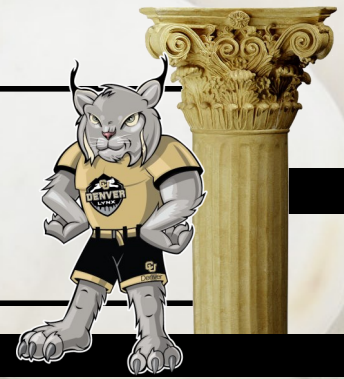


THE PILLAR

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



October 2020
 ISSUE

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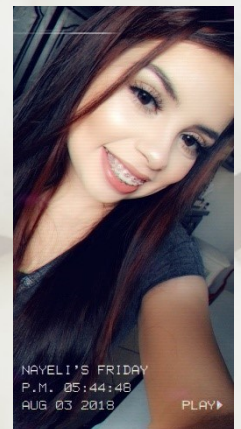


Student Spotlight— Nayeli Flores



The TRIO SSS Program is happy to highlight Nayeli Flores's undergraduate journey. She is an active participant and will be graduating this fall semester with a Bachelor of Arts degree in Criminal Justice and Sociology with a minor in Psychology. She was asked what her college experience was like, and she responded: Being a first-generation student made it a little harder for me to navigate through college. It was very stressful at the beginning because I did not want to lose the motivation to finish college. I wanted to make my family proud, especially because they all expected so much from me. They all worked hard to get me the education I need to be successful, and the last thing I wanted to do was to let them down. I slowly started to learn how to navigate through college more with the help of a lot of people. I never liked school until I came to college because I was able to learn about the things that interested me. I started

to investigate different majors and minors in my second year of college. I wanted to get as much knowledge as I could that would help me in my future endeavors. I learned that I could do a Psychology minor, and those classes would count for my Criminal Justice Major. I then took a Sociology class, which I was very intrigued by, and decided to do a double degree and do both Criminal Justice and Sociology, since I was not going to add on to the time I would be in college. When I got to my junior year, I also started doing a certificate in Criminology. My college experience was very stressful, but it was also amazing. Each time a semester ended, I felt so happy and relieved because it was another semester, I was able to complete and get closer to my graduation. There are many times I had mental breakdowns and a rollercoaster of emotions, but I was able to get through the stressful times. TRIO helped me with all the questions I had, which allowed me not to fall behind and keep track of what I needed to graduate. If I didn't have TRIO, it would have been a lot harder for me to adjust to college, and I would not have accomplished as much as I have. I did not do any extracurricular activities or attend events as much as I wanted to. Being a full-time student and working full-time made it harder to have that college experience that everyone talks about. My college experience would have also been better if I had gotten an internship earlier in my college career. I told myself not to wait until the last minute like I do with most things, and I did it. It would have been better for me if I had gotten a lot more experience before I graduated, so I had a clearer vision of what I wanted to do once I graduate. Although I did my internship in my senior year, I was lucky enough to do it with two of the best organizations: the Colorado Organization for Victims Assistance (COVA) and The Initiative. My internship through COVA paid for the hours I did at The Initiative and provided monthly meetings to get certifications in human trafficking, intimate partner/domestic violence risk and lethality, representing immigrants, particularly those with irregular status and others. It was an amazing learning experience where I expanded my knowledge on all the different types of abuse, how to best help people from different backgrounds and disabilities, and what services are out there that can help. I interned for seven months at The Initiative and got hired on July 27th as a bilingual victim advocate. Even though everything turned out great for me and I have employment in my field before graduating, I still believe having more experience and doing internships the first two years of college would have been so much more helpful.



Continued on next page...

Spotlight Continued



Nayeli's most significant challenge while earning her degree was trying to work full time, do school full time, and make enough time for her family. Having to work full time made it very hard for her to have time to do homework. She states, "I had very long nights where I would go to sleep very late and had to wake up early for work or school. Having very little sleep often caused me to procrastinate on my homework because I tried to catch up on sleep some days. Having a personal life was very hard, as well. I would try to spend as much time with my family and partner, but sometimes I would get stuck doing homework or studying for exams. It was stressful trying to balance all these things at once. Although my brain sometimes works better under pressure, and I turned in all of my assignments on time, I could have saved myself many health issues caused by stress." When asked about her favorite memory in college, she mentioned that she did not have a favorite college memory since all she did was go to class and work right after. She did not spend much time on campus since she began to do online courses. Nayeli wishes that she would have been more informed about her majors, minors, certificates, and double-dipping classes upon starting college to prevent extending her college career. She says, "It would have been amazing to be able to learn so much more about things that interest me and count towards my major, minor or certificate." Nayeli's short term goals are to graduate this upcoming

December and continue to get experiences through her new job at The Initiative. She wants to get a couple of years of experience with case management and help victims of abuse. Her long term goals include doing some research for graduate school and knowing what school and program would be best for her. She would like to take a semester off to relax from school work and get back to it refreshed. As for the future, she would like to work with juvenile delinquents to help them have a better future and stay out of trouble.

