



# THE PILLAR

A MONTHLY JOURNAL OF THE TRIO SSS COMMUNITY

"Helping Students Realize Their Full Potential"



July 2022  
ISSUE

## Page Guide

Page 1

- New TRIO SSS Staff

Page 2

- Academic Calendar

Page 3

- Graduate Preparation
- Churro Recipe

Page 4

- Hiring Peer Mentors
- Summer Activities

Page 5

- Dragon Boat Festival
- TRIO News & Kudos
- BSAC Organization

Page 6

- Director's Corner
- Seek-and-Find Activity

Page 7

- 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.

*dream big*

## New TRIO SSS Office Assistant—Ketsia Kabela



Hello everyone! My name is Ketsia Kabela (she/her/hers). I am excited to join the TRIO Student Support Services community as an Office Assistant. I am originally from the Democratic Republic of the Congo and I have been in the United States for 5 years. I will be starting my senior year this fall and I will be graduating in the spring 2023 semester with a Bachelor of Arts degree in Political Science with a minor in International Studies. I identify as an African/American and I am trilingual.

My overall CU Denver experience has been good and I felt welcomed on campus when I transferred in spring

2021 from Regis University. During my CU Denver experience, I hope to network with other students, staff, and faculty. I plan to complete an internship as a case worker with the International Rescue Committee (IRC) during spring 2023.

My hobbies include singing, cooking, working out, traveling, and playing tennis. I am also a big fan of basketball. After graduating, I would love to work with kids that have been/are in foster care and maybe go to Law School (Immigration Law). I believe in treating people with respect and equality no matter their background.

## FAVORITE QUOTE



## Upcoming Academic Calendar

Independence Day	July 4, 2022	Campus closed.
Last day to withdraw from a class via UCDAccess.	July 10, 2022	
Last day to request No Credit or Pass/Fail grade for a class.	July 10, 2022	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 11, 2022	
Last day to withdraw from a class with a Late Withdraw Petition form.	July 20, 2022	
End of semester	July 30, 2022	
Final grades available on UCDAccess and transcripts (tentative).	August 4, 2022	
First day of Fall semester classes	August 22, 2022	
Summer degrees posted on UCDAccess and transcripts (tentative).	August 25, 2022	This is the date your degree will be recorded on your transcript; diplomas begin mailing on September 15th.
Last day to waitlist Fall classes using UCDAccess	August 28, 2022	
Last day to drop a Fall class without a \$100 drop charge	August 29, 2022	All waitlists will be eliminated today.
First day instructor approval may be required to add some fall classes.	August 29, 2022	If unable to enroll in UCDAccess because "Instructor Consent is Required," obtain instructor approval on a Schedule Adjustment Form.
Labor Day Holiday	September 5, 2022	No classes. Campus closed.
Census	September 7, 2022	
Last Day to add Fall classes in UCDAccess	September 7, 2022	
Last day to add Fall classes with instructor consent on the Schedule Adjustment form	September 7, 2022	If unable to enroll in UCDAccess because "Instructor Consent is Required," obtain instructor approval on a Schedule Adjustment Form.
Last day to drop Fall classes with a financial adjustment	September 7, 2022	
Fall classes dropped after this date will appear on your transcript with a grade of "W"	September 7, 2022	
Full tuition will be charged for additional fall classes added after this date	September 7, 2022	College Opportunity Fund hours will not be deducted from eligible student's lifetime hours
Last day to apply for Fall graduation via UCDAccess	September 7, 2022	After this date, contact your advisor.
Last day to request or cancel Grade Forgiveness for fall Semester	September 7, 2022	Refer to the Grade Forgiveness form for restrictions



# Graduate Preparation

Congratulations on your acceptance to graduate school. Attending graduate school is viewed as a professional investment in one's future. To orient yourself on how to prepare for your graduate program consider the following tips:

1. Orient yourself on how to log on to the school's courses platform.
2. Introduce yourself to the instructors via email. Your professors may have studied the same fields in your program. Also, they may be your career references one day, and it may behoove you to spend time getting to know your professors professionally.
3. You may receive a list of textbooks. Buy your textbooks and begin familiarizing yourself with the material. Be prepared for class discussions on the first day.
4. Utilize the resources of your university library. The library student services are available 24/7. The librarian can assist in locating scholarly resources for assignments.
5. Network with your classmates, faculty, and graduate program department. Developing strong professional relationships now will serve you well when your career takes off.
6. Write down your professional goals and reflect on what your graduate degree can do for you.
7. Use your academic planner to organize your study time, weekly assignments, and projects, so you turn them in on time.
8. Cramping for projects, assignments, and tests will leave you exhausted, so pace yourself by using your academic planner.
9. Self-care can support your journey through school. Depending on your graduate program, you will be in graduate school for three to seven years, so take care of yourself with activities that will rejuvenate you.



CU Denver Commencement  
Credit: Trevr Merchant

Josephine Thibodeau | TRIO SSS Graduate Assistant

## Churro Cheesecake Bars Recipe

### INGREDIENTS

- 1 cup sugar
- 2 tbsp. ground cinnamon
- 16oz of cream cheese
- 1 egg
- 1 tsp vanilla extract
- 2 (8-oz) cans Pillsbury crescent dinner rolls



### PREPARATION

1. Combine  $\frac{1}{2}$  cup sugar and 2 tbsp cinnamon. Set aside.
2. In a different bowl, add  $\frac{1}{2}$  cup of sugar, egg, and vanilla and beat until smooth and creamy. Set aside.
3. Spray a 9x13" pan with non-stick spray, then sprinkle half of the cinnamon sugar mixture evenly in the bottom of the pan.
4. Press one of the "Pillsbury crescent dinner roll" dough onto the pan, on top of the sugar and cinnamon mixture. Press to the edges of the pan.
5. Spread the cream cheese mixture over the dough. Unroll the second can of dough and roll it out the same way as the first one. Place it on top of the filling.
6. Sprinkle the remaining cinnamon sugar on top of the dough. Bake at 350° for about 30 minutes or until light brown.
7. Cut into squares when cool.



Emily Patino | TRIO SSS Peer Mentor

## Hiring STEM and Social Science Peer Mentors

Are you passionate about supporting student's academic and personal success? Consider becoming a TRIO SSS Peer Mentor. Through training, Peer Mentors direct student to campus resources and provide support in classes, campus involvement, and so much more.

### QUALIFICATIONS

- ✓ Must be pursuing a major in STEM or Social Science/ Humanities
- ✓ Must have completed at least 60 or more (if transfer student, must have complete one full semester at CU Denver)
- ✓ Maintain a minimum of 2.90 GPA
- ✓ Minimum one-year work commitment
- ✓ In-Person position



### APPLY ON HANDSHAKE!

- ⇒ **STEM PEER MENTOR POSITION #5761350**
- ⇒ **SOCIAL SCIENCE/HUMANITIES PEER MENTOR POSITION #5761339**

## Summer Activities

Summer has started and now it is time to enjoy the activities and nature of Colorado. There are many activities to do during the summer whether it be in Denver or in your small community. Take a walk or drive around your neighborhood and you can find many activities or events that will be held there in these upcoming summer months. But I have compiled a list of activities below that can help you distress and recharge yourself.

- \* Go on a Hike
- \* Indulge at Little Man Ice Cream
- \* Go Kayaking in Confluence Park
- \* Peruse the Farmers' Market
- \* Follow the Denver Brewery Trail
- \* Make a Splash at Water World
- \* Take a Unique Yoga Class
- \* Grab a Drink at a Rooftop Bar
- \* Experience a Movie at a Drive-In Movie Theatre
- \* Test your Skills at the Arcade
- \* Enjoy a Local Summer Festival



Emily Huynh | TRIO SSS Office Assistant



## The Colorado Dragon Boat Festival is BACK!



### 2022 Colorado Dragon Boat Festival

Date: July 23rd & 24th, 2022

Race Start Time: 8:00 am

Festival Time: 10:00 am – 7:00 pm (Saturday) | 10:00 am – 5:00 pm (Sunday)

