



# THE PILLAR

A MONTHLY JOURNAL OF THE TRIO SSS COMMUNITY

"Helping Students Realize Their Full Potential"



September 2021  
ISSUE

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## 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

## KPMG Internship Experience — Patitta Banjongwit

Internship! Internship! Internship! One of many problems that people are struggling with, especially during the pandemic. Hi! My name is Patitta Banjongwit, and I recently finished a summer internship with Klynveld Peat Marwick Goerdeler (KPMG). Coming to this internship, I was scared of what the internship life would be like. I feel like I did not know anything about accounting. However, I can tell you that I do know credit, debit, and maybe some accounting terms. I was scared of solving real accounting problems and meeting different professionals around the firm. The thought of not knowing anything always scared me. I began looking for an internship through Handshake. Thanks to Beta Alpha Psi for reminding me about each internship deadline. Finally, I had the courage to apply to some internships. Luckily, I received offers from all of the internships to which I applied. Then the process began. I had one interview with two firms, and surprisingly, the interview was more to get to know me. However, always come prepared and make sure you research the company thoroughly! The hard decision was choosing what firm to join. At this point, I focused on the firm that made me feel most comfortable and where I could see myself going to work everyday being myself.



I chose the KPMG Embark Scholars Program, which allows students to explore the different service lines in accounting, tax, and advisory. This internship is great for people who are still unsure about what practice they want to go into. In this internship, the Embark intern is given a board of directors. On the board of directors, you have a chairman, people management leader, transitional coach, a coach, and a mentor. The board of directors will be whom you will work closely with and help you with anything in the program.

Everything was going fine until the first day of my internship. Unfortunately, since the pandemic is still around, the internship had to be virtual. I was excited and nervous at the same time. The first day was hectic since it was mainly for me to set-up the laptop and connect to VPN. They gave interns a checklist of what to do on the first day, the second day, and the first week. During each of the rotations, I shadowed different professionals and saw some of the software they used. The first week was more like an introduction to each of the practices. After that, it was an introduction to each of the service lines. For example, there are different service lines in tax, such as mergers and acquisitions, business tax services, and state and local taxes. The first week was with everybody in the Embark Program all over the united states. While the second week was more of shadowing professionals within the Denver office.

While interning at KPMG, I learned that no one expects you to know anything, and as long as you come with the right attitude and the willingness to learn, you will do great in the internship. Also, do not be afraid to speak up and ask questions. People know that you do not have any experience so ask as many questions as possible. It was great to see that everybody at KPMG cares about my learning. People at KPMG want you to have the best experience while you are interning with them. Overall, I have to say that the internship was not as bad as I thought it would be. Sometimes, we get afraid when stepping out of our comfort zone, but you will never know what it is like until you try. Now, I received an audit internship offer with KPMG for the summer of 2022!

## TRAVELERS Internship Experience — Jocelyn Reynoso



My name is Jocelyn Reynoso. I am a first-generation Guatemalan-American. I will be graduating in the spring with a Bachelor of Science degree in Business Administration with an emphasis in Finance and Risk Management and Insurance (RMI).

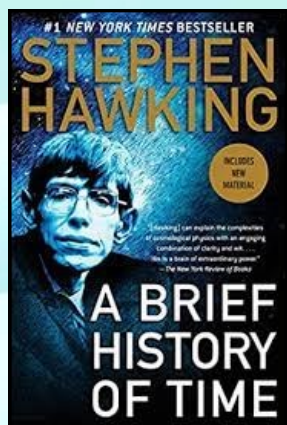
Recently, I completed my second summer internship with Travelers in their Claims Professional Development Program. The first summer I was anxious because of the uncertainty of COVID-19 but the company did not cancel the internship. Instead, they sent us equipment to work from home. It's a unique

experience being alone but being able to communicate with the world at your fingertips. The biggest tip I have for those looking for internships is to connect with others and connect with them regularly, to create a support system to avoid the feeling of isolation and disconnection.

Being remote required me to step out of my shy shell. My first week, in my first summer, I had messaged other interns to connect. Although we all had different backgrounds, we were able to bond and create a support system for each other. For the first summer, having that support system made the days (which were packed with shadowing, meetings, trainings, and projects) less overbearing. Sending a meme over the group chat or asking each other questions or even having someone to vent to, as corporate America can be stressful, was beneficial.

