping, hiking, photography, drawing, painting, and cooking. She likes to be active and is open to trying new things and experiences. Nazik's short-term goal is to get a job in the healthcare field. Her long-term goal after graduating is applying to graduate school in Europe. She stated, "I have always been interested in studying abroad, but I have not had the chance due to COVID. Hopefully, I will be able to do that for my masters and be accepted into a graduate school somewhere in Europe."

Nazik was asked what her experience in college was like; she stated, "My experience in college was fun and challenging at the same time. Being a first-generation student, it was difficult understanding the college system from the beginning. It was hard because I did not know much about college. I did not know anyone to go to for support or advice about college." Other than having difficulty navigating college, her biggest challenge was managing her time. Nazik always worked a full-time job while being a full-time student. She mentioned, "I had days where I

did not sleep because I was studying for exams, materials, etc. It was difficult for me to balance between the two as well as my personal life." Something that Nazik wished she was told when she started college was to study and finish assignments early and to reach out to her professors during office hours and utilize school resources such as tutoring, writing center, etc.

Even though she has had some ups and downs during her undergraduate experience, her favorite memories include the friendships she built and the relationships with her professors. She mentioned that in each class, she has enjoyed the conversations, achieving her goals, and overcoming obstacles. All those memories have made college fun and memorable.

TO BE CONTINUED ...

Spotlight – Continued—Nazik Jameel

TRIO has helped Nazik by providing academic guidance, and support services that she needed in college. TRIO has referred her to various resources that she did not know about at CU Denver. Through the program, she met great people and made connections on-campus. Her advice to TRIO participants is, "To stay engaged and participate in TRIO events and workshops as they are helpful and meet their requirements each semester by doing the Book Scholarship. Enjoy the journey while you are in school. Make friends, participate in on-campus activities, join student organizations, and apply to internships related to your academic goals. Ask for help whenever needed, do not be shy to go to professor office hours, and TAs. Do your best always, do not get behind, and have fun." If Nazik were to win a million dollars, she would give half to her family and the other half she would use to travel.



Nazik leaves us with her favorite quote, "Push yourself because no one else is going to do it for you" ~ Unknown. She noted, "I like this quote because I have that quality in me that my friends and family love, is that I always encourage and support others to do what they are afraid of doing, so I make sure to do the same thing to myself by pushing myself to do whatever it takes to succeed and achieve my goals." Our office would like to wish Nazik luck in her future accomplishments.

New TRIO SSS Peer Mentor – Emily Patino



Hello everyone! My name is Emily Patino, and I am happy to announce I will be joining the TRIO community as a Peer Mentor. I am a first-generation student at CU Denver pursuing a B.S. in Psychology and a minor in Biology. I identify as a Latina/Mexican American and am bilingual in Spanish. I grew up in Colorado and learned to love the outdoors. I enjoy exploring nature, traveling, and attending concerts/music festivals around the world. My love for traveling grew immensely after studying abroad in Costa Rica for my spring 2020 semester. While my program ended early due to the pandemic, I was able to spend three months in Costa Rica, enjoying all the country had to offer.

I chose to major in psychology because I believe taking care of one's mental health should be a priority amongst everyone. Growing up in a Latinx household, I realized that mental health is not often a priority. Because of this, I have become an advocate for mental health awareness, making me passionate about helping my community and others. In the future, I plan to pursue a Master's in School Psychology with an emphasis on Applied Behavioral Sciences. Being a peer mentor at TRIO SSS will help me with my future goals and allow me to pass on my academic knowledge to others. I am looking forward to working with you all and can't wait to meet you!

The great **courageous** act that we must all do, is to have the courage to **step out of our history** and past so that we can live our dreams.

