

# THE PILLAR

A MONTHLY JOURNAL OF THE TRIO SSS COMMUNITY

"Helping Students Realize Their Full Potential"



March 2023  
ISSUE

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Spring never waits for winter to leave  
It comes and drives away the cold  
You need no perfect time to start  
You start, and it's the perfect time

## Student Spotlight — Travis Chacon



The TRIO Student Support Services Program is happy to spotlight Travis Chacon in this month's newsletter. Travis has been an active participant in the program and will be graduating with a Bachelor of Arts in Education and Human Development, Early Childhood Education (License) degree. He is part of the T-PREP Program, which is a unique and flexible program that provides tomorrow's teachers who are living and/or working in rural communities with a way to earn a four-year degree and teaching license without leaving home. The key features of the program include taking classes on the Alamosa or Trinidad campuses of Trinidad State College (TSC) to earn your associate degree and then completing the rest of classes as a CU Denver student online. His short-term goals include passing his classes and graduating with his degree. For the future, he plans to continue working at the

Head Start in Alamosa. He has intentions to continue his education to attend graduate school to obtain his Special Education degree.

Travis noted that his college journey was good. He was able to work full-time and attend college. He mentioned, "I have learned so much while obtaining my degree." As a first-generation college student, he noted that his biggest challenge in earning his degree was working online though Zoom for all of his classes instead of being in-person. In addition, knowing how to navigate through Canvas for his classes was challenging. When asked about one thing he wished he knew when he started college Travis noted, "Make sure that you do not procrastinate on your class work, use a planner to keep track of homework and talk with professors because they are willing to help you be successful." His favorite memory in college was when he was in his science class and was able to meet in-person to explore new topics that he would be able to share with his students.

When asked about how the program has helped him, Travis stated, "TRIO has helped me during my time in college by offering advice, scholarships, and someone to talk to when I was struggling in my courses." His advice for other students is to keep an open line of communication with TRIO as they are there to help you when you feel like you are about to give up.

**TO BE CONTINUED ...**



## Spotlight Continued — Travis Chacon



If he won a million dollars, the first thing Travis would do is put money aside for the future. He would also like to travel to see different parts of the world. His hobbies and interests include hanging out with his family and friends, going hunting and fishing, and learning new materials that will help him be a better teacher to his students. His favorite quote by Les Brown reads, "You must tell yourself, 'No matter how hard it is, or how hard it gets, I am going to make it.'" He noted that this quote resonates with him because no matter where life takes you, you are going to make it through. Travis has worked hard to meet his goal to graduate and teach our future generations. He has persevered and the TRIO SSS Program wishes him continued success. ***You Did It!***

## Student Spotlight — Vanessa Barraza



The TRIO Student Support Services program is happy to highlight Vanessa Barraza in this month's newsletter. She is majoring in Psychology and will be graduating this semester. Her favorite quote is, "Great achievement is usually born of great sacrifice and is never the result of selfishness." This quote makes her think of her parents. She stated, "They didn't have the greatest upbringing and didn't have the opportunity to pursue a career that they wanted. They had to work to support their family. My dad had to drop out of high school and immigrate to the U.S. so he could support his family in Mexico. Even though he didn't have the opportunity to pursue his dreams he was still able to create a successful flooring business. He was tired of working several jobs and wanted to give his kids the opportunities he never had. My

mom has also worked jobs she didn't like because she wanted my siblings and me to have a stable home and wanted to provide for us." Her parents are her greatest cheerleaders and because of their sacrifices, she has had the opportunity to pursue a higher education and pursue a career. She will soon receive her degree in Psychology and continue her education to pursue her Bachelor of Science degree in Nursing.