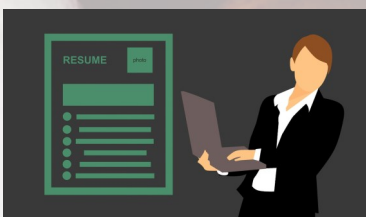
Nayeli's hobbies and interests include spending time with her family and all of her dogs. She likes horror films and crime documentaries and going for runs. When asked, "If you won a million dollars, what is the first thing you would do?" She states, "If I won a million dollars, I would help my immediate family. My parents have worked very hard to get me to where I am today. They have been supportive and spent many hours working trying to pay for my education. I want to be able to help them pay all their bills and debt and for them to have all the extra money to have fun and go on vacations."

When asked, "How has TRIO helped you? What advice would you give to other TRIO participants?" She replied, "TRIO helped me in so many ways. My peer advocate was able to help me in all my classes if I had any questions and gave me great advice on how to study and what to do for certain assignments. I would advise other TRIO participants to make sure to complete all the requirements for TRIO because the meetings are helpful and the workshops provided helped me get through college". She leaves us with her favorite quote, "At the end of the day, we can endure much more than we think we can" by Frida Kahlo. Nayeli says, this is my favorite quote because it connects with everything in my life. I have had hard days balancing everything I have going on and trying my best to make it to the finish line. All the stress and hard work throughout these last four years have been tough, but it was never something I could not handle." We wish Nayeli the best of luck in her future endeavors.



Business Career Connections

Are you a business student looking for help with internships or just networking in general? Business Career Connections is here to help you! The Business Career Connections, also known as the BCC, is located on the 4th floor with the business school's advising center. The services provided are workshops, individual appointments, career events, and job emails. The BCC can also help you with career options if you are unsure about what field of major you want to pursue. Not good at interviewing for a job? BCC can help you! The BCC can help you navigate the interview or even set up a mock interview with you if you would like. The BCC also provides services to international students as long as you complete the module requirement on canvas. If you are a business student, you should be getting an invitation to the BCC course on canvas. In that course, there will be an announcement of the new events, such as Meet the Firm event, Career Fair, other club announcements, and many more. From my personal experiences, the BCC was instrumental in putting together my resume and cover letter. Since I grew up in Thailand, I sometimes struggle with professional writing and coming up with action



words. Fortunately, in the course module, the BCC provides examples of good resumes and cover letters. The workshop is also beneficial when it comes to networking and gaining connections. As a business student, networking is KEY! You can make an appointment with the BCC via email at bcc@ucdenver.edu. Here is the Business Career Connection website: <https://business.ucdenver.edu/>

Patitta Banjongwit | TRIO SSS Peer Mentor

To Meal Prep or Not?

As college students, we may have encountered days when we had no time to make a home-cooked meal and decided to buy a quick bite. A way to avoid spending money on unhealthy foods or snacking is to meal prep. You can think of meal prep as "saving leftovers."

Like most things, meal prepping has its pros and cons. If you decide to meal prep, you must consider how many meals to prep. It may vary from 1-3 meals per day for the entire week or two meals for five days. Meal prep does entail planning out meals and creating a grocery list, which may be a difficult habit to form. It may seem like a lot of work, but you save time since your meals are already cooked. All that is left is packaging your food and reheating your meal. You will not have to worry about your next meal.

If you decide to meal prep, you should choose a day to cook all your meals and a day and time to buy your groceries. Typically, people cook their meals on a Sunday and/or Wednesday, depending on how fresh you would like your meals. If you want to try meal prepping, perhaps start with seven or four meals for the week. The first week or two of meal prepping will be trial and error. During the first few weeks, you will figure out what you like, how long it takes you to cook all of your meals, and what time works best to prep your meals and buy groceries.

A few things to consider

Eat meats that will not last too long first and pair them with vegetables that may taste better earlier in the week.

Keep in mind that buying frozen fruits and vegetables is the same as purchasing fresh vegetables and fruits it just depends on your preference.

It is a little hard to come up with different recipes for the week, and one can quickly become tired of meal prepping. If possible, try to switch up your recipes, vegetables, and fruits every two weeks.

Buy containers that are microwavable, dishwasher safe, and BPA free. Buying split containers or non-split containers depends on your preference. That is, whether or not you mind your food touching each other.

Check FDA Guidelines

Consult guidelines to see how long cooked meat and other food products last in the refrigerator. Guidelines can help you decide how many meals to prep and how many days you should set aside to cook your meals. Here is a helpful [guideline](#) to view.

