



THE PILLAR

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



September 2022
ISSUE

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DREAM BIG.
start small
BUT most of all
START
- Simon Smith -

Internship Spotlight—Emily Huynh



TRIO Student Support Services is happy to highlight Emily Huynh in this month's newsletter. Emily serves at a TRIO SSS Peer Mentor and is completing her degree in Accounting. She completed her internship with KPMG in summer 2022. KPMG is a public accounting firm that provides Audit, Tax and Advisory services for other companies.

When asked what she focused on during her internship, Emily stated she did rotations in the tax, audit, and advisory areas. She was able to learn about each of the rotations and what each of the practices does within the firm. With that, she was also able to learn about the different groups within each practice and how their work differs from each other. She worked on a Capstone Project with a group of eight people during the entirety of her presentation where they focused on ESG (Environmental Social and Governance). During this internship, she was also given an opportunity to travel to Orlando where the interns from around the nation gathered at the KPMG Lake House for training and our capstone presentations. It was an amazing opportunity that she was able to experience and it can not be replaced by anything else.

When asked what her experience was like at KPMG she noted, "My experience at the firm was amazing. I loved the culture and how they are very inclusive of everyone. The company culture was very warm and welcoming and all the professionals that I got to work with were very nice and supportive of me. I was able to work with a lot of different professionals in the three different practices and was able to talk to professionals in different levels of seniority." Her favorite memories include going out for lunch with other professionals or teams she was working with. This experience gave her the opportunity to connect and learn more about each other outside of work. Emily stated, "I like the culture where you do things at your own pace, and you are able to also work from home and in-person at the company. Overall, I had an amazing time and I was able to meet with a lot of different professionals that are experts in different parts of accounting."

She was able to learn that being able to communicate and building your network with people are very important. She mentioned, "Being able to build your own network will set yourself up for success for the future. Sometimes being able to remember little details of the person that you were talking to and bringing it back up in your later conversations makes you stand out a lot more and makes the individual you are talking to feel more special. She had the opportunity to brush up on her teamwork skills. She worked with different teams and different people. Through this experience, she was able to confirm that teamwork is very important, which can set you and your team up for success. She also realized the importance of being organized. She noted, "When working in a firm like KPMG, you would often work on more than one project at once for companies. Because of that, Microsoft email is used very often, and you tend to get a lot of emails within a day from clients and coworkers. Being able to organize your emails and projects are very important to your success and the quality of your work."

CONTINUED ON NEXT PAGE...

Internship Spotlight—Emily Huynh—Continued



She would encourage TRIO participants to definitely consider completing an internship. Emily mentioned, “Through this internship, I was able to learn a lot, from company culture to work setting. I was also able to network with people and meet people who took a similar or different path than me to get them to where they are today. Being able to talk to those professionals, I was able to receive advice and what I should do. I had a lot of questions about the CPA and what is recommended and I was able to hear from professionals and what they went through or what they did.” Emily noted that you get more hands experience in an internship and you are able to witness the day-to-day life of a working professional. It is also a benefit to you because you can add experience to your resume as you search for positions.

Emily’s short-term goal is to complete this semester successfully and graduate with her Bachelor of Science degree in Business Administration in Accounting this fall 2022. She is also applying to graduate school, specifically for a Master’s degree in Accounting. Her long-term goal is to complete her 150 credits in order to sit and complete the CPA Exam to become a Certified Public Accountant. She would like to be able to complete her CPA Examination prior to securing a full-time position. After earning her CPA, she would like to work for KPMG!

Her favorite quote by Oscar Wilde is, “Be yourself; everyone else is already taken.” This quote resonates with Emily because it caught her eye early in life and she has stuck to it since elementary school. She stated, “It shows that everyone is unique and that you do not have to compare yourself to others because everyone is different. Just be yourself since you are special and unique in your own way. Do not ever try to change yourself for wrong reasons and stick to what is best for you. Indeed, you must always be YOU! The TRIO SSS Office wishes you continued success! ***You got this!***”

Sorority & Fraternity Life Member Recruitment



Alpha Phi

Alpha Phi Lambda

Delta Chi

Delta Lambda Phi

Lambda Sigma Upsilon

Sorority & Fraternity Life
UNIVERSITY OF COLORADO DENVER

Membership Recruitment Orientation Sept 12th

Curious about Sorority and Fraternity life but want to learn more? Sign up now for SFL Recruitment Orientation! There is no commitment and it's a great chance to meet your fellow students. After our opening program, students only need to attend information sessions for the organization(s) they are interested in potentially joining.