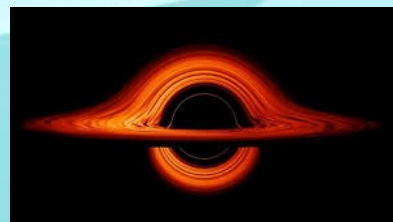
For the second summer internship, my support system was my anchor. Interns are split up and placed in a specific line of business (i.e., auto, property, workers compensation). I was placed in general liability where I handled claims and mainly spoke with my mentors and manager. The returning interns had stayed connected and we would get together to share our new experiences and knowledge from the different lines of business. Overall, I enjoyed the internship and I hope to join Travelers full-time after I graduate.

## Book Review: A Brief History of Time



Stars, planets, black holes, space, and time; these are all interesting notions that seem to baffle even the most intelligent minds throughout history. From Newton and Galileo to Einstein and Hawking, these topics have been explored immensely throughout centuries with the focus of understanding the physical world around us at a fundamental level. Steven Hawking's best seller, *A Brief History of Time* is no exception, from his unique ability to articulate extremely complicated concepts at an elementary level it is easy to see why this piece of literature has sold more than 25 million copies. A brief history of time focuses on the realm of theoretical cosmology and is specifically for individuals who have no prior knowledge of physics or astronomy. Through non-technical terms, Hawking discusses the origins and development of the universe such as the big bang, black holes, and quarks. Topics such as gravity and Einstein's general theory of relativity, and quantum mechanics are discussed

are shown through various diagrams without all the mathematical jargon that could potentially confuse the reader. Hawking also talks about finding a unifying theory that will describe the universe in a logical way that is easy to understand. If your interests include learning new things about interesting topics such as space and black holes, then *A Brief History of Time* is the perfect starting point for any curious individual looking to advance their knowledge and understanding of the world around us.



Michael Martinez | TRIO SSS Peer Mentor



## TRIO SSS & TRIO McNair Scholars Open House

Please mark your calendars for our fall 2021 SSS & McNair Scholars Open House. You will have the opportunity to connect with professional staff, peer mentors, and fellow CU Denver students. We'll have fun activities throughout the day. Drop in and say hello, and bring a friend.

**When: September 8, 2021**

**Time: 12:00 pm—1:30 pm**

**Where: Student Commons Building, Suite 2000**

**Come build community!**

**Stay tuned for more information.**

**Hope to SEE YOU THERE!**



## CU Denver Resource Highlight — Office of Case Management

The Office of Case Management supports student growth, development, success, wellbeing, and belonging. Our office helps with exploring and connecting to on- and off-campus resources, navigating the university system and offices, assessing and supporting students' health and safety concerns, medical withdrawals, and more.

### Vision

The Office of Case Management values providing caring, compassionate, and supportive services to students. Our office adheres to the highest standards of professionalism and ethics when serving the campus population.

Visit our website to learn more and join our virtual front desk,  
Monday – Friday, 9:00 am – 12:00 pm and 1:00 pm – 3:30 pm.

Check us out at: [www.ucdenver.edu/csm](http://www.ucdenver.edu/csm)

## 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!

- ★ McNair Scholar, Jimmy Tangchittumran has been selected for the EUREKA Fellowship.
- ★ Nisreen Jameel was accepted into the CU Anschutz Undergraduate Pre-Health Program!
- ★ Hissein Wade completed successful summer internship with Inspirato!
- ★ Patitta Banjongwit completed successful summer internship with KPMG!
- ★ Jocelyn Reynoso completed successful summer internship with TRAVELERS!

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



## Hispanic Heritage Month

Hispanic heritage is always celebrated September 15th—October 15th. September 15th is an important date because it marks the independence of Latin American countries like El Salvador, Guatemala, Costa Rica, Nicaragua, and Honduras. September 16th is the independence of Mexico.

Hispanic heritage month was only commemorated one week when it was first introduced by Congressman George E. Brown in June 1968. Brown represented Two Latinx and Hispanic populated areas: San Gabriel Valley and East Los Angeles. were represented by Brown. His intent was to recognize the roles of the communities in American history. Hispanic Heritage week began in 1968 under President Lyndon B. Johnson and it was extended to a thirty day celebration under President Ronald Regan. It was then enacted into law on August 17, 1988.

