

THE PILLAR

A MONTHLY JOURNAL OF THE TRIO SSS COMMUNITY

"Helping Students Realize Their Full Potential"



September 2020
ISSUE

Page Guide

Page 1

- Peer Mentor Welcome

Page 2

- Welcome Continued

Page 3

- TRIO Meet and Greet
- Kudos

Page 4

- How to use a mask properly?

Page 5

- Suicide Awareness
- Pandemic Talk

Page 6

- Hispanic Heritage

Page 7

- Director's Corner
- Academic Calendar

Page 8

- September Calendar

Mission Statement

The University of Colorado Denver TRIO Student Support Services Program is a holistic student development program that is dedicated to helping each student reach his or her full academic potential.

YOU GOT THIS

Peer Mentor — Patitta Banjongwit



Hi, my name is Patitta Banjongwit, but you can call me Faai. I am a third-year student at CU Denver. I am a first-generation student majoring in Accounting and Entrepreneurship. I was born in Thailand and moved to the United States ten years ago. At first, I wanted to major in interior design, but I grew interested in business as I got older. At such a young age, I have seen my mom struggle with finances. So being an accountant, I can help her prepare for financial records and help my family with financial operations in the business. Not only that, but I would like to help people within my community with financial services. Being a first-generation student, I learned that things do not come so easily. I learned that education is very important, and to appreciate everything that happens to you. My mom taught me to value education because she did not have a chance to go to school. My mom told me that she did not have the education that she wanted, so take every second that you have and make it important. Being in the TRIO SSS program, I had learned many new resources that are available on campus. Not only that, I get to meet some of the most amazing people in the program. I am very happy to be working with the TRIO SSS program this year and looking forward to meeting everyone this semester!

Patitta Banjongwit | TRIO SSS Peer Mentor

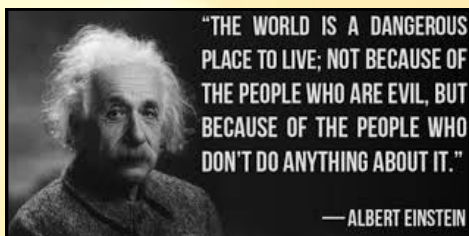
Peer Mentor — Carol Combs



Hi, my name is Carol Combs. I am a senior pursuing a B.S. in Public Health and a minor in Human Development and Family Relations. During my free time, I enjoy going on hikes, exercising, and catching up on my favorite TV shows. I chose this major because I believe Public Health is one of the important ways to promote healthy lifestyle choices as well as learning how to overcome barriers that may prevent us from promoting these good health practices. With my degree, I hope to work in the field of community health. In the near future, I plan on applying to the Colorado School of Public Health to earn a Master of Public Health degree. I am excited to be a part of TRIO and supporting students in any way I can.

Carol Combs | TRIO SSS Peer Mentor

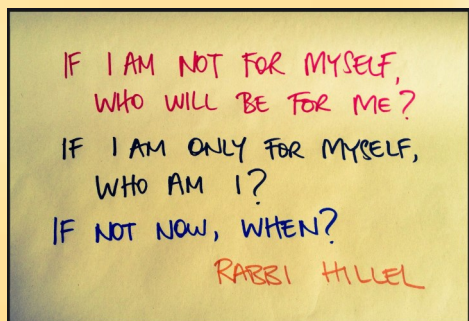
Peer Mentor — Michael Martinez



Hello, my name is Michael Martinez and I am a pre-engineering major with a minor in Psychology and this is the beginning of my second year here at CU Denver. I was born in Denver and have lived here my whole life. I chose to pursue engineering because I would like to obtain a Ph.D. in Aerospace Engineering, specifically in Astronautics. I have always been intrigued by space and I want to help innovate the space industry and help make it possible to maybe one day have a consistent means of interstellar travel. Overall, my ultimate career goal is to one day become an astronaut and spend my days in orbit. What motivates me to pursue my degree is the simple fact that I love to learn and enjoy implementing the things I do learn into my life. Being a first-generation college student, it is extremely important to me that I set a strong foundation and a positive example for those who come from underrepresented and marginalized communities into a university setting. In my free time, I enjoy hiking, snowboarding, playing basketball, and hanging with friends. I am honored to be a participant in the TRIO SSS program. They have helped guide me to my goals and navigate my way through college in order to be successful.

