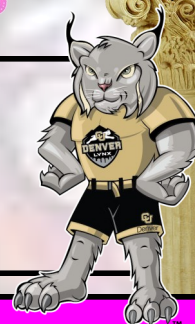




# THE PILLAR

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



November 2021  
ISSUE

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## Student Spotlight — Emily Patino



In this newsletter edition, TRIO SSS would like to spotlight Emily Patino, graduating this spring semester 2022. She will be graduating with a Bachelor of Science in Psychology and a minor in Biology. Emily's college experience started in high school when she became involved with the Pre-Collegiate program, which allowed her to get her first job during her first year in college as a peer advocate. Working at Pre-Collegiate allowed her to meet new friends and opened many resources like TRIO. She did not know about TRIO and what the program was about until the Pre-Collegiate coordinator insisted that she visit the office to learn more about it. She applied to TRIO and joined the program her second semester of her first year in college. Emily shares, "there have been very rough times, but this has only taught me to grow as a person. I'm happy to see what my last year has in store for me". She says, "it's the best choice I have done ever since". She worked for Pre-Collegiate for two years, she became a CNA at a senior

living facility and continues to work there. She states, "I chose to work there because I want to get experience in the medical field. I see it as my first step into my future career. My college experience has been great because, along the way, I've met people that will be lifelong friends. There have been very rough times, but this has only taught me to grow as a person. I'm happy to see what my last year has in store for me".

Emily's biggest challenge has been trying to balance work, school, and personal life. She is a full-time student and works full-time. She mentions, "It's hard having to go from class to work then back home to do homework. It's also very stressful to keep changing work schedules every semester when classes change. All this leaves little time for other activities I like to do. The more I continue through my academic journey, the more I learn to balance my life better". It is something that she continues to work on every semester as every semester is different. She wishes she had been told about the need to have new study habits and prepare for the college workload when she started college. She realized that her study habits were not helping in every course, and had to adopt new ways to study.



TO BE CONTINUED ...



## Spotlight Continued — Emily Patino

When asked about her short- and long-term goals, she states her short-term goal for this year is to decide her plans after graduation. She is currently looking into graduate programs and is in the middle of deciding which one program she is most interested in. As for her long-term goal, she plans on working after she graduates. Something that allows her to use her bachelor's degree in. She plans to take about a year off after she graduates and then go back to graduate school. During that year, she would like to travel and take a break. Her hobbies consist of hanging out with her friends, going to music festivals, and traveling.

Emily was asked, "What was your favorite college memory?". She responded, "My favorite memory of college was studying abroad. I did a semester-long program in Costa Rica. I was immersed in the Costa Rican culture, which allowed me to become a better person. I believe it helped me appreciate and respect other cultures. I was able to experience what it was like to live in another country, which is nothing like living in the U.S. I met new people that I now consider family. It was an opportunity I will never forget."



TRIO has helped Emily tremendously throughout college. She states, "Being a first-generation student is difficult because I don't have anyone I can go to for advice. No one in my family can understand what it is like to be in college." Being part of TRIO has allowed her to meet people who have similar experiences and have struggled like her. Fellow first-generation, Latinx students have been able to relate and give her advice. The advice she gives to other TRIO participants is, "choose workshops that are interesting to you; sometimes you are rushing to get the scholarship requirements done and end up choosing random workshops. The workshops are very informational if you pick the correct one for you." If she won a million dollars, she would help her parents financially. They have been her biggest support system, and she would like to help them the way they have helped her.

Emily leaves us with her favorite quote, "Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment." ~ Buddha. This is her favorite she often finds herself stuck thinking too much about her past and future. She mentions that school can do that to her. She says, "Students are often thinking about the future so much that they forget to live in the present moment. Time goes by too fast; we should be living in the moment and not in our minds." We want to wish Emily the best of luck in her future endeavors.

## CU Denver, Learning Resources Center — Coaching Sessions



Are you interested in talking with someone about how to organize your own study schedule? Need to brainstorm your time management strategies? Want to review the best learning strategies that work for you? The **Learning Resources Center (LRC)** has appointments where you can meet with a learning specialist to create goals and an action plan that works for you. In these 45 minutes sessions, we learn what has worked for you in the past, and what might not be working as effectively right now. Then together we figure opportunities for you to try some new strategies that will enhance your learning effective-

ness. Who doesn't want to spend less time studying while learning more? Plus, you can make as many LRC follow-up sessions as you need to help with accountability and ongoing support. To get started, visit our [coaching information](#) and view the morning and afternoon appointments available in person at the Learning Commons first floor or remotely online. We hope to see you soon!