National Hispanic Heritage month is also a time to commemorate those who are serving in the military who identify as Hispanic and Latinx, to honor both fallen and active duty. 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.

[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.

[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.

For more information:

[National Hispanic Heritage Month - Wikipedia](#)

[HISPANIC HERITAGE MONTH --September 2021 | National Today](#)





# Campus Events

## SPARK 2021

SPARK is a virtual leadership program that starts with YOU: your unique skills, talents, and gifts; your interests, concerns, and passions; and your potential to make a contribution to your community. You'll examine who you want to be as an authentic leader at CU Denver.

**Friday  
October 15, 2021  
9am - 12:30pm**

Register by October 1st



Student Life & Campus Community  
UNIVERSITY OF COLORADO DENVER

Need Accommodations?  
Contact us at [studentlife@ucdenver.edu](mailto:studentlife@ucdenver.edu)

**SPARK** is a three and half hour virtual Leadership Program. This program will examine who you want to be as an authentic leader in your community. Who can participate—any undergraduate and graduate student who is open to exploring authenticity, connection, and committed to increase your capacity to lead. Participants will engage in small group dialogue and large group interaction. Make sure to register by October 1st.

## Bystander Intervention

to stop anti-Asian/American and  
Xenophobic harassment

### hollaback!

This one-hour interactive training will teach you Hollaback!'s 5D's of bystander intervention methodology. You'll leave feeling more confident intervening the next time you see anti-Asian/American harassment online or in person.

**Sep 10, 2021  
10:00-11:00 AM  
Zoom**

Click or scan the QR code to register:



SCANLINE

Sponsors: Office of Diversity Equity and Inclusion, Asian American Student Services, Learning Resource Center, School of Business College of Liberal Arts & Sciences, CLAS Diversity Equity & Inclusion, Student Life & Campus Community, CU Staff Council Ethnic Studies Department Chair of Student Health & Wellness, Office of Wellness

University of Colorado Denver  
CU IN THE CITY

Anti-Asian/American and xenophobic harassment are on the rise across the U.S. and the world. In this virtual workshop hosted on Zoom, and co-sponsored by Asian Americans Advancing Justice | AAJC and Hollaback!, we'll learn how you can intervene effectively as a bystander without ever compromising your safety. This one-hour, interactive training will teach you Hollaback!'s 5D's of bystander intervention methodology. We'll start by talking about the types of disrespect that Asian and Asian American folks are facing right now -- from micro aggressions to violence -- using a tool we call the "spectrum of disrespect." You'll learn what to look for and the positive impact that bystander intervention has on individuals and communities. We'll talk through five strategies for intervention: distract, delegate, document, delay, and direct; and how to prioritize your own safety while intervening. We'll have time at the end for practice, and you'll leave feeling more confident intervening the next time you see anti-Asian/American harassment online or in person.

## Tri-Institutional Suicide Awareness March & Resource Fair

**WEDNESDAY 09/08  
RESOURCE FAIR 11:00 AM - 1:00 PM  
MARCH BEGINS AT 11:45 AM**

**TIVOLI QUAD  
RESOURCE FAIR  
FREE GIVEAWAYS  
FREE FOOD FOR MARCH PARTICIPANTS**

March with us through campus during suicide prevention week to reduce mental health stigma and learn about helpful resources!

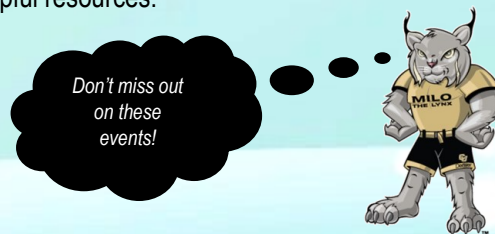
Bring posters with words of encouragement, positive statements only. Posters will be monitored. Want to donate posters? Drop them off at Tivoli 309

NEED SOMEONE TO TALK TO? MAKE AN APPOINTMENT WITH YOUR SCHOOL'S COUNSELING CENTER OR CALL COLORADO CRISIS SERVICES AT 1-844-492-8258

METROPOLITAN STATE UNIVERSITY OF DENVER  
OFFICE OF CASE MANAGEMENT

COMMUNITY COLLEGE OF DENVER  
Start Here. Go Anywhere!

