TRiO Student Support Services/ Guardian Scholars An Academic Excellence and Achievement Learning Community

DO NOT FORGET TO COME TO OUR HALLOWEEN THEMED OPEN HOUSE OCTOBER 31ST TRIO RESOURCE LOUNGE 259

Wednesday, October 9th, 2017 Spring Schedule available in MyCUInfo

1
IN THE COMMUNITY
OCTOBER 24TH & 25TH: EMOTIONAL AWARENESS: REDUCE STRESS AND ANXIETY BY UNDERSTANDING EMOTIONAL RESPONSES TO LIFE FLEMING 150 4-5PM

2
IN THE COMMUNITY
OCTOBER 30TH REACH: SO, WHAT EXACTLY DO YOU DO? PUT YOUR ACTIONS INTO WORDS AND BUILD YOUR RESUME. FLEMING 150 3:30-5:00PM

3
IN THE COMMUNITY
November 1st Honors Program Overview: Come and learn what it takes to graduate with honors. Fleming 150 4-5pm

November 9th 4-6pm food and refreshments provided. RSVP a must: https://goo.gl/YKbjq3 deadline to RSVP Friday, November 3rd
Research Excellence Academic Community in Higher Education (REACH)

Same name, different program.

This year, REACH is focused on working with you directly on pursuing a higher degree in the things you care about. Workshops are designed to encourage your participation and exploration of the research/graduate school application processes via activities and hands-on, specialized attention towards meeting you achieve your specific goals as the young academics of today. For more information on how you can be a participant contact Zach Rosen at zachary.p.rosen@colorado.edu.

Cultural Awareness

Hanging out in cemeteries in Denmark

While cemeteries are the sites of spooky lore in many countries, this is not so much the case in the ever so secular Denmark. Many people might prefer to hang out in parks, but the Danes find it becoming to convert their cemeteries into areas for socializing, a rather pragmatic use of space we might add. These cemeteries are well manicured and teeming with locals when the weather finally begins to warm up. Assistens Kirkegård in the country’s capital, Copenhagen, provides a perfect example. Plus, you’ll be hanging out in great company as many famed Danes are buried here, including Hans Christian Andersen. Hans Christian Andersen was a Danish author best known for writing children's stories including "The Little Mermaid" and "The Ugly Duckling."

When the cherry blossoms have turned the entire cemetery cotton candy pink, it marvels quite a view. People come from across town to take a relaxing day stroll through the cemetery. Families would play with their kids and couples would sit next to a gravestone to have a picnic and enjoy the view.

Danish culture differs from the rest of the world in many ways and may seem unattractive to some, but being culturally aware can connect people from different parts of the world and open up new opportunities. This is just one example of a cultural activity that may seem incomprehensible at first, but the world is chalked full of these examples. Becoming culturally aware can increase comprehensibility and understanding of the world full of people around you, creating a friendlier healthier environment for everyone involved.

https://theculturetrip.com/north-america/usa/articles/12-surprising-customs-from-around-the-world/

http://metropolife.net/real-dane-enjoys-walk-cemeteries/

https://discoverstudyabroad.org/2014/03/28/top-10-spring-hangouts-in-and-around-copenhagen/
Career Service: Information on Work-Study

Career Services does way more than help with your resume. In fact, they offer a wide range of services to help students discover professional development opportunities through CU Boulder and beyond. So, why should you pay them a visit? Here is a list of a few reasons why you need to go check out Career Services:

Staff has valuable industry-specific knowledge.

Career development advisors are equipped to give you insight into exploring the world of work. There are eight primary interest areas identified, including Business and Finance, Creative and Communication, Engineering and Technology, Environment and Sciences, Health, Law, Social Impact and Public Service, and Still Exploring (for students who are still deciding).

Career Services calendar is loaded with events for your professional development.

Buff Talks, TechUps, resume workshops, networking events, Industry Nights and Career Fairs: they have put together an extensive event calendar for your career development. Each event is tailored to bring you closer to securing your dream job or internship.

Speaking of Handshake, the job and internship listings are legit and numerous!