## Internship Highlight — Honey Zin



TRIO Student Support Services is happy to highlight Honey Zin in this month's newsletter. She has been an active member of the program and is majoring in Marketing and Entrepreneurship. Her favorite quote by John C. Maxwell is, "Small disciplines repeated with consistency every day lead to great achievements gained slowly over time." Indeed, Honey has been consistent in achieving small goals toward the larger goal of graduating college. She is scheduled to graduate in spring 2022. Honey has also taken on a leadership role with the CU Denver Council of Asian Student Leaders (CASL).

She completed her internship with *The Fax Partnership*, a nonprofit organization seeking to help the East Colfax community become a transit-rich, bustling main street with a mix of residences and neighborhood-serving businesses. The organization is trying to build a healthy mix of affordable and interesting locations for people to live, work, and enjoy life via community partnerships and engagement with local governments.

When asked what she focused on during her internship, Honey stated her role at The Fax as a Marketing Communication and Outreach Intern included fulfilling four main areas: 1) Newsletter Development, 2) Social Media Promotion, 3) Resident and small business support office communication, and 4) Provide Burmese Interpretation as needed.

When asked what her experience was like at The Fax, she noted, "The experience was great overall as The Fax staff was supporting and welcoming, which was one of the reasons why I was able to learn a lot more from the experience. I was able to network with the professionals from marketing and communication backgrounds during the experience." Honey mentions that networking with these professionals allowed her to find connections from the marketing industry for the future.

In addition to building her network, one of the biggest things she learned about herself from this experience was that she specifically enjoyed working as a digital marketer compared to other marketing careers. On the other hand, she has also learned that social work is not a career that fits her interests and personality. Honey learned technical skills, including how to audit websites using WordPress and how to utilize Mailchimp to do integrated marketing.

When asked why she would encourage other participants to complete an internship, Honey stated, "I would encourage other TRIO SSS participants to consider completing an internship because internships can provide you hands-on experiences to learn more about yourself and see if your career choice is something you would enjoy doing long-term." She would recommend going into an internship with an open mindset and a willingness to learn. She mentioned these two skills will allow you to learn more and absorb all the knowledge throughout your experience. Lastly, she noted, "DO NOT be afraid to ask questions during the internship because that's how you learn." Her short-term goal includes graduating from CU Denver and securing a marketing-related position. Her long-term goal includes starting her own entrepreneurial businesses and maintaining them in good standing. The TRIO SSS Program wishes Honey continued success, and we look forward to celebrating her graduation in the spring 2022 semester. Woo Hoo!



## National Marrow Awareness Month



“Bone marrow transplants aim to help people with over 70 life-threatening blood cancers and blood disorders like leukemia, aplastic anemia, and lymphoma, which affect hundreds of thousands of Americans every year. The Leukemia & Lymphoma Society says a diagnosis happens once every three minutes.” People can make a meaningful difference in someone else’s life by donating bone marrow, but there are a lot of myths around the process, and people who might be eligible for matches are deterred from registering because of myths. However, the fact is that bone marrow donation is not nearly as painful as it’s made out to be, and

there are many steps before you reach that point to make sure that it’s safe and ideal for you. There are two ways to donate bone marrow.

Recovery is quick. Most people reported a complete recovery within about seven days for peripheral blood stem cell donation recovery. There may be a few side effects with surgical bone marrow donation, but these are all supposed to pass off within about a week, and all symptoms are gone within 30 days.

Registering to be a bone marrow donor might seem scary, but there are small odds that you will even be a match. If you do match, there are few logistical complications and a few hours out of your day can save someone somebody else’s life.

### What’s donation like?

80% of the time: peripheral blood stem cell (PBSC) donation

- Similar to donating plasma
- Totally non-surgical process

20% of the time: marrow donation

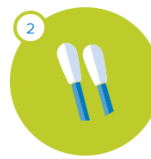
- You’re under anesthesia
- Liquid marrow is drawn

### HOW TO **SAVE A LIFE**



#### Registering

After you answer questions about your medical history, we’ll determine if you’re a fit for the registry at this time.