Recipe for Shrimp Bowl Meal

Ingredients

- 1lb. of uncooked shrimp
- 2 cups of corn (frozen or fresh)
- 1 Avocado
- 2 cups of rice
- ¼ cup of cherry tomatoes
- 1 tsp lemon pepper
- ¼ tsp chili powder
- ½ tsp black pepper
- ½ tsp garlic
- 1 tsp of butter

*This should make two meals.



Carol Combs | TRIO SSS Peer Mentor

Professional Email Etiquette

I remember sitting in an office at Front Range, before I transferred to CU Denver, listening to a handful of professors vent their frustrations about emails they get from students. "There was no subject line, so it went to spam, and I had to search for it," "They called me Mrs., I'm not married," "What class is this student in?" were all said with frustration and disbelief. Last month I sent and received 130 emails from professors, the University, and coworkers through my university email alone! In the online or hybrid setting that many of us find ourselves in, we send countless more emails because they have quickly become the primary way we communicate. In this article, I give you four tips on how to create a professional email, so you don't become one of those students.



1. **ALWAYS put something in the subject line.** The subject line should be a few words that summarize what the rest of the email is about. If you don't put a subject in the subject line, many email algorithms will think its spam and send your email to the spam folder where the professor will never see it.
2. **Never address a professor by a title that you aren't sure they hold.** If you are unsure whether your professor is a Dr., check the class syllabus for a Dr. or Ph.D. next to their name. Also, rules for using "Ms." or "Miss" are confusing, and sometimes women don't like either to be used, so to avoid insult, use "Professor" in its place.
3. **Include your class information.** If you don't tell the professor what class you are in, they often have to spend time trying to figure it out. I always include this information at the end of an email after my name. Things to include are subject abbreviation, course number, section number, day(s) you meet, and time. These can all be found on the class syllabus or UCDAccess under the student schedule. The end of my emails look something like this:

Justin Shrader
COMM 4550-001
T/TH: 1-2:15pm

4. **Use an appropriate salutation.** Never use "Dear" at the beginning of a professional email or end with "sincerely yours" this is not your high school sweetheart. Instead, begin with a simple "Hello" or "Good afternoon" and end with "Best" or "All the best." These show respect and professional courtesy. If you develop a good rapport, you could begin the email with "Hey" but don't send that in your first email.



If you follow these rules, you will have a solid foundation for writing professional emails. If you would like more information on how to write an email to your professor, follow this URL: <https://bit.ly/34dTyfV>.

Justin Shrader | TRIO SSS Peer Mentor

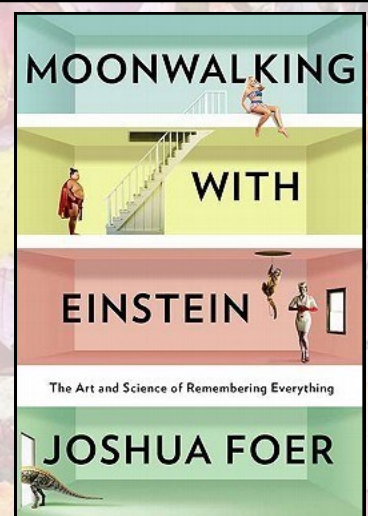
Book Review

Moonwalking with Einstein: The Art and Science of Remembering is a nonfiction account of Joshua Foer's experiences with top "mental athletes." It debuted as #3 on the New York Times bestseller list and stayed on the list for eight weeks in 2011. It is also #1 on my list of books I have read in the last few months. The book is a short read that recounts cutting edge research on memory, classical memorization strategies, and annual competitions. Not only is the book written in an entertaining manner, but it also provides useful techniques that can be applied to everyday life. Joshua Foer focuses on the forgotten meaning of memory and the purpose of memory in daily life. One of my favorite passages from the book:

"Monotony collapses time; novelty unfolds it. You can exercise daily and eat healthily and live a long life, while experiencing a short one. If you spend your life sitting in a cubicle and passing papers, one day is bound to blend unmemorably into the next -- and disappear. That's why it's important to change routines regularly, and take vacations to exotic locales, and have as many new experiences as possible that can anchor our memories. Creating new memories stretches out psychological time and lengthens our perception of our lives."

In modern times it is easy to lose track of time with automated routines and calendars. I agree with the author on taking the time to do routines differently as often as possible to ruin the monotony of daily living and live a more meaningful life.

