

November Workshop Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
6 ¹Get More Done... Time Management Basics 3:30 pm—4:30 pm In-Person SC, Suite 2000	7 ²Good Vibes: Wellness and Stress Management 12:30 pm—1:15 pm In-Person Learning Commons ³Investing 201: Retirement Planning 3:00 pm—4:00 pm In-Person Wellness Center Seminar Room	8 ²Due Today ≠ Do Today Avoid Procrastination 11:30 am—12:30 pm Zoom ⁴LEAD: Beyond the Ballot: Political Advocacy & Leadership 12:30 pm—1:45 pm Learning Commons, 2220 Zoom: 917 4872 1674 ³Budgeting for the Holidays 2:00 pm—3:00 pm In-Person Wellness Center Seminar Room	9 <div style="border: 1px solid orange; padding: 10px; text-align: center;">Make sure to complete the TRIO SSS Online Evaluation Form for Skill Building Workshops and Financial Literacy Sessions. Complete at: https://bit.ly/486skrV</div>	10
13 ⁵Writing for Healing 10:00 am—12:00 pm Learning Commons 2227 In-Person (Interactive Workshop)	14 ²Final Exam Prep 12:30 pm—1:15 pm In-Person Learning Commons ⁵Writing for Healing 3:30 pm—5:30 pm Learning Commons 2227 In-Person (Interactive Workshop) ³Money & Relationships 11:00 am—12:00 pm In-Person Wellness Center Seminar Room	15 ²Final Exam Prep 11:30 am—12:15 pm Zoom	16 ⁶TRIO SSS Financial Literacy: Budget Basics 12:00 pm—1:00 pm In-Person SC, Suite 2000	17 <div style="border: 1px solid lightgray; padding: 10px; text-align: center;">"Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough." — Oprah Winfrey</div>
20 FALL BREAK	21 FALL BREAK	22 FALL BREAK	23 THANKSGIVING	24 FALL BREAK
27 ¹Procrastination: Now or Later? 3:00 pm—4:00 pm In-Person SC, Suite 2000	28	29 ³Preparing for Life After Graduation 12:00 pm—1:00 pm Wellness Center Seminar Room ⁴LEAD: Crucial Conversations 12:30 pm—1:45 pm Learning Commons, 2220 Zoom: 917 4872 1674	30 ¹What's Your Learning Style? 12:00 pm—1:00 pm In-Person SC, Suite 2000	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.

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

HYBRID



IN-PERSON



ZOOM



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

¹TRIO SSS Skill Building Workshops: [Registration Required: RSVP: HERE](#)

²Learning Resource Center Workshops: [Registration Required: RSVP: HERE](#)

³Wellness & Recreation Services Financial Wellness Workshops: [Registration Required: RSVP: HERE](#)

⁴Student Life and Campus Community LEAD Workshops: [Registration \(Optional\): RSVP: HERE](#)

⁵Writing Center Workshops: [Registration Required: RSVP: HERE](#)

⁶TRIO SSS Financial Literacy Workshops: [Registration Required: RSVP: HERE](#)