Location: Sloan's Lake Park in Denver, CO

The mission of Colorado Dragon Boat is to build bridges of awareness, knowledge, and understanding between the diverse Asian American Pacific Islander (AAPI) communities and the general public through cultural education, leadership development, and athletic competition. The Colorado Dragon Boat Festival debuted in 2001 at Sloan's Lake Park in Denver, and has been held there ever since. Dragon boat racing was a unique competitive sport to host there, and to showcase the many local Asian cultures. At the Colorado Dragon Boat Festival, the sport has grown from 16 teams in the first year to almost 50 competing in two divisions. For more information, you can visit:

<https://www.cdbf.org/summerinfo>

## TRIO News and 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!

- ☆ Patrick Gurule is completing summer internship designing and building tiny homes.
- ☆ CU Denver TRIO McNair Scholars successfully completed the UTSA Graduate School Boot Camp in Texas.

**CONGRATULATIONS and great job on your hard work.**



## CU Denver Organization Highlight



The mission of the Business Student Ambassador Committee (BSAC) is to provide resources that promote student leadership within the CU Denver Business School and build a platform for lasting relationships between students, alumni, and the community. Through social outreach and diverse community experiences, students create new relationships, nurture existing connections, and learn how to thrive with confidence in a dynamic business environment. We are privileged to represent the CU Denver Business School and are committed to upholding its mission, vision, and values as lifelong ambassadors.

Please visit the [CU Denver Business Student Ambassador Committee Presence](#) website for more information. You can also review other CU Denver Clubs/Organizations. You can also visit the BSAC website [HERE](#). Check it out today and get involved!

**Patitta Banjongwit | TRIO SSS Peer Mentor**

## Director's Corner

Dear SSS Participants,

I hope you are enjoying the warm weather and engaging in activities that bring you peace and joy.

The SSS team is busy recruiting and interviewing potential program participants and planning our 22-23 workshop and activities calendar. I am excited to announce that we are currently looking to hire a couple of Peer Mentors to join our team. If you're passionate about connecting with and supporting fellow students, I encourage you to apply! Mentoring work can be personally rewarding and can help you become more familiar with campus resources. Additionally, these positions foster marketable skills, including communication, leadership, and problem-solving. Don't hesitate to contact your coordinator if you have any questions about the mentoring positions.



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.

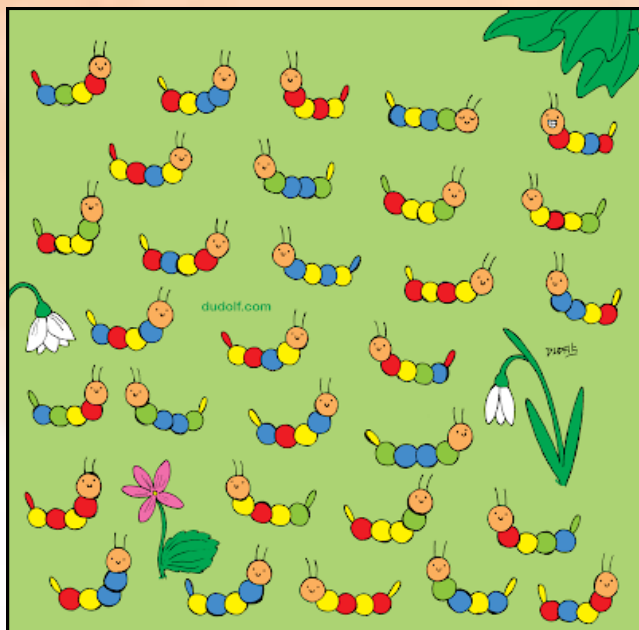
Be safe and be well.

