



THE PILLAR



A MONTHLY JOURNAL OF THE TRIO SSS COMMUNITY

"Helping Students Realize Their Full Potential"

October 2021
SPOOKTACULAR ISSUE

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HALLOWEEN

Student Spotlight—Patitta Banjongwit



The TRIO Student Support Services program is happy to spotlight Patitta Banjongwit. She goes by "Faai." She has been an active participant as well as a Peer Mentor in the program. We are thankful for her contributions to help college students succeed. She was born and raised in Thailand and moved to the U.S. ten years ago. She is majoring in Accounting and Entrepreneurship. She plans to graduate in spring 2022.

When asked about her undergraduate experience, Faai noted, "My overall college experience was good! I have met so many wonderful people, and some of those people are some of my closest friends today. Throughout my three and a half years of college, there have been some good and bad experiences."

Some of those good experiences are also some of her best memories. And the bad experiences? She mentions she learned from them and will tell herself not to do it again.

In her freshman year, she participated in the Pre-Collegiate program, which was her safety blanket. She did not come out of high school alone. She already knew some of the people that were in the program. She is grateful for the Pre-Collegiate Program because it introduced her to many campus resources. She took a proactive approach to be involved on campus and joined the Asian Student Association as their Treasurer during her sophomore and junior year. This experience provided an excellent opportunity for her to get involved around the campus. When she was an ASA officer, she and her friend would go out and eat after each meeting. She noted, "It was bad because we were spending money, but great at the same time because we would get Boba then eat, and after that, we would go to another place to get Boba again." She is enjoying her last year of college and spending her time the best as she can. She has been going out to eat and try out different restaurants. She has also been watching and listening to a lot of true crime documentaries and podcasts.

As a first-generation college student Faai stated, "You have to figure things out by yourself because no one is there to help you answer all of your questions. One thing I wish someone told me when I started college is how to manage my time more effectively." When she reflects back on her freshman year, she used to think she had so much free time, but really there was a lot of stuff to do. Faai noted that when you plan, you do not have to be as stressed and then you can set aside time to eat, sleep, and take a break. It can be easy for people to become occupied with what they are doing and often forget to take care of themselves.

The biggest challenge she faced during college was the pandemic. She loved not having to dress up and being able to stay home, but it was hard for her to stay motivated. Being stuck in the same environment every day, it was very easy for her to procrastinate and not do well in some of her classes. Since being back on campus, she is doing better.

CONTINUED ON NEXT PAGE...

Spotlight Continued — Patitta Banjongwit



For this semester, she plans to finish the semester strong and make the Dean's List. In addition, she would like to focus on herself both physically and mentally. She would like to take this time to find out her passions and what she enjoys doing. Faai noted, "It is very easy for people to forget about taking a step back and thinking about what they want and how to love themselves again."

TRIO was one of the most helpful programs that she was accepted into. Just like the Pre-Collegiate Program, TRIO became a safe space for her. Faai stated, "Whenever I go to the office, I feel very comfortable, and everybody at TRIO is very welcoming. One of the things I love about TRIO is that no matter how many questions I have, they will always find the answer and lead me to the right resources. If you think about it, TRIO is like every resource on campus but combined into one program!" Her advice for other participants is not to be afraid to speak up and ask questions! She stated, "It is okay not to know everything. If you're feeling lost and do not know who to go to, come to TRIO, and they will help you out. Also, take advantage of being in the program."

She considers herself a "foodie." One of her fondest memories is going out to eat with her friends. Her favorite quote by Ella Fitzgerald states, "It isn't where you came from; it's where you're going that counts." It is important to remember where you came from as you reach new destinations in your life. Faai has set both short and long-term goals. She would like to be accepted in the BSBA 4+1 Graduate program in Accounting to earn her master's degree. During her last semester of the master's degree, she will start studying for the CPA exam and finish all four parts of the exam by the time she starts working a full-time position. Faai will be interning with KPMG (Auditing) in the summer of 2022 and hopes she will receive an offer for full-time employment. If she won a million dollars, she would cash out the money and buy a house for her mom and herself. She would then purchase a piece of land in Thailand and build a house for her family to live in. Whatever monies are leftover, she would figure out a way to invest and make her money grow. We are looking forward to celebrating your graduation in Spring 2022. You Got This!