September is **Suicide Awareness Month**. It is time to raise awareness on this stigmatized topic. Suicidal thoughts can affect any gender, age, or background. On September 8th, please March through campus during suicide prevention week to reduce mental health stigma and learn about helpful resources.



## Diversity in Academic Research Expo at the University of Colorado Denver (D.A.R.E.)

The 4th annual D.A.R.E. sponsored by the CU Denver DEI Office, McNair Scholars Office of Inclusion & Outreach & CCTSI

Join us for CU's only multi-campus virtual symposium and professional development conference. With no palpable boundary between school and city, we bring Colorado's top undergraduate researchers right to our city.

**Abstracts Due 09/24/21**

**Featuring:**

- A hybrid UG Symposium
- Award Competition
- Live presentations
- Faculty & Staff Development Session
- Supporting & Mentoring
- Graduate School Fair
- Meet w/ Recruiters
- Student Development Session

**October 15th 2021**



**Register Here**

Office of Inclusion and Outreach  
TRIO


Want to present your research? Do not miss this great opportunity to present at the **Diversity in Academic Research Expo (D.A.R.E.)** at the University of Colorado Denver. This is not just a research symposium, this is a conference where you will have the chance to network with faculty, staff, and other students not just from CU Denver. There will be a graduate school fair, faculty & staff development session, and student development session. Register soon and submit your abstract by September 24th.

## BYSTANDER INTERVENTION: HOW TO SHOW UP FOR OTHERS

CU Denver • Friday September 17th, 2021 • 11:30 AM - 1 PM • Pre-Registration Only

**Friday, September 17th  
11:30 am - 1 pm  
Register for Zoom Link**

We all have a responsibility to do something when we see harassment happening, but too often we freeze. We don't know what to do. **Bystander Intervention** gives us tools to intervene without compromising our own safety. When we intervene, we don't just reduce trauma for the person being harassed. We also start to chip away at the culture that allows harassment to be so prevalent. Alone we can't shift the culture — but together — our actions matter. In this training our goal is to give participants the tools to intervene the next time they witness harassment in public spaces and workplaces. We will equip you with the right information on how to be an effective bystander in the midst of harassment using our proven 5D's methodology, our five strategies for intervention. Then we will practice so you leave our training feeling more prepared to successfully and safely intervene.



**Register Here!**

CU Denver

Office of Diversity Equity and Inclusion, Asian American Student Services, Learning Resource Center, School of Business College of Liberal Arts & Sciences, CLAS Diversity Equity & Inclusion, Student Life & Campus Community, CU Staff Council Ethnic Studies Department Chair of Student Health & Wellness, Office of Wellness

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# Tips to Stay Organized

## 1. Set-up a Calendar

Getting yourself a college calendar can be very effective as it gives you a big snapshot of each month and the entire semester. At the beginning of each term, your professors will give you a syllabus for each class which outlines a list of important assignments, tests, quizzes, etc. Record these important dates in your calendar to keep yourself organized throughout the semester.

## 2. Use a Planner

The use of a digital or paper-based planner is a helpful tool to keep track of your daily and weekly tasks. It helps you take big assignments and separate them into manageable chunks. The following are some useful planner organization tips you can follow:

- ◆ Make daily to-do lists
- ◆ Color code assignments and tasks by class
- ◆ Arrange tasks by level of difficulty
- ◆ Highlight important assignments
- ◆ Break larger items into smaller chunks throughout the week
- ◆ Include estimated completion times to keep yourself focused

Using a planner to complement a calendar makes it easier to stay on top of long-term and short-term tasks.



## 3. Digitize Your Notes

Take in-depth, clear notes to effectively organize and retain information. Maintaining an adequate note-taking system makes studying for exams more efficient and easier. Having digital notes gives you the ability to access your notes without needing to keep track of stray papers and notebooks. Also, by having them electronically you can quickly add to or change your documents.