Michael Martinez | TRIO SSS Peer Mentor

Peer Mentor — Justin Shrader



Hello everyone! My name is Justin Shrader, I am a first-generation student majoring in Communication and minoring in Psychology. I transferred to CU Denver a year ago from Front Range Community College in Westminster where I earned my Associate of Arts degree with a designation in Communication. When I was deciding what to major in I knew that I wanted to study communication because I had already experienced the power of language to start and resolve conflicts as well as empower or disempower people. I saw communication as a powerful tool to bring about peace and help others find their potential within family, professional, and communal life. Since I began attending CU Denver last fall, I have earned a Certificate of Mediation, and I am now working on a Certificate in Health Communication. I have a long-term goal of earning a Ph.D., in Rhetorical Communication with a personal interest in how age affects communication. To that end, I am also a member of the McNair Scholars Program, the Communication Department's Honor Society Lambda Pi Eta, and the National Society for Leadership and Success. I know this semester is going to be a challenge for many students, but I look forward to working with my mentees to find creative ways to make the most of this semester.

Justin Shrader | TRIO SSS Peer Mentor

TRIO SSS Meet and Greet



Please mark your calendars for our fall 2020 SSS Meet and Greet. You will have the opportunity to connect with professional staff, peer mentors, and fellow participants. We'll have a scavenger hunt and Kahoot trivia activity! Will you be the winner? Staff and peer mentors will facilitate small breakout room discussions to share your experiences with classes and remote learning and connect with other program participants you may not have met before. We hope you will drop in and say hello.

Come build community!

Stay tuned for more information.

Hope to SEE YOU THERE! - Sonia Valencia

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!



- ★ TRIO SSS member, **Mardochee Mafuana** completed a successful summer internship.
- ★ TRIO SSS member, **Brenda Astorga** completed her Finance 3000 course successfully!
- ★ TRIO SSS member, **Cesar Munoz** completed his Bachelor of Science in Business Administration degree in Finance and minor in History this summer!
- ★ TRIO SSS member, **Nashra Jamil** placed 3rd in the Science, Technology, Engineering, and Mathematics Category for her research on ""Sex Differences in the Neural Circuits Underlying Voluntary Exercise" during the CU Denver Virtual Summer Research Symposium.
- ★ McNair Scholar and TRIO SSS member, **Kayla Medina** was accepted to present at SACNAS in October!
- ★ McNair Scholar, **Susan Kim** placed 1st in the Arts, Humanities, & Social Science Category for her research on ""Mode of Delivery, Breastfeeding Patterns, and Postpartum Depression" during the CU Denver Virtual Summer Research Symposium.
- ★ McNair Scholar, **Kathy Lee** placed 1st in the People's Choice Award in Science, Technology, Engineering, and Mathematics Category for her research on ""How does Environmental Temperature Affect Eczema?" during the CU Denver Virtual Summer Research Symposium.
- ★ McNair Scholar, **Judy Tran** placed 2nd in the People's Choice Award in Arts, Humanities, & Social Science for her research on "Arts, Humanities, & Social Science" during the CU Denver Virtual Summer Research Symposium.
- ★ McNair Scholar Alumna, **Anjel Morine** started the CU Denver Master of Urban and Regional Planning Program and received a \$5000 scholarship.
- ★ McNair Scholar Alumna, **Alejandra Armenta** was accepted to Master of Public Health, Child and Maternal Health Program, and will start this month!

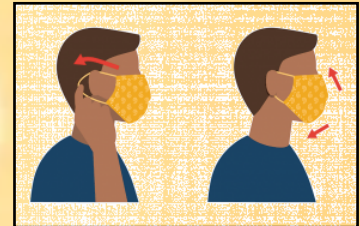
Congratulations and great job on your hard work. Keep it up TRiO students!

How to use a mask properly?

Due to the COVID-19, also known as Coronavirus, we have been experiencing uncertain time. COVID-19 may start with flu like symptoms but could lead to death. Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms. (CDC.gov) Colorado statewide mandatory mask order has been announced on July 17th. (COVID19.colorado.gov). We are required to wear mask in any public places. Here are some tips on how to properly wear a mask from Center for Disease Control and Prevention website.