AAC 8th Annual Graduate School Conference



AAC 8th Annual Graduate School Conference

Join us for our two-day hybrid conference

October 22nd - 23rd

10:00 AM to 4:00 PM

Colorado State University

Lory Student Center - Longs Peak

OR

Engage via zoom



Register by Oct. 11th in order to receive the conference agenda, zoom links, and updates.

http://colostate.az1.qualtrics.com/jfe/form/SV_4Tx7i19r3tolq0S



The purpose of the AAC Graduate School Conference is to create an accessible space where students from first-generation, limited income, disabled, and students of color backgrounds can engage with Graduate School information. The focus of the conference will include exploration, preparation, application, and success as it relates to graduate school. This allows students in any year classification feel welcome to engage with the conference materials. Presenters include various Colorado State University Staff & Alumni who are committed to helping our student participants learn more about the graduate school process. Our Conference will include a STEM track and an General Track for all majors.

We welcome students in the following programs:

Academic Advancement Center, Regional ASPIRE programs, Community for Excellence, CSU Student Diversity Programs & Services:

Asian Pacific American Cultural Center (APACC)

Black/African American Cultural, Center (B/AACC)

El Centro

Pride Resource Center

Native American Cultural Center (NACC)

Student Disability Center

Women & Gender Advocacy Center (WGAC)



Visit www.aac.colostate.edu/graduate-school-conference for more details.

Contact: diana.delacruz-aporicio@colostate.edu

Our Sponsor:



ACADEMIC
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GRADUATE SCHOOL
COLORADO STATE UNIVERSITY

Internship Highlight—Hissein Wade



The TRIO Student Support Services is happy to highlight Hissein Wade in this month's newsletter. He has been an active member of the program and is majoring in Information Systems. His favorite quote by Nelson Mandela is, *"Education is the most powerful weapon which you can use to change the world."* He noted, "As the son of a migrant who arrived in the United States in 2014 without knowing a single word of English and had to start from scratch, I think that the power of a good education extends beyond the development of skills necessary for economic success. It can help to nation-building and healing, as well as promote global issues through education, but only if done with a good heart."

Recently, he completed a successful internship with **Inspirato**. Hissein noted that the company is a unique next-generation travel subscription platform for vacation homes globally. It is the foremost revolutionary luxury travel prime membership brand that is reinventing hospitality. Inspirato maintains an exclusive collection of branded luxury vacation homes, hotels, resorts, and cruises, and it offers two types of clubs, 1) Inspirato Club Access to booking privileges with a collection of exclusive vacation homes, hotels, resorts, and unique travel experiences, and 2) Inspirato Pass Access to vacation accommodations worldwide with no blackout dates.

When asked what he focused on during his internship Hissein mentioned he concentrated on three things that were extremely important to him: 1) increasing his hands-on experience with network security schematics, 2) IT Intern Projects, and 3) learning as much as possible while working under the Vice-President of IT and Security. He developed his professional skills and improved his leadership and project management skills, which he learned in one of his management courses. During his internship experience, he learned a lot. He noted, "My biggest lesson I learned is self-confidence, and I elevated my understanding of my major paths. The skills I gained are primarily focused on the IT field, such as creating network schematics for the company's internal and external networks, locating IP addresses and port numbers, and creating network diagrams using Microsoft Visio professional to label switches, servers, and routers appropriately." In addition, he learned how to detect, unplug, and blank unused switch ports in a server rack. He also gained an understanding of why useless ports are deactivated as well as how to conduct research on Software as a Service "SAAS"-based on-premises asset management programs that the company might use. That software must be able to integrate with Azure Active Directory, perform scan to the cloud, and integrate with the company's employee management system for onboarding and off-boarding purposes to track the devices.

When asked what his experience was like Hissein stated, "Inspirato is a very culturally fit place to work, since I believe it is the only company in Denver that runs the IT and Security departments by someone like me, and the company has a high level of diversity and culture in its offices, with some international employees. I have unforgettable moments with my boss, because he is more than a boss to me; he pointed out areas where I needed to improve, such as developing my leadership skills, and he said, "listen well and admit to unknown of IT staff and analyze skills that are more technical in nature." I knew that he was referring to small steps reaching a great distance.