## 4. Organize by Class

Organize your materials by class. One way to do it is, to keep a binder for each class with subject dividers. Example sections may be notes, handouts, completed test and quizzes. If you don't like using binders, you can use a simple notebook and a folder for each class. Besides, color coding your materials by class can make it easier to find what you need. You can also stay organized digitally by creating folders for each term and subfolders for each course.

## 5. Plan Ahead

By using a calendar and planner, it allows you to plan ahead. A good way to plan ahead is to see your daily, weekly, and monthly schedule since it will give you a visual summary of what's coming up. Come up with a good strategy to stay on top of your obligations. For example, you might want to start establishing routines in which you spend Sunday evenings getting ready for the coming week.

## 6. Practice Self-Care

Self-care is a crucial element for maintaining a healthy body and mind. You can start by learning how to balance your stress, making it easier to stay organized by keeping you from feeling overwhelmed. Self-care can be any activity that prioritizes your emotional and physical well-being, such as, exercise, sufficient sleep, and fun activities.



Alexa Dominguez-Estrella | TRIO SSS Office Assistant



## Director's Corner

Dear SSS Participants,

I hope your semester is off to a great start. It has been so lovely to see you in our office these past two weeks. I look forward to meeting more of you as you drop in for meetings with your coordinator or peer mentor or attend workshops or use the computer lab.

As we all settle into our fall semester routine, I encourage you to get a head start on scheduling meetings with your peer mentor and coordinator. If you haven't already done so, please review the book scholarship deadlines and plan to complete the program and book scholarship deadlines on time. Please remember that you have the option of completing workshops and program meetings virtually.

Please mark your calendars for our open house on Wednesday, September 8th! The open house will bring current and prospective program participants together to network. Additionally, you'll have an opportunity to meet program staff and play games, so stop by the event and bring a friend!

Finally, whether you are a first-year student or experiencing CU on-campus life for the first time, I encourage you to attend one of the many student organization and campus resource fairs happening this month. Student organizations are a great way to meet new people and make friends; consider joining one or at least attending a meeting to learn more about the organization.

Be safe and be well.

Sonia Valencia  
Director, TRIO SSS & McNair



## Academic Calendar Dates

- ✓ September 6, 2021—Labor Day No Classes
- ✓ September 8, 2021—Census
- ✓ September 8, 2021—Last Day to add classes via [UCDACCESS](#)
- ✓ September 8, 2021—Last Day to drop classes with a financial adjustment [before 5 pm]
- ✓ September 8, 2021—Last Day to apply for Fall graduation using [UCDACCESS](#)
- ✓ September 7, 2021—Labor Day to request or cancel Grade Forgiveness
- ✓ October 31, 2021—Last Day to withdraw from a class using [UCDACCESS](#)
- ✓ October 31, 2021—Last Day to request No Credit or Pass/Fail grade for a class
- ✓ November 1, 2021—Registration Begins for Spring Semester via [UCDACCESS](#)
- ✓ November 22, 2021—Fall Break
- ✓ December 8, 2021—Last Day to Withdraw from a class with a Late Withdraw Petition Form













## Accepting Applications—TRIO McNair Scholars

### ***Interested in Graduate School? Join the TRIO McNair Scholars Program Today!***

The McNair Scholars program is recruiting new participants for the upcoming 2021-2022 academic year. Benefits of being an active participant include Graduate School Preparation, Research Stipend, Travel Support, Professional Development, and Faculty/Mentor Guidance. Eligibility requirements include, 1) At least 60-Credit Hours, 2) 209 GPA, 3) Desire to Conduct Research, 4) US Citizen/Resident, 5) First Generation College Student, and 6) PELL Grant Eligible. Make sure to check out "[The Scholar Research Blog](#)" to read about the research current McNair Scholars are completing.