5:00-5:30: Welcome & Orientation
5:30-6:00: Networking Activity
6:00-6:30: Information Session #1
6:30-7:00: Information Session #2

Register for SFL Recruitment Orientation Event on **MyLynx!**

Register between August 29th and September 14th to participate in the Fall 2022 Recruitment Process. New students must have completed 1 semester at CU Denver and have a minimum 2.5 GPA to participate. This is waived for new transfer students.

Any student, including brand new students, may attend the Membership Recruitment Orientation to learn more as all groups will take new members in the Spring of 2023.

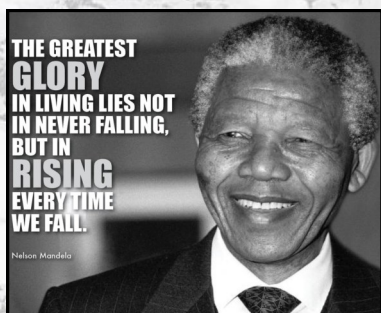
Visit: <https://ucdenver.presence.io/form/sorority-fraternity-life-recruitment-registration>

Welcome—New Peer Mentor—Ali Al Nazzal



inspire

Hello, my name is Ali Al Nazzal. I am a senior at CU Denver. I am double majoring in Political Science and International Studies. I enrolled in the 4+1 program for the Master's degree in the spring 2022 semester. I arrived at the United States in 2011 as a refugee from Iraq. Knowing no one and having nothing, I had to rely on trial-and-error experiences. I failed sometimes and I succeeded other times. Some people try to fool you, but many other people try to help you and support you.



At an older age, I decided to enroll in studying Political Science because this field has a profound influence on all areas of life, and I hope I can be the change that I sought in my community and for people around me. TRIO SSS was a big opportunity for providing academic, personal, professional, and financial support to me. TRIO SSS facilitates my academic journey, and I am grateful to be one of their staff now. Stop by the office for a drop-in appointment soon.

Ali Al Nazzal | TRIO SSS Peer Mentor

Welcome—New Office Assistant—Monica Vu



Hi, my name is Monica Vu. My hobbies are making art, cooking, and sleeping. Currently, I am a sophomore student majoring in Applied Mathematics. I had started my freshman year as a biology major with the goal in mind of being a nurse. However, as I went through my biology courses throughout the semester, it was not something I envisioned being able to do or having an interest in. I then switched my major to Applied Mathematics. I realized it was the only course during my freshman year that intrigued me in doing my best and I enjoyed learning about it. "I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." I think the biggest reason I chose my major is because of the great teachers I had in math that influenced me in

liking it. Some may not have been the best at teaching the contents, but the effort in trying to teach me and other students made quite a difference to me in enjoying a subject and my choices. With my I degree, I would like to be a Data Analyst or a Tutor. I hope to learn and gain many skills through TRIO. I am excited to be part of the TRIO staff to support students!

Monica Vu | TRIO SSS Office Assistant

focus.

Welcome–Joshua Caraballo



"Hi everyone! My name is Joshua Caraballo (He/Him/His) and I recently graduated from CU Denver this past spring. I earned my Bachelor of Science degree in Psychology and I am planning to pursue my Doctor of Psychology in the near future! You probably have seen me around campus in many different capacities during my time as a student. I was a Undergraduate Admissions Student Ambassador, a Pre-Collegiate Math Teaching Assistant (TA), a Learning Assistant for General Chemistry II, a Diversity Officer with the Center of Identity and Inclusion, and was also a member of Asian Student Association (ASA) and the President of the CU Denver K-Pop Dance Club. Outside of campus, I really enjoy singing, dancing, and joking around with my friends and students. I love helping students out and making sure that you all are well supported and overall happy! I look forward to working with all of you!"