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Internship Highlight Continued—Hissein Wade



Hissein noted that he had the opportunity to network with other IT professionals during his internship. He stated, "My mentor, colleagues, and IT manager taught me that in information technology, or more broadly in an environment of innovation technology, there are bridges and shortcuts. I need to pay attention and focus to achieve my career goals, and teamwork is always the best option." Hissein had the opportunity to meet the company's President three times, who was the most amazing person he has ever seen. The President talked about the 3Es of life and business (Energy, Empathy, and Excellence). Hissein mentioned, "I appreciated hearing him explain all three E's, as he mentioned, 'Excellence is 10X not 10%.' Consider 10X on everything you do 'everything.' He spoke with people from other departments, which has supported him in learning about the company and developing a solid network. He also met with the Senior Vice-President of Sales and with the Talent Development Project Manager to discuss risk management and career development strategies.

His short-term goals include concentrating on his classes, studying for his third IT Certification, the Cisco CNNA and to continue building his LinkedIn Network. Once he graduates from CU Denver he noted, "I must cross those bridges and take the shortest path to career and then gain additional experience in the IT enterprise." His long-term ambitions include attending graduate school to earn a master's degree in Information Security on the East Coast and studying for the Certified Information Systems Security Professional Certification. He would like to obtain employment in the Cybersecurity field. He believes he will return to his hometown of Sudan and use his education to

benefit his people and country one day. One last bit of information he would like to share about his experience is **"Your network is your net worth," and constantly keep in mind that if there is a will, there is a possibility.**" We wish you continued success in your academic endeavors here at CU Denver! You got this!

October Outdoor Activities

WAYS TO HAVE FUN IN OCTOBER

October is a wonderful time of the year, especially in Colorado. From the colorful leaves of aspen trees to the Halloween decorations, this season offers a wide range of fun for all. One may think, what is there to do as the weather gets colder and the sunsets get earlier? Perhaps a few of these ideas can help.

VISIT A CORN MAZE

Visiting a corn maze is a fun time for everyone. Challenge yourself as you find your way through a seemingly endless amount of turns and corn. Many places also offer pumpkin carving and other seasonal festivities.

TRAIN RIDE

Soak in the beauty that Colorado has to offer by taking a train ride through the notorious Rocky Mountains. As the seasons change, so do the leaves, and you do not want to miss the opportunity to experience the beautiful autumn colors, so plan a day-long trip to really submerge yourself and experience nature in our beautiful state.

VISIT A HAUNTED HOUSE

One simply does not think about Halloween and not mention haunted houses and Colorado is no stranger to haunted houses. With dozens of haunted houses across the metro area, you will have no problem finding a place to give you a good scare, so don't forget your jacket because there will be a line!



Michael Martinez | TRIO SSS Peer Mentor

Recipe: Chocolate Chip Pumpkin Bread

It's pumpkin season! Here is a recipe for Chocolate Chip Pumpkin Bread I found online that I would like to share with our TRIO Community.

FOR THE BREAD:

- ✓ 2 cups (280 g) all-purpose flour
- ✓ 2 1/4 teaspoons baking powder
- ✓ 3/4 teaspoon kosher salt
- ✓ 1/2 teaspoon ground cinnamon
- ✓ 1 cup (244 g) pumpkin purée
- ✓ 1 1/4 cups (250 grams) granulated sugar
- ✓ 2 large eggs
- ✓ 1/2 cup (125 ml) whole milk (2% is also fine)
- ✓ 1/2 cup (113 g) unsalted butter, melted
- ✓ 2 teaspoons vanilla extract
- ✓ 1/2 cup mini chocolate chips, plus more for topping



FOR THE TOPPING:

- ✓ 3 tablespoons sugar
- ✓ 1/2 teaspoon ground cinnamon

DIRECTIONS:

