Student Spotlight — Anjelique Morine

The TRiO Student Support Services Program is pleased to spotlight Anjelique (Anjel) Morine in this month’s newsletter. Anjel is currently majoring in Geography and has a minor in Urban Studies and Planning. She will be graduating this fall 2019. When asked about her experience in college she states, “In all I have accomplished, my family has been my greatest motivation and support.” She began her higher education journey at Red Rocks Community College. Originally she majored in Psychology, but eventually found her passion for Geography from a professor in the department. From there she decided to transfer to CU Denver, where she found her transition from a community college to the university difficult. Anjel applied to TRiO SSS ahead of time and was accepted into the program her second semester here. She states, “Thank goodness! The wealth of resources available is what has kept me afloat in school. As a natural introvert, it was not typical for me to be social, but as a member of multiple scholar groups including TRiO SSS, TRiO McNair Scholars, Reisher, E.D.G.E, and Latinx, I was forced out of my comfort zone and introduced to a new confidence. My first job on campus was in undergraduate admissions as a student ambassador, where I gave tours, interacted with prospective families, and performed administrative duties. It was a great opportunity; I was able to learn the campus, network, and was constantly growing and learning. The Geography and Environmental Sciences (GES) department has allowed me to make meaningful connections with professors and professionals. This May, I was able to study abroad with the department and travel to China where I was also able to conduct comparative research on agriculture and food. I am extremely grateful for the freedom education had provided me, and to CU Denver for all it has shared.”

The biggest challenge that Anjel has faced while earning her degree has been balancing full-time courses, two jobs, her academics as well as her son, relationship, and managing a household while trying to stay sane. Through these challenges she has been able to create short and long term goals for herself. Her short term goal is to of course graduate! Anjel states “I have missed precious moments in my son’s life, and I can’t wait to be more available for him- he deserves it. I would also like to utilize skills gained from the urban sustainable agriculture certificate I have recently completed by gardening with local nonprofits such as Growhaus or Earthlinks to help combat homelessness.” As far as her long term goals, one is to attend graduate school. She looks forward to pursuing and obtaining a PhD. She says “Before I can get there, I would like to gain more financial and mental stability through consistent work and therapy. I believe the mind is our most powerful asset, and in order to move forward in strength, the mind needs to be strong. Ultimately, I can see myself in a position with the city of Denver designing municipalities, incorporating garden spaces, and working with residents to better build our community through group planning.”

Anjel likes to be creative, explore cultures through food and dance, garden, volunteer, and enjoy the outdoors especially in Colorado. She mentions that Halloween is an entire season for her to use her creativity and create a masterpiece. Gardens are her sanctuary where she can tend the soil and watch her plants and crops grow. Uplifting the community is very important for her, which is why she volunteers. She also likes to dance and conduct research. She believes these activities can benefit others. Anjel mentions, “with each of the four aforementioned activities, I can include my son, Aulani, and teach him hands on skills.”

Continued On Next Page...
The TRiO SSS Program is delighted to highlight Arlene Padilla’s undergraduate journey. She is an active participant in the program and will be graduating with a Bachelor of Science in Business Administration degree with an emphasis in Accounting and a minor in Economics this semester. Her favorite quote by Ana Santos Vitel is, “If the dream is there, work, save, and invest until it is your reality.” This quote resonates with Arlene because she can relate to it. She noted, “I have worked very hard to get to where I am today. Graduating from college was a dream at one point and this December it will be a reality. Soon I will be working towards my next dream to become an attorney, it will take a lot of work and patience but I am confident that it will become a reality.”

Arlene mentioned that when she began college, it was very difficult as a first-generation student. She struggled her first semester because she was in a new environment that was different from what she had experienced before. College was a new start for her and she was undecided with her major and did not know anyone. These factors made it difficult for her to adjust to college and her academics took a hit. As she moved forward with her educational journey she made the decision to reach out to several campus resources. Overtime, she became more comfortable with the college environment and began to take classes that she enjoyed as well as making friends within her major. Arlene stated, “I managed to turn a negative experience into an enjoyable one.”