Josh Caraballo | TRIO SSS

TRIO News and Kudos

kudos

**Have an accomplishment? Please tell TRIO about it.
You can stop by the TRIO Office located in the
Student Commons Building, Suite 2011
to share your News and Kudos.**

- ☆ *McNair Scholars is excited to share that they have two McNair Alumni who have taken their first professor roles. Professor Tasker (Tiffany Tasker) and Professor Maxson (Marcia Maxson). Woo Hoo!*
- ☆ *Jennifer Martinez accepted her membership to the National Society of Leadership and Success. She is also serving at the Co-President of the Latinx Student Alliance and successfully completed internship at REVEL.*
- ☆ *Kalkidan Astatike received the Ted and Dorothy Horrell Scholarship.*
- ☆ *Nisreen Jameel successfully completed the Undergraduate Pre-Health Program (UPP) Summer Internship.*
- ☆ *Ritish Dangol successfully completed his internship at "A Precious Child."*
- ☆ *Han Le secured a shadowing opportunity through the Healthcare Interest Program (HIP) at Denver Health.*
- ☆ *Estrellita Portillo Olivas accepted Workplace Health and Safety position at Amazon, Logistics Department.*

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

Restaurant Favorites



Cheddar's
SCRATCH KITCHEN

Cheddar's Scratch Kitchen is just what it is, all the food served is made from scratch. They have a huge variety of food anything from chicken tenders, pasta, and or ribs along with American favorites, Cheeseburgers. There is a total of three locations here in Colorado. The closest to CU Denver is the one located in the Thornton area, approximately 20 minutes if traffic is good. The other two locations are in Aurora and Colorado Springs.

Now, what makes Cheddar's Scratch Kitchen my favorite restaurant? I take into consideration the variety of food there is, the quality of food and the price. If you ever have a chance to look up their menu the entire first page is just all food, 12 different categories to choose from! These include appetizers, salads, chicken, combina-

tions, sandwiches, and even homemade soups. The taste is delicious! To top it off most plates average from \$5.79—\$14.99. The most expensive is a combination plate, for \$20.29 you get Steak & Ribs, plus your choice of two sides.

There are just as many options for drinks as there is for food. There are multiple choices for soft drinks (6), freshly brewed iced teas (5), hand crafted lemonades (3), margaritas (8), beer (8+), and wine (10+). Overall, when you are looking for a restaurant with good food, great prices, and welcoming environment take into consideration Cheddar's Scratch Kitchen.

Cheddar's Scratch Kitchen History

- The founders are Aubrey Good and Doug Rogers
- First location was in 1979 in Arlington Texas

Visit Website at: <https://www.cheddars.com/home>

So yummy!

Cristal Sarmiento Garcia | TRIO SSS Peer Mentor

Movie Review—Everything Everywhere All at Once

Directed by a duo who refer to themselves as “Daniels” features Michelle Yeoh, Ke Huy Quan, Stephanie Hsu, and Jamie Lee Curtis. The plot revolves around a Chinese American woman running a laundromat business who suddenly faces a weird interdimensional breakthrough where her husband and daughter get their minds controlled by alternate versions of themselves from different dimensions. A malicious being throughout the film goes into every dimension with the purpose to destroy everything living in that reality. It is up to Michelle Yeoh's character to work alongside the alternate versions of herself and the people around her to save the dimension she belongs in. The film might be daunting to audiences watching it for the first time. It is the type of film that is very experimental when it comes to writing and comedic scenes. However, the uniqueness of the film is what makes the film incredible. Michelle Yeoh, one of the most famous Asian-American actors, gives her best performance yet in this film. Ke Huy Quan makes an excellent comeback in the movie industry after being absent for the last 30+ years. You may have seen Ke Huy Quan before as he was in Indiana Jones and the Temple of Doom and The Goonies. This film caters to those who enjoy the science fiction/adventure genre but is not afraid to try something unconventional that audiences may not have seen before.



Huy Duong | TRIO SSS Office Assistant



Denver Events

Hello Students,

There are so many things happening this September here in Denver. Shawn Mendes will perform in Ball Arena, but that costs money. Here are some free events to enjoy.

Food and Culture

Center of Visual Art (CVA), Metropolitan State University of Denver mbrings two extraordinary exhibitions to view. **Banana Craze**, a look at how one fruit has shaped the culture and environment of a continent, and **Cultivate**, an exploration of food access in Colorado.

For more information, visit: <https://www.msudenver.edu/cva/exhibitions/archive/banana-craze-cultivate/>

Denver History and Heritage

CU Denver College of Architecture and Planning presents a multimedia exhibition of the life and legacy of Dana Crawford. She paved the way for redevelopment in the City of Denver, most notably in the mid-1960s when she revitalized Larimer Square.