The Handshake job/internship and events board is chock-full of thousands of pre-screened internship and job opportunities and is updated on a daily basis. By completing your Career Buffs account, you will have access to employer profiles, job, internship, and volunteer listings and so much more. You can also upload your résumé for easy application submission.

Get help to discover the perfect career path.

Not only can a career development advisor help with your career exploration, they can also help with interview preparation, uncovering job leads and crafting the perfect resume. They are trained to assist students in matching your inner strengths, personality, and interests with a chosen profession. If you are thinking of graduate school or professional schools, such as law or medicine, career development advisors can help with that process as well.

Career Services works closely with employers who hire CU Boulder students.

They are well informed of employment trends, mostly because they’re talking with employers often. “Careers” are their career, and they are here to pass some of this vital information on to you.

It is never too early to prepare yourself for jobs after college.

Career Services is here for you throughout your entire college career, not just your senior year. Start your career development process early. With career development advisors, industry-specific events and job resources, the Career Services team is here to get you ready for life after CU Boulder.

You can meet with a career development advisor today by calling 303-492-6541 or going online to schedule an appointment at: www.colorado.edu/career/resources/get-help.

http://www.colorado.edu/career/2016/12/19/six-reasons-visit-career-services-today

Financial Tips Regarding Financial Literacy

Financial Literacy and Study Tips From a Current Junior Going into the Medical Field.

Reserved library books are your best friends: Professors often times have a copy of the class textbook(s) located in one of the campus libraries. Simply go to the library’s front desk and ask if there are any books on reserved for that specific class. It’s that easy! You can rent out a textbook for a maximum of two hours, however many times you need throughout the semester. Before you take out a loan to afford all of your expensive textbooks, check the library first!

Fill out your FAFSA as soon as the application becomes available: Financial aid is offered on a first come, first served bases. The sooner you fill out the application, the more aid you are likely to be offered. This year, the application becomes available on October 1, 2017 so make sure you take this month to gather all the needed documents in order to fill out the application as soon as possible!
Free food isn't that hard to find: If you're tired of campus food and don't feel like cooking, look for a campus event that is offering free food. You'll not only get a free slice of cheesy pizza but you might also find an interesting event and get some useful information out of the experience.

Take advantage of your Student Discounts: Whether you are at the movies or at a restaurant remember to ask if they offer any student discounts! Many places offer this opportunity so never be deterred to ask. These opportunities are available for a reason so take advantage of it while you still can.

Study Tips from a current junior going into the medical field.

Don't get behind! The beginning of the year is a fresh start; make sure you're staying on top of your classes! Make a semester calendar, using your course syllabus, label in exams and any important assignment due dates to ensure you're properly acquitted all semester long!

Make friends! Forming study groups or group chats with other people in your classes to go over exam material or homework’s is essential for your academic success. Not only are you ensuring that what you are understanding in the class correlates with what everyone else is understanding, but you are also forming a support team that you can rely on.

If your professor posts lecture notes before class, print them! Instead of spending your lecture trying to write down everything you see on the board, you can just focus on really listening to what your professor is saying and add in comments into your printed notes when necessary.

Current Events
Deferred Action for Childhood Arrivals (DACA)

DACA was made for undocumented immigrants who were brought to the United States as children, a group often described as Dreamers. Since the Obama administration began DACA in 2012, 787,580 people have been approved for the program, according to the latest government figures. To be eligible, applicants had to have arrived in the US before age 16 and have lived there since June 15, 2007. They could not have been older than 30 when the Department of Homeland Security enacted the policy in 2012. Among the accepted applicants, Mexico is by far the biggest country of origin, followed by El Salvador, Guatemala and Honduras.

Before Trump decided to cut out this program, I never paid much attention to it. It hit home for me when I was speaking to one of my friends who is from Ghana. He is a DACA recipient, a Dreamer. He’s starting to become concerned about his future in the United States. He is currently in college and is worried about getting a job and paying back his loans once he graduates.

So, what's the administration planning to do?

