Director’s Corner

Prioritization: Making the Best Use of Your Time and Resources

Dear Students,

Prioritization is the essential skill that you need to make the very best use of your own efforts and to reach your academic and career goals. It’s also a skill that you need to create calmness and space in your life so that you can focus your energy and attention on the things that really matter. It’s particularly important when time is limited and demands are seemingly unlimited. It helps you to allocate your time where it’s most needed and most wisely spent, freeing you up from less important tasks that can be attended to later...or quietly dropped. Remember you only have 24 hours in a day and 168 hours in a week. With good prioritization you can bring order to chaos and reduce stress. Without it, you’ll flounder around drowning in competing demands. I encourage you to read more about prioritization and self-management from the following link: https://www.mindtools.com/pages/article/newHTE_92.htm Source www.mindtools.com.
In this month’s cultural piece, we are introducing the Japanese Culture and an overview of what it looks like. The Japanese culture is very interesting in that many Westerners know the main foods that come from it, such as sushi and the main activities associated with it, such as sumo wrestling and samurai.

While Japan’s national sport is Sumo, not many people know that Sumo began as a prayer for a fruitful rice harvest and then evolved into a public sport. Also, baseball is incredibly popular next to Sumo (which is also less known). It is also important to focus on what makes Japan unique compared to the other Asian countries it is surrounded by.

While China may be known for its tea consumption, Japanese culture is more into coffee. The literacy rate of Japan is one of the highest in the world, meaning 100% of the population is able to read and write! Also, there are 4 different writing systems found in Japan. Japan’s unemployment rate is also less than 4%!

If you were to ever go eat at your Japanese friend’s house, make sure to take off your shoes, as it is a widely practiced custom.

Eating customs are also different! Eating noodles from a bowl is seen as complimentary to the chef, whereas in the West is seen as annoying.

I hope this provided you with a brief overview of the Japanese culture and even encourages to one day visit Japan and experience the culture, rather than reading about it.

Citation: “Japanese Culture Facts: 23 Things You May Not Have Known.” Udemy Blog, blog.udemy.com/japanese-culture-facts/.

Written by Shawg
My name is Shawn and I am sophomore studying psychology and neuroscience. Throughout these last two years I have used the study skills below to make sure I am successful in my courses. Again, these are all based on what has worked for me in my personal experience. Find out what works best for you and share with others.

- Plan to work in a place that you know will suit your study needs (extra quiet, few people, etc).
- Study with people who you think will be beneficial to work with (for some people, this means studying alone).
- Study in chunks if that helps you (two hours on, 30 minute break).
- Go back and study your notes more than once in the same day. This will help you better your information retention.
- Find a place where you can do all of your assigned textbook reading (it is very important to finish all of your assigned reading especially if you have any S.T.E.M. classes!!!).
- Study when you know you’ll be most effective. For example, if you’re a morning person, try to get some studying in during the morning.
- Study consistently, not just before quizzes/exams. If you consistently go over the same information, sooner or later you will be much more likely to retain the information.
- Understand why things happen the way they happen. Often times the quizzes/exams given in your classes will require you to apply the information you’ve learned to abstract situations rather than just regurgitating things that you’ve memorized.
- Only study if you feel like it will be productive. If it’s 3am and you have 40 pages of reading to do before your 9am class, and you know you won’t retain any of that information, then just go to bed. Keep yourself healthy, mentally and physically. The best way to fix situations like this one are to not put yourself in them to begin with;
- Stay on top of your work to avoid falling behind. Falling behind at the college level is very different than falling behind at the high school level. Falling behind during college can feel literally impossible to dig yourself out of (and this is because, past a certain point, it essentially is).
- If you’re starting to fall behind or just aren’t understanding the material in one of your classes, come to Fleming. As a TRiO student, you have free access to several different help rooms (Study Hub for S.T.E.M. related courses and M Room for math related courses) as well as personal tutoring. Just go to one of the help rooms, or talk to your Professional Mentor, or Graduate Mentor and they will assist you in obtaining a tutor.

Looking for more study tips, check out the sites listed below:

- [https://evernote.com/](https://evernote.com/)
- [https://www.mindmup.com/](https://www.mindmup.com/)
- [https://www.studygs.net](https://www.studygs.net)
- [www.howtostudy.org](http://www.howtostudy.org)
## Important FAFSA Dates


CU Scholarship Link Opens October 1st, 2018
Apply at:  [https://www.colorado.edu/](https://www.colorado.edu/)

### October 2018

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Are you ready? If not you still have time. On October 17th, come prepared with your questions, comments, or concerns for Maria Cuba. Maria is an Exec with AIRBNB. She will not only give you insight into the world of AIRBNB, but she will also give you information on possible internships.

**When:** October 17th, 2018 3:30-5:00pm  
**Where:** Fleming 241  
**Who:** All TRiO SSS Students. First Year students this counts as A Step Ahead Seminar (ASA). If you have a conflict contact your coordinator.

“Uber is redefining the transportation industry now; Airbnb is doing it to the hotel industry. You can expect that to happen in every single industry.”  
*Masatoshi Son*
Stress Less: How to Use Career Services at Every Stage

First Year: Discover what interests you and explore your options.
If you have not already taken the CliftonStrengths please do. It will help you learn more about your interests, abilities and personality, even if you have never noticed before.

