

THE PILLAR

A MONTHLY JOURNAL OF THE TRIO SSS COMMUNITY

"Helping Students Realize Their Full Potential"



Summer 2021
ISSUE

Page Guide

Page 1

- Data Fact Sheets

Page 2

- Faces of TRIO
- Movie Review

Page 3

- LGBTQ Pride Month

Page 4

- Anime Recommendation
- National Donut Day

Page 5

- Summer Deadlines
- Fall Deadlines

Page 6

- Kudos/News
- Brain Teaser

Page 7

- Directors Corner
- What is Juneteenth?

Page 8

- Workshop 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.

National Data Fact Sheets on First-generation College Graduates

CENTER FOR FIRST-GENERATION STUDENT SUCCESS

AN INITIATIVE OF NASPA AND THE SUDER FOUNDATION



The Center, an initiative of NASPA and The Suder Foundation, serves as a leader for scholarly discussion, information sharing, networking, and program development to improve first-generation success across higher education. The Center for First-Generation Student Success recently released FOUR fact sheets about first-generation college graduates. They show the extent to which #firstgen and continuing-generation college graduates used career planning services and participated in extracurricular and co-curricular activities when they were undergraduates. A grant from the [Crimsonbridge Foundation](#) supports a joint effort by the Center and RTI International to gather and share important national outcomes data that can shape how you approach career development within your own communities. Below, you will find the fact sheets. Click "Fact Sheet" box for PDF.

[Fact Sheet 1](#)

FIRST-GENERATION COLLEGE GRADUATES
RACE/ETHNICITY, AGE, AND USE
OF CAREER PLANNING SERVICES

[Fact Sheet 2](#)

FIRST-GENERATION COLLEGE GRADUATES'
PARTICIPATION IN EXTRACURRICULAR AND CO-CURRICULAR
ACTIVITIES AS UNDERGRADUATE STUDENTS

[Fact Sheet 3](#)

FIRST-GENERATION COLLEGE GRADUATES'
ENROLLMENT AFTER EARNING A BACHELOR'S DEGREE

[Fact Sheet 4](#)

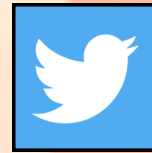
FIRST-GENERATION COLLEGE GRADUATES'
EMPLOYMENT AND FINANCES

Faces of TRIO

Calling all TRIO Alumni,

The Council for Opportunity in Education's "Faces of TRIO" campaign is for TRIO alumni to share their TRIO story with the world. This effort by COE is to bring awareness to the positive impacts and effectiveness of TRIO programs. This campaign collects stories from alumni and shares them on social media.

Share your TRIO story today! To submit your story for consideration, please complete this [survey](#). The Council for Opportunity in Education's mission is to achieve college access and success for low-income students, first-generation students, and students with disabilities.



Summer Movie Review



MOVIE REVIEW

Following the mystique events of the 2018 thriller *A Quiet Place*, *A Quiet Place II* plunges into the journey of the remaining Abbott family as they endure a struggle for survival. In the second film, the audience gets an in-depth look at what these mysterious creatures are, and along the way, find a way to fight back as mankind is on the verge of extinction. The story gives multiple perspectives of events through each character, from the mother trying to keep her family alive to the deaf daughter who is desperate to destroy the creatures who killed her father and baby brother. Not as mysterious as the first film, *A Quiet Place II* gives more meaning to the events that have played out. After the father of the Abbott family dies, the family leaves the farm in hopes of staying alive and broadcasting a signal that can help defeat the invading creatures. Desperate for anything, the family takes shelter in an abandoned factory with a mysterious friend. The daughter goes off on her own, looking for a broadcasting station to cast her signal and help defeat the creatures who have wreaked havoc for a little over a year. This sequel offers a more action-packed, loud, and thrashing experience than the first film, which was sleek, quiet, and intense. If you are up for a summer thrill that will wrench your nerves, bring excitement, or poke the curious part of your brain, then this film is a must-see.