1. Preheat the oven to 350°F. Butter or spray a 9-x-5-inch loaf pan
2. Mix the dry ingredients: Combine the flour, baking powder, kosher salt, and cinnamon in a large mixing bowl.
3. Make the batter: In a separate medium-sized mixing bowl, whisk together the pumpkin, sugar, eggs, milk, melted butter, and vanilla extract until well combined. Pour the pumpkin mixture into the flour mixture and fold to combine. Fold in the mini chocolate chips.
4. Mix the topping: Whisk 3 tablespoons of sugar and 1/2 teaspoon cinnamon together in a small bowl.
5. Transfer the batter into the loaf pan: Tap the pan a few times on the counter to remove air bubbles, then smooth the top with a spatula. Sprinkle with cinnamon sugar and more mini chocolate chips.
6. Bake the bread: Bake for 50 – 60 minutes or until a toothpick inserted in the center of the bread comes out clean.

Source: https://www.simplyrecipes.com/recipes/chocolate_chip_pumpkin_bread/

Alexandria Joo | TRIO SSS and McNair Scholars Project Specialist

CU Denver Resource Highlight—Writing Center

The [CU Denver Writing Center](#) serves undergraduate and graduate students on the CU Denver | CU Anschutz campuses. We view writing as a process and all texts as works in progress. We therefore seek to build confident, accomplished writers through the teaching of discipline specific genre knowledge, the development of critical thinking skills and the practice of audience-centered writing. Our clients develop better writing skills while improving their texts. We assist writers of all levels and in all disciplines on any type of written work, including: 1) Academic essays of all types, 2) Proposals, reports and reviews, 3) Theses, dissertations and manuscripts, and 4) Scholarship, graduate-study and career-application documents. You can contact the Writing Center at (303) 315-7355 or by email at writing.center@ucdenver.edu

WE MOVED! Find us on the Auraria Campus in the City Heights Learning Commons.



DIY- Autumn Leaf Mason Jar Candle Holder



Autumn season is around the corner which means the days get shorter, colder, and leaves fall from trees. There is a lot of crafty things you can do to welcome this beautiful season such as creating an autumn leaf mason jar candle holder. The following are the supplies you will need to decorate a mason jar with autumn leaves and the steps of how to do it.

SUPPLIES

- ✓ Mason Jars
- ✓ Leaves (real or fake)
- ✓ Mod Podge
- ✓ Sponge Brush (optional)



STEPS

1. Make sure the outside of your jar is clean. To do so, use rubbing alcohol to wipe it gently in order to get any grease and grime off the outside of the jar. Then make sure your leaves are pliable and bend them a little bit to loosen them up.
2. Once you have everything ready, dip your brush in the Mod Podge or you can use your fingers to paint a thin layer on a section of the jar. Once you notice that layer becomes quite sticky, place a leaf on the jar and apply more Mod Podge on top of the leaf in thin layers, to make sure the edges are smooth. Press a few times to get the leaf to stick; but as Mod Podge dries, it should.
3. Layer more leaves on top, filling up the jar with as many as you want by repeating the same process from step 2. Once all the leaves are on, it will take a few hours to dry completely.
4. To finish off, tie raffia ribbon on top of the jar to complete the look. Then, place a candle inside and you will see how it lights the room with cute fall colors.

Alexa Dominguez-Estrella | TRIO SSS Office Assistant

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!

- ★ Nhung Nguyen was selected as a Reisher Scholar and received an internship interview with Deloitte and KPMG.
- ★ Jessica Luna was awarded the Andrea Reeve Degree Advancement Scholarship. Woo Hoo!
- ★ Jessica Ludwig was awarded the EXCELSIOR Scholarship from the Denver Foundation.
- ★ Diademe Porzio accepted position with Charles Schwab.
- ★ Hissein Wade accepted position as an IT System Support Technician at DIA.
- ★ Jocelyn Reynosa accepted position with Travelers.

kudos®

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

Mental Illness Awareness Week (MIAW)

MIAW 2021—Millions of Americans live with a mental health condition, and mental illness affects everyone, including family, friends, or coworkers. Since 1990, Congress officially established the first full week of October as MIAW to advocate and educate the public about mental health illness. This year, MIAW is centered around a new campaign, “Together for Mental Health,” to focus on the importance of advocating for better care for people with serious mental illness. Mental Illness Awareness Week runs from October 3–9 and coincides with additional related events:

- ✓ Tuesday, Oct. 5: National Day of Prayer for Mental Illness Recovery and Understanding
- ✓ Thursday, Oct. 7: National Depression Screening Day
- ✓ Saturday, Oct. 9: NAMI Walks United Day of Hope
- ✓ Sunday, Oct. 10: World Mental Health Day

KNOW THE SYMPTOMS

- ✓ Depression is a treatable mental health disorder that causes persistent sadness and loss of interest. According to NAMI, some of the most common signs and symptoms include:
- ✓ Changes in sleep and appetite
- ✓ Poor concentration
- ✓ Loss of energy
- ✓ Loss of interest in usual activities
- ✓ Low self-esteem
- ✓ Hopelessness or guilt
- ✓ Recurring thoughts of death or suicide

TAKE TIME FOR A MENTAL HEALTH CHECK

Mental Illness Awareness Week includes National Depression Screening Day on Thursday, Oct. 6. The program provides free, anonymous screenings for depression, generalized anxiety disorder, bipolar disorder, and post-traumatic stress disorder, and referral to treatment resources if warranted. Screenings are held both online and in-person, and thousands of people participate each year. Here is the link to take a Mental Health Test. Visit: <https://screening.mhanational.org/screening-tools/>.

CAMPUS RESOURCES

The [CU Denver Counseling Center](#) provides private and confidential mental health services. Please call the main phone line at 303-315-7270 for any questions or additional information. The counseling center provides strength-based culturally responsive mental health services focused on relationship, support, growth, and solutions.” Counseling services are available at no cost for all CU Denver fee-paying students.

In addition, “Give yourself permission to seek help by taking care of yourself.” Visit: <https://www.nami.org/Personal-Stories/Never-Be-Ashamed-of-Seeking-Help>.

We also have the [CU Denver Wellness & Recreation Center](#) that provides self-care such as yoga classes, group fitness, virtual programming, and on-demand fitness.

SOCIAL MEDIA

Here are some sample social media posts you can use throughout MIAW. Amplify our social media posts by sharing. <https://bit.ly/3kbRFtA>

- ✓ 1 in 20 U.S. adults experience SMI each year, but less than two-thirds get treatment. We must improve access to quality care. #Together4MH
- ✓ Do you have a mental health crisis story? Share with us today to help reimagine our crisis response system. #Together4MH
- ✓ Mental health is a huge part of overall health and should be a priority for everyone, whether you have a mental health condition or not. #Together4MH #MIAW
- ✓ Now, more than ever, we need to provide mental health support and resources. NAMI is here for you! #Together4MH

MENTAL ILLNESS AWARENESS WEEK

first full week of October



TOGETHER for Mental Health

Oct. 3–9 is
Mental Illness Awareness Week
#Together4MH



National Alliance on Mental Illness
nami.org/together4MH

CONTINUED ON NEXT PAGE...

Mental Illness Awareness Week (MIAW) Continued

FAST FACTS

These are only a few of the reasons why it's important to take part in promoting awareness for MIAW. Please use these facts and others, including the infographics at nami.org/mhstats, to encourage discussions about mental health through social media or other forms of outreach.

- ✓ 1 in 5 U.S. adults experience mental illness each year
- ✓ 1 in 20 U.S. adults experience serious mental illness each year
- ✓ 1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year
- ✓ Mental illness affects:
 - 44% of LGBT adults
 - 32% of Mixed/Multiracial adults
 - 22% of White adults
 - 19% of American Indian or Alaska Native
 - 18% of Latinx adults
 - 17% of Native Hawaiian or Other Pacific Islander adults
 - 17% of Black adults
 - 14% of Asian adults
- ✓ Annual prevalence among U.S. adults, by condition:
 - Anxiety Disorders: 19.1% (estimated 48 million people)
 - Major Depressive Episode: 7.8% (19.4 million people)
 - Posttraumatic Stress Disorder: 3.6% (estimated 9 million people)
 - Bipolar Disorder: 2.8% (estimated 7 million people)
 - Borderline Personality Disorder: 1.4% (estimated 3.5 million people)
 - Obsessive Compulsive Disorder: 1.2% (estimated 3 million people)
 - Schizophrenia: <1% (estimated 1.5 million people)



Source: <https://www.nami.org/get-involved/awareness-events/mental-illness-awareness-week>.