#### Swabbing

Once you’ve submitted your swab kit, we’ll test it to determine your HLA type and enter you into our registry.



#### Matching

Being on the registry isn’t a guarantee that you’ll be matched. And it may take months or years to find out.



#### Donating

If you’re identified as a potential match, we move quickly. You could be the only option for a searching patient.

Order your free swab kit to register. It takes less than 5-minutes to have your Swab Kit completed and mailed back to the lab. <https://www.giftoflife.org/>

**Alexandria Joo | TRIO SSS and McNair Scholars Project Specialist**



## Thanksgiving (Friendsgiving) Day Recipe—Sweet Potato Casserole

### INGREDIENTS

#### Filling:

- ½ stick (4 tablespoons) unsalted butter, melted, plus more for buttering the baking dish
- 3 to 4 large sweet potatoes peeled and cubed
- ½ cup milk
- ¼ cup brown sugar
- 1 teaspoon pure vanilla extract
- ½ teaspoon kosher salt
- 2 large eggs

#### Topping:

- ½ cup all-purpose flour
- ½ cup brown sugar
- ½ stick unsalted butter melted
- ¼ teaspoon kosher salt
- ¾ cup chopped pecans



### INSTRUCTIONS

1. For the sweet potatoes: Add 1 3/4 pounds peeled and cubed sweet potatoes to a large pot of salted water. Bring to a boil over high heat, then lower the heat to a simmer and cook until the potatoes are very tender, 15 to 20 minutes. Drain and cool. Mash the sweet potatoes.
2. For the filling: Preheat the oven to 350 degrees F. Butter a 2-quart baking dish.
3. Whisk together the butter, mashed sweet potatoes, milk, brown sugar, vanilla, salt and eggs in a large bowl. Transfer to the prepared baking dish.
4. For the topping: Combine the flour, brown sugar, butter and salt in a medium bowl until moist and the mixture clumps together. Stir in the pecans. Spread the mixture over the top of the sweet potatoes in an even layer. Bake until mostly set in the center and golden on top, 25 to 30 minutes. Serve hot.

Alexandria Joo | TRIO SSS and McNair Scholars Project Specialist

## CU Denver, Student Life Emerging Leader Certificate

**Why do a leadership certificate program?** A leadership certificate serves as an additional co-curricular, outside the classroom, learning experience on your journey as a CU Denver student. These programs include a set of focused experiences including workshops, service, and reflection that enhance your knowledge about a topic and yourself. Once completed, you can add your certificate to your resume. Then, when you're speaking to potential employers you will be able to discuss what you learned in the area of your certificate in addition to what you learned in the classroom. You have your entire college career to work on the requirements and complete your certificate. This leadership certificate is for students interested in 1) exploring and expanding their understanding of leadership and 2) practicing their leadership skills through community service. Students will gain an understanding of "socially responsible leadership" and the Social Change Model of Leadership through the program.

**LEADERSHIP LEARNING:** Complete the LEAP Program OR complete 10 LEAD workshops (5 required LEAD workshops), a Personality / Styles workshop, a Diversity & Inclusion workshop and 3 elective workshops).

**EXPERIENTIAL LEARNING:** Complete a minimum of 20 hours of community service at a non-profit agency of your choice. Students are expected to do all hours at one agency. Our hope is that you learn about the agencies mission, the clients they serve, challenges they face carrying out their mission, and how they make a difference.

**MEANING MAKING:** Write a reflection paper connecting everything you've learned and complete a leadership coaching/exit interview where we will practice how to share what you've learned in job interviews.

For more information on this certificate or the Leadership Certificate in Sustainability, or the Intercultural Engagement Certificate, visit the CU Denver Student Life and Campus Community website [HERE](#).



## TV Series Review — Squid Game

Squid Game is probably one of the most exciting series that ever landed on Netflix. The games are childhood, carefree games that show the cruel reality of adulthood.

The story starts with Seong Gi-hun, a guy who still lives with his mom and has a daughter that he might be able to see again. Seong Gi-hun loves horse betting and anything that involves gambling. So when given the opportunity to play one, he can't refuse.

On the day of his daughter's birthday, a random guy at the metro stop asks Seong Gi-hun to play a game with him. It was a game where there was a red and a blue square, each player chose a color, and they had to make another person's color flip to another side. If Seong Gi-hun could flip the opponent's color square to another side, he could win 100,000 Korean Won; if he couldn't flip the color, the stranger slapped Seong Gi-hun each time he lost. After many tries and slaps, Seong Gi-hun finally flips his opponent's color and earns 100,000 Korean Won. Before disappearing, the stranger hands Seong Gi-hun a mysterious card inviting him to play a game.