OPRAH WINFREY



#WomenOfWorth

Emily Patino | TRIO SSS Peer Mentor

St. Patrick's Denver Parade



[Photo: courtesy of The Denver Post, 2015]

St. Patrick's Day was originally celebrated with religious feasts and services that commemorate the death of St. Patrick in the fifth century. The Irish have deemed this day a religious holiday for over 1,000 years. St. Patrick's Day became a secular celebration of Irish culture when it reached the United States through Irish immigrants. Irish American immigrants held parades celebrating their Irish culture and heritage. Colorado traces its Irish communities to the late 1800s because of the mining boom in the state. Since establishing themselves in Colorado, Irish American's began the St. Patrick's parade to feel connect to their ancestral home and traditions. In Denver, the St. Patrick's Day Parade dates back to 1889. At that time it was a tradition that Division 1 of the Ancient Order of Hibernians kicked off the celebration with a Grand Ball the night before the parade. The parade itself consisted of two divisions of several Irish groups, including

the Ancient Order of Hibernians, with some groups numbering close to one hundred. The parade was organized and driven by a group of volunteers until the incorporation of the Denver St. Patrick's Day Parade Committee in 1986. With its growing numbers, the Irish Fellowship Club also contributed a key role to the parade. The volunteers would be in charge of decorations, secretarial work, fundraising, etc., to make this parade successful. It was with the help of the volunteers that made it possible for this parade to occur. Over time the parade picked up unique Colorado qualities like including Western cultural elements and bringing all cultures together to celebrate. Today, we carry on the tradition and celebrate St. Patrick's Day with a parade every year in Downtown Denver.

Emily Huynh | TRIO SSS Office Staff

Hiring STEM and Social Science Peer Mentors

Are you passionate about supporting students' academic and personal success? Consider becoming a TRIO SSS Peer Mentor! Through training, Peer Mentors direct students to campus resources and provide support in classes, campus involvement, and so much more!

Qualifications

- Must be pursuing a major in STEM or Social Science
- Must have completed at least 60 or more (if transfer student, must have completed one full semester at CU Denver).
- Maintain a minimum GPA of 3.00
- Minimum one-year work commitment
- In-person position

Apply on Handshake!

- STEM Peer Mentor Position #5761350
- Social Science/Humanities Mentor Position #5761339



We are Hiring!

TRIO SSS is looking for **two** Peer Mentors

DIY Balloon Shamrock

St. Patrick day is almost here so you might want to start getting in the spirit of it. One creative way to do so it's to get crafty by creating a balloon shamrock that is a perfect decoration for this holiday. The following is the tutorial of how to create one!

MATERIALS

- ✓ Green Balloons
- ✓ Cardboard
- ✓ Heavy Duty Tape
- ✓ Wire Fishing line
- ✓ Lo-temp glue gun
- ✓ Green butcher paper
- ✓ Greenery (it can be artificial)
- ✓ Scissors
- ✓ Marker



INSTRUCTIONS

- Step 1:** Make a shamrock shape in the cardboard with a marker. You can print off a shape from the internet so it's easier for you.
- Step 2:** Cut it out with your scissors. It might be hard to cut if your cardboard is super thick.
- Step 3:** Place your green butcher paper underneath the cardboard and trace around it. Then, cut it to the shape of your board and glue it to the board with the lo-temp glue gun.
- Step 4:** With heavy duty tape, start attaching the biggest balloons. In order to keep the shape of the shamrock, make sure they don't dangle past the edges of the cardboard. Keep them inside.
- Step 5:** Once the shamrock shape it's filled in, use your lo-temp glue gun to add the balloon layers on top.
- Step 6:** Stuff some greenery into the balloons. Secure it with the wire fishing line by making a hole in the cardboard and weaving the wire through.

Alexa Dominguez-Estrella | TRIO SSS Office Staff

All of Us Are Dead Series Review



What is better than a high school zombie story? All of Us Are Dead is Netflix's popular Korean series with a total of 12-episodes in the first season. All of Us Are Dead is a violent, brutal story in Hyosan High School's class. The story follows a group of high school students who must survive a zombie outbreak which begins when a mouse in the science lab bites one of the students. One by one, everyone is rapidly infected, and most of the students, including teachers, are infected. Soon, the whole school is full of monsters.