Sonia Valencia

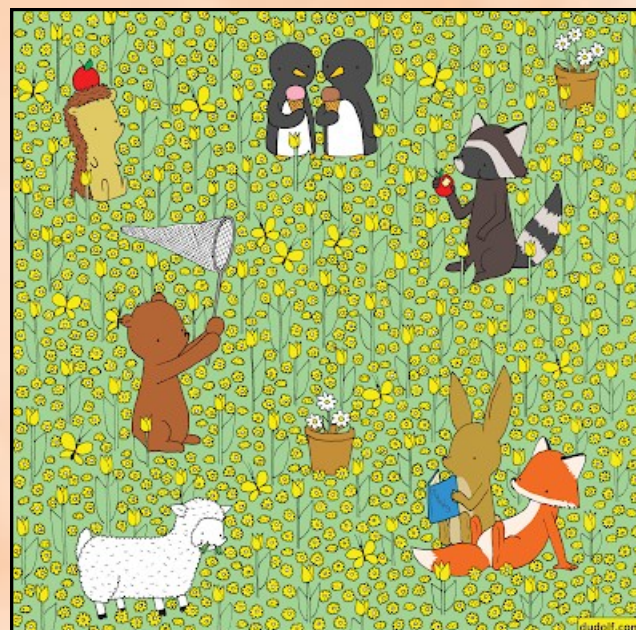
Director, TRIO SSS & McNair



## Fun Seek-and-Find Pictures



Which caterpillar has a **UNIQUE PATTERN**?  
(Which one doesn't have a pair?)
















Can You find a **BEE** among the flowers?




Source: Dudás - Dudolf, G. (2022, June 2). Seek-and-Find Pictures. Retrieved from The Dudolf Blogspot: <https://thedudolf.blogspot.com/>.



## June Workshop Calendar

Mon	Tue	Wed	Thu	Fri
13  <sup>1</sup> Coping With Stress 10:00 am—11:00 am 	14  <sup>2</sup> Take Control of Your Semester—Time Management 11:00 am—12:00 pm Learning Commons 	15  <sup>2</sup> Take Control of Your Semester—Time Management 11:00 am—12:00 pm 	16	17 <div>  </div>
20  <sup>1</sup> Resume Basics 11:00 am—12:00 pm SC, 2000 	21  <sup>2</sup> Study Smarter, Not Harder—General Study Skills 11:00 am—12:00 pm Learning Commons 	22  <sup>2</sup> Study Smarter, Not Harder—General Study Skills 11:00 am—12:00 pm 	23  <sup>3</sup> TRIO SSS Financial Literacy: Managing Your Finances 1:00 pm—2:00 pm 	24
27  <sup>3</sup> TRIO SSS Financial Literacy: Budgeting Basics 11:00 am—12:00 pm SC, 2000 	28  <sup>2</sup> Due Today ≠ Do Today—Avoiding Procrastination 11:00 am—12:00 pm Learning Commons 	29  <sup>2</sup> Due Today ≠ Do Today—Avoiding Procrastination 11:00 am—12:00 pm 	30  <sup>1</sup> Balancing School, Work, and Family 1:30 pm—2:30 pm 	

## July Workshop Calendar

Mon	Tue	Wed	Thu	Fri
11  <sup>1</sup> Coping With Stress Using Art 2:00 pm—3:30 pm SC, 2000 	12  <sup>2</sup> Ace My Test: Test Taking Skills 11:00 am—12:00 pm Learning Commons 	13  <sup>2</sup> Ace My Test: Test Taking Skills 11:00 am—12:00 pm 	14	15
18  <sup>1</sup> Procrastination: Now or Later? 	19  <sup>2</sup> Good Vibes: Wellness and Stress Management 11:00 am—12:00 pm Learning Commons 	20  <sup>2</sup> Good Vibes: Wellness and Stress Management 11:00 am—12:00 pm 	21	22  

Please register and be on-time as professional courtesy to the presenter.

You should receive correspondence with either room location or zoom link information.

Complete your Online Evaluation Form for Workshops and Financial Literacy Sessions at: <https://bit.ly/3a9PqEi>.

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

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

<sup>2</sup>Learning Resource Center Workshops: Registration Required: RSVP at: <https://www.ucdenver.edu/learning-resources-center/resources>.

<sup>3</sup>TRIO SSS Financial Literacy Workshop: Registration Required: RSVP at: <https://bit.ly/3wK3NqF>.