With so much debt that Seong Gi-Hun may never pay off in his life, he accepts the invitation. He learns that the other 500 participants who join the game are also in dire financial situations.

The first game called "Red light, Green Light," is a childhood game that seems simple but can lead to a painful death. The games became "real" when the players realized these simple childhood games could result in their death.

After the first game, the players are scared and refuse to play any more games. The contract said that players could not leave the game unless the majority voted to end the games. Because each player was assigned a number, one by one, starting with Seong Gi-Hun, they took to turns voting on whether to continue or end the games. Just by one vote, the games ended.

Each player was blindfolded and sent back to reality, back to their debt-ridden lives. Once the players realized their lives were hell and the debt insurmountable, each player chose to return to the games. Now there is no way to stop, and only one player can live and win 45,000,000,000 Korean won.

Patitta Banjongwit | TRIO SSS Peer Mentor

## Math and Stat Support (MaSS)

Math and Stat Support (MaSS) formerly known as the The Zenas Hartvigson Memorial Math Education Resource Center (MERC), has moved to the Learning Commons, Room 1225. They are offering drop-in tutoring services both in-person and remotely for the Fall 2021 semester.

- ✓ [For Hours of Operation Click Here](#)
- ✓ For Remote drop-in options please use the following links (**Check the above schedule first**):

[Remote MaSS with Negar](#)  
[Remote MaSS with Dan](#)

- ✓ For the In-Person drop-in options please visit the 1st floor of the Learning Commons (Annex to City Heights).

Please contact Mike Kawai and Daniel Klie for more information ([mike.kawai@ucdenver.edu](mailto:mike.kawai@ucdenver.edu) or [daniel.klie@ucdenver.edu](mailto:daniel.klie@ucdenver.edu)).



## Upcoming Campus Events



**Friday, November 5th**  
**12:00 pm - 1:30 pm**  
 Register for Zoom link

Conflict de-escalation requires patience, a willingness to listen, and an ability to see the humanity in everyone. Using Hollaback!'s Observe-Breathe-Connect methodology, we'll learn how to identify potential conflict before it escalates using our "pyramid of escalation" and how to assess whether de-escalation is the right action. We'll also learn how to connect with others by validating and de-escalating their feelings — even if we don't understand them or agree with them.



Register Here!



Denver

Office of Diversity, Equity and Inclusion, Asian American Student Services, Learning Resource Center, School of Business, College of Liberal Arts & Sciences (CLAS), CLAS Diversity, Equity & Inclusion Council, Student Life, LynxConnect, CLAS Staff Council, Ethnic Studies Department, Dean of Students, Health & Wellness, and Office of Wellness

**When: Nov 5, 2021 12:00 PM – 1:30 PM**  
**Mountain Time (US and Canada)**

Topic: CU Denver **Conflict De-escalation Training**

Register in advance for this webinar:

[https://zoom.us/webinar/register/WN-f\\_dtFdxS1OMx2xZABYGPA](https://zoom.us/webinar/register/WN-f_dtFdxS1OMx2xZABYGPA)

After registering, you will receive a confirmation email containing information about joining the webinar.

### Description:

Conflict de-escalation requires patience, a willingness to listen, and an ability to see the humanity in everyone. Using Hollaback!'s Observe-Breathe-Connect methodology, we'll learn how to identify potential conflict before it escalates using our "pyramid of escalation" and how to assess whether de-escalation is the right action. We'll also learn how to connect with others by validating and de-escalating their feelings — even if we don't understand them or agree with them. We'll have time at the end to practice using real-life scenarios. You'll leave armed with de-escalation techniques to navigate moments of conflict as workplace leaders.



**NOVEMBER 2nd**  
**ALL DAY EVENT**  
 join us to decorate sugar skulls!  
 Student commons room 2000



### ALTAR DISPLAY

9AM-10:30AM

### GUEST SPEAKER: JUNIOR REINA

11AM-12PM

### SUGAR SKULL DECORATING

12:30PM-2PM

### FACE PAINTING CONTEST (VIRTUAL)

2:30PM-3PM

### MOVIE NIGHT: COCO

5PM-7PM



Please join the CU Denver Latinx Student Alliance and TRIO Programs for the Dia De Los Muertos Celebration scheduled for Tuesday, November 2nd from 9:00 am to 7:00 pm. Throughout the day, there will be activities to participate. We look forward to seeing next Tuesday, in the Student Commons Building, Suite 2000.