When asked about her experience in college Vanessa noted that it was a mix of positive and negative memories. She stated, "However, being in college I realized I had many interests outside of science and healthcare. I thoroughly enjoyed my political science and ethnic study courses. I became aware of the realities many minorities experience. My high school education never focused on the struggles or difficulties people of color faced and continued to experience. These courses helped remove the blinders from my eyes and I learned about the challenges immigrant communities face when immigrating to the U.S. and continue to experience while living in the U.S." She also found a sense of community from TRIO; they made her feel that she wasn't alone and provided so much support from the beginning. She said, "TRIO has definitely been the best part of my college experience. I was able to learn so much from the workshops I attended such as applying for financial aid, how to write a resume, and how to stop procrastinating, well to at least keeping it at a minimum. It allowed me to grow professionally, academically, and personally."

***TO BE CONTINUED ...***



## Spotlight Continued—Vanessa Barraza



When asked about her biggest challenges earning her degree, she noted it was learning how to navigate college. She mentioned, "It was a difficult transition from high school to college. When I first started college, I didn't realize how challenging it would be. It felt like I was the only one struggling. I thought that I did not have what it took to succeed in college. I didn't think that I was smart enough, I didn't think I was good enough, and thought I did not have the ability to learn anything science or math. I did not do well in many of my classes. I was also afraid to ask for help because I would have had to admit that I was struggling, and I didn't like asking for help. However, once I decided to take a chance on myself and put in the effort, I started to perform better in my courses. This started to build my confidence and for once I felt that I did have the ability to do better and that I did belong in college. It was a difficult uphill battle, but my failures taught me a lot of lessons. At the end of it, I was able to come back better and stronger."

Vanessa was asked about one thing she wished she was told before starting college. She wished she was told the importance of asking for help. When she began to ask, she started relying on the support of TRIO and her professors. She began to perform better. She mentioned, "They are there to help you and there is no shame in recognizing that you need help. To me going to office hours was scary, but it helped me improve and my professors were able to learn more about me and my work ethic. It shows them that you care, and they will be able to provide you with a strong letter of recommendation. I also wished I was told that it is okay to fail sometimes. No matter how

much we try to avoid it, there will be times where you may not do as well as you would have hoped. What's important is that you learn something from those failures and use it to do better in the future." When asked about her favorite memory in college she noted, "My favorite memory from college is getting to meet many different people. I have made a lot of great friends along the way who supported me and made me laugh on this tough journey." Another great memory she had was when she visited the Anschutz medical Campus with TRIO and was able to work in a simulated lab and was able to practice sutures on a banana. She stated, "I was terrible at it, but it was fun."

When asked how TRIO has helped her, Vanessa stated, "TRIO has helped support me on my college journey. Being a first-generation college student, I did not know how to apply for financial aid, I did not know how to register for classes, and I didn't know what classes to take. I didn't have anyone in my family who could help me figure it out. I felt that I was going to have to do everything myself. Having TRIO's support has helped guide me. I always felt supported and I had someone to go to when I had questions. They also provided a judge-free environment which allowed me to feel comfortable and honest about my struggles/feelings. I credit their unwavering support as the reason why I am still in college and was able to succeed. There have been times where I did not feel confident in my ability, but they were encouraging. They showed more confidence in my ability than I had in myself. This helped me a lot because it is hard fighting imposter syndrome." A piece of advice she would tell other TRIO participants is, "That it's ok to ask for help. Having a support system is very crucial to your success. Being in college can be very stressful and having someone ground you makes all the difference. I would also say get involved in student organizations and try to do internships when possible. Being a part of something builds a sense of community and can help you grow as a student, a professional, and a person. These experiences also make you aware of many different opportunities and could possibly help you find new interests. Lastly, it is ok to fail. Experiencing a failure can feel so defeating, but you can also learn so much from them. I took those failures and thought how can I do better? And what did I learn? I credit my failures as the reason why I am successful."

If she won a million dollars she noted that the first thing she would do is pay off her tuition and pay the money back to her parents because they helped her pay for school when they could. She noted, "Unfortunately, my response is not exciting. Afterward, she would take a vacation after all the stress she has endured in college." Her hobbies include watching Netflix on her days off to wind down after a long day and spending time with her friends, family, and boyfriend. She noted, "They are great distractions when I need a break from schoolwork. I also love baking and sharing it with other people. I would also love to learn how to make concha's. They are so good!" When asked about her short-term goal Vanessa noted, "It is to finish the semester strong and hopefully be accepted into a nursing program." Her long-term goal is to graduate from the nursing program and becoming a Labor and Delivery Nurse or a Postpartum Nurse. She would love supporting moms during their joyous yet stressful time. The TRIO SSS program wishes Vanessa continued success on her academic, career, and personal endeavors.





