

THE PILLAR

A MONTHLY JOURNAL OF THE TRIO SSS COMMUNITY

"Helping Students Realize Their Full Potential"

May 2020
ISSUE

Page Guide

Page | 1

- Welcome—TRIO Director

Page | 2

- Welcome—Continued
- Mental Health Awareness

Page | 3

- Artist Highlight
- Denver Art District

Page | 4

- Grad School Preparation

Page | 5

- Staying Organized
- Staying Active

Page | 6

- Tips for Remote Working
- TRIO Kudos!

Page | 7

- DIY Mother's Day Project

Page | 8

- Workshop Calendar
- Mind Teasers

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.

Welcome—New TRIO Director—Sonia Valencia



Hola. My name is Sonia Valencia (she/her/hers/ella), and I am honored to join the stellar TRIO community at CU Denver as the Student Support Services and McNair Director. I was born in Chihuahua, Mexico and grew up in Orange, California. As the oldest of four, I was the first in my family to attend college. My 11th grade English teacher, Lisa Fevola, first talked to me about college and suggested that I could one day get a Ph.D. With assistance from my Early Academic Outreach Program (EAOP) peer mentor, application fee waivers, and a borrowed desktop computer, I submitted college applications the day they were due. My decision to attend the University of California, Riverside (UCR) was based entirely on their financial aid offer. Choosing UCR turned out to be a life-changing experience.

My high school to college transition was rocky. I enjoyed living in the residence halls, but struggled with time management, study skills, freedom, and familial responsibilities. Fortunately, I was part of a first-year experience program that eliminated faculty

access barriers and connected me to various academic and social support services. I would not have persisted beyond my first year without the support of caring faculty, T.A.'s, and the Chicano Student Programs staff. Undergraduate research and study abroad were cornerstones of my undergraduate experience. In 2008, I graduated with a bachelor's degree in English and Women's Studies and a minor in Chicanx Studies.



Ready to experience life outside California, I moved to Washington, DC in 2009 to pursue an M.A. in English at Georgetown University, having never visited the east coast. Living in D.C. and attending Georgetown, a predominantly white institution, was a culture shock. Not only was it impossible to find Mexican-style tacos, but I was in classes with people whose parents were university professors while my parents never received a high school education. I regularly doubted whether I was as smart as my peers. Reader, I was. I found community amongst other first-gen faculty and staff, and undergraduate students of color. Two years later, my passion for Chicanx literature and feminism led me back to the southwest, to The University of Texas at San Antonio, where I am an English doctoral candidate.

CONTINUED ON NEXT PAGE...

Continued—New TRIO Director—Sonia Valencia



At UTSA, I taught in the Writing Program, English Department, and Women's Studies Program, and began my career with TRIO. After working as a literature instructor for Upward Bound, I accepted a role with UTSA's McNair Scholars Program, which bridged my passion for research, teaching, and mentoring. TRIO has granted me the opportunity to work with brilliant students and to learn from talented TRIO professionals, like the ones that make up CU Denver's SSS and McNair programs.

I am driven by the desire to help students materialize their personal, academic, and professional dreams. I am committed to helping students successfully navigate challenges and barriers. I want to ensure students don't question whether they belong in academia simply because they are first-gen or because they don't look like their professors or peers. I look forward to meeting and working with each of you. Until then, stay safe and be well.

SONIA VALENCIA | TRIO SSS AND TRIO MCNAIR SCHOLARS DIRECTOR

Mental Health Awareness Month



May is Mental Health Awareness Month. It is a time to raise awareness of those living with mental or behavioral health issues and to help reduce the stigma of so many experiences. Nearly 450 million people worldwide are currently living with a mental illness, yet nearly two thirds of people with a known mental illness never seek treatment. Approximately one in five adults in the United States, of about 43.8 million, or 18.5%, experience a mental illness in a given year. About one in five youth aged 13–18 (21.4%) experience a severe mental health disorder at some point during their lifetime. For children ages of 8–15 years old, the estimate is 13%. Mental illness is not prejudiced; as mental health disorders affect men and women of all ages, races and social classes.