**Apply today! [ucdenver.edu/trio](https://ucdenver.edu/trio)**

## September Workshops

Mon	Tue	Wed	Thu	Fri
<p>Please be sure to register for the workshops as each department have their own registration link. They will be sending you an email with either room location or zoom link.</p> <p>Make sure to complete the TRIO SSS Online Evaluation Form for Workshops and Financial Literacy Sessions.</p> <p>Complete at:  <a href="https://bit.ly/3jmZL0K">https://bit.ly/3jmZL0K</a></p>		<p>1</p> <p><sup>1</sup>Wellness &amp; Recreation Financial wellness: Budgeting 101  11:00 am—12:00 pm Wellness Center: Seminar Room</p> <p><sup>2</sup>Planning Your Leadership Journey  3:30 pm—4:30 pm Tivoli, 640</p>	<p>2</p> <p><sup>3</sup>Applying to Graduate School &amp; Professional School 10:00 am—11:00 am  SC, 2000</p> <p><sup>1</sup>Wellness &amp; Recreation Financial wellness: Budgeting 101  11:00 am—12:00 pm</p>	<p>3</p> 
<p>6</p> <p>Labor Day</p>	<p>7</p> <p><sup>3</sup>Resume Basics 3:00 pm—4:00 pm  SC, 2000</p>	<p>8</p> <p><sup>2</sup>True Colors Personality Type 3:30 pm—4:30 pm  Tivoli, 640</p>	<p>9</p> <p><sup>1</sup>Wellness &amp; Recreation Financial wellness: Take Control of Your Money: All About Credit  11:00 am—12:00 pm Wellness Center: Seminar Room</p>	<p>10</p>
<p>13</p> <p><sup>4</sup>Arguments &amp; Thesis Statement  9:30 am—10:30 am</p> <p><sup>3</sup>Coping With Stress 11:00 am—12:00 pm  SC, 2000</p>	<p>14</p> <p><sup>5</sup>College Survival 101  9:00 am—10:00 am</p> <p><sup>4</sup>Effective Revision  9:30 am—10:30 am</p> 	<p>15</p> <p><sup>5</sup>Take Control of Your Semester— Time Management  1:00 pm—2:00 pm</p> <p><sup>4</sup>MLA &amp; APA Basics  2:00 pm—2:50 pm</p> <p><sup>2</sup>Followership: Leading From the Middle  3:30 pm—4:30 pm Tivoli, 640</p>	<p>16</p> <p><sup>1</sup>Wellness &amp; Recreation Financial wellness: Take Control of Your Money: Impulse Purchasing &amp; How to Stop Doing It!  11:00 am—12:00 pm Wellness Center: Seminar Room</p>	<p>17</p> 
<p>20</p> <p><sup>4</sup>Effective Resumes &amp; Cover Letter  2:00 pm—2:50 pm</p>	<p>21</p> <p><sup>5</sup>General Study Skill New Student  9:00 am—10:00 am</p>	<p>22</p> <p><sup>5</sup>Discover New Learning Strategies  1:00 pm—2:00 pm</p> <p><sup>2</sup>Beyond the Ballot:  Political Advocacy 3:30 pm—4:30 pm</p>	<p>23</p> <p><sup>3</sup>Scholarship Essay Writing 3:00 pm—4:00 pm  SC, 2000</p>	<p>24</p>
<p>27</p> <p><sup>4</sup>Writing a Literature Review 11:00 am—11:50 am </p> 	<p>28</p> <p><sup>5</sup>Due Today ≠ Do Today  9:00 am—10:00 am</p> <p><sup>3</sup>Methods of Relaxation 3:00 pm—4:00 pm  SC, 2000</p>	<p>29</p> <p><sup>1</sup>Wellness &amp; Recreation Financial wellness: Saving &amp; Emergency Fund 11:00 am—12:00 pm  Wellness Center: Seminar Room</p> <p><sup>5</sup>Ace My Test— Test-Taking Skills  1:00 pm—2:00 pm</p> <p><sup>2</sup>Reading the Mind in the Eyes 3:30 pm—4:30 pm  Tivoli, 640</p>	<p>30</p> <p><sup>3</sup>Professional Etiquette 10:00 am—11:00 am </p> 	<p>30</p> 

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

<sup>1</sup>Wellness & Recreation Services Financial Literacy Workshops: **Registration Required:** RSVP at: <https://www.ucdenver.edu/wellness/matters/financial-wellness>

<sup>2</sup>Student Life LEAD Workshops: **Registration Required:** RSVP at: [MyLynx.ucdenver.edu](https://mylynx.ucdenver.edu)

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

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

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

Legend for in-person and  
Zoom workshops:

 Zoom

 In-person