# St. Patrick's Day and Parade Information



We all experience the color pallet change from Valentine's pink and red to green for St. Patrick's Day. But St. Patrick's Day has much more meaning than shamrocks and wearing green. Saint Patrick wasn't even Irish. He was born in Roman Britain and was kidnapped and brought to Ireland as a slave at 16. But when he escaped, he once again returned to Ireland where he was credited with bringing Christianity. During this celebration, the heritage and culture of the Irish takes place, parades and festivals are common during this day.

## Interesting Facts:

- ✓ St. Patrick used shamrock's as a symbol to explain the Holy Trinity.
- ✓ St. Patrick's given name was Maewyn Succat, He adopted the name Patrick once he became a priest. Patrick refers to the Latin root of Father.
- ✓ St. Patrick actually wore blue, not green!

## Denver St. Patrick's Day Parade

When: March 11, 2023

Start Time: 10:00 am

Where: The parade starts on Wynkoop at 19th, turns down 17th street in front of Union Station, and then turns NE down Blake St. proceeding all the way up to 27th.



**Cristal Sarmiento Garcia | TRIO SSS Peer Mentor**



# Study Tips - Spacing Out Work

Exams are coming up this semester! Here are some study tips to prepare for them! Many students may be tempted to cram everything in by studying the night before a test, however, this results in important details being lost while absorbing large amounts of information at one time. Research shows that by spacing out your work into multiple sessions "results in better long-term memory than a single practice session of equivalent duration or an equivalent number of repetitions" (UC San Diego). Within these short sessions of studying, you can spend more time on a concept in processing the information to understand it without being worried about the time and pressure of cramming everything you can.

## GETTING STARTED

- ✓ Create a schedule where you can start prepping for an exam early doing a few intervals of study sessions until the actual exam date.
- ✓ Study sessions don't have to be long! Divide up your course material and set a session dedicated to an hour or two of studying one portion of your course material for each session.

Source: [Department of Psychology, UC San Diego. Effective Studying, Spaced Practice.](#)



**Monica Vu | TRIO SSS Peer Mentor**



## New Peer Mentor — Juan Reveles Hernandez



DON'T  
STOP  
UNTIL  
YOU'RE  
PROUD

Hello everyone, my name is Juan Reveles Hernandez. I am a student in the College of Architecture & Planning majoring in Architecture and minoring in Landscape Architecture, Political Science, and Environmental sciences. As you can tell, I am interested in a little bit of everything. My main goal is to become an Architect but I have always had interests in Political Science and Environmental Science. That is why I am minoring in those, hoping that I can do something with that in the future. As an Architect, I plan on focusing more on sustainability. Not only do I want to be designing sustainable buildings, but I also want to help create policy that encourages sustainability. I have always loved architecture and I have also loved the environment; I have always thought that architecture is a big way to create impact, that is why I was to do the things I want, and my motivation to finish my degree. Aside from my education, I also serve as the Secretary for Latinx Student Alliance. Some of the things I like to do are cooking, biking, binge watching shows, and trying new things. I am very excited to be working and getting to know you all. I am a very understanding, open, and communicative person, I hope for it to be easy to get to know me and become comfortable with me. I am always here to help you find the resources you need or even be a resource to you. I'm excited to see you all around, thank you.

**Juan Reveles Hernandez | TRIO SSS Peer Mentor**



## The CLIMB

For any inspiring business creator, THE CLIMB is a startup pitch competition held annually for students to talk to Colorado collegiates. For any student that has any kind of business idea they want to pursue, they can get feedback and advise from experts at this event. This event consists of experts in multiple fields such as entrepreneurship, marketing, management, finance, and even law. This is a free and open event for anyone who wants to compete for a \$10,000 first place award. This event will be held at the CU Denver Business School inside of the Jake Jobs Center for Entrepreneurship on Thursday, March 2, 2023, between 5:30 p.m. to 7 p.m.