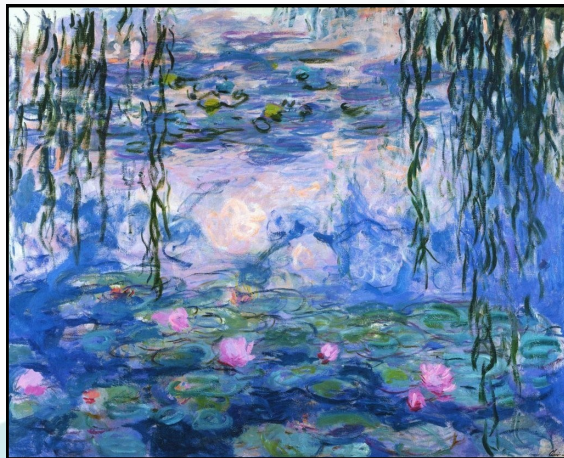
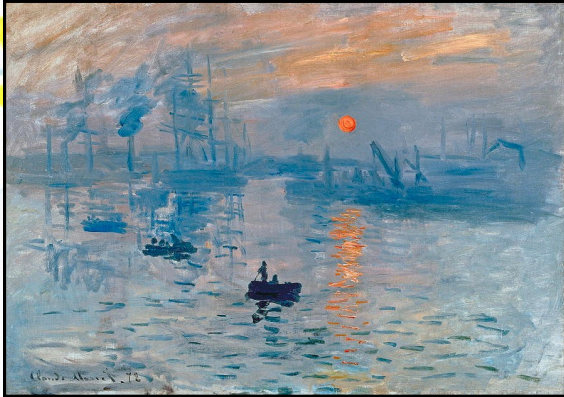
Since 1949, the month of May has been observed as Mental Health Month in the United States. Many national organizations such as NAMI, Mental Health America, and other affiliates spotlight Mental Health Month to raise awareness about the importance of mental health and to stop the stigma associated with its disorders. Mental health is important for our physical health and vice versa. A well-balanced diet, a healthy sleep schedule, exercise, gut health, and hydration all affect our mental health as well as our physical health equally. Studies have shown that individuals who have chronic medical illnesses such as diabetes, high blood pressure or autoimmune disorders have a higher likelihood of being diagnosed with a mental health disorder. These disorders are depression or anxiety. Our bodies and mind act as one unit, therefore it is important to care for both our emotional and mental states as well as our physical health.

Source: <https://www.mhanational.org/mental-health-month>

The CU Denver Student and Community Counseling Center continues to provide services for students. They will be offering the following services via telehealth/online video calls: 1) Crisis sessions to address acute mental health crises, 2) 30-minute drop-in sessions scheduled with a staff member, and 3) Regular individual therapy sessions with your ongoing counselor. In order to access these telehealth services, you will need to do the following: 1) Electronically sign a consent form agreeing to engage in online counseling services, and 2) Have a stable internet connection and access to email in order to receive the encrypted Zoom invitation to meet with a counselor. The CU Denver Student and Community Counseling Center virtual hours will be 9 am - 5 pm during this time. Please call our main phone line at 303-315-7270 for any questions or additional information.

NAZIK JAMEEL | TRIO SSS OFFICE STAFF

Artist Highlight of Month—Claude Monet



Claude Monet is one of the most recognizable French painters in art history. He was born in November 14, 1840 and was the second son of Claude-Adolphe and Louise-Justine Aubree Monet who were second-generation Parisians. On May 20, 1841, he was baptized into the local church parish, Notre-Dame-de-Lorette as Oscar-Claude. In 1845, his family moved to Le Havre in Normandy. His father wanted him to go into the family grocery store business, but Claude Monet wanted to become an artist. On the first of April 1851, Monet entered the Le Havre secondary school of the arts. He first became known for his charcoal drawings, which he would sell for ten to twenty francs. Monet also undertook his first drawing lessons from Jacques-François Ochard, a former student of Jacques-Louis David. Between the 1856-1857, in the beaches of Normandy he met Eugène Boudin a well-known artist who became his mentor and taught him to use oil paints. Boudin taught Monet "en plein air" (outdoor) techniques for painting. After the outbreak of the Franco-Prussian War (July 19, 1870), Monet took refuge in England in September 1870. While there, he studied the works of John Constable and Joseph Mallord William Turner, both of whose landscapes would serve to inspire Monet's innovations in the study of color. In the Spring of 1871, Monet's works were refused to show in the Royal Academy exhibition. In May 1871 he left London to live in Zaandam, where he made 25 paintings. During this time, he also paid a first visit to nearby Amsterdam. In October or November of 1871 he returned to France. Monet lived from December 1871 to 1878 at Argenteuil, a village on the Seine near Paris, and here he painted some of his best-known works. In 1874, he briefly returned to Holland. In 1872 (or 1873), he painted *Impression, Sunrise* (*Impression: soleil levant*) depicting a Le Havre

landscape. It hung in the first Impressionist exhibition in 1874 and is now displayed in the Musée Marmottan-Monet, Paris. From the painting's title, art critic Louis Leroy called period as we know today, "Impressionism", which he intended as criticism but which the Impressionists appropriated for themselves.