Vraj Patel | TRIO SSS Peer Mentor

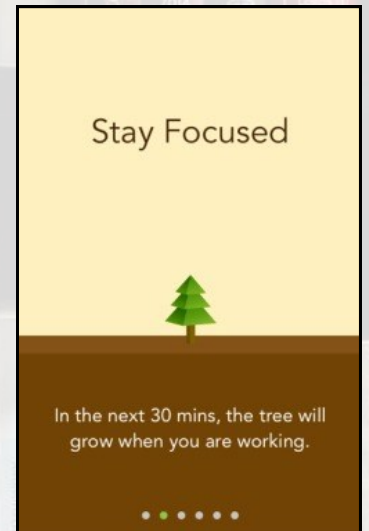
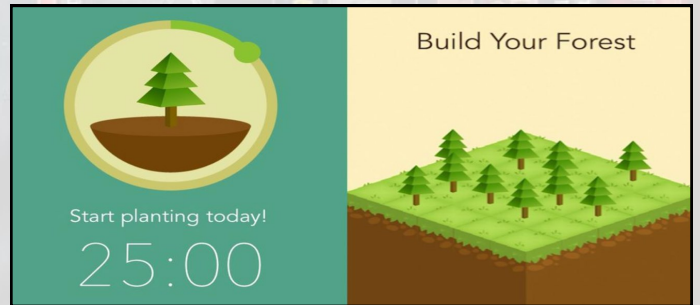


App Review

Today I'm reviewing an app for Android and Apple devices called [Forest](#), a great example of the growing range of apps that try to change your tech habits and foster mindfulness and lessen screen time while you're studying, for example. But what is the Forest App exactly? On one level, it's a smartphone game. But unlike Angry Birds or Candy Crush, Forest is a game you play by successfully staying off of your phone. It is also a productivity tool for timing and measuring your ability to stay off your phone for focused blocks of time. The app is called Forest because the game is to plant a virtual tree that takes, for example, ten minutes to grow, and as long as you can stay off your phone long enough, the tree will finish growing and added to your on-screen forest for today. However, if you get back on your phone too fast, the tree withers and dies. Now to tell you a little more about what I like about this app, let me explain what you can do with it before, during, and after your focused unplugged time. Before you unplug, the app has a start screen with a button that will plant your tree, and that will start a timer, which you can set anywhere from ten minutes to two hours. Next, during the unplugging, the app moves to push you away from your phone once you plant the tree. One of my favorite features is the tree grows on-screen while the work timer counts down. If necessary, the app also flashes on-screen messages like "stop phubbing!" and "and go back to your work!" In the paid version of the app, you can customize the motivational messages the app uses to yell at you. Forest allows users to listen to audio during scheduled focus time. Fittingly, the Forest app includes a rainforest sounds loop, and as you plant more trees, you can earn access to additional ambient sounds like a Paris Café, for example.

Forest App has exceeded my expectations and genuinely helped me unplug during times when I desperately wanted to but didn't know how. It's an uplifting app that celebrates and rewards you for the time spent away from your phone rather than curbing your phone addiction by highlighting all time you spend using social media and other apps. If you're looking for help to stay off your phone while focusing on your studies or other tasks, I recommend trying this app on for size.

Carlos Guillen | TRIO SSS Peer Mentor



The Auraria Library is Open!

Knock knock, who's there? The Auraria Library faculty and staff. Even though the Library building is closed, we have a lot of ways we can be of service.

- We offer a 24/7 chat service that allows you to ask questions when you are doing your research. <https://library.auraria.edu/services/askus>
- We can help you find those scholarly articles your instructors want you to find.
- We provide the electronic databases where you find the articles for your topic on COVID, Coronavirus, architectural winners in Denver, or the history of the Auraria campus, and more!
- We offer one on one consultations if you can't get started on your research. <https://auraria.libcal.com/appointments>
- We have Citation Builder software to help you with your citation formatting. {Very important}. <https://library.auraria.edu/services/cite-it>
- You need a book from our collection, but the building is not open so students can retrieve their own books in the Library, what do I do? Go to our [Grab to Go](#) section on the Library's website.

Go to the library's home page, <https://library.auraria.edu>, and see all the ways we can help you.

Mary K Dodge
Research and Instruction Specialist
Auraria Library
Maryk.Dodge@ucdenver.edu



Leading the way: The NBA's fight against inequality and social injustice!

The world of professional sports is a pillar throughout cultures worldwide, whether it be Fútbol, Baseball, American Football, Tennis, or Basketball, fans make time to tune in and support their favorite players and teams. People all over the globe idolize athletes, and it is fair to say athletes are celebrities, especially with the fame and fortune that accompany professional sports. Basketball is one of the most watched and played sports in the world. And the NBA is the epitome of all the sporting organizations. On April 25th, 2014, an audio recording surfaced online that would forever change the NBA and sports. This audiotape allegedly recorded the then owner of the Los Angeles Clippers, Donald Sterling, vocalizing offensive and racist comments to his assistant about players and other people. Immediately following the audio release, owners, players, sports analysts, and all throughout the world of sports expressed their feelings toward the situation. Within three days on April 29th, 2014 the 30-year owner was fined \$2.5 million and banned for life. This incident was Adam Silver's first real test as new NBA commissioner; he set a precedent for handling racism within the industry, making it clear that racism would not be tolerated in the NBA no matter who it came from.