To RSVP for this event, please visit this link: [bit.ly/THECLIMB\\_Consulting23](https://bit.ly/THECLIMB_Consulting23).

**Huy Duong | TRIO SSS Peer Mentor**



# Denver Things To-Do

**Looking for something fun to do in Denver? Check out these activities and event happenings!**

- ✓ **Hammond's Candy Factory Tour** — <https://hammondscandies.com/>
  - TOP FACTORY FACTS YOU NEED TO KNOW:
    - ◆ Tours run every half hour on the half hour during factory business hours.
    - ◆ Tours last approximately 30 minutes and can accommodate up to 45 people.
    - ◆ Reservations are required to guarantee tour availability.
    - ◆ Large groups can be accommodated.
    - ◆ Strollers, wheelchairs and walkers are welcome!
- ✓ **Center for Colorado Women's History** — <https://www.historycolorado.org/center-colorado-womens-history>
  - Free Admission in Celebration of International Women's Day | March 8, 2023 | 10:30 am to 3:30 pm
    - ◆ Celebrate International Women's Day with a visit to the Center for Colorado Women's History.
    - ◆ We will be offering free admission to tour our historic house to all guests. Guided tours every half hour.
- ✓ **Free Day at the Denver Art Museum** — <https://www.denverartmuseum.org/en/free-days-dam>
  - Engage with art, experience onsite activities, and explore the exhibitions on view all while enjoying free general admission! Tickets may be reserved in advance or at the front desk upon entry.
    - ◆ Tuesday, March 14
- ✓ **Denver Botanic Gardens at Chatfield Free Day** — <https://www.botanicgardens.org/events/free-days>
  - Free Days occur throughout the year, thanks to funding from the Scientific and Cultural Facilities District (SCFD).
    - ◆ Wednesday, March 15 | 9:00 am



## Campus Events

### LEAD Workshop: True Colors Personality Workshop

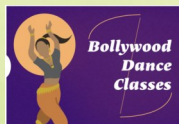
Wednesday, March 1, 2023 | 12:30 pm to 1:30 pm  
 Zoom Meeting - <https://ucdenver.zoom.us/j/91256409385>  
 Presenter: Dr. Christy Heaton  
 Student Transitions & Family Engagement

### What is Undergraduate Research? Get Involved!

Wednesday, March 1, 2023 | 6:00 pm to 6:45 pm  
 Register in Handshake for Zoom Information  
 Hosted by Project Graduate Scholarship Program and  
 Office of Undergraduate Research and Creative Activities

### Peer Advocate Leader (PAL) Info Session

Monday, March 6, 2023 | 2:30 pm to 3:30 pm  
 Learning Commons, Room 2220  
 Learn more about PAL at [www.ucdenver.edu/fye](http://www.ucdenver.edu/fye)



### Bollywood Pop-up

Tuesday, March 7, 2023 | 5:15 pm to 6:15 pm  
 Free to attend & no experience necessary.  
 Register [HERE](#)

### Banking & Savings Workshop

Wednesday, March 8, 2023 | 11:00 am to 12:00 pm  
 Lola and Rob Salazar Student Wellness Center, Seminar Room  
 Register [HERE](#)



### LEAD Workshop: Women & Gender Empowerment Self Advocacy in the Workplace

Wednesday, March 8, 2023 | 12:30 pm to 1:30 pm  
 Zoom Meeting <https://ucdenver.zoom.us/j/91256409385>  
 Presenters: Maxwell Cornett & Tasia Derrera  
 Women & Gender Center

### Brown Bags & Boba [Community Service]

Wednesday, March 15, 2023 | 10:00 am to 2:00 pm  
 North Classroom, Atrium B  
 Come decorate bags that will get filled with food for individuals in need.  
 This will be a fun event for students to get to do a small act of kindness  
 while also getting a break from midterms.  
 First 200 students get free Boba!