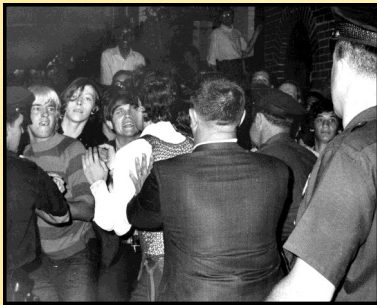
Michael Martinez | TRIO SSS Peer Mentor

LGBTQ Pride Month



Slowly, our society is emerging from the global pandemic. This month, we celebrate LGBTQ Pride Month, which is a time to build community, remember the rich LGBTQ history, and to continue the advocacy efforts for equality. Pride is also a time to raise awareness of key issues facing our communities. Patrons of the Stonewall Inn in New York City were being harassed by the police. In 1969, the Stonewall Riots happened, which served as a powerful

force for LGBTQ activism, which led to the creation of gay rights organizations including the Gay Liberation Front, GLAAD (formerly Gay and Lesbian Alliance Against Defamation), and PFLAG (formerly Parents, Families and Friends of Lesbians and Gays). About a year later, the nations first pride marches were held. [History.com Editors. (2020, June 26). *Stonewall Riots*. HISTORY. <https://www.history.com/topics/gay-rights/the-stonewall-riots>.]



The Riots

During the early hours of June 28, 1969, the Stonewall Inn was raided by police with no warning. Armed with a warrant, police officers roughed up patrons and arrested people for bootlegged alcohol and other violations, including criminal mischief and disorderly conduct. More police arrived and the crowd erupted after police roughed up a woman dressed in masculine attire who had complained that her handcuffs were too tight.

NY Daily News Archive/Getty Images

To stay informed, here are a few resources to consider:

LGBTQ Student Resource Center—is a tri-institutional office serving students, faculty, and staff of all genders and sexualities on the Auraria Campus. We are a resource for those experiencing issues with sexuality, gender identity, and discrimination or harassment. We are a community for all.

⇒ Visit: <https://www.msudenver.edu/lgbtq/>

One Colorado—is the state's leading advocacy organization dedicated to advancing equality for lesbian, gay, bisexual, transgender, and queer (LGBTQ) Coloradans and their families.

⇒ Visit: <https://one-colorado.org/>

The Center on Colfax—opened in 1976 has grown to become the largest LGBTQ community center in the Rocky Mountain region, giving voice to Colorado's lesbian, gay, bisexual, transgender, and queer (LGBTQ) community and playing a pivotal role in statewide initiatives to reduce harassment and discrimination. Today we are focused on fulfilling our mission by ensuring that every member of the LGBTQ community has access to the programs and resources they need to live happy, healthy, and productive lives.

⇒ Visit: <https://lgbtqcolorado.org/>

The National LGBTQ Task Force—advances full freedom, justice and equality for LGBTQ people. We are building a future where everyone can be free to be their entire selves in every aspect of their lives. Today, despite all the progress we've made to end discrimination, millions of LGBTQ people face barriers in every aspect of their lives: in housing, employment, healthcare, retirement, and basic human rights. These barriers must go.

⇒ Visit: <https://www.thetaskforce.org/>

Anime Recommendation

We are done with the spring semester and can finally enjoy our summer break! I want to recommend to you one of my favorite anime that I love.

"Haikyu!!" is one of my all-time favorites. I do not want to give out any spoilers, but I will try my best to keep it simple. "Haikyu!!" is a Japanese manga series written and illustrated by Haruichi Furudate. The story follows Shoyo Hinata, a boy determined to become a great volleyball player despite his height. You will fall in love with all of the characters in Haikyu!! Each character is excellent in their way and is trying to overcome their struggle. Each player will try to improve themselves and get their team to the top. There are four seasons of Haikyu!! I highly recommend this anime. It is a heartfelt and inspiring anime that I have watched. Hopefully, I convince you enough to watch it now. Let me know your thoughts on it!



Patitta Banjongwit (Faai) | TRIO SSS Peer Mentor

National Donut Day

Who does not love doughnuts? I know I love doughnuts. Have you even wondered why there is a National Doughnut Day? Well National Doughnut Day is celebrated on the first Friday of June each year. This was created by the Salvation Army in Chicago in 1938, to remember those who served doughnuts during World War I. The goal of the Salvation Army was to fund raise and help those in need during the Great Depression and to honor those who served doughnuts entering WW1.



During the war there would be "huts" where baked goods were served in abandoned buildings in France. Not only that but stamps for letters and clothes services. Typically, each hut were six people, which included four women who could "mother" the boys who were in the war. Mind you these people were volunteers. The "Huts" were established by the Salvation Army near army training centers. Close to 250 volunteers from the Salvation Army went to France to the "huts". The women soon became known as Doughnut Girls. In WW II Red Cross also began to serve doughnuts and the women became known as Doughnut Dollies.