Wear your Face Covering Correctly:

- Wash your hands before putting on your face covering
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily

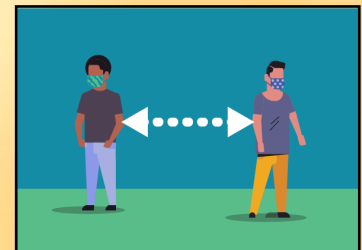


Wear a Face Covering to Protect Others

- Wear a face covering that covers your nose and mouth to help protect others in case you're infected with COVID-19 but don't have symptoms
- Wear a face covering in public settings when around people who don't live in your household, especially when it may be difficult for you to stay six feet apart
- Wear a face covering correctly for maximum protection
- **Don't** put the face covering around your neck or up on your forehead
- **Don't** touch the face covering, and, if you do, wash your hands or use hand sanitizer to disinfect

Follow Everyday Health Habits

- Stay at least 6 feet away from others
- Avoid contact with people who are sick
- Wash your hands often, with soap and water, for at least 20 seconds each time
- Use hand sanitizer if soap and water are not available



Take Off Your Cloth Face Covering Carefully, When You're Home

- Untie the strings behind your head or stretch the ear loops
- Handle only by the ear loops or ties
- Fold outside corners together
- Place covering in the washing machine (learn more about how to wash cloth face coverings: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-wash-cloth-face-coverings.html>)
- Be careful not to touch your eyes, nose, and mouth when removing and wash hands immediately after removing.



References:

- <https://www.cdc.gov/coronavirus/2019-ncov/community/colleges-universities/index.html>
- <https://COVID19.colorado.gov>
- <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-wear-cloth-face-coverings.html>
- <https://dunyanews.tv/en/Health/555242-Do-not-bring-down-your-mask-to-the-Chin>

Alexandria Joo | Project Specialist, TRIO SSS and McNair Scholars



Suicide Awareness Month



National Suicide Prevention Week (NSPW) is an annual week-long campaign in the United States to inform and engage health professionals and the public about suicide prevention and warning signs of suicide from September 6 to September 12. By drawing attention to the problem of suicide in the United States, the campaign also strives to reduce the stigma surrounding the topic, as well as encourage the pursuit of mental health assistance and support people who have attempted suicide.

Suicide most often occurs when stressors and health issues converge to create an experience of hopelessness and despair. Depression is the most common condition associated with suicide, and it is often undiagnosed or untreated. Conditions like depression, anxiety, and substance problems, especially when unaddressed, increase risk for suicide. Yet it is important to note that most people who actively manage their mental health conditions go on to engage in life.

As part of the campaign, health organizations conduct depression screenings—including self-administrated and online tests—and refer interested individuals to a national toll-free telephone number. Suicide is the 10th leading cause in the US and in 2018, 48,344 Americans died by suicide. On average there are 132 suicides a day.

Warning signs vary in mood, behavioral, verbal, health, environmental, and historical conditions. Some examples include if a person starts to talk about killing themselves, feeling hopeless, feeling trapped, or unbearable pain. Behavioral signs include increased use of alcohol or drugs, withdrawing from activities, aggression, or fatigue. Depression, anxiety, loss of interest, and irritability also contribute to suicide.

The suicide hotline, 1-800-273-8255, is a 24-hour hotline that helps people that are contemplating suicide. It is available 24 hours, confidential, and in many different languages. Ultimately, we can all prevent suicide by taking action to follow up on people in crisis and providing directed support to those that need it most.

The **CU Denver Student and Community Counseling Center** will be providing remote, online counseling services. They will be offering the following services via telehealth/online video calls: 1) Intake appointments, 2) Crisis sessions to address acute mental health crises, and 3) Regular individual therapy sessions with your ongoing counselor. Please visit their [website](#) for more information.

Vrajen Patel | TRIO SSS Peer Mentor

Pandemic Talk



Dear TRIO SSS Participants,

I would like to talk about a new workshop that the TRIO SSS office will be offering. It is called, "Pandemic Talk," based on the name of the workshop you can basically tell what we will be discussing. We will not be discussing hygiene or anything that has to do with science of the pandemic if not the emotional health that you may be feeling. We will be discussing how you are all balancing your life in the pandemic, as many of us are taking care of others, added responsibilities, job loss, academics, and relationships. If you are struggling, this is an open space where you will be able to find useful tips on how to balance all of it with suggestions by other students. It is not easy having to care for other people while taking classes from home or working from home in times like these. This is why we have created this free space to discuss how others are coping and managing time to see if it can work for us. I hope that you can join us, please look at the workshop calendar for date and time.