The rest of the story follows a group of high school students trying to survive. But in All of Us Are Dead, it is not all about survival but about the fundamental human desire to cooperate in times of crisis. The series also emphasizes how unkindness and a lack of empathy in everyday life can rot and make that necessary cooperation difficult. Overall, All of Us Are Dead is something you should put on your watch list to see. Let me know what you think!

Patitta Banjongwit | TRIO SSS Peer Mentor

Denver Things To-Do

CHECK OUT THESE AMAZING ACTIVITIES AND EVENT HAPPENINGS!

- ✓ Hammond's Candy Factory Tour — <https://hammondscandies.com/>
- ✓ History Colorado — <https://www.historycolorado.org/museums>
- ✓ Denver Museum of Nature and Science — <https://www.dmns.org/visit/plan-your-visit-reopening/>
- ✓ Denver Botanic Garden — <https://www.botanicgardens.org>
- ✓ Denver Art Museum — <https://www.denverartmuseum.org/en/plan-your-visit>
- ✓ Meow Wolf Denver — <https://tickets.meowwolf.com/denver/>
- ✓ First Friday Art Walks March 4, 5:30 pm – 9:30 pm — <https://denversartdistrict.org/first-friday>
- ✓ The Inventing Room Dessert Shop — <https://www.tirdenver.com/>



Ball Arena Denver Concerts:

Toby Mac – Hits Deep Tour, Thursday, March 3 @ 7:00 pm
Dua Lipa – The Future Nostalgia Tour, Tuesday, March 15 @ 7:30 pm
Billie Eilish – Happier Than Ever, The World Tour, Saturday, March 19 @ 7:30 pm
John Mayer – Sob Rock Tour 2022, Sunday, March 27 @ 7:30 pm

Josephine Thibodeau | TRIO SSS Graduate Assistant

CU Denver Campus Events



Mardi Gras Dinner and Music

When: Tuesday, Mar. 1, 2022 at 5:30 pm

Where: CU Denver Dining Hall

https://calendar.ucdenver.edu/event/mardi_gras_dinner_music

Mental Health First Aid

When: Friday, Mar. 4, 2022 at 9:00 am

Where: Virtual

https://calendar.ucdenver.edu/event/mental_health_first_aid_training

Water Wednesday - Sup Fitness

When: Monday, Mar. 7, 2022 at 5:00 pm

Where: Lola and Rob Salazar Student Wellness Center

https://calendar.ucdenver.edu/event/water_wednesday_-_sup_fitness

BINGO



When: Wednesday, Mar. 16, 2022 at 4:00 pm

Where: Tivoli Student Union, Garage Lounge

https://calendar.ucdenver.edu/event/bingo_night_5593

EURECA! Workshop-Building Your CV: How to...

When: Thursday, Mar. 17 at 12:30 pm

Where: LynxConnect, Tivoli 439

https://calendar.ucdenver.edu/event/eureca_workshop_-_building_your_cv

Dr. Lisa Miracchi

When: Thursday, Mar. 17, 2022 at 3:30 pm

Where: CU Denver Building, 1100

https://calendar.ucdenver.edu/event/dr_lisa_miracchi

BUILD A KIT

Build-a-Kit Class

When: Monday, Mar. 21 at 10:00 am

Where: North Classroom, 1005

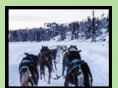
https://calendar.ucdenver.edu/event/build-a-kit_class

Spring Break Dog Sledding Adventure

When: Thursday, Mar. 24, 2022 at 10:00 am

Where: Lola and Rob Salazar Student Wellness Center

https://calendar.ucdenver.edu/event/spring_break_dog_sledding_adventure



National Noodle Month

National Noodle Month is observed in March annually. In March, incorporate noodles into different kind of meals. There are a lot of types of noodles including pasta, ramen, rice noodles, and etc. The history of noodles is very interesting. You may think of Italian food first. However, the oldest mention of noodles appears in a dictionary from the third century A.D. in China called mian pian. We can observe National Noodle Month by using #NationalNoodleMonth to post on social media on March. March 11th is also National Meatball day, so we could enjoy meatball noodles/pasta.