Her biggest challenge she faced was learning to find a balance between her academic work and family life. Being a first-generation student, she relied heavily on the guidance and community that the TRiO SSS Program provided for her because no one in her family had experienced this before. Arlene stated, “Although my family has been very supportive of my academic journey, I found it difficult to ask them for guidance when it came to certain areas of going to school.”
Greetings Everybody, my name is Carlos Guillen. I’m extremely proud to be a first-generation student and representing my Afro-Latino heritage in all possible settings. I’m currently a senior enrolled in the BS Psychology program. The reason why I’ve chosen to major in Psychology is due to the indefinite nature of the human mind, where concepts and beliefs are common amongst us all (mostly), but evidently are hard-wired in our brains differently. Thus, that different hard wiring of neurons in our brains, is what gives us the perception of the self and others. I believe the mastery of the Self-Perception is a vital template to garner the perception of others.

As of now, I’m striving to obtain my bachelor’s degree within the next year, while being a contributing member to all TRIO services and to all of its students. I am motivated to be enrolled in a graduate program as soon as I have obtained my bachelor’s degree. I aspire to gain my Ph.D. in Clinical Psychology with an emphasis in Cognitive-Behavioral Therapy. I do wish to further my education after my achievement of my Ph.D. by obtaining a Post-Doctoral degree in Neuropsychology. What really motivates me to obtain my academic and personal goals is the thought of the individuals who were never given the opportunity to achieve theirs. I count my blessings every day to keep the negative energy away. My hobbies consist of reading, fantasy football and enjoying football season, meditating, journaling, and being an active music enthusiast. My current interests are promoting racial discussions, prison reforms, police reforms and spirituality. I’m looking forward to meeting you all and assisting in any way that I can to my fullest potential.

Favorite Quote: “I’m not saying I’m gonna rule the world or I’m gonna change the world, but I guarantee you that I will spark the brain that will change the world. And that’s our job, it’s to spark somebody else watching us.” – Tupac Shakur

Carlos Guillen | TRIO SSS Peer Mentor
Hello, my name is Rebecca Huerta. I am currently in my third year at CU Denver and I am pursuing my Communications and Business degree with a minor in Ethnic studies. My parents raised me and my seven other siblings with strong traditions that are rooted in our culture and have constantly pushed us to reach for the stars because they couldn’t when they were young. For that reason, I am grateful for my education and I push myself every day to make them proud.

When I first came to CU Denver, I had no clue as to what I wanted to study. My parents encouraged medical school and for a while I took classes that would prepare me for that during my years in high school. I soon realized that it was not the best fit for me. I took my first communications class and fell in love. While figuring things out and making major transitions, my good friend and I opened up our business selling and creating products we love. I now am a full-time student, co-own a little store and desire to help others in any way I possibly can through my experiences. A community I consider close to family, is my sand volleyball league. I enjoy playing with friends and being active as much as I can. I want to put forth my knowledge and education towards opening up my own sand volleyball place. I hope to share my experiences and tips on how to strive towards your goals while also maintaining a healthy and balanced life.

Favorite quote: "Our greatest glory is not in falling, but raising every time we fall."
~ Rocky Balloon

Rebecca Huerta | TRiO SSS Peer Mentor

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Hello! My name is Catherine, however I prefer to go by Cathy because when I was born my dad spelled my name wrong. I am currently a first-generation, latina senior at the business school pursing a double major in Management and Human Resources with a minor in entrepreneurship. I was born and raised in a small town in Colorado known as Brush. I am also a sister of Pi Lambda Chi Latina Sorority, Inc and it has been my home away from home. I love to travel and spend time with my dog Loui. I just recently adopted a little yorkie and his name is Loui V. I am also a coffee connoisseur, so if you would like to know of any great local coffee shops-let me know.

I am grateful to have had the opportunity to be a part of TRiO SSS as it has been a great support system for me. TRiO has given me the support and resources I have needed to make it to my senior year and be able to accomplish all that I have.

As graduation approaches I have been reflecting on my life and I have come to the decision that I wish to further my education and pursue a master’s degree. Although my dad asked me to be sure and complete a bachelor’s degree, I want to be able to give him an assurance that I will complete a master’s degree as well. Thank you for coming to my Ted talk.