In the months following this fiasco, as the NBA attempted to move forward, the world learned of the murders of Eric Garner and Michael Brown by the police due to excessive force. The league quickly realized these events were about much more than a political or social statement. Once the 2014-15 NBA season began, superstars LeBron James, Derrick Rose, and Kobe Bryant spoke out about the disparities minorities face every day. They honored Eric Garner and Michael Brown and their families by bringing attention to these issues using their platforms. During nationally broadcasted games, James, Rose, and Bryant, along with many of their teammates, wore pregame warmups with the statement, "I can't breathe" on the front. These were the last words spoken by Eric Garner before he was choked to death on camera by a police officer in New York City borough of Staten Island.

The NBA is one of the highest grossing sport. They have some of the highest paid athletes in the world, have expanded on their international audience, and most importantly, they have allowed players and members of the organizations to utilize their platforms to bring awareness and express their opinions on social injustices and racial inequality. In 2020 Kobe Bryant is no longer with us, we are amid a global pandemic, and social and racial tensions are as high as ever. Protests regarding the murders of George Floyd, Elijah McClain, and Breonna Taylor, to name a few, have erupted throughout the country, re-opening the wounds that the United States of America has tried desperately hard to suppress throughout its history. Since 2014, the NBA is at the forefront of this movement within sports and exhibits barrier-breaking behavior during these daunting times. Examples of this behavior include allowing players to customize team jerseys to bring awareness to social injustices, working with election officials to establish voting polls in stadiums, and raising voter awareness through advertisements. Overall, reasons like these show why the NBA is leading the sports world in its quest to create a more equal and safer environment for players and fans of color.

Michael Martinez | TRIO SSS Peer Mentor

Interested in Graduate or Professional School?

Are you interested in going to graduate or professional school but feel confused and overwhelmed by the application process? Are you unsure about how you'll fund your graduate education? Then join D.A.R.E.'s student development session with Dr. Don Asher on **Friday, October 16th from 12:30PM—3:30PM**. Donald Asher is one of the nation's foremost authorities on the graduate admissions process. Every year, thousands of students looking for guidance on the graduate school application process participate in his lectures and teleconferences. He is the author of twelve books, including Graduate Admissions Essays, the best-selling guide to the graduate admissions process, and The Best Scholarships for the Best Students. On Friday, October 16th, CU Denver's McNair program brings Don Asher to you! Dr. Asher will share strategies to help you prepare for admission to graduate and professional schools, and answer any questions you may have about the application and selection process. Additionally, he will discuss ways to fund your graduate education and provide you with tips to help you make a great first impression by helping you craft highly effective elevator pitches. Registration is FREE. Don't miss out on this great opportunity. Register today.



Dr. Asher's student development piece is just one portion of D.A.R.E. 2020. What is D.A.R.E.? The Diversity in Academic Research Exposition (D.A.R.E.) is CU's only multi-campus virtual symposium and professional development conference. This year's virtual symposium affords undergraduates from across all CU campuses and the University of Northern Colorado an opportunity to present their research in a poster session and to connect with graduate school representatives from all over the nation. Register for any or all parts of this amazing conference.



Mental Illness Awareness Week: October 4 - 10th



Mental Illness Awareness Week, October 4-10, coincides with additional related events:

- Tuesday, Oct. 6: National Day of Prayer for Mental Illness Recovery & Understanding
- Thursday, Oct. 8: National Depression Screening Day
- Saturday, Oct. 10: World Mental Health Day
- Saturday Oct. 10: NAMIWalks National Day of Hope

In some of our diverse cultures, mental illness is a taboo. For example, the article, “Hiding my mental illness from my Asian family almost killed me” describes how the author, an Asian American woman, could not talk about her mental illness with her family. She writes,

“Mental health was rarely discussed, but when it was, it was always in a negative light. At no point did any of my relatives tell me having a mental disorder, theoretically at this point, was unacceptable — I could tell by their hushed tones, and their quick dismissals, that mental illness was not an option.”

As an Asian growing up in America, she experienced the “model minority” stereotype and felt pressure to hide her struggles. She felt an expectation to stand out for the “right” reasons — meaning good grades, a fancy job, high salary, good social standing, and having a husband or wife. Some families perceive mental health as a barrier that can prevent one from achieving expected milestones and achievements. And if you’re not achieving everything, then why are you even here?” Historically, Chinese families prefer to have sons over daughters to inherit the family last name. Consequently, “Asian women in particular feel the need to prove themselves.” Although, these attitudes have slowly changed over time, “the feeling still lingers – we weren’t born the first choice, but we’ll work twice as hard to prove we deserve to be here.”



