Abolitionist Frederick Douglass once wrote, “If there is no struggle, there is no progress. Those who profess to favor freedom, and yet depreciate agitation, are men who want crops without plowing up the ground. They want rain without thunder and lightning. They want the ocean without the awful roar of its many waters…” What does this quote have to do with your college experience or your future experiences in your career? This quote is a reminder that struggle is natural. Some people often say that college is a struggle, but they do not always tell us how to struggle. Douglass’ quote tells us to accept struggle as a natural part of the degree attainment process. Accept that some days you will struggle in college. You may struggle most days in college. You are not alone. Earning a four-year degree is a struggle. According to the US Census Bureau only 21% of Americans over the age of 25 years have earned a college degree. There is no question, you will be among that 21%. I am thankful that you found TRiO SSS and that we can be a part of your struggle for success at CU and beyond. ~Loretta Wahl
10 Study Habits of Highly Effective Students

Don’t attempt to cram all your studying into one session.
Successful students typically space their work out over shorter periods of time and rarely try to cram all of their studying into just one or two sessions. If you want to become a successful student then you need to learn to be consistent in your studies and to have regular, yet shorter, study periods.

Plan when you’re going to study.
Students who study sporadically and whimsically typically do not perform as well as students who have a set study schedule. Even if you’re all caught up with your studies, creating a weekly routine, where you set aside a period of time a few days a week, to review your courses will ensure you develop habits that will enable you to succeed in your education long term.

Study at the same time.
Not only is it important that you plan when you’re going to study, it’s important you create a consistent, daily study routine. When you study at the same time each day and each week, you’re studying will become a regular part of your life. You’ll be mentally and emotionally more prepared for each study session and each study session will become more productive. If you have to change your schedule from time to time due to unexpected events, that’s okay, but get back on your routine as soon as the event has passed.

Have specific goals.
Simply studying without direction is not effective. You need to know exactly what you need to accomplish during each study session. Before you start studying, set a study session goal that supports your overall academic goal (i.e. memorize 30 vocabulary words in order to ace the vocabulary section on an upcoming Spanish test.)

Prepare a Term Calendar
At the start of each new term, before you get heavily involved in your studies or other activities, prepare a calendar that covers the entire term. Your term calendar can look like a regular monthly calendar, or it can employ a different format. Whichever format you choose; your term calendar should outline the following: Assignments with their due dates, tests with their dates, all school activities, and all out-of-school and extra-curricular activities.

Make sure you’re not distracted while you’re studying.
Everyone gets distracted by something. Maybe it’s the TV. Or maybe it’s your family. Or maybe it’s just too quite. Some people actually study better with a little background noise. When you’re distracted while studying you (1) lose your train of thought and (2) are unable to focus -- both of which will lead to very ineffective studying. Before you start studying find a place where you won’t be disturbed or distracted.

Start with the most difficult subject first.
As your most difficult assignment or subject will require the most effort and mental energy, you should start with it first. Once you’ve completed the most difficult work, it will be much easier to complete the rest of your work. Believe it or not, starting with the most difficult subject will greatly improve the effectiveness of your study sessions, and your academic performance.

Never procrastinate your planned session.
It’s very easy, and common, to put off your study session because of lack of interest in the subject, because you have other things you need to get done, or just because the assignment is hard.

Be flexible.
You can’t plan for everything. Unforeseen obstacles are bound to pop up, so plan accordingly and be flexible. Just want sure to get back on track as soon as possible and maintain your monthly, weekly and daily schedule.

Use study groups effectively.
Ever heard the phrase "two heads are better than one?" Well this can be especially true when it comes to studying. Working in groups enables you to (1) get help from others when you’re struggling to understand a concept, (2) complete assignments more quickly, and (3) teach others, whereby helping both the other students and yourself to internalize the subject matter. However, study groups can become very ineffective if they’re not structured and if groups members come unprepared. Effective students use study groups effectively.

**DO YOUR RESEARCH**

Find out what programs offer the learning outcomes and possible career opportunities you want. Check into the costs and financial aid possibilities. As a working professional, you may need to place more of an emphasis on location and schedule than a traditional student. Programs with evening or weekend classes might fit more readily into your schedule. Or you may find that an online program would work best for you.

Dig deeper than a grad school’s website before you make a commitment. Talk to people. Ask alumni about how they balanced school commitments with their personal and professional ones. Talk with faculty about what the time commitment outside of class usually looks like.