Favorite quote: "I don't know where I am headed but I am on my way." ~ Carl Sandburg

Catherine Saucedo-Zavala | TRiO SSS Peer Mentor
The TRiO Student Support Services program is happy to highlight Carol Combs’s study abroad experience to Seville, Spain. She is working to complete her B.S. in Public Health with a minor in Human Development and Family Relations. She has been an active participant in the TRiO SSS Program. Currently, Carol also serves as a Peer Advocate Leader.

Carol had an opportunity to participate in a service based study abroad program working with diverse Spanish families, schools and communities. The program included guest lectures from Spanish mental health, educational and community experts about serving in familial, community and educational settings. In addition, students experienced the cultural and linguistic history of an area close to the southern coast of Spain. The program took place from May 25 through June 15.

When asked about her experience Carol stated, “My experience was amazing. This trip was about serving communities and I was able to help at a school for disabled students. The students were from ages 5 -18 and they all had a different disability." The students she worked with were kind, helpful, and filled with spirit. They asked questions about Colorado and also taught her about famous singers in Spain. Carol mentioned that the school is funded by their government, so the school is able to offer physical therapy for the students, and parents do not have to pay to enroll their children. One of the biggest things she learned was about the culture in Spain. She noted, “I enjoyed learning about the culture, seeing different architecture, and meeting new people. I learned that I want to travel more and be able to serve different communities."

Carol would highly encourage and recommend to other TRiO SSS students that they study abroad. She stated, “I actually never considered traveling abroad until my sister told me she regretted not studying abroad. When you study abroad you are able to experience different surroundings, try different foods, and also receive credits towards your degree; it’s the best of both worlds.” As far as the cuisine, she learned that most dishes in Spain come with a side of French fries and that Spaniards are fans of tapas, which are smaller plates of food. Carol mentioned, “They also eat lunch and dinner at a later time. Dinner is usually at 9 pm or later and lunch is usually eaten around 2pm. I was able to try different dishes, but my favorite dish would be paella. I tried their tortilla and it wasn’t what I expected; it wasn’t a tortilla that I usually eat. The tortillas are filled with eggs and potatoes, but it was delicious.”

Carol also noted that the CU Denver Global Education/Study Abroad office was very helpful and they can help you with finding scholarships. In addition, she was very lucky to have Jennifer Greiving and Dr. Ruben Anguiano assist her with any questions, booking flights, and notifying her about scholarships. Both Jennifer and Dr. Ruben, the two professors who taught the course were encouraging throughout the trip. “They would constantly make sure the group was doing well and would recommend places to go see. They would also visit our service site and made sure we were comfortable where we were at,” she said.

If you are interested in studying abroad, please visit with a representative from the CU Denver Office of Global Education/Study Abroad! You can visit their website here. Click “Make An Appointment” tab for scheduling your first-time appointment.
Hello, it is a new day and the sun is shining, the National Football League is officially back. Week 1 of the NFL was a success, we saw if teams offseason moves made them stronger or championship contenders. Although, it is too early to say which team will make the playoffs, we all know (I believe) the New England Patriots will make the playoff. In this article, I will mainly be focusing on week 1 of the NFL and a little bit about the preseason events.

As we all know the New England Patriots have acquired Antonio Brown after he decided to part ways with the Raiders. I don’t know whether to be excited or sad because with Antonio Brown now with the Patriots that means that he and Tom Brady will team up and maybe win a super bowl. If you don’t believe me pay close attention to what I am about to say. To many, Antonio Brown is the best wide receiver in the National League and Tom Brady is considered the best quarterback to others. Not just that you can make an argument that Tom Brady is the greatest quarterback of all time. When you combine Antonio Brown and Tom Brady that is a recipe for success. Do you think I am correct?

The biggest story of the weekend was the Broncos. The Broncos made some big moves in the offseason. John Albert Elway Jr who is the current general manager for the Broncos and a Bronco’s legend himself, fired Vince Joseph after last season. The reason Joseph was fired is that in his years coaching the Broncos, the team overall record was terrible and therefore never made the playoff. John Elway decided to higher Vic Fangio as the new head coach. Before being named the head coach of the Denver Broncos, Vic Fangio was a defensive coordinator 24 years in college and the NFL. Since the departure of the legend Peyton Manning, who won a Super Bowl title with the Broncos, and just like arguing that Tom Brady is the greatest quarterback of all time, the Broncos offensive has struggled to find the next Peyton Manning. This season the Broncos new quarterback is Joe Flacco a former Baltimore Ravens. Do you guys think with the moves that they made in the offseason, they will make the playoffs this year?