### Sustainability 101 - What do I need to know?

Thursday, March 16, 2023 | 3:30 pm to 4:45 pm  
 HYBRID Event: Join us in 329 Tivoli Student Union or at  
 Zoom Meeting ID: 966-5916-9368  
 Presenters: Auraria Sustainable Campus Program  
 Host: Student Life & Campus Community

## Hot Topic: The Potential Location of Cleopatra's Undiscovered Tomb?



A bust recovered during the excavations / the main tunnel shaft. – Courtesy of Good News Network.

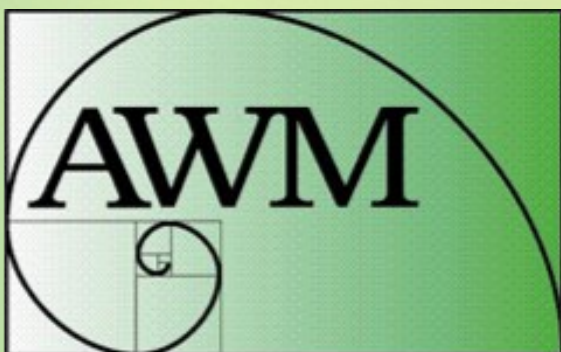
Cleopatra the VII is one of the most well-known pharaohs, and the last ruler, of the ancient Egyptian civilization, making her quite notorious. Renowned for her immense intellect and strategic capabilities, Cleopatra has left a remarkable imprint on the world and even long after her passing, there is still much conversation about her. One of the many mysteries about her is the location of her tomb as it has yet to be discovered. Throughout the years, archaeologists have found many tombs of ancient Egyptian rulers, but the location of Cleopatra's burial grounds has had many archaeologists stumped. However, one archaeologist, Dr. Kathleen Martinez, thinks that she just may have discovered the possible location where Cleopatra is resting.

Here is what we know so far about this excavation journey and location. Traditionally, kings and queens of Egypt were buried in the Valley of the Kings, but this was stopped after Ramses the XI. The seat of Egyptian power was moved north to Alexandria, but today the city is completely underwater. These locations were the main places that Egyptologists thought Cleopatra could be. After thorough exploration of both areas, Cleopatra could still not be found. However, Dr. Martinez has been one of the few voices saying that people have been looking for the missing pharaoh in the wrong place and believes that she is actually buried 30 miles west of Alexandria in the city of Taposiris Magna – a temple dedicated to the Egyptian gods Osiris and Isis. It would make sense if she were buried in this sort of area for a number of reasons. For one, Cleopatra saw herself as the reincarnation of Isis, so being buried in this area where Isis was once worshipped would be an ideal resting place for her. Additionally, when she died her body would not have been safe in Alexandria as her passing also marked Roman takeover at Egypt, so moving her to a more remote, safer location that would be difficult to find would be the more strategic way to go.

300 feet outside of the temple, Dr. Martinez discovered a hole that gave way to two underground tunnels going north and south. After extracting the water that filled the tunnels, Dr. Martinez went down and found a pathway that seemed to continue for a very long time. Deciding to explore the other direction's tunnel, she noted that the other tunnel had a curved pathway, and along it had a pathway carved out in the wall that led straight to the temple of Isis. Unfortunately, by the time this discovery was made by Dr. Martinez, she only had a few days left on her excavation permit. Before she left, she conducted some Ground Penetrating Radar of the rest of the area and discovered a 30-foot-wide chamber beneath the entrance to the temple. A chamber of this size took a lot of time and effort to build, meaning it was likely for someone important. Her permit will be granted again later this year and now, she knows exactly where to look this time and hopefully will finally find something related to the missing tomb of Cleopatra.