KIMBERLY MATA-MARTINEZ | TRIO SSS PEER MENTOR/OFFICE STAFF

Did You Know? - Denver Art District



Denver's Art District on Santa Fe (ADSF) is a nationally non-profit membership organization and one of the first Certified Creative Districts in the State. It is known as the arts and cultural district, bringing together hundreds of artists, galleries, studios, theaters, and creative businesses along Santa Fe Drive in Denver, Colorado. The ADSF has long championed citizen creativity as a cultural crossroads of the city. Thousands of people gather in this area for the monthly First Friday Art Walks to experience the highest density of art galleries in the country. The District reflects the neighborhood's rich, cultural fabric—a symbol of our storied past and bright future. Immersed in the Latino heritage and today representing a diverse population, we aim to honor our heritage and support creativity. The Art District on Santa Fe is devoted to promote public awareness of Santa Fe Drive area for the unique art, cultural and creative district, and its education in the Denver metropolitan community.

KIMBERLY MATA-MARTINEZ | TRIO SSS PEER MENTOR/OFFICE STAFF



Graduate School Preparation



Understanding the fine points of choosing, applying for and financing a graduate program is imperative, but most experts agree that the real key to graduate school success is in ensuring students are in the degree program that best suits them. Finding the right program requires a substantial investment of time and effort by the prospective student in researching schools and programs and determining their own interests and career goals. This guide was developed to help students make the most of that time and effort by providing them with useful tips and valuable information. However, the big question needs to be asked, whether or not, if attending graduate school is the correct choice. Here are the best reasons to attend graduate school if you're uncertain about the decision:

- ✓ **A graduate degree is necessary for entry into a chosen field**
- ✓ **A graduate degree is important for upward mobility and increased earning potential in a chosen profession.**
- ✓ **A graduate degree is necessary to make a wanted career change.**
- ✓ **Pursuing the advancement of your passion for the subject.**

Now, we'll discuss how to find the right school and program. There's a lot more to choosing the best graduate program than simply looking at rankings, applying to the schools at the top of the list and going with the first one to send an acceptance letter. While a program's reputation is important, it's only one of several factors to be considered. The challenge for the student is to determine the most important factors to him or her personally and then delve into the details of those factors. You should pay attention to the following factors:

Program Characteristics

- ✓ What is the program's teaching philosophy? Does it focus more on theory or research? If your ultimate goal is a job that deals with research or application of theory.
- ✓ What sub-field does the program emphasize? This goes beyond the degree title. Determine what specific approach a program takes to your field of study. Find out what kind of research faculty members are doing. The type of research they're doing is likely to be type you'll be doing. Remember, the better a student's understanding of the intricacies of their field, the easier it will be to find the program that best suits their specific interests.

Cost and Availability of Financial Aid

- ✓ There's no way around it--graduate school is expensive, but tuition and other costs can vary substantially from program to program. Students need to be realistic about what they can afford and aware of how long it will take to pay back the loans they take out. Students must additionally consider the types of financial aid available for various programs and also consider what fellowships or assistantship opportunities exist.

Location

- ✓ Environment is important, especially when a student will likely be living in it for several years. Location is bound to affect a student's academic performance, and if he or she hates the big city, for example, a graduate school located in a bustling, urban setting may not be the place to land.

Now we will turn our attention away from choosing a graduate program and focus on a vital aspect of your application that would set you apart from other applicants, which is your personal statement. The parameters of the personal statement are normally broader than those of the statement of purpose. The personal statement is where the admissions committee finds out exactly who the applicant is--not just as a program candidate, but as a person. It should describe the candidate's background and life experiences, personal challenges and goals, motivations for pursuing a degree, and more. The personal statement is the applicant's chance to persuade the admissions committee of his or her passion for the field of study and why he or she is a good match for the particular program. It's where the candidate sets himself or herself apart from all of the others.