Second Year: Prepare and Practice
Take this year to get prepared with some work experience. If you are not already working on campus this is a great way to start making professional connections and develop skills that employers are looking for.

Third Year: Gain Experience
Most students start looking and obtaining internships at this stage. Career Services start hiring for summer internship in the fall. Start looking now. Speak with an advisor to develop your career path.

Fourth Year: Finish Strong
Are you looking for employment? Getting ready for graduate or professional school? Throughout the year Career Services will hold career fairs and networking events. These events take place during the peak hiring times, so take full advantage.

You can even schedule a mock interview with an advisor and learn how to negotiate your salary.

Achieving your goals will take all four years and more, so continue to take advantage of the resources that are available to you.

“Choose a job you love, and you will never have to work a day in your life.” (Confucius)

Written by Dureti
https://www.colorado.edu/career/
As a college student there are many financial terms that we hear every day. Sometimes it can be too much, but we are here to make it easy! Here is a list of financial terms you may hear every day and what they mean. I will also show how they can affect your finances.

**Budgeting**: Is a plan for your money. A budget allows you to keep track of where you are expending money, how you are expanding money, and tracking your income. A Budget is resource you can make for yourself to make sure you are meeting any financial need you may have.

**Credit**: It represents your reputation as a borrower. It symbolizes your ability to stay on time with payments and returning money you borrow. Credit is measured by your Credit Score, which is a number that keeps track of your ability to borrow. Credit score should be check frequently to make sure it is where you would like it to be.

**Taxes**: They are fees that are used to fund government activities in your local, regional, or national government. Always check if you need to file taxes and be aware of tax benefits for education.

**Direct Subsidized Loan**: Direct Subsidized Loans are available to undergraduate students whose families meet the financial need criteria, and it is the only federal student loan in which students do not have to pay the interest which accrues while the student is enrolled in school at least half-time, or during the grace period following graduation (typically six months). Interest that accrues during these periods is paid (or subsidized) by the federal government.

**Direct Unsubsidized Loan**: Direct Unsubsidized Loans are not awarded based on financial need, and they are available to most undergraduates and graduate students. The borrower is responsible to repay the loan with interest.

**Grant**: Grants are a type of “gift aid” and do not need to be paid back. They are usually need-based and are a great way to reduce out-of-pocket education expenses.

Written by Jhossep
This month’s student spotlight goes to Alexa Mejorada, a senior studying Integrative Physiology. Alexa is also doing research on the hormetic effects of toxic chemicals such as cryoprotectant agents on mouse embryonic stem cells. Are you wondering how she made this happen?

This was all possible due to a program called the Undergraduate Research Opportunity Program (UROP), which allows undergraduate students the ability to perform their own research under a CU Boulder or CU affiliated research laboratory and get paid while doing the research.

Alexa completed a total of 300 hours in a research lab and at the end of that she was ready to start research. She was fortunate enough to have very encouraging supervisors who supported her decision and informed her about UROP. When asked how did research impact her she said, “Performing my own research project make me responsible for the maintenance of stem cell cultivation, planning and executing experiments accordingly to schedule, and utilizing my resources in a manner that best benefits my project. Having to abide by these obligations allow me to become a more dependable, innovative, and time maximizing individual, qualities that are essential for me to learn as an undergraduate student. Thanks to my research, I now have the opportunity to make my own contribution towards the field of cryobiology by writing an Honors thesis and possible publications based on my research findings.”

To learn more about how Alexa’s UROP experience went you can see her in the TRiO SSS Resource Lounge on Monday’s from 12:00-3:00pm and on Tuesday’s from 12:00-1:45pm. If you want to do research and get paid as an undergraduate visit the UROP website: https://www.colorado.edu/urop/.

Written by AJ
First Generation Celebration 2018

Calling all interested TRiO SSS students. TRiO SSS is hosting our very first First Generation Celebration and who better to tell their stories other than YOU, TRiO SSS students. Your Peer Mentors and TRiO SSS Learning Community members will be conducting short interviews with interested students. If you would like to actively participate by being interviewed please send an email to: triosss@colorado.edu starting Monday, October 9th. We will be conducting interviews until October 31st.

“WE ARE WHO WE’VE BEEN WAITING FOR” JUNE JORDAN

The TRiO Student Support Services monthly newsletter is brought to you by your Peer Mentors. If you have any articles that you would like to be included please email them to: triosss@colorado.edu by the 10th of every month and if it is chosen it will go in the following months newsletter. You can also send in your nominations for the Student Spotlight. We highlight one TRiO SSS student every month. We would love to hear your voice.

Jhossep: Junior, Mechanical Engineering
DeJour: Junior, Sociology
Alexa: Senior, Integrated Physiology
AJ: Freshman, Open Option
Dureti: Junior, Business
Shawn: Sophomore, Psychology and Neuroscience
Shawg: Junior, Integrated Physiology
Evan: Sophomore, Computer Science
Claudia: Junior, Integrated Physiology