Josh Caraballo | TRIO Project Specialist

## CU Denver Club Highlight Association for Women in Mathematics (AWM)



Association for Women in Mathematics

The purpose of the Association for Women in Mathematics (AWM) CU Denver Chapter is to promote the following: an increased knowledge of and greater interest in the mathematical sciences, including pure and applied mathematics, statistics, and their applications; a greater understanding of the contributions of women in the mathematical sciences; and mentoring and encouraging women and non-binary folks as they prepare for careers in the mathematical science. [angela.morrison@ucdenver.edu](mailto:angela.morrison@ucdenver.edu) Department Sponsored Student Organization (DSSO), Career and Professional, Academic, 2 pm — 3 pm, In Person: SCB 4113.



# International Women's Day (IWD) 2023



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. **International Women's Day 2023 campaign theme is #EmbraceEquity.**

***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 #EmbraceEquity.***

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

## TRIO News and Kudos

***Have an accomplishment? Please tell TRIO about it.  
You can stop by the TRIO Office located in the  
Student Commons Building, Suite 2011 to share your News and Kudos.***



- ☆ Cody Lewis, McNair Scholar was accepted into the Ph.D. Biomedical Science Program both at the University of Pittsburg and the MAYO Clinic. He has accepted offer to attend the MAYO Clinic in the fall 2023 semester.
- ☆ Kayla Medina, McNair Scholar Alumna was accepted into the University of Colorado, Anschutz Medical Campus, Human Medical Genetics and Genomics Ph.D. Program.
- ☆ Tiffany Roman was accepted into the Master of Social Work Program at Metropolitan State University of Denver. Tiffany also completed the Advanced and Executive Certifications through the National Honor Society of Leadership and Success and was also accepted into Alpha Kappa Delta (Sociology Honor Society) as well as Psi Chi.
- ☆ Vanessa Barraza was accepted into the University of Colorado, Anschutz Medical Campus, College of Nursing.
- ☆ Rahwa Desta secured a summer internship with Charles Schwab as a Branch Network Intern.
- ☆ Juan Reveles Hernandez accepted TRIO SSS STEM Peer Mentor position.
- ☆ Alexa Dominguez, TRIO SSS Alumna was hired as a Staff Accountant at Wipfli LLP.
- ☆ Diana Truong successfully completed Certified Nurses Aide Certification.
- ☆ Bella Scancarello successfully completed internship at King Soopers and was offered part-time employment.
- ☆ Congratulations to all of our TRIO students who earned a spot on fall 2022 Dean's List:
  - ✓ **Business School** — Brian Daleiden, Rahwa Desta, Huy Duong, Dalena Le, Nhung Nguyen, and Mayra Prieto.
  - ✓ **College of Arts and Media** — Gisselle Reveles.
  - ✓ **College of Liberal Arts and Sciences** — Ali Alnazzal, Vanessa Barraza, Atal Esan, Virginia Guerrero De Munoz, Mikayla Kielty, Ehneeyer Lee, Mia Jannika Lim, Maria Mejia, William Navarrete Moreno, Tiffany Roman, Duaa Saied, and Mirakle Wright.
  - ✓ **School of Public Affairs** — Man Do, and Esther Pompee.