With such a cultural dilemma she hid her mental illness such as anxiety or depression. It got to a point where she felt that she was “tearing at the seams” when she was a college student. She went to see a campus doctor and he told her that he suspected she was bipolar but she would need to see a psychiatrist for a proper diagnosis. She left the appointment with relief thinking that she wasn’t crazy and terrorized of making a call to see a psychiatrist. She didn’t have courage to call the psychiatrist. When she was 27, she attempted to commit suicide. One of her psychiatrists called her mother and her mother was angry to hear the news. Later, she called her mother to talk about Christmas plans. Her mother was ashamed and didn’t want her around for the holiday. Her mental illness became impossible to hide from the rest of her family.

“The stigma associated with mental illness is so deeply entrenched in Asian culture; it’s unrealistic to think people can change their minds that easily. But this pressure to hide our problems away has dangerous consequences. The shame is killing us — older Asian-American women have the **highest rates of suicide** compared to any other race. If we want to see change, it needs to come from everywhere both big and small. In 2017, a **new bill was introduced** to reduce the mental health stigma in the Asian-American and Pacific Islander community through specific outreach and education. And while it’s promising to see changes come from the top, those of us who are living with mental illness can make the most impact. By continuing to share our experiences, we can give people the strength to come out of “hiding.”

Mental illness is not something to be ashamed of. When someone catches a cold, should they be ashamed of having a cold? As a human being, we have thoughts, feelings, and emotions. Just like how our physical body can get ill, our mind can get ill too. When we get ill or an injury, we seek professional help from a doctor. We have been taking care of our bodies by exercising and eating healthy. We also need to prioritize our mental health. “Seeking help starts with yourself. Self-help is vital to the journey to recovery.”

CU Denver’s [Student and Community Counseling Center](#) offers private and confidential mental health services. “The counseling center provides strength-based culturally responsive mental health services focused on relationship, support, growth and solutions.” Counseling services are available at no cost for all CU Denver fee-paying students. Give yourself permission to seek help by taking care of yourself. The [Wellness & Recreation Center](#) also offers many ways of practicing self-care such as yoga classes, group fitness, virtual programming, and on-demand fitness.

References & Resources

- <https://www.nami.org/get-involved/awareness-events/mental-illness-awareness-week>
- <https://grandrapidstherapygroup.com/mental-illness-awareness-week/>
- <https://www.vox.com/first-person/2018/6/18/17464574/asian-chinese-community-mental-health-illness>
- <https://www.health.harvard.edu/blog/global-mental-health-in-the-time-of-covid-19-2020061620194>
- <https://www.nami.org/Personal-Stories/Never-Be-Ashamed-of-Seeking-Help>
- <https://www.ucdenver.edu/counseling-center>
- <https://www.ucdenver.edu/wellness>
- <https://www.nccjtriad.org/2019/11/21/5-tips-for-self-care/>
- <https://www.mentalhealthfirstaid.org/>
- <https://www.nami.org/Personal-Stories/Never-Be-Ashamed-of-Seeking-Help>

Alexandria Joo | TRIO SSS Project Specialist

Upcoming Events



MARK YOUR CALENDARS

FAFSA 2021-22

Opens October 1st

Apply Today

Please contact your coordinator or peer mentor if you have questions about the FAFSA application!

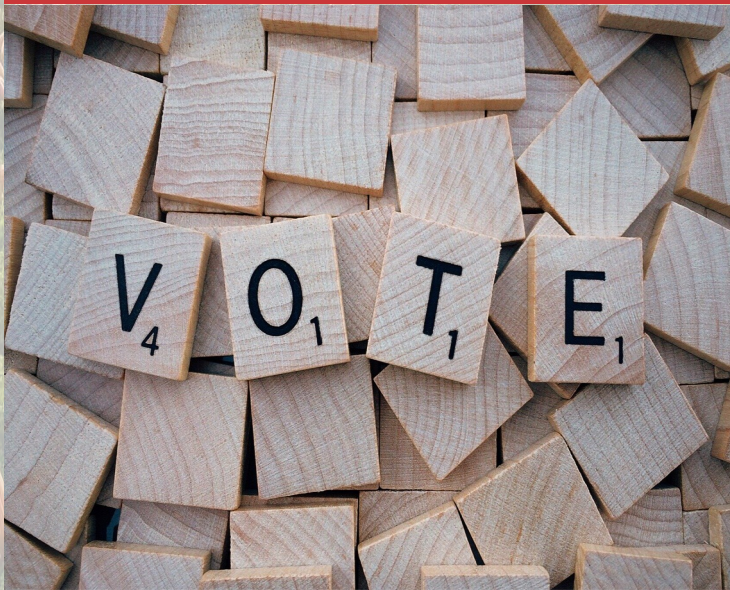
Get YOUR BRUSHES READY.

VIRTUAL PAINT EVENT!

Painting made easy for everybody to take a moment to relax and breath.

NOVEMBER 20 | 3PM
RSVP: <https://bit.ly/33fCAhP>

The event will be held via zoom. Space is limited.



TRIO Halloween Party

Wednesday, October 28th
6 PM - 7 PM

ZOOM ID: 924 3076 1988
Register for event password

GAMES, COSTUME CONTEST,
AND MORE!