Alexandria Joo | TRIO SSS and McNair Scholars Project Specialist

Don't Forget...Important Reminders

- ✓ October 1, 2021—FASFA Application opens for the 2022-2023 Academic Year.
(Please note, if you plan to attend any FASFA workshop bring in your documents and know your login information).
- ✓ October 1, 2021—CU Denver Scholarships open in the ScholarLynx Portal.
- ✓ October 18, 2021—Deadline to sign up for the QuikPAY 2 Payment Plan.
- ✓ October 20, 2021—Auto debit/auto withdrawal for students on a QuikPAY Payment Plan
- ✓ October 31, 2021—Last day to request No Credit or Pass/Fail grade for a class.
- ✓ October 31, 2021—Last day to withdraw from a class via UCDAccess.
- ✓ October 31, 2021—Fall tuition and fee due date.



TRIO SSS 1st Book Scholarship Deadline



The 1st TRIO SSS Book Scholarship deadline is approaching. By Friday, October 29th, you will need to complete 2-Peer Mentor Meetings, 1-Professional Staff Meeting, and 1-Skill Building Workshop and/or 1-Financial Literacy Session. Please schedule your meetings accordingly. Please call the mainline at (303) 315-3550 or stop by the office to schedule appointments.

Director's Corner



Dear Students,

I hope you're well and enjoying the cooling temperatures. For those of you who have resumed in-person learning, I hope the transition has been smooth and that you have a system and schedule that works for you.

Please remember that our first book scholarship deadline is coming up on October 29th. What does this mean, you might ask. By Friday, October 29th, you should have completed your skill-building workshop, met with your assigned coordinator, AND met with your peer mentor twice. If you have not started working on these requirements, I urge you to reach out to your peer mentor today and check out our workshop calendar, which can be found on the last page of this newsletter. The SSS professional and student team are excited to meet and work with you. Don't be a stranger; schedule an appointment today.

Many of you have started, or will be starting, midterm exams. We wish you the best of luck! If you're anxious about midterms or unhappy with your performance, I encourage you to take advantage of workshops focused on managing test anxiety or improving test-taking skills. Also, your peer mentor or coordinator could help you strategize your study schedule. Don't forget to take advantage of the Learning Resource Center and Writing Center services.

For those interested in applying to graduate or professional school or interested in research, I encourage you to attend the 4th annual Diversity in Academic Research Expo (DARE) on Friday, October 15th. DARE is free and offers both virtual and in-person programming options along with a Virtual Graduate School Fair that connects you to graduate recruiters from all over the U.S. Finally, don't forget that FAFSA opens on Friday, October 1st!

Be safe and be well,

Sonia Valencia



Meet a Friend & Make a Glitter Bottle

**MEET A FRIEND
PRESENTS:**

MAKE A
Glitter Bottle

Stressed? Overwhelmed?

**Come meet someone new while you
make a calming glitter bottle.**

**Materials for glitter bottles will be
provided, as well as relaxation and
breathing techniques.**

Next Tuesday, October 5th from 1:00 pm to 3:00 pm, the Phoenix Center at Auraria and the CU Denver Office of Case Management are partnering on the event, **Meet a Friend & Make a Glitter Bottle**. This event is for students to meet someone new, create a glitter bottle, and learn relaxation and breathing techniques. Materials will be provided by these offices. This event will take place outside of City Heights.