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





# March Workshop Calendar

Mon	Tue	Wed	Thu	Fri
<p><b>Make sure to complete the TRIO SSS Online Evaluation Form for Skill Building Workshops and Financial Literacy Sessions.</b></p> <p><b>Complete at: <a href="https://bit.ly/3vXHy0j">https://bit.ly/3vXHy0j</a></b></p>		<p><b>1</b></p> <p><b><sup>1</sup>Midterm Reality Check</b> 11:30 am—12:15 pm </p> <p><b><sup>2</sup>True Colors</b> Personality Inventory 12:30 pm—1:30 pm Zoom: 912-5640-9385</p> <p><b><sup>3</sup>Tackling Common Issues with English Grammar</b> 2:00 pm—2:50 pm  Learning Commons &amp; Zoom (Interactive Workshop)</p>	<p><b>2</b></p> <p><b><sup>4</sup>Sustainability &amp; Business</b> 3:30 pm—4:45 pm  Tivoli 329 Or Zoom: 966-5916-9368</p>	<p><b>3</b></p> <p>March is the month to get serious BE SERIOUS ABOUT your health your relationship your plans your wellbeing and yourself</p>
<p><b>6</b></p> <p><b><sup>6</sup>Procrastination: Now or later?</b> 3:00 pm—4:00 pm SC, Suite 2000</p>	<p><b>7</b></p> <p><b><sup>3</sup>Writing a Curriculum Vitae [CV]</b> 11:00 am—11:50 am  Learning Commons &amp; Zoom (Interactive Workshop)</p>	<p><b>8</b></p> <p><b><sup>5</sup>Banking &amp; Savings</b> 11:00 am—12:00 pm  Wellness Center</p> <p><b><sup>2</sup>Women &amp; Gender Empowerment: Self-Advocacy in the workplace</b> 12:30 pm—1:30 pm Zoom: 912-5640-9385</p>	<p><b>9</b></p> <p><b><sup>4</sup>Greenhouse Gas &amp; Climate Action Planning</b> 3:30 pm—4:45 pm  Tivoli 329 Or Zoom: 966-5916-9368</p>	<p><b>10</b></p>
<p><b>13</b></p> <p><b><sup>6</sup>Resume Basics</b> 12:00 pm—1:00 pm  SC, Suite 2000</p>	<p><b>14</b></p> <p><b><sup>1</sup>Due Today ≠ Do Today: Avoid Procrastination</b> 12:30 pm—1:15 pm  Learning Commons</p>	<p><b>15</b></p> <p><b><sup>1</sup>Ace my Tests: Test Taking Skills</b> 11:30 am—12:15 pm </p> <p><b><sup>2</sup>Emotional Intelligence for Student Leaders</b> 12:30 pm—1:30 pm  Zoom: 912-5640-9385</p>	<p><b>16</b></p> <p><b><sup>4</sup>Sustainability 101</b> 3:30 pm—4:45 pm  Tivoli 329 Or Zoom: 966-5916-9368</p>	<p><b>17</b></p> <p><b>1st TRIO SSS Book Scholarship Deadline!</b></p> 
<p><b>20</b></p>	<p><b>21</b></p>	<p><b>22</b></p>	<p><b>23</b></p>	<p><b>24</b></p>
<p><b>27</b></p> <p><b><sup>6</sup>Coping with Stress Using Art</b> 2:00 pm—3:15 pm  SC, Suite 2000</p>	<p><b>28</b></p> <p><b><sup>1</sup>Good Vibes: Wellness &amp; Stress Management</b> 12:30 pm—1:15 pm  Learning Commons</p>	<p><b>29</b></p> <p><b><sup>1</sup>Good Vibes: Wellness &amp; Stress Management</b> 11:30 am—12:15 pm </p> <p><b><sup>2</sup>Women, Gender &amp; Financial Empowerment</b> 12:30 pm—1:30 pm  Zoom: 912-5640-9385</p>	<p><b>30</b></p> <p><b><sup>4</sup>The State of Waste (Recycling)</b> 3:30 pm—4:45 pm  Tivoli 329 Or Zoom: 966-5916-9368</p>	<p><b>31</b></p>

## Legend for In-person, Zoom, and Hybrid Sessions.

HYBRID 

IN-PERSON 

ZOOM 

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

<sup>1</sup>Learning Resource Center Workshops: Registration Required: RSVP at: <https://ucdenver.xyz/calendar/study-skills-workshops>

<sup>2</sup>Student Life LEAD Workshops: Registration is not required please see calendar for details.

<sup>3</sup>Writing Center Workshops: Registration Required: RSVP at: <https://clas.ucdenver.edu/writing-center/workshops>

<sup>4</sup>Auraria Sustainable Campus Program Workshops: Registration is not required. Please see calendar for details.

<sup>5</sup>Wellness & Recreation Services Financial Wellness Workshops: Registration Required: RSVP at: [HERE](#)

<sup>6</sup>TRIO SSS Skill Building Workshops: Registration Required: RSVP at: <https://bit.ly/3IKERai>