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!

- 👍 Natali Cadena (SSS) was accepted into the Bachelor of Science in Business Administration/Master of Science Marketing 4+1 program this summer as well as being accepted into the Latinx Undergraduate Leadership Advancement (LULA) Program.
- 👍 Kailyn Deavens (McNair Scholar) was accepted to present at the 2020 National Black Doctoral Network Conference.
- 👍 Michael Martinez (McNair Scholar) will be attending the 2020 SACNAS – The National Diversity in STEM Virtual Conference in October.
- 👍 Odalis Castro Landeros (SSS) will be attending the 2020 SACNAS – The National Diversity in STEM Virtual Conference in October.

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



Director's Corner

Dear Students,

I hope you're in good health and spirits, and that your classes are coming along well. I wish you good luck as we head into mid-terms and remind you that we have excellent resources on study habits and test-taking and anxiety coping skills. If you'd like to discuss and learn more about these topics, please review our calendar for upcoming workshops or schedule a meeting with your coordinator or peer mentor. We would love to help you succeed this semester.

Last month, SSS hosted its Meet & Greet event. Our fabulous Peer Mentors facilitated fun games that allowed attendees to get to know one another. Please mark your calendars for October's Halloween themed social event on Wednesday, October 28th from 6 PM – 7 PM. In addition to trivia games, we'll be hosting a costume contest. The winner will earn a gift card! Please come get to know your peers, the staff, and build community. You do not have to stay for the entire duration of the event, but I hope you will drop in some time from 6 PM – 7 PM.

October spotlights various important topics, including Mental Illness Awareness Week (4-10th) and National Voter Education Week (October 5-9th). In an article on mental health and social distancing, the World Health Organization (WHO) notes that the combination of health and safety concerns and lack of physical and social contact can negatively impact one's mental health. Amongst the many tips they offer are developing a routine that includes physical movement, maintaining contact with friends and loved ones, and taking breaks from on-screen activities. To develop a self-care practice, I have recently (re)committed to walking outside during my lunch break. I find that my short walks help reduce my stress and anxiety. I would love to hear what you are doing to practice self-care.

As we gear up for the 2020 election on November 3rd, I urge you to register to vote or to check your voter registration status and to make a plan to vote. Where and how will you be voting this year? The Student Life & Campus Community office has excellent voter education and registration resources; I encourage you to check them out. The national TRIO community is committed to mobilizing student voters, and they encourage TRIO participants to use the hashtag **#TRIOVotes**. As a reminder, counties will begin to mail ballots on October 9th. If you're planning to vote by mail, October 26th is the deadline to register to vote or update your registration. If you plan to vote in person, you can register to vote until 7 PM on Election Day.

Finally, please remember that the FAFSA 2021-22 opens on October 1st. I urge you to file early. We are offering several FAFSA completion workshops this month; please sign up for one if you have questions or concerns about the process. If you cannot attend a FAFSA workshop, please reach out to your coordinator or peer mentor. We can help! Have you begun to think about your Spring 2021 schedule and classes? October is the perfect time to discuss your academic progress and plan your Spring schedule. Don't wait! If you haven't yet made progress towards your program requirements, sign up for an October workshop and make an appointment with your mentor and coordinator. I wish you continued success in your courses, and I am looking forward to seeing you at the TRIO Halloween Party at the end of the month.

Be safe and be well.

Sonia Valencia
Director, TRIO SSS & McNair

RISE UP! STUDENT VOTING CHECKLIST FOR THE 2020 ELECTION
Visit vote.org to complete the steps below and get reminders! For where, when, how, and what to bring to vote by state, view [these Campus Vote Project Guides](#).

SEPTEMBER 22
September 22 is **NATIONAL VOTER REGISTRATION DAY**.

- CHECK:** Are you registered to vote at your current address where you receive mail? If you have moved from the address where you were previously registered to vote, you need to update your voter registration. Refer to [these voter registration scenarios](#).
- REGISTER TO VOTE** at your current address. Many states allow online registration. Don't miss your state deadline. Need a printer or stamp? Some states require you to mail forms with a wet signature. Register2Vote.org can mail you the forms with an envelope and stamp to mail.
- REQUEST A MAIL-IN BALLOT.** Due to COVID-19, most voters are allowed to vote by mail. You must apply in advance to receive your mail ballot.

EVERY STEP OF THE WAY

- BRING YOUR FRIENDS AND FAMILY!** Who's your #1? Pick at least three specific friends or family and [PlusTheVote](#).
- GET SOCIAL:** Share you registered on social media! Take a selfie mailing your registration, vote-by-mail application, and ballot. [Get graphics and social media tools here](#). Use the hashtags [#VoteReady](#) and [#TRIOVotes](#).
- SIGN UP TO EARN CASH - BE A POLL WORKER!** With COVID-19, there's a shortage of traditionally older poll workers. Students can get training and [earn money](#) on Election Day.