Daniela Castorena | TRIO SSS Program Coordinator

Hispanic Heritage Month

Each year, Americans observe National Hispanic Heritage Month from September 15 to October 15, by celebrating the histories, cultures and contributions of American citizens whose ancestors came from Spain, Mexico, the Caribbean and Central and South America. The observation started in 1968 as Hispanic Heritage Week under President Lyndon Johnson and was expanded by President Ronald Reagan in 1988 to cover a 30-day period starting on September 15 and ending on October 15. It was enacted into law on August 17, 1988, on the approval of Public Law 100-402. The day of September 15 is significant because it is the anniversary of independence for Latin American countries Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. In addition, Mexico and Chile celebrate their independence days on September 16 and September 18, respectively. Also, Columbus Day or Día de la Raza, which is October 12, falls within this 30 day period. Hispanics and Latinx people make up about 17 percent of the United States and 21 percent of Colorado. Cultural influences can be seen in all aspects of society, from regional cuisine and art to political and environmental movements. In a highly divisive and partisan time, one thing is clear: Americans that identify as Hispanic and/or Latinx are vital to shaping the cultural and political future of our country. Here's how you can celebrate this rich tradition, history and culture in Denver.

[Hecho en Colorado](#) (July 6, 2020–Jan. 10, 2021)

See historically significant paintings, sculptures, textiles and writings from Colorado's Chicano/Mexican American community, including prominent figures like Carlota Espinoza, Carlos Fresquez and David Ocelotl García, as well as selections from up-and-coming artists. **Hecho en Colorado** (Made in Colorado) at **History Colorado Center** honors the artistic achievements of a community whose impact continues to shape Colorado culture.

[Latin Fashion Week Colorado](#) (Sept. 16–24, 2020)

Created to honor the rich diversity in the Latino creative community, Latin Fashion Week Colorado aims to create tomorrow's new wave of talented fashion designers and artists with recognition on a national and international level. This year's virtual event will be held online.

[CHAC Gallery & Cultural Center](#) was founded in 1978 as a place where Chicano/Latino artists are provided with a venue to explore visual and performance art and promote and preserve Chicano/Latino culture through the arts. **Opportunities exist all year long to learn Latin dances and try out the moves!**

[Colorado New Style Dance](#) specializes in Latin dance and offers a wide variety of classes for adults and kids. Various levels of salsa, bachata, capoeira and other classes are available.

[Salsa Central Denver](#) has a handy list of where to learn salsa and bachata every week and enjoy dancing to Latin beats, including its own **Wednesday Salsa and Bachata Lessons and Dance** where you can meet new people and practice all night long! There is an admission fee that includes a beginning salsa lesson. There is an extra fee for bachata and intermediate salsa. Lessons begin at **7:15 p.m.** followed by open dancing from **8:30 p.m.** to close.



Carlos Guillen | TRIO SSS Peer Mentor

Director's Corner

Dear Students,

I hope that your first two weeks of the semester are off to a great start and that you are discovering a schedule that works for you. I have had the pleasure of meeting with several students who have shared their time management challenges. To them, and to you, I say, you have the skills and ability to develop a time management system that works for you, and SSS can help. I offer the following tips in hopes of helping you have a successful fall semester.

While remote and online classes offer lots of scheduling flexibility, I recommend that you approach these courses like traditional face-to-face classes. That is, create a weekly schedule and allot time to watch lectures, read, and complete assignments. Check-in with yourself at the end of the week, and if something in your schedule didn't work for you, do not be afraid to make changes. Be flexible and patient as you decide on a schedule that works for you.

You do not have to wade through the course content alone. If you are struggling to understand a concept, reach out to the professor. They will be happy to help. If you're nervous about reaching out to faculty, talk to your coordinator or peer mentor. We can help you craft an email to your instructor. Additionally, do not forget to take advantage of the Learning Resource Center's tutoring services. If you realize you are falling behind or that you will not be able to complete an assignment on time, speak up. Email your professor ahead of time, and ask for an extension. Be proactive. I don't recommend that you wait until the day an assignment is due to ask for an extension. Thus, it is crucial to keep track of upcoming assignment due dates and deadlines.

Build relationships. Distance learning does not have to hinder your ability to connect with your professor or classmates. If you do best in study groups, send an email inviting your classmates to form a virtual study group. Other students are likely craving the opportunity to connect with others in the class. Build a community outside of your classes. The office of Student Life and Campus Community has several options for you to meet other students and develop your leadership skills. If you were looking forward to joining a student organization, do so! Many organizations are holding virtual meetings and offering virtual programming.