I hope that the information that was presented in this article proves to be useful as you prepare for your next step in your life and pursuing your dreams. Always remember that Life is a marathon, not a race. Fall and stumble, but never give up on the person you aspire to be!



CARLOS JOEL GUILLEN | TRIO SSS PEER MENTOR

Getting Organized While Staying Safe at Home



Feeling overwhelmed, stuffy, and disarray? These quick tips for organization can help alleviate stress and de-clutter. If you're feeling exhausted, and unmotivated, you are not alone. No one thought they would spend their time in the safety of their home while the sun and parks are so inviting. I have not felt myself either, but I found interesting ways to combat the anxiety and alleviate some stress by getting organized.

Tips for Organizing Your Home

Take a moment and observe the areas in your home that you feel could improve. Make a priority list of the areas that desperately need your attention and start little by little and throw away trash and properly recycle unwanted items. If you are having some difficulty getting started, clean the dirty dishes and you'll feel as if you can accomplish anything!

Create a donation bag. By doing this, you may feel encouraged to manage the items you purchase while keeping an eye on the clothing/items you have in your room that may be making you feel stuffy. Along with this tip, create stacks. The reason things may appear cluttered is simply because they are scattered all throughout your home. Create stacks and set a designated place for those items.

Deep clean! Yes, you read that right. Washing dirty clothes, sweeping, mopping, dusting and all the other household chores are necessary for a clean and happy home. I know it can be tough to be accountable and disciplined, I've been there. But, with time, good habits can stay and keeping things clean and organized will become easier and even fun! *A little music and bubbles never hurt anyone.*



STAY HOME, SAVE LIVES.

REBECCA HUERTA | TRIO SSS PEER MENTOR

Staying Active during the Quarantine



Now more than ever staying active during the quarantine is important as most likely there is not much movement in the house and a good way to keep busy. You don't need equipment in order to workout, there's body weight exercises that include pushups, sit ups, crunches, squats all these workout different groups of muscle, use your body. If you want to get a little creative use two empty gallon jugs fill them up with water and you have dumbbells. Run/jog as well to get some conditioning just remember to keep your distance, jump rope if you have one. You don't need a gym to exercise your own is enough and a good way to make quarantine less boring.

The CU Denver Wellness and Recreation Center is offering a Virtual Wellness Program. Be well and connected wherever the remainder of this semester finds you. You can take advantage of the various virtual resources focused around keeping you moving, energized, and mindful during your time away from campus. For more great information on this opportunities, visit:

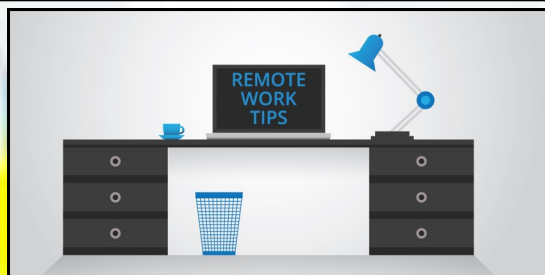


<https://www1.ucdenver.edu/wellness/virtual-programs>

CRISTIAN SARABIA | TRIO SSS PEER MENTOR



Tips for Remote Working



COVID-19 has hit hard and most people are out of a job, but if you are lucky you have secured the ability to work remotely. Working remotely sounds easy at first, but once you start, you realize how easily it is to become distracted. With the transition in mind, it is common to feel any combination of lonely, isolated, stressed, frustrated, anxious, and unmotivated. The transition takes awhile to get used to and it is normal to have these feelings. Here are some tips to help you:

1. Taking schedule breaks is a great way to reduce stress. Walk around your home while chatting on the phone with a friend. Move to a separate area -- away from your email -- to eat lunch for 30 minutes. Breaking up the day and moving your body enables you to refresh and can increase your productivity when you return to your work. When the weather is nice, I like to do conference calls while taking a walk outside.
2. Deadlines seem quicker at home than at the office. Try to set office hours and home hours to help define boundaries in order to not become overworked. Be sure to communicate your boundaries to your superiors so that everyone is on the same page.
3. Communicating with peers over an online platform or the phone is a great way to get a social connection that is hard to achieve with social distancing rules in place. Checking into an online trivia or a social distancing happy hour via zoom is a great way to have some safe fun.
4. Developing a consistent routine is also a great way to stay sane. Consider a morning workout routine, followed by breakfast, and then work. The vice versa can also be work if you are an afternoon or evening person.
5. Lastly, remember the big picture, pick up a new hobby or learn something new. At the end of the day, try to embrace the additional quality time you have with your family. After all, isn't that all that really matters?