For more information, visit: 1) <https://www.denver.org/event/dana-and-all-that-jazz/89911/>

2) <https://architectureandplanning.ucdenver.edu/dana-crawford-exhibition>

Denver Art

A little bit of Italy comes to the Mile High City every summer, thanks to the annual Denver Chalk Art Festival in the Golden Triangle Creative District. More than 200 professional and amateur artists will spend hours on their hands and knees over the course of two days. Scheduled for September 3rd-5th, Saturday and Sunday, 10:00 am—8:00 pm | Monday, 10:00 am—6:00 pm.

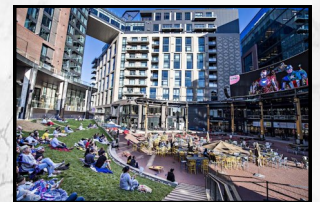
For more information, visit: <https://denverchalk.art/>

Movies

If you are a movie buff, then you can enjoy watching movies for free at McGregor Square 66-foot LED screen. **Clueless** is presented on September 1st, **How to Train Your Dragon** on September 8th, **Jaws** on September 22nd, and **Zootopia** on September 29. Availability/seating is based on a first come, first served basis.

For more information, visit: <https://www.mcgregorsquare.com/event-activations/movies-at-mcgregor>

Address: McGregor Square, 1901 Wazee Street, Denver, CO 80202



Ali Alnazzal | TRIO SSS Peer Mentor

CU Denver Campus Resource Highlights

Student Resources

CU Denver Students: As we are starting a new school year, it is important to take care of yourselves and know that we are here to provide support when needed. These two campus resources will be helpful throughout your school year:

[Student and Community Counseling Center](#) provides mental health counseling services to CU Denver Students as well as community members and Denver Public Schools (DPS) students and their families. Fee-paying students receive counseling sessions at no cost. Community members are charged a nominal fee for services. If you would like to learn more about services offered and/or would like to schedule an appointment, please call (303) 315-7270 email us at counselingcenterfrontdesk@ucdenver.edu.

[Learning Resources Center](#): The Learning Resources Center (LRC) is designed to promote student success, retention, and graduation in the academic setting. The LRC provides services including Peer Tutoring, Supplemental Learning, RISE, Intensive Preparation, Individual Coaching, and Workshops. In addition to the in-person/remote tutoring program, the LRC will also be partnering with TutorMe, a revolutionary online education platform that provides on-demand tutoring and online courses. Fall hours: M—F, 8:00 am—5:00 pm.

Ketsia Kabela | TRIO SSS Peer Mentor



Director's Corner



Dear SSS Participants,

I hope your semester is off to a great start. I have enjoyed seeing campus filled with students running to class or having lively conversations in the Student Commons hallways. I had the pleasure of meeting a few of you at the Block Party, and I hope I get to meet more of you at Fall Fest and our TRIO Open House this month! We are thrilled to have new student and professional staff members - I hope you enjoyed learning more about them via their bios.

As we settle into our fall routine, I encourage you to get a head start on scheduling meetings with your coordinator and one of the peer mentors. Please remember that we're trying out a drop-in peer mentoring system rather than having an assigned peer mentor. If you're unclear about how to complete the peer mentor meeting requirement, connect with your coordinator ASAP. Please review our fall deadlines and develop a plan to meet the program and book scholarship requirements before the posted deadlines. Fortunately, we have multiple options and modalities for the academic and financial literacy workshop requirements.

Please mark your calendars for our open house on Wednesday, September 14th! I hope you'll bring a friend and network with current and prospective program participants. Attendees can meet program staff, play games, and grab a snack box to go (while supplies last).

Finally, I encourage you to get involved on campus, whether you are a first-year or a returning student! Consider attending Fall Fest on Wednesday, September 21st. Student organizations are a great way to meet new people and make friends. I challenge you to attend a student organization meeting or one of the many open houses scheduled this month.