## THE SCHOLAR — CU Denver, McNair Scholars Blog

Want to keep up with the CU Denver McNair Scholars News? Check out “**THE SCHOLAR: Taking Research to New Heights**” Blog. Recently, the CU Denver McNair Scholars Program participated in D.A.R.E., which is C.U.’s only multi-campus hybrid research symposium and professional development conference that features the work of first-gen, low-income & historically underrepresented undergraduate researchers from across the C.U. system.

Interested in research? Thinking about going to graduate school? Join CU Denver’s prestige undergraduate research program. The Ronald E. McNair Post-baccalaureate Achievement Program prepares first-gen and underrepresented undergraduate students for graduate education & doctoral studies. McNair Scholars learn about academic career opportunities and prepare for the competitive graduate school application process through:

- ✓ Weekly academic seminars
- ✓ Professionalization opportunities
- ✓ Individualized advising
- ✓ A paid, faculty-led 8-week summer research internship
- ✓ And more!

SCAN TO APPLY



You can read the D.A.R.E 2021 Blog at: <https://cudenvermcnair.wordpress.com/2021/10/21/d-a-r-e-2021/>.

To view “THE SCHOLARS” Blog, visit: <https://cudenvermcnair.wordpress.com/>.

### RONALD E. MCNAIR POST-BACCALAUREATE ACHIEVEMENT PROGRAM

## 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!

- ☆ Jaylin Hodge, TRIO McNair Scholar will be presenting her research at the 2021 Black Doctoral Network.
  - ✓ Research: [Intergenerational Effects of Slavery: A Mixed-Methods Study](#)
- ☆ Jimmy Tangchittsumran, TRIO McNair Scholar took 1st Place at the 2021 D.A.R.E. Poster Presentation.
  - ✓ Research: [Biologics Development and Manufacturing: Research Cell Bank](#).
- ☆ Daysy Bustamante, TRIO McNair Scholar took 3rd Place at the 2021 D.A.R.E. Poster Presentation.
  - ✓ Research: [Culturally Responsive Sexual & Reproductive Healthcare for Youth of Color](#).
- ☆ Lizbeth Arreola Torres Passed her CNA (Certified Nurse Aid) Exam.

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







Dear Students,

I hope you're well and that your semester is going well. I find that November flies by, and before I know it, the end-of-the-semester and the holidays are here. Consequently, I am trying to practice mindfulness this month.

I invite you to join us in two wonderful celebrations this month: Dia de los Muertos (on November 2nd) and First-Gen Week (November 8 - 12th). On Tuesday, November 2nd, SSS will partner with the Latinx Student Alliance (LSA) to celebrate Dia de los Muertos (DDLm) or Day of the Dead. While DDLm is celebrated differently across Latin America, it is a day to celebrate life and honor loved ones who have passed away. I hope you will join us in person or virtually throughout the day. On November 8th, the U.S. celebrates National First-Gen Day! First-generation (first-gen) college students are individuals whose parent (s) or legal guardian (s) have not completed a 4-year college degree. First-Gen Day invites us to honor and recognize the unique experiences and resilience of our first-gen students. CU Denver has a week-long celebration, and I hope you will join us. On Friday, November 12th, we'll raffle 4 - \$500 first-gen scholarships to students who are first-gen and have attended at least one First-Gen Week event. You earn a scholarship raffle entry for every event you attend!