OCTOBER 5-9
October 5-9 is **NATIONAL VOTER EDUCATION WEEK**. Here's how to get [#VoteReady](#).

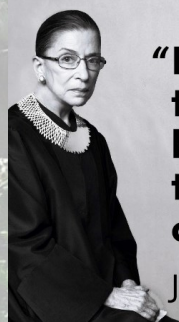
- PLEDGE AND MAKE YOUR PLAN TO VOTE.** Decide how, when, and where you will vote (either by mail, early in person, or in-person on Election Day). Put it on your calendar. Will you drive or use public transit? Will you go before your first class or before work?
- LEARN** what's on your local ballot and **DECIDE** Ballot lookup: Vote411.org or BallotReady.org
- MAIL YOUR BALLOT** by October 22 to ensure delivery. [Track your ballot online in 39 states.](#)

OCTOBER 24
Oct. 24 is **NATIONAL VOTE EARLY DAY**.

- VOTE EARLY:** Avoid lines on election day by voting early and in person in most states.

NOVEMBER 3
Election Day is Tuesday, November 3.

- VOTE IN PERSON:** This is your last chance! [Find your polling place](#) and check hours. Some states require ID. Wear a mask and keep 6' distance.



“Fight for the things that you care about, but do it in a way that will lead others to join you.”

Justice Ruth Bader Ginsburg

October Workshop Calendar

Mon	Tue	Wed	Thu	Fri
<p>Please note that registration is required and workshops may have limited space. Make sure to fill out the evaluation by using this link: https://bit.ly/2Q4Vwsu</p>			<p>1 Navigating Careers and Internships during Pandemic 1:00pm—2:00pm</p>	<p>2</p>
<p>5 ²TRIO SSS Financial Literacy: Budgeting 2:00pm—3:00pm</p>	<p>6 ³Argument & Thesis Statement 1:00pm—2:00pm</p>	<p>7 ⁴Stress Less 4:00 pm — 6:00 pm</p>	<p>8</p>	<p>9</p>
<p>12 ¹Now or Later? Procrastination 12:00pm—1:00pm ¹FAFSA Completion 1:30 pm—2:30 pm</p>	<p>13 ⁵Wellness & Stress Management 10:00 am— 11:00 am ⁶Wellness & Recreation Financial Literacy : Taking Control Of Your Money 11:00am—12:00pm</p>	<p>14 ⁵Mid-Term Reality Check 12:00 pm— 1:00 pm ⁴Managing Your Mood 5:00 pm — 6:00 pm ³Tackling Common Issues With English Grammar 6:00pm—7:00pm</p>	<p>15 ¹Pandemic Talk 10:00am—11:00am </p>	<p>16 </p>
<p>19  ¹FAFSA Completion 2:00 pm—3:00 pm</p>	<p>20 ⁵Ace My Tests – Test-Taking Skills 12:00 pm—1:00 pm</p>	<p>21 ⁵Coping with Test Anxiety 10:00 am— 11:00 am ³Writing a CV 11:00am—12:30pm ⁷Food For Thought Pursuing Citizenship 12:30 pm—1:45 pm ⁴Peace of Mind</p>	<p>22  ¹Scholarship Essay 2:00pm—3:00pm</p>	<p>23</p>
<p>26 ¹Resume Basics 3:00pm—4:00pm</p>	<p>27 ⁵Take Control of Your Semester Time Management 12:00 pm—1:00 pm</p>	<p>28 ⁵Due Today ≠ Do Today – Avoid Procrastination 10:00 am—11:00 am ⁴Relationships 5:00 pm—6:00 pm</p>	<p>29 ⁶Wellness & Recreation Financial Literacy : Taking Control Of Your Money 11:00am—12:00pm</p>	<p>30 ¹FAFSA Completion 2:00 pm—3:00 pm</p>

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

¹TRIO SSS Skill Building Workshops: **Registration Required:** RSVP at: <https://bit.ly/303R2bt>

²TRIO SSS Financial Literacy Workshops: **Registration Required:** RSVP at: <https://bit.ly/32Y18fG>

³Writing Center Workshops: **Registration Required:** RSVP at: <https://clas.ucdenver.edu/writing-center/workshops>

⁴Student and Community Counseling Center Workshop: **Registration Required:** RSVP at: Stephanie Sturges Licensed Psychologist: STEPHANIE.STURGES@UCDENVER.EDU

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

⁶Wellness & Recreation Financial Literacy Workshops: **Registration Required:** RSVP at: <https://www.ucdenver.edu/wellness/matters/financial-wellness>

⁷Asian American Student Services: **Registration Required:** RSVP at: <http://tinyurl.com/F4T2020>

*“When you learn, teach. When you get, give.”
 Maya Angelou*