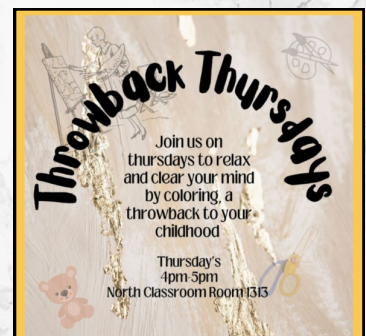
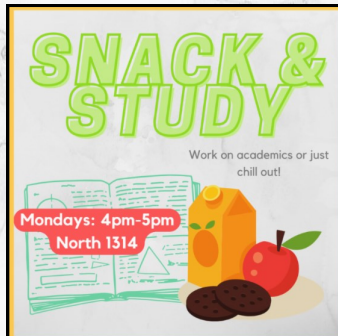
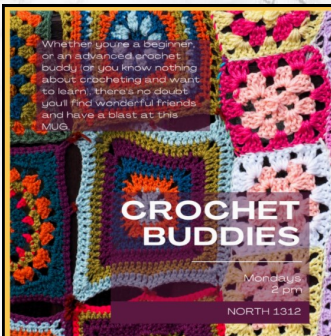
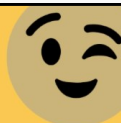
Be safe and be well.

Sonia Valencia
Director, TRIO SSS & McNair

CU Denver, Student Life and Campus Community Meet Up Groups

 Student Life & Campus Community
UNIVERSITY OF COLORADO DENVER

Meet Up Groups



Internship Spotlight—Ritish Dangol



The TRIO Student Support Services program is happy to spotlight Ritish Dangol in this month's newsletter. He has been an active participant for several semesters. He will graduate this semester with his Bachelor of Science degree in Psychology. He successfully completed his internship at A Precious Child as a Grants Intern. This organization helps children and families in the Denver Metro area get back on their feet by providing them with the necessary recourse they need. His favorite quote by Victor Kiam reads, "If opportunity doesn't knock, build a door." Ritish noted, "I like this quote because it expresses that you should not expect opportunities to be handed to you. At times, you have to get out of your comfort zone and create opportunities for yourself. It will take hard work, but it also can be significantly rewarding when you achieve it."

During his internship, Ritish worked alongside the Grants Department to acquire funding for the organization. His internship required him to conduct research, organize deadlines, and write grant applications, letters of interest and reports. He learned about all the programs provided by A Precious Child and served as a line of contact. He noted, "My research focused on the funders where I gathered information on their mission, past grant awards, re-

quirements of their application, etc. I would then use the information gathered to construct writing that best highlights A Precious Child in the applications to be granted awards." The funding acquired would then be directed to the organization that allows for it to help those who are in need. Ritish mentioned that he was able to learn about grants that range from corporations, private, to federal sections. He feels this experience provided him with information he will use in his future career path.

When asked what his experience was like at A Precious Child he noted, "My experience at A Precious Child was great. My supervisor that I worked under was very engaging during my internship. She expressed a positive attitude and compassion for helping others that drove me. She provided great feedback that helped me gain skills and improve my quality of work." Ritish was granted resources such as workshops, which focuses on developing more skills. He mentioned that the work culture was amazing and people from different departments enjoyed the presence of each other, which created a welcoming environment. Ritish attended an event hosted by A Precious Child that focused on giving back to the community. Attendees included many organizations, County officials, and large corporations such as Safeway. He was able to network and gain further insight on how others were helping in the community.

One significant aspect that he learned about himself was to be passionate with his work. He stated, "I found out that you are able to provide the best quality of yourself which reflects on your work if you are engaged in the work that you do. This is especially important when it involves other individuals." Ritish noted that he learned and developed important skills including being organized and having good communication. Having solid organization skills prevented errors from occurring as well as allowing him to gather information rapidly. This was important during peak times when deadlines were approaching. He noted that communication is also important. It allowed him to be connected with his co-workers and bosses. Ritish also mentioned that with good communication, you are able to highlight your best features, be reliable, show responsibility, which makes you a valuable team member in an organization.

He would definitely encourage other TRIO SSS participants to complete an internship that provides hands on experience, opportunity to build networks, and professional relationships, which can benefit you in the future. It will also allow you to show your skills to help the organization that you are interning for. He noted that you will also build more skills along the way. Ritish also mentioned that completing an internship can also help you if you are unsure on what career path to take.

His short-term goal is to graduate with his BS in Psychology degree. He hopes to start working soon to gain more experience. He stated that he feels fortunate to be given an opportunity to work in Human Resources. Ritish's long-term goal is to attend graduate school to earn a Master of Business Administration degree or a master's related degree in administration. Currently, he is exploring his options to figure out what career direction he wants to take. He stated, "One thing for certain is I want to use my skills to be able to be in a position to help others." Our office wishes Ritish continued success in his personal, academic, and career endeavors. We are also happy to celebrate his upcoming graduation. Woo Hoo! You did IT!