Finally, remember that you have a built-in family and community in SSS. Connect with other SSS students by attending our workshops. Make an effort to get to know your peer mentor. I know they will be happy to hear from you. Please remember that your coordinators are always happy to listen to your concerns and to lend a helping hand.

Be safe and be well.

Sonia Valencia
Director, TRIO SSS and McNair



Academic Calendar Dates

- ✓ September 2, 2020—Last Day to add class in [UCDACCESS](#)
- ✓ September 2, 2020—Last Day to Drop class with financial adjustment before 5pm
- ✓ September 2, 2020—Last Day to apply for Fall Graduation via [UCDACCESS](#)
- ✓ September 2, 2020—Last Day to request or cancel Grade Forgiveness
- ✓ September 2, 2020—Last Day to request No Credit or Pass/Fail grade for a class
- ✓ September 7, 2020—Labor Day No Classes
- ✓ October 25, 2020—Last Day to withdraw from a class using [UCDACCESS](#)



September Workshops

Mon	Tue	Wed	Thu	Fri
	1	2 ¹ Stress Less 4:00 pm — 6:00 pm	3 ² Career Readiness and Self-Understanding 1:00 pm — 2:00 pm	4
7 	8 ³ College Survival 101 10:00 am — 11:00 am	9 ⁴ MLA & APA Basics 9:30 am — 10:30 am — ¹ Getting What You Want From Your Relationship 4:00 pm — 6:00 pm	10  ⁴ Effective Revision 2:00 pm — 3:00pm	11
14 ² Graduate School Preparation 2:00 pm—3:00 pm	15 ³ Study Strategies for Remote Learning 101 10:00 am — 11:00 am — ⁵ Wellness & Recreation Financial Literacy: Budgeting—Show Me the Money 3:00 pm—4:00 pm	16 ³ Discover New Learning Strategies 12:00 pm — 1:00 pm — ¹ Peace of Mind 4:00 pm — 6:00 pm	17 ² How to Navigate Auraria Library Virtually? 1:00 pm—2:00pm 	18:
21  ⁴ Application Essays, Letters, & Statements 11:00 am — 12:00 pm	22 ³ Take Control of Your Semester: Time Management 10:00 am— 11:00 am — ⁶ Food For Thought: Asian American Fight Against Racism 12:30 pm — 1:45 pm	23 ³ Back to Basics: Effective Note-Taking 12:00 pm— 1:00 pm — ⁷ TRIO SSS Financial Literacy: Savings Strategies and Retirement 3:00 pm — 4:00 pm — ¹ Managing Your Mood 4:00pm — 6:00 pm	24 ² Pandemic Talk 9:00 am — 10:00 am — ⁴ Effective Resume & Cover Letters 2:00 pm — 3:00 pm 	25
28 ⁴ Crafting a Literature Review 1:00 pm — 2:00 pm	29 ³ General Study Skills 10:00 am — 11:00 am 	30 ⁵ Wellness & Recreation Financial Literacy: Taking Control of Your Money: Savings 11:00 am—12:00 pm — ³ Avoid Procrastination 12:00 pm — 1:00 pm	WORKSHOP EVALUATIONS <i>Great News! You can now complete your workshop evaluation online for all sessions you attend. This will make it easier for you to submit your evaluation.</i> <i>You can access the form at:</i> https://bit.ly/2Q4Vwsu .	

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

¹Student and Community Counseling Center Workshops

✓ Registration Required: RSVP at: https://ucdenverdata.formstack.com/forms/counseling_group

²TRIO SSS Skill Building Workshops

✓ Registration Required: RSVP at: <https://bit.ly/303R2bt>

³Learning Resource Center Workshops

✓ Registration Required: RSVP at: <https://www.ucdenver.edu/learning-resources-center/resources>

⁴Writing Center Workshops

✓ Registration Required: RSVP at: <https://clas.ucdenver.edu/writing-center/workshops>

⁵Wellness & Recreation Services Financial Literacy Workshops

✓ Registration Required: RSVP at: <https://www.ucdenver.edu/wellness/matters/financial-wellness>

⁶Asian American Student Services Workshop

✓ Registration Required: RSVP at: <http://tinyurl.com/F4T2020>

⁷TRIO SSS Financial Literacy Workshops

✓ Registration Required: RSVP at: <https://bit.ly/32Y18fG>



ALL Skill Building and Financial Literacy workshops will be held via ZOOM Conference. After you register, you will receive invite information.