The Trump administration says it's phasing out DACA in a way that will provide “minimum disruption.” Officials won’t accept new applications to the program, but for current DACA recipients, protections remain in effect -- for now.

According to officials:

• Work permits issued under DACA will be honored until they expire.
• Anyone whose status is set to expire by March 5, 2018, has a month to apply for a new two-year permit, and those renewal applications will be processed.

Student Spotlight

Jemil Kassahun

Jemil Kassahun, 18, a first year student at the University of Colorado, ran from Palmer Lake to America the Beautiful Park in Colorado Springs to win the ADT Marathon in 2 hours, 50 minutes, 21 seconds. He wanted to run a qualifying time for the Boston Marathon. And he nailed it.

Does preparing for a race reflect in how you prepare for exams?

I definitely consider my running to act very metaphorically towards the importance of academics for me, and also my overall mindset towards my academic endeavors. Just like in my training, I dedicate a lot of time and effort to fully try to grasp concepts to be successful in my classes. Another aspect of my training that reflects preparation for exams would be the determination I have to see something through no matter how difficult the challenge may be. Running has helped create the mindset for me that sometimes individuals must struggle in order to understand how to succeed in the future. As a result, I never fear failure, I fear not trying to put in the effort from the start. Running has helped to create the mindset that even if I face failure at times, I am to stay determined and learn from my mistakes, also to work harder in the future to ensure success.

How do you keep up with the rigor of school as well as running marathons?

I strongly believe that balancing my overall training with my academics is certainly not a burden, but a necessity. I say this because, running isn’t simply an activity for me, if it had been, just like the rest of my former teammates, I would have discontinued it. Running, for me, helps to reduce the stress within my life, those including academic ones. Not only does it help me to reduce stress, but it grants me higher levels of energy and optimism in my life, which thereby also aids in my academic endeavors. I strongly believe that running has aided in my academic achievements, since it has strengthened my overall determination, helped to ensure I was mentally stable at times, and it has helped me to remain driven in all I hope to achieve. Being able to have this has actually helped develop my character as an individual as well as a

Are you happy with where you are right now?

I am very happy with where I am now here at CU Boulder. I am happy with my classes, what I have learned, and my professors. I am also happy with the people I have met, also just the town overall. I remain enthusiastic for the future I can create for myself, and all that I am to learn along the way. I am also very happy with all the support I have been receiving with my academic endeavors and my personal stresses, Trio SSS has been a part of granting me these support systems and a sense of community. I am very optimistic for the future that lies ahead.

Is there anyone who you can credit for your success as a student as well as a marathon runner?

Someone who I can credit for my success as a student and a marathon runner is my former high school cross country coach, Brian Manley. Deciding to spend time with him during practice and really fall in love with running had been very impactful to me. He taught me that this wasn’t simply a sport, but for some it had been a lifestyle. He also helped to push me to be successful athletically, and the growth I experienced as a runner came as a result of his constant enthusiasm and positivity. Learning of his past running achievements, one being having ran the Leadville 100 (a 100-mile race) 13 times, had really inspired to strive towards similar goals in my running. My hope for the future even being to run the Leadville 100 before the end of my undergraduate years. He gave me a passion for running which has helped reduce stress in my life which has aided in my academics, and has always encouraged me to be truly passionate for what I hope to do in the future which has helped me to stay driven. Gandhi once said, “Strength in not a measured by physical capacity, but an indomitable will.”, Manley has helped me to achieve an indomitable will which has impacted my life, and for that I can never repay him.
Guardian Scholars

This past month some of our Guardian Scholars travelled to Rocky Mountain National Park to do a Service Learning Retreat. For those of you that do not know the Rocky Mountain National Park is home to one of the most dynamic as well as hard-working volunteer programs in the National Park Service. The students worked on the Vegetation Project. This project was based off park need, which is usually invasive plant work. In other words, invasive plants spread around the park, while at the same time crowding out native species and reducing high quality wildlife habitat. The students were able to assist with cleaning and planting native species around the park. This is the 3rd Service Learning Retreat our Guardian Scholars have participated in. Keep up the great work!!!