September Workshop Calendar

Mon	Tue	Wed	Thu	Fri
<p>Make sure to complete the TRIO SSS Online Evaluation Form for Workshops and Financial Literacy Sessions.</p> <p>Complete at: https://bit.ly/3Ak91Ln</p>		<p>7</p> <p>¹Socially Responsible Leadership  12:30 pm—1:30 pm Learning Commons 2230 OR Via ZOOM: 961-7719-6962</p>	<p>8</p>	<p>9</p>
<p>12</p> <p>²Arguments & Thesis Statements  9:30 am—10:20 am Learning Commons or ZOOM (Interactive Session)</p> <p>THESIS STATEMENT ARTICLE THINK SUPPORT FACTS FACT CHOSE STATEMENT WELL SKY STOOD STATION FELT</p>	<p>13</p> <p> ³College Survival 101 12:30 pm—1:15 pm Learning Commons  ⁴TRIO SSS Financial Literacy: Managing Your Finances  2:30 pm—3:30 pm</p>	<p>14</p> <p>²Effective Revision  9:30 am—10:20 am Learning Commons or ZOOM (Interactive Session) ³Take Control of Your Semester: Time Management  11:30 am—12:15 pm ¹Self Advocacy in the Workplace  12:30 pm—1:30 pm Learning Commons 2230 OR Via ZOOM: 961-7719-6962</p>	<p>15</p> <p> ¹Sustainability 101  3:30 pm—4:45 pm Tivoli 329 OR Via ZOOM: 972-5172-9253</p>	<p>16</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <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> </div>
<p>19</p> <p>²MLA & APA Basics  2:00 pm—2:50 pm Learning Commons or ZOOM (Interactive Session)</p> <p> MLA Citations Woo hoo!</p>	<p>20</p> <p>³Study Smarter, Not Harder: General Study Skills  12:30 pm—1:15 pm Learning Commons ²Effective Resumes & Cover Letter  2:00 pm—2:50 pm Learning Commons or ZOOM (Interactive Session)</p>	<p>21</p> <p>³Back to Basics: Note-Taking Skills  11:30 am—12:15 pm ¹No Longer on Standby: Using Your Voice to Intervene  12:30 pm—1:30 pm Learning Commons 2230 OR Via ZOOM: 961-7719-6962</p>	<p>22</p> <p>⁵Interviewing Tips  3:00 pm—4:00 pm Tivoli 439 (LynxConnect) </p>	<p>23</p> <p><i>Keep GOING Keep GROWING</i></p>
<p>26</p> <p>²Application Essays, Letters & Personal Statements  11:00 am—11:50 am Learning Commons or ZOOM (Interactive Session) ⁴TRIO SSS Financial Literacy: Budgeting Basics  2:00 pm—3:00 pm SC, 2000</p>	<p>27</p> <p>³Roadmap to Mastery: Study Guides  12:30 pm—1:15 pm Learning Commons</p>	<p>28</p> <p>³Due Today ≠ Do Today: Avoid Procrastination  11:30 am—12:15 pm ¹Conflict Management (YouTube Workshop: @CUDenverStudentLife) 12:30 pm—1:30 pm Learning Commons 2230</p>	<p>29</p> <p>¹Sustainability & Business  3:30 pm—4:45 pm Tivoli 329 OR Via ZOOM: 972-5172-9253</p>	<p>30</p>

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

HYBRID



IN-PERSON



ZOOM



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

¹**Student Life LEAD Workshops:** Registration is not required. Please see calendar for details.

²**Writing Center Workshops:** Registration Required: RSVP at: <https://clas.ucdenver.edu/writing-center/workshops>

³**Learning Resource Center Workshops:** Registration Required: RSVP at: <https://www.ucdenver.edu/learning-resources-center/study-skills-workshops>

⁴**TRIO SSS Financial Literacy Sessions:** Registration Required: RSVP at: <https://bit.ly/3P7Rb4q>

⁵**TRIO SSS Skill Building Workshops:** Registration Required: RSVP at: <https://bit.ly/3PmnigE>