**Tuesday October 5th, 1-3pm
In front of City Heights**

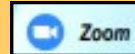
Materials and event brought to you by:



Office of Case Management
UNIVERSITY OF COLORADO DENVER



October Workshop Calendar



Mon	Tue	Wed	Thu	Fri
<p>4</p> <p>Please <u>register</u> and be on-time as professional courtesy to the presenter.</p> <p>They will be sending you an email with either room location or zoom link.</p> <p>Complete your TRIO SSS Online Evaluation Form for Workshops and Financial Literacy Sessions at: https://bit.ly/3jmZL0K</p>	<p>5</p> <p>¹Scholarship Essay Writing 3:00 pm—4:00 pm SC, 2000</p> 	<p>6</p> <p>²Wellness & Recreation Financial Wellness: FAB Life Game: An Interactive Workshop 11:00 am—12:30 pm Wellness Center Seminar Room</p> <p>¹FAFSA Completion Workshop 3:00 pm—4:00 pm SC, 2000</p> <p>³Microaggressions: 35 Dumb Things Well Intended People Say 3:30 pm—4:30 pm Tivoli, 640</p>	<p>7</p> <p>⁴Application Essay's, Letters and Personal Statements 1:00 pm—1:50 pm</p> 	<p>8</p>  <p>Mission Statement</p> <p>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.</p>
<p>11</p> <p>¹Scholarship Essay Writing 2:00 pm—3:00 pm</p>	<p>12</p> <p>⁵Mid-Term Reality Check 9:00 am—10:00 am</p> <p>²Wellness & Recreation Financial Wellness: Student Loans and Repayment 11:00 am—12:00 pm Wellness Center Seminar Room</p>	<p>13</p> <p>⁴Tackling Common Issues with English Grammar 1:00 pm—1:50 pm</p> <p>³Teamwork & Collaboration 3:30 pm—4:30 pm Tivoli, 640</p> <p>⁶Managing Your Mood 4:00 pm—5:00 pm Tivoli 454</p>	<p>14</p>  <p>¹Improve Your Productivity! Time Management 12:00 pm—1:00 pm SC, 2000</p>	<p>15</p> <p>⁴Writing a Curriculum Vitae (CV) 12:30 pm—1:50 pm</p> <p>⁷Applying To Graduate School 1:00 pm—2:00 pm SC, 2600</p>
<p>18</p> <p>¹Beginners Guide: Job Search Tips 3:00 pm—4:00 pm SC, 2000</p>	<p>19</p> <p>¹FAFSA Completion Workshop 2:00 pm—3:00 pm</p> 	<p>20</p> <p>³Interrupting Bias 3:30 pm—4:30 pm Tivoli, 640</p> <p>⁶Peace of Mind 4:00 pm—5:00 pm Tivoli 454</p>	<p>21</p> <p>¹Types of Leadership 10:00 am—11:00 am</p> 	<p>22</p>
<p>25</p> <p>⁸TRIO & MidFirst Bank Financial Literacy: Let's Budget 12:00 pm—1:00 pm</p> 	<p>26</p> <p>¹Coping with Stress Using Art 11:00 am—12:00 pm SC, 2000</p>	<p>27</p> <p>²Wellness & Recreation Financial Literacy: Taxes & Insurance 11:00 am—12:00 pm Wellness Center Seminar Room</p> <p>³Socially Responsible Leaders 3:30 pm—4:30 pm Zoom ID: 922-1583-3412</p>	<p>28</p>	<p>29</p> <p>1st Book Scholarship Deadline</p> <p>Don't Miss the DEADLINE!</p>



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

¹TRIO SSS Skill Building Workshops: **Registration Required:** RSVP at: <https://bit.ly/3ipckJA>

²Wellness & Recreation Services Financial Literacy Workshops: **Registration Required:** RSVP at: <https://www.ucdenver.edu/wellness/matters/financial-wellness>

³Student Life LEAD Workshops: Registration is not required please see calendar for details

⁴Writing Center Workshops: **Registration Required:** RSVP at: <https://clas.ucdenver.edu/writing-center/workshops>

⁵Learning Resource Center Workshops: **Registration Required:** RSVP at: <https://www.ucdenver.edu/learning-resources-center/resources>

⁶Student and Community Counseling Center Workshops: Call (303) 315-7270 To Get Started

⁷TRIO McNair Scholars: **Registration Required:** RSVP at: <https://symposium.foragerone.com/dare-2021>

⁸TRIO SSS Financial Literacy Workshops: **Registration Required:** RSVP at: <https://bit.ly/3lu6cl8>