Well, I will start by answering my question, I will not say if the Broncos will make the playoffs or not, however week 1 didn’t go as planned for the Broncos. The team lost at Mile High Stadium in Denver to a score of 16-24, an eight point’s difference score. The biggest story is not that they lost, but to whom they lost the game. They lost to their rival, the Raiders. Oh man, many Broncos fans were upset, the good news for the Broncos might be that it is the beginning of the new season and they can bounce back, but the bad news is they lost to the Raiders.

Mardochee Mafuana | TRiO SSS Peer Mentor

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**Pumpkin Spice Latte Recipe**

**Ingredients**

1 cup milk  
2 tablespoons pure pumpkin puree  
1 tablespoon sugar  
1/4 teaspoon pumpkin pie spice, plus more for sprinkling  
1/4 teaspoon pure vanilla extract  
1/4 cup hot espresso or strong brewed coffee  
Sweetened whipped cream, for serving

**Directions**

Combine the milk, pumpkin puree, sugar, pumpkin pie spice and vanilla in a medium microwave safe bowl, cover the bowl with plastic wrap and vent with a small hole. Microwave until the milk is hot, 1 to 2 minutes. Whisk vigorously until the milk mixture is foamy, about 30 seconds. Pour the espresso or coffee into a large mug and add the foamed milk. Top with whipped cream and a sprinkle of pumpkin pie spice.


Cristian Sarabia | TRiO SSS Peer Mentor
Domestic Violence Awareness Month

No individual should feel unsafe while in an intimate relationship with their partner. But the sad reality is that on average, 24 people per minute are victims of rape, physical violence or stalking by an intimate partner in the United States — more than 12 million women and men over a year. The month of October is the month that raises awareness about Domestic Violence and possible prevention of it. A purple ribbon is the symbolic icon of Domestic Violence Awareness Month, which displays the strength of survivors and hope for those enduring the abuse. Due to the possible risk factors that an individual may face, there should be a continuous effort to spread awareness throughout the year, not just in October.

Domestic violence (also known as intimate partner violence (IPV)) is an array of behaviors exhibited by one partner to ensure that their power and control is maintained over their partner (s) in an intimate relationship. The maintenance of domestic violence is held by motives and actions that can involve inflicting physical harm, arouse fear, the fixation of controlling the activities of the significant other, and forcing them to perform unwanted behaviors. The utilization of domestic violence is shown and not limited to one but a combination of physical and sexual violence, intimidations and threats, economic deprivation, and emotional abuse.

There is a tendency to believe that with whoever we choose to be involved with in an intimate relationship, they are incapable of flaunting such harmful acts. Domestic violence doesn’t discriminate and can appear in all forms of race, age, religion, creed, sexual orientation, and gender. Domestic violence if allowed to exist, can have daunting consequences ranging from emotional abuse to extreme circumstances of death/suicide. Awareness and prevention of domestic violence should be a priority amongst all social science forums. The prevention of domestic violence requires the realization of what is domestic violence, how it is maintained and sensitivity to broach the topic.

Individuals that are currently experiencing domestic violence are potentially unaware of the harm they are being exposed to or are unwilling to accept the matter due to their unconditional love and commitment to the relationship and their partner. This virtuous dedication to their relationship speaks volumes of the extent and depth of their character. However, that can be a detriment if it is causing that person harm. Gaining self-esteem and value is an initial step in realizing what we as individuals deserve in life. As stated previously, no one individual deserves to be disrespected by anyone that would result in inferior self-imagery. If you know of anyone who is unfortunately, experiencing this obstruction to a self-fulfilling life, please direct them to the Phoenix Center here at the Auraria campus located in the Tivoli. The Phoenix Center specializes in offering student services to individuals who find themselves victims of domestic violence and provide a safe haven to discuss such matters. Stop the abuse and gain your path to safety. Always remember that your life has value and refuse anyone from minimizing you or your purpose in life.