This is how Doughnut Day became to be and is celebrated on the first Friday of June every year. The Salvation Army is still fund raising on this day to help those in need. For more information visit: [National Doughnut Day](#).

Summer 2021 Academic Calendar

| | | |
|--|-----------------|---|
| Independence Day Observed | July 5, 2021 | Campus closed. |
| Last day to withdraw from a class via UCDAccess. | July 11, 2021 | |
| Last day to request No Credit or Pass/Fail grade for a class. | July 11, 2021 | Graduate degree students can exercise the P/F option for undergraduate courses only. Graduate students should consult their school or college regarding the P/F option. A grade of P will not be acceptable for graduate credit to satisfy any Graduate School requirement. |
| First day to withdraw from a class with a Late Withdraw Petition form. | July 12, 2021 | |
| Last day to withdraw from a class with a Late Withdraw Petition form. | July 21, 2021 | |
| End of semester | July 31, 2021 | |
| Final grades available on UCDAccess and transcripts (tentative). | August 5, 2021 | |
| Summer degrees posted on UCDAccess and transcripts (tentative). | August 27, 2021 | This is the date your degree will be recorded on your transcript; diplomas begin mailing on September 15th. |

Fall 2021 Academic Calendar

You may be wondering about fall 2021 dates. No worries, you can view the fall academic calendar at the LYNX Central, Registration and Planning website at: <https://www.ucdenver.edu/student/registration-planning/academic-calendars/fall-2021>.

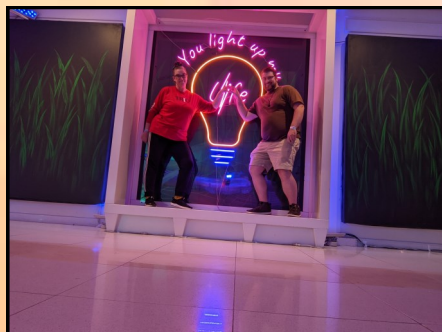
| | | |
|---|-----------------|---|
| Open enrollment begins. | April 19, 2021 | |
| First day of fall semester classes. | August 23, 2021 | |
| Last day to waitlist classes in UCDAccess. | August 29, 2021 | |
| Last day to drop a class without a \$100 drop charge (by 11:59 PM MT) | August 30, 2021 | All waitlists will be eliminated today. |
| First day instructor approval may be required to add some classes. | August 30, 2021 | If unable to enroll in UCDAccess because "Instructor Consent is Required", obtain instructor approval on a Schedule Adjustment Form . |

Kudos/News

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!

- ☆ Abner Ramos Salcedo was accepted into the CU Denver, College of Architecture and Planning, Master's degree program in Urban Planning and will start in fall 2021 semester.
- ☆ Jose Quinones accepted Architecture position with One Studio D+A in Reno, Nevada.
- ☆ Michael Martinez, TRIO McNair Scholar was selected to receive registration scholarship for the 2021 National Diversity in STEM (NDiSTEM) Digital Conference!
- ☆ The TRIO McNair Scholars program combined forces with the Office of Undergraduate Research for an outing at Earth Illuminated (immersive experience in Denver where the natural world and digital media merge to take you on an ethereal journey) and it was super awesome.

CONGRATULATIONS and great job on your hard work.
Keep it up TRIO students and staff!



Summer Brainteaser—Start to Finish

For each clue, find a corresponding word that starts and finishes with the same letter.

| | |
|------------------------------------|-------|
| Spend time in front of the mirror. | PRIMP |
| Intuitive inkling. | |
| Pioneer in photocopying. | |
| Bitterly sarcastic. | |
| Gas in some signs. | |
| Eskimo canoe. | |
| Chinese medicinal root. | |
| Where a rubber duckie lives. | |



Director's Corner

Dear SSS Participants,

I hope you and your loved ones are well. I am excited to announce that the TRIO office has begun to transition back to in-person work and services. SSS participants may schedule face-to-face meetings with program staff. The computer lab is also open by appointment only. You may email or call our office to schedule a time to use the lab. In the same vein, I am thrilled to announce our first in-person workshop in over a year! If you are interested in attending the in-person workshop focused on Job Search Tips, please sign up early as space is limited to 7 participants.



On a more personal note, I hope this summer allows you to resume visits with friends, family, and loved ones, and, in general, the opportunity to be social, however, that might look like for you. The past fifteen months have been difficult for many of us, and I hope you get some reprieve and engage in the activities that bring you joy. If you're looking to get a head start on Fall classes, planning for the academic year, or just want to connect, please know that our team is available and happy to meet with you.