<https://nationaldaycalendar.com/national-noodle-month-march/>. Here are some noodle recommendations:



TEMPURA UDON

Simple Japanese udon noodle with fried shrimp and fried veggies.

Sakura Square

1255 19th Street, Unit A Denver, CO 80202

<https://sakurasquare.com/>



SHRIMP TEMPURA RAMEN

Fusion Japanese ramen with bok choy, cabbage, broiled egg, celery, green onion, jalapeno, seaweed, cheese with your choice of protein.

Slurps

Tivoli food court downstairs

900 S. Auraria Pkwy Denver CO 80204

<https://www.denversono.com/us>

Alexandria Joo | Project Specialist TRIO SSS & McNair Scholars

CU Denver Club Highlight—Biology Club



The CU Denver Biology Club is one of the most active clubs on campus! They were honored recipients of the 2019 Club of the Year Award. The club is open to any and all majors and you do not need to be a biology major to participate. The Biology Club goals include: A) To serve as a bridge between the faculty of the UCD Integrative Biology Department and the student body, B) To promote the education and study of Life Sciences, C) To serve the university by providing recreational, educational, and philanthropic opportunities to the student body regarding the field of Life Sciences, D) To foster interest in Life Sciences for undergraduate, graduate, and Pre-collegiate students, E) Provide a space for networking with fellow students interested in the same topics and in the same courses!

For more information on the CU Denver Biology Club, please visit the CU Denver, Presence website at: <https://ucdenver.presence.io/organization/cu-denver-biology-club>. You can also review other CU Denver Organizations. Check-it out today and get involved.

International Women's Day (IWD) 2022

TUESDAY MARCH 8, 2022
INTERNATIONAL WOMEN'S DAY

Will you help #BreakTheBias?



International Women's Day is celebrated globally on March 8th. This day has been designated a national holiday in many parts of the world since 1975, when the United Nations named it an official observance. The 2022 IWD theme is **#BreakTheBias!** You can be part of the movement by sharing your "Strike the IWD #BreakTheBias Pose on the [IDW Website](https://www.internationalwomensday.com).

***Imagine a gender equal world...A world free of bias, stereotypes, and discrimination...
A world that is diverse, equitable, and inclusive...
A world where difference is valued and celebrated...
Together we forge women's equality...Collectively, we can all #BreakTheBias.***

Source: <https://www.internationalwomensday.com>

TRIO Kudos

***Have an accomplishment? Please tell TRIO about it.
Please send KUDOS to Henry Ornelas, TRIO SSS Program Manager.
Click [HERE](#) to send him a message!***



- ☆ Erika Chavez has secured an internship with Plante Moran for summer 2023.
- ☆ Jennifer Martinez Gomez received the CU Denver Experiential Learning Center, Unpaid Internship Support Scholarship.
- ☆ Astrid Flores was recently accepted to the PHI SIGMA ALPHA, National Political Science Honor Society. She will be inducted on March 8th.
- ☆ Bella Scancarello was accepted to the CU Denver, Alpha Phi Sorority Chapter.
- ☆ Hissein Wade received summer internship offer at Amazon for IT Engineer Support Intern Position.
- ☆ Alex Morales, TRIO McNair Scholar alumni accepted Temp Research Assistant position and will be conducting qualitative research for Community College System. He has also submitted his Ph.D. application in Psychology here at CU Denver.
- ☆ Alexis Lopez was accepted to the CU Denver Allied and Professional Health Sciences Post Baccalaureate Certificate.
- ☆ Congratulations to all of our TRIO students who earned a spot on fall 2021 Dean's List:
 - ✓ CU Denver Business School—Erika Chavez, Nhung Nguyen, and Trudy Reed
 - ✓ CU Denver College of Liberal Arts and Sciences— Dheman Abdullahi, Ali Alnazzal, Kalkidan Astatike, Karina Avalos, Vanessa Barraza, Ritish Dangol, Saaïda Eldursi, Atal Esan, Astrid Flores, Mikayla Kielty, Kathleen Le, Jessica Ludwig, Najad Mohamed, Maria Mejia, Duaa Saïed, Justin Shrader, and Kathy Vo.
 - ✓ CU Denver College of Engineering, Design and Computing—Michael Martinez

Congratulations and great job on your hard work. Keep it up!