Phoenix Center of Auraria Information: https://www.thepca.org/
The National Domestic Violence Hotline: https://www.thelotline.org/resources/statistics/

Carlos Guillen | TRiO SSS Peer Mentor

Don’t Forget...

October 1, 2019—FAFSA application opens  (TRiO SSS will be offering FAFSA workshops in the office computer lab)
October 2, 2019— Post E-Bills online for students who have any new or unpaid charges
October 18, 2019—Deadline to sign up for the QuikPAY 2 payment plan
October 21, 2019—Auto-debit/auto-withdrawal for students on a QuikPAY payment plan
October 27, 2019— Last day to WITHDRAW from a class via UCD Access
October 28, 2019—First day to WITHDRAW from a class with a required authority signature on a Late Withdraw Petition Form
October 31, 2019— Fall tuition and fee due date
   — Late fee and finance charges applied to accounts with past due balances

Alexa Dominguez | TRiO SSS Front Staff
In the modern American dream, going to college carries an expensive tag. In order to help mitigate the cost, students can receive government assistance by filing out the FAFSA or look for other sources that can help reduce the out of pocket expense for students such as scholarships and internships. The Free Application for Federal Student Aid, which is commonly known as FAFSA is a critical resource that can give students federal loans, federal grants, and work-study awards. It’s also used to award state and institutional grants by schools. FAFSA is divided into two categories: need-based and non-need based aid depends on a family’s ability to pay for college as dictated by FAFSA calculations, while non-need based aid is not based on your family’s ability to pay for college. Merit-based aid, usually in the form of scholarships, can be awarded by the institution or private organization for a specific talent (athletic or academic) such as admissions based scholarships. The Pell Grant, a federal grant is awarded to undergraduate students who display exceptional financial need and have not earned a bachelor’s degree. Work-Study, an often overlooked award, awards students funds for work at a job that can be on or off campus to help pay for college expenses.

Other free funding also exists through scholarships. CU Denver undergraduate students are awarded over $30 million in scholarships from institutional, local, state, and national sources, yearly. They vary in the amount rewarded depending on the type of scholarship. For example, accounting scholarships are up to $1,000, while the Brown Scholarship Fund which is awarded to students who are in the College of Arts and Media receive up to $500. Applying for scholarships is as easy as filtering through the website. Some of these filters include your student status, scope, parental status, English fluency status, and FAFSA status. The Scholarlynx website lists several scholarship opportunities on https://ucdenver.academicworks.com/.

Deadlines for these programs vary and it is important to be cognizant of them. In the 2020-2021 aid cycle, the FAFSA will open on October 1, 2019 and the last day for students to submit the form is on June 30, 2021 which can be filled out on https://studentaid.ed.gov/sa/fafsa. Also, if you want to be considered for state and institutional grants, a student’s financial aid file must be completed by April 1st. Scholarship deadlines vary due to their sponsor, but they open October 1, 2019.

Vrajen Patel | TRiO SSS Peer Mentor

KUDOS

Have an accomplishment? Please tell TRiO about it.

Inside the TRiO office, there is a sheet of paper for you to share your accomplishments and awards you received.

- Vanessa Viramontes received an internship with Gateway Court Advocacy.
- Amy Hernandez was accepted into the Undergraduate Pre-Health Program.
- Natali Cadena was accepted into the CU Denver Student Life & Campus Community Emerging Leaders Program!
Hello TRiO students,

I hope the semester is going well for you and you feel like you are getting closer to that goal of completing a Bachelor’s degree. If you are a freshman and just starting out, it may seem like your graduation is a long way off, however the time does pass quickly, so try to enjoy every day that you are here. I know many of you have taken Mid-terms or will be taking them soon as it is already October. Hopefully you are prepared for those mid-term exams and papers and presentations that crop up around this time. If you find yourself struggling in any of your classes right now, please remember that the Learning Resources Center is the place to go to sign up for tutoring and for SI sessions. They are located in Student Commons 2105. We know that there are not enough available tutors this semester for our TRiO SSS participants to sign up for the extra hour of tutoring for some classes that was available to our students in the past, so please work with your Peer Mentor as he/she may be able to also tutor in certain subjects. We have had a harder time finding students to mentor this semester, but we are getting there. We have 3 new mentors coming on board soon. You will hear about them in this edition of the newsletter. Please call the office at 303-315-3550 to schedule a time to meet with your Peer Mentor or stop by the office and make an appointment. Also the MERC lab is open for students who need assistance in their math classes and the Writing Center is available for students who want to have a paper for any class reviewed. Both the MERC lab and Writing Center are on the 4th floor of the North Classroom building, MERC lab in NC 4015 and the Writing Center in NC 4014.