### FIRST-GEN WEEK SCHEDULE OF EVENTS

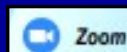
- ☆ **November 8th:** First-Gen Kickoff. This kickoff event, titled, "Proud to be First," will invite panelists to share their experiences and lessons as first-generation college students, graduates, and professionals. Lunch will be provided!
- ☆ **November 9th:** Admissions outreach, free app evening for first-generation prospective students (virtual event).
- ☆ **November 10th:** First-Gen Wellness, virtual and on-campus options to get fit.
  - ✦ Bollywood Dance Class at the Wellness Center
  - ✦ School of Breaking – virtual breakdancing event open to all current and prospective CU Denver students and Alumni.
- ☆ **November 10th:** LynxConnect LEAD Workshop: Emotional Intelligence as a Student Leader. Participants will learn about the 5 core and 5 higher-order emotional intelligence skills needed to be an effective leader. This workshop requires pre-registration so students can access take the EI Leadership Assessment instrument.
- ☆ **November 11th:** First-Gen in STEM: Graduate Education & Beyond. Virtual event for grad/doctoral students or students looking to apply to graduate school. Students will hear from a panel of first-gen graduate students in various academic disciplines.
- ☆ **November 12th:** First-Gen Week Closing & Scholarship Awards. Lunch is on us! Bring your family and friends to our closing celebration, where you will be part of our special pinning ceremony. Additionally, fall graduates will be able to pick up their First-Generation stoles.

Finally, don't forget that Friday, December 3rd is the final book scholarship deadline. I encourage you to schedule your final meetings and complete your remaining workshop requirements early.

Be safe and be well,  
Sonia Valencia



# November Workshop Calendar



Mon	Tue	Wed	Thu	Fri
1 <b>Mission Statement</b> 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.	2	3 <sup>1</sup> Delegation: Using the Power of Other People's Help 3:30 pm—4:30 pm Tivoli, 640	4 <sup>2</sup> FAFSA Completion 9:00 am—10:00 am SC, 2000 <b>IT'S FAFSA TIME!</b>	5
8 <sup>2</sup> Now or Later? Procrastination 3:00 pm—4:00 pm SC, 2000 <b>LATER</b> <b>NOW</b>	9 <sup>3</sup> Ace My Tests Test-Taking Skills 9:00 am—10:00 am <sup>4</sup> Wellness & Recreation Financial Wellness: Taking Control of Your Money: Investing 11:00 am—12:00 pm Wellness Center Seminar Room	10 <sup>3</sup> Take Control of Your Semester: Time Management 1:00 pm—2:00 pm <sup>1</sup> Emotional Intelligence for Student Leaders 3:30 pm—4:30 pm Tivoli, 444	11 <sup>2</sup> Professional Effective Networking 10:00 am—11:00 am SC, 2000 <b>NETWORKING</b>	12
15 <sup>4</sup> Wellness & Recreation Financial Wellness: Budgeting for the Holidays 11:00 am—12:00 pm Wellness Center Seminar Room <b>Budgeting For The Holidays</b> The Smart Way	16 <sup>3</sup> Due Today ≠ Do Today Procrastination 9:00 am—10:00 am	17 <sup>3</sup> Wellness & Stress Management 1:00 pm—2:00 pm <sup>1</sup> Failing Up: Embracing Failure as a Leader 3:30 pm—4:30 pm Zoom ID: 957-5809-8273	18 <sup>2</sup> Study Habits Trick & Tips 11:00 am—12:00 pm <sup>2</sup> Motivation and Goal Setting 12:30 pm—1:30 pm SC, 2000 <b>Motivation</b> Loading...	19
22 Fall Break	23 Fall Break	24 Fall Break	25 Thanksgiving	26 Fall Break
29	30 <sup>5</sup> TRIO SSS Saving Strategies and Retirement 3:00 pm—4:00 pm SC, 2000	Please <u>register</u> and be on-time as professional courtesy to the presenter. They will be sending you an email with either room location or zoom link. Complete your TRIO SSS Online Evaluation Form for Workshops and Financial Literacy Sessions at: <a href="https://bit.ly/3jmZL0K">https://bit.ly/3jmZL0K</a>		

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

<sup>1</sup>Student Life LEAD Workshops: Registration is not required. Please see calendar for details (room or zoom information).

<sup>2</sup>TRIO SSS Skill Building Workshops: Registration Required: RSVP at: <https://bit.ly/3ipckJA>

<sup>3</sup>Learning Resources Center Workshops: Registration Required: RSVP at: <https://www.ucdenver.edu/learning-resources-center/resources>

<sup>4</sup>Wellness & Recreation Services Financial Literacy Workshops: Registration Required: RSVP at: <https://www.ucdenver.edu/wellness/matters/financial-wellness>

<sup>5</sup>TRIO SSS Financial Literacy Workshops: Registration Required: RSVP at: <https://bit.ly/3lu6cl8>

*"Give thanks not just on Thanksgiving Day, but every day of your life. Appreciate and never take for granted all that you have."*  
~Catherine Pulsifer