Director's Corner

Dear SSS Participants,

I hope that your semester is going well! I am eagerly waiting to welcome daylight savings on March 13th. What are you looking forward to this month? Spring break? TRIO's upcoming trip to the Colorado Symphony on Friday, March 18th?

Last month we celebrated TRIO Day by sharing program participants' reflections and words of advice. If you haven't done so already, I encourage you to check out these posts on our social media accounts. Coming up this month is the first Book Scholarship deadline. Please ensure that you complete your skill-building workshop, meet with your coordinator, and complete two peer mentor meetings by Friday, March 11th. You can find information about upcoming in-person skill-building workshops in this newsletter, or you can reach out to your peer mentor or coordinator for details about asynchronous virtual workshop options. Remember that you cannot schedule more than one peer mentor meeting on the same day. Make a plan, don't miss the first book scholarship deadline!



It brings me great joy to share that Daniela Castorena (SSS Alumna), our Program Coordinator, has been nominated for the regional TRIO Achiever award. This award recognizes ASPIRE region TRIO alumni who have earned a bachelor's degree and have made significant civic, community, or professional contributions. Daniela, we are so glad to see your leadership, impact, and commitment to serving TRIO students recognized within the larger TRIO community with this nomination. We are lucky to have you on our team. Please congratulate Daniela next time you see her!

Finally, please join me in thanking Alma Rocha Vasquez (SSS Alumna), our current Financial Aid liaison, for her tireless dedication and support of TRIO students. I have been at CU for less than two years, and in this time, I have witnessed Alma help many of you navigate various financial aid issues. Alma, we wish you good luck on your next adventure and thank you for your service to the TRIO community.

Be safe and be well,

Sonia Valencia
Director, TRIO SSS & McNair



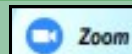
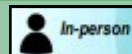
Wearing Masks at CU Denver to be Optional Beginning March 7

Beginning Monday, March 7, CU Denver will make face coverings optional for our community while indoors on campus. This change in policy does not eliminate our responsibility to act with courtesy, kindness, and common sense. We ask that you respect the choices of your colleagues and peers who continue to wear masks, or who may ask that you wear a mask while closely interacting with them. For further details, please see our [updated FAQ page](#). As we have during the entire pandemic, faculty and staff who may need additional workplace modifications to continue in-person activity because of medical or other issues should work with their supervisors and/or [submit a request through Human Resources](#).

Lifting the mask requirement will allow members of our Lynx community to engage with each other more freely — a critical part of the CU Denver experience. This decision is in line with all metro Denver counties, other higher ed campuses, and Denver Public Schools, which have recently dropped their indoor mask mandates for offices and other businesses. Please note that a federal mandate to wear masks on public transportation — including airplanes and RTD buses/rail lines — continues through March 18.

While ending our mask mandate represents a relaxation of our COVID protocols, we urge you to continue the practices that put us in position to make this decision: [staying up-to-date on your boosters](#), [getting tested](#) when you don't feel well or think you may have been exposed, staying home when you're sick, and [self-reporting](#) if you test positive. **Source:** [CU Denver Lynx Together Update, March 28, 2022](#).