VRAJEN PATEL | TRIO SSS PEER MENTOR

You're Awesome!

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!



- ☆ Carlos Guillen, McNair Scholar and TRIO SSS Peer Mentor was selected to participate in the Undergraduate Research Opportunity (UROP).
- ☆ Nashra Jamil, TRIO SSS was selected to participate in the Undergraduate Research Opportunity (UROP).
- ☆ Samaria Stovall, McNair Scholar was selected to participate in the Undergraduate Research Opportunity (UROP).
- ☆ Rebecca Huerta received the following scholarships Cecil Glenn Textbook Scholarship, George and Mary Hermosillo Memorial Scholarship, and the Lakewood Police Memorial Scholarship.

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

DIY—Mother's Day



Mother's Day is around the corner, it is a special day to honor all of those beautiful mothers of our family who have love and care for us as we grow. It is a day dedicated to all of those women who are mothers, so we can show our appreciation to them. To show your love and appreciation to your mothers you might want to gift them something special. You can either buy something or make your own gift. For example, one of the things you make is a Simple Chocolate Floral Bouquet. If you would like to try out this DIY for Mother's Day, the following are the supplies and steps of how to do it.

Chocolate Floral Bouquet

SUPPLIES

- ✓ Basket
- ✓ DOVE PROMISES wrapped Chocolate bag of 8.0 - 9.5oz (you can pick the flavor)
- ✓ Silk floral stems (any color you want)
- ✓ Double sided foam mounting squares
- ✓ Wire cutters
- ✓ Craft foam block
- ✓ Small Frame (optional) to write Happy Mother's Day

STEPS

1. Place your craft foam block inside the basket
2. Apply your foam mounting square to the center of the silk flower. After you remove the other side of the tape from the foam mounting square, you then gently press a DOVE chocolate piece onto the tape.
3. Cut the wire stem of the silky flower only if needed and then stick the stem into the foam block that is inside the basket.
4. Repeat step 2 and 3. Add more chocolates to the rest of the other silky flowers and the floral stems to the foam block. Make sure to add enough floral stems to create a full bouquet in the basket.
5. If you would like you can attach a small frame of a picture or a frame where you can write "Happy Mother's Day" and something special about your mom perhaps what makes her unique to you.

https://rosyscription.com/2014/04/easy-mothers-day-gift-chocolate-bouquet.html#a5y_p=1659926

ALEXA DOMINGUEZ | TRIO SSS OFFICE STAFF




You got this



stay focused

May Workshop Calendar

Mon	Tue	Wed	Thu	Fri
<p>REGISTRATION REQUIRED ALL May Skill Building and Financial Literacy workshops will be held via ZOOM Meeting. Once you register, you will be emailed the zoom meeting information.</p>  <p>TRIO SSS Skill Building Workshops ✓ Registration Required: RSVP at: https://bit.ly/33WdqDT</p> <p>TRIO SSS Financial Literacy Workshops ✓ Registration Required: RSVP at https://bit.ly/3bvroz8</p>				
4 Professional Development: Effective Networking 3:00 pm—4:00 pm	5 Now or Later? Procrastination 1:00 pm—2:00 pm	6 Stress Management Made Simple! Coping with Stress 2:00 pm—3:00 pm	7 Beginners Guide: Resume Basics 11:00 am—12:00 pm	8 Financial Literacy: Managing Your Finances 1:00 pm—2:00 pm
11 Staying Focused and On-task! Power hour and the Pomodoro Technique 3:00 pm—4:00 pm	12 Improve Your Productivity! Time Management 11:00 am—12:00 pm	13 Financial Literacy: Saving Strategies and Retirement 1:00 pm—2:00 pm	14 Little Known Ways to Balance School, Work, and Family 12:00 pm—1:00 pm	15 Financial Literacy: Budget Basics 2:00 pm—3:00 pm
18 <i>Dream On</i>	19	20 <i>everyday is a fresh start</i>	21	22 <i>Stay STRONG</i>
25	26 <i>i can and i will. Watch me.</i>	27	28 CELEBRATE <i>every TINY</i> VICTORY	29

Pyramid Mind Teasers

Can you figure out what the top number in the Pyramid is?
Add each pair of blocks together to find out the number that appears in the block just above them!