We are now fast approaching the mid-way point in the semester, which also means that we are getting near to the first deadline for meeting the first half of the requirements for the TRiO SSS Book scholarship. It seems that many of you have been on top of this as we have seen quite a few of you in the office these past couple of weeks. That is great, keep it up. The deadline for completion of the first half of the requirements is Friday, October 11, 2019. You must meet with your Peer Mentor at least 2 times, attend one TRiO SSS sponsored workshop or financial literacy session, and meet with the Director, Program Manager or Program Coordinator at least once by that deadline. The second half of the book scholarship requirements must be met by 12/6/19, which includes completion of at least one financial literacy seminar. (Financial Literacy does not count as a workshop and vice versa) The online Money 101 program is being re-vamped this semester and so is not available yet to our students. Please see the calendar for in-class sessions offered by the Wellness Center and our own TRiO SSS staff. If you still need to meet with a professional staff to make that part of the requirements, please be advised that all professional staff will be out of the office 9/30 – 10/2/19 and I will be out through 10/4/19. Please plan accordingly and email to make an appointment as soon as possible as we are all filling up with appointments. The mentors are also getting quite busy, so you should make an appointment with your mentor as soon as possible as well. Best of luck to all of you on your mid-terms this semester and hopefully many of you are keeping up with requirements for the TRiO SSS Book Scholarship.

—Teresa De Herrera

“If one advances confidently in the direction of his dreams, and endeavors to live the life which he has imagined, he will meet with a success unexpected in common hours.”