March Workshop Calendar



Mon	Tue	Wed	Thu	Fri
<p>Please complete your Program/Book Scholarship requirements by the deadline.</p>	<p>1</p> <p>¹Wellness & Recreation Financial Wellness: All About Credit 3:00 pm—4:00 pm Wellness Center: Seminar Room</p>	<p>2</p> <p>²Tackling Common Issues With English Grammar 1:00 pm—1:50 pm</p> <p>³Delegating: Using Other Help 3:30 pm—4:30 pm Zoom ID: 940-0159-9764</p>	<p>3</p> <p>²Writing a Curriculum Vitae/CV 10:00 am—11:00 am</p>	<p>4</p>
	<p>7</p>	<p>9</p> <p>⁴Wellness & Stress Management 1:00 pm—2:00 pm</p> <p>³Emotional Intelligence for Student Leaders 3:30 pm—4:30 pm Zoom ID: 940-0159-9764</p>	<p>10</p> <p>⁵Now or Later? Procrastination 3:00 pm—4:00 pm SC, 2000</p>	<p>11</p> <p>⁵Test Anxiety & Midterms 1:00 pm—2:00 pm</p> <p><i>Don't Miss the DEADLINE!</i></p>
<p>14</p> <p>⁵Coping with Stress Using Art 2:00 pm—3:00 pm SC, 2000</p>	<p>15</p> <p>⁴Take Control of Your Semester: Time Management 11:30 am—12:30 pm Learning Commons</p> <p>⁶TRIO SSS Financial Literacy Saving Strategies & Saving for Future 3:00 pm—4:00 pm SC, 2000</p>	<p>16</p> <p>¹Wellness & Recreation Financial Wellness: Investing 11:00 am—12:00 pm Wellness Center: Admin Office</p> <p>⁴General Study Skills 1:00 pm—2:00 pm</p> <p>³Cultural Identity & Leadership 3:30 pm—4:30 pm Zoom ID: 940-0159-9764</p>	<p>17</p> <p>⁵Different Types of Leadership 11:00 am—12:00 pm SC, 2000</p> 	<p>18</p> <p>⁵Carrying the Burdens of Others Stress 12:00 pm—1:00 pm</p> <div> <p>Stress, anxiety, and depression are caused when we are living to please others.</p> <p>—Paulo Coelho</p> </div>
<p>21</p> <p>⁵Coping With Stress 10:00 am—11:00 am</p>	<p>22</p> <p>Spring Break</p>	<p>23</p> <p>⁵Graduate School Preparation 3:00 pm—4:00 pm</p>	<p>24</p> <p>Spring Break</p>	<p>25</p> <p>Spring Break</p>
<p>28</p> <div> <p>"Don't let what you cannot do interfere with what you can do." — John Wooden</p> </div>	<p>29</p> <p>⁴Discover New Learning Strategies 11:30 am—12:30 pm Learning Commons</p>	<p>30</p> <p>⁴Due Today ≠ Do Today 1:00 pm—2:00 pm</p> <p>³Imposter Syndrome: Know It, Name It, Tame It 3:30 pm—4:30 pm Zoom ID: 940-0159-9764</p>	<p>31</p> <p>¹Wellness & Recreation Financial Wellness: Student Loans 1:00 pm—2:00 pm Wellness Center: Seminar Room</p>	<div> <p>Whatever makes you different, that's exactly who you're here to be, not someone that "fits" with everyone else.</p> <p>StephanieAmora.com</p> </div>

Please register and be on-time as professional courtesy to the presenter.

You should receive correspondence with either room location or zoom link information.

Complete your Online Evaluation Form for Workshops and Financial Literacy Sessions at: <https://bit.ly/34QeyNS>

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

¹Wellness & Recreation Services Financial Literacy Workshops: **Registration Required:** RSVP at: <https://www.ucdenver.edu/wellness/matters/financial-wellness>

²Writing Center Workshops: **Registration Required:** RSVP at: <https://clas.ucdenver.edu/writing-center/workshops>

³Student Life LEAD Workshops: Registration is not required please see calendar for details.

⁴Learning Resource Center Workshops: **Registration Required:** RSVP at: <https://www.ucdenver.edu/learning-resources-center/resources>

⁵TRIO SSS Skill Building Workshops: **Registration Required:** RSVP at: <https://bit.ly/33FUnSc>

⁶TRIO SSS Financial Literacy Workshops: **Registration Required:** RSVP at: <https://bit.ly/3FthooF>