The SSS team is planning for the 2021-22 academic year, and we look forward to welcoming you back to campus this fall! If there is anything we can do to help you transition back to in-person classes, please don't hesitate to reach out.

Be safe and be well.

Sonia Valencia
Director, TRIO SSS & McNair



What is Juneteenth?



Many people in the United States may not know the meaning of Juneteenth and the importance for many people. Juneteenth honors the end of slavery in the United States. June 19, 1865 marked the day when federal troops had arrived in Galveston, Texas to guarantee that all enslaved people were freed.

Confederate General Robert E. Lee had surrendered two months earlier in Virginia, but slavery remained unaffected in Texas. U.S General Gordon Granger stood in Texas and read the general order number 3,

"The people of Texas are informed that, in accordance with a proclamation from the Executive of the United States, all slaves are free." (E. Nix, "What Is Juneteenth?" HISTORY, Jun. 19, 2015. [https://www.history.com/news/what-is-juneteenth.](https://www.history.com/news/what-is-juneteenth)) His arrival was a sign of freedom for about 250,000 people. The troops had arrived two and half years after the signing of the Emancipation Proclamation issued by President Abraham Lincoln.

Even though the Emancipation Proclamation was issued on January 1, 1863, it stated that all enslaved people in confederate states be freed. The Emancipation Proclamation did not immediately free the enslaved people. It had only applied to certain places under the Confederate control.

Texas organized a annual celebration of "Jubilee Day" on June 19th. Texas became the first state to celebrate Juneteenth in 1979 which made it an official holiday and now other states celebrate.

June Workshop Calendar

| Mon | Tue | Wed | Thu | Fri |
|---|--|--|---|--|
| 14 ¹ Now or Later? Procrastination 3:00 pm—4:00 pm | 15 ² Take Control of Your Semester: Time Management 11:30 am—12:30 pm | 16 ² Back to Basics: Effective Note-Taking 11:30 am—12:30 pm | 17 ³ TRIO Financial Literacy: Saving Strategies & Saving for Future 3:00 pm—4:00 pm | 18 ¹ Coping with Stress 11:00 am—12:00 pm |
| 21 ¹ Motivation and Goal Setting 11:00 am—12:00 pm | 22 ² General Study Skills 11:30 am—12:30 pm | 23 ² Discover New Learning Strategies 11:30 am—12:30 pm | 24 ³ TRIO Financial Literacy: Managing Your Finances 10:00 am—11:00 am | 25 |
| 28  | 29 ² Due Today ≠ Do Today: Avoid Procrastination 11:30 am—12:30 pm | 30 ² Ace My Tests: Test Taking Skills 11:30 am—12:30 pm | WORKSHOP EVALUATIONS Please be sure to complete the workshop evaluation after the workshop. You can access the form at: https://bit.ly/3vj5kkC | |

July Workshop Calendar

| Mon | Tue | Wed | Thu | Fri |
|--|--|---|--|-----|
| It is important for you to register for workshops as you will be sent a zoom link. Also, SSS will be holding one in-person workshop this month. Space is limited and you will need to register. Non-TRIO workshops are subject to change and have their own registration links. | | | 8 ³ TRIO SSS Financial Literacy: Basic Budgeting 12:00 pm—1:00 pm | 9 |
| 12 | 13 ² Take Control of Your Semester: Time Management 11:30 am—12:30 pm | 14 ² General Study Skills 11:30 am—12:30 pm | 15 ¹ Professional Networking 3:00pm—4:00 pm | 16 |
| 19 ¹ Resume Basics 12:00 pm—1:00 pm | 20 ² Discover New Learning Strategies 11:30 am—12:30 pm | 21 ² Wellness & Stress Management 11:30am—12:30pm | 22 | 23 |
| 26 ³ Wellness & Recreation Financial Literacy: The Art of Budgeting 3:00 pm—4:00 pm | 27 | 28 ¹ Beginners Guide: Job Search Tips SC, 2000 2:00 pm—3:00 pm [In-person, limited spaces 7] | 29 ¹ Methods for Relaxation 1:00 pm—2:00 pm | 30 |

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

¹TRIO SSS Skill Building Workshops

✓ Registration Required: RSVP at: <https://bit.ly/3gcWIXw>

²Learning Resource Center Workshops

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

³TRIO Financial Literacy Workshops

✓ Registration Required: RSVP at: <https://bit.ly/3vUPFcE>