~ Henry David Thoreau
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| 1   | Take-A-Selfie (Skills)  
SC, Suite 3018  
3:30 pm—4:45 pm | Resume and Cover Letter Meetup  
Tivoli, rm 267  
2:00 pm—3:00 pm | Arguments & Thesis Statements  
NC, Suite 4002R  
12:30 pm—1:30 pm | 1st Book Scholarship Deadline  
Don't Miss the Deadline! |
| 2   | Financial Literacy:  
Budget Savvy  
Wellness Center  
3rd Floor Seminar Room  
12:30 pm—1:30 pm | Financial Literacy:  
Budget Savvy  
Wellness Center  
3rd Floor Seminar Room  
12:30 pm—1:30 pm | Lunch and Lead:  
How to Adult & Let Your Problems Help You Grow  
Tivoli 440  
12:30 pm—1:30 pm | Perseverance Is a Great Element of Success  
Henry Wadsworth Longfellow |
| 3   | Physical Wellness  
Tivoli 320  
12:30 pm—2:00 pm | Resume & Cover Letter Meetups  
Tivoli Suite 267  
2:00 pm—3:00 pm | Peace of Mind  
Tivoli 454  
4:00 pm—6:00 pm |  |
| 4   | Take-A-Selfie (Personal)  
SC, Suite 3018  
3:30 pm—4:45 pm | Getting What You Want in a Relationship  
Tivoli 454  
4:00 pm—6:00 pm |  |
| 5   | Take-A-Selfie (Interest)  
SC, Suite 3018  
3:30 pm—4:45 pm |  |
| 6   | FASFA Completion Workshop  
SC, Suite 2011  
9:00 am—10:00 am |  |
| 7   | Beginners Guide:  
Job Search Tips  
SC, Suite 2000  
1:00 pm—2:00 pm | FASFA Completion Workshop  
SC, Suite 2011  
9:00 am—10:00 am | FASFA Completion Workshop  
SC, Suite 2011, TRiO Computer Lab  
10:00 am—11:00 am |  |
| 8   | Lunch and Lead:  
Emotional Intelligence—Navigating Feedback, Conflict, and Workplace Politics  
Tivoli 440  
12:30 pm—1:30 pm | Lunch and Lead:  
Managing Your Mood  
Tivoli 454  
4:00 pm—6:00 pm |  |
| 9   | FASFA Completion Workshop  
SC, Suite 2011  
9:00 am—10:00 am |  |
| 10  | Food for Thought:  
South Korea & Activism  
SC, Suite 2000  
12:30 pm—1:45 pm |  |
| 11  | Eating Healthy on a Budget  
Tivoli 320  
12:30 pm—2:00 pm |  |
| 12  | Resume & Cover Letter Meetups  
Tivoli Suite 267  
2:00 pm—3:00 pm |  |
| 13  | Take-A-Selfie (Values)  
SC, Suite 3018  
3:30 pm—4:45 pm |  |
| 14  | TRiO Financial Literacy:  
Managing Your Finances  
SC, Suite 2000  
9:00 am—10:00 am | FASFA Completion Workshop  
SC, Suite 2011  
9:30 am—10:30 am | TRiO Financial Literacy:  
A Practical Guide to Budgeting  
SC, Suite 5018  
3:30 pm—4:30 pm |  |
| 15  | Lunch and Lead:  
Emotional Intelligence—Navigating Feedback, Conflict, and Workplace Politics  
Tivoli 440  
12:30 pm—1:30 pm | Social Wellness  
Tivoli 320  
12:30 pm—2:00 pm |  |
| 16  | Piece of Mind  
Tivoli 454  
4:00 pm—6:00 pm |  |
| 17  | FASFA Completion Workshop  
SC, Suite 2011  
9:00 am—10:00 am | Resume & Cover Letter Meetups  
Tivoli Suite 267  
2:00 pm—3:00 pm |  |
| 18  | TRiO Financial Literacy:  
Budget Savvy  
Wellness Center  
3rd Floor Seminar Room  
12:30 pm—1:30 pm | Undeclared Students  
Tivoli Suite 267  
3:30 pm—4:45 pm |  |
| 19  | FASFA Completion Workshop  
SC, Suite 2011  
9:00 am—10:00 am | Managing Your Mood  
Tivoli 454  
4:00 pm—6:00 pm |  |
| 20  | FASFA Completion Workshop  
SC, Suite 2011  
9:00 am—10:00 am |  |
| 21  | Improve Your Productivity!  
Effective Time Management  
SC, Suite 2000  
1:00 pm—2:00 pm |  |
| 22  | FASFA Completion Workshop  
SC, Suite 2011  
9:00 am—10:00 am |  |
| 23  | FASFA Completion Workshop  
SC, Suite 2011  
9:00 am—10:00 am |  |
| 24  | Now What!  
Tips for Graduate School  
That You Absolutely Can’t Miss  
SC, Suite 2000  
3:00 pm—4:00 pm | Resume and Cover Letter Meetups  
Tivoli, rm 267  
2:00 pm—3:00 pm |  |
| 25  | Resume and Cover Letter Meetups  
Tivoli Suite 267  
2:00 pm—3:00 pm |  |
| 26  | Resume and Cover Letter Meetups  
Tivoli, rm 267  
2:00 pm—3:00 pm |  |
| 27  | FASFA Completion Workshop  
SC, Suite 2011  
9:00 am—10:00 am |  |
| 28  | FASFA Completion Workshop  
SC, Suite 2011  
9:00 am—10:00 am |  |
| 29  | FASFA Completion Workshop  
SC, Suite 2011  
9:00 am—10:00 am |  |
| 30  | Resume and Cover Letter Meetups  
Tivoli, rm 267  
2:00 pm—3:00 pm |  |
| 31  | Resume and Cover Letter Meetups  
Tivoli Suite 267  
2:00 pm—3:00 pm |  |

*Student and Community Counseling Center: RSVP at https://forms.underven.edu/secure/counseling_group.
*Writing Center: RSVP at https://clas.ucdenver.edu/writing-centerworkshops.
*Wellness and Recreation Services: RSVP at https://docs.google.com/forms/d/e/1FAIpQLSeQgxDxG7B79bA7Hw/HaccQySc9Y19mYFUS4REVsG_rV+hJ/viewform.
*Asian American Student Services: No RSVP Required.

Room Location Key: SC = Student Commons, NC = North Classroom | Please note: Non-TRiO workshops are subject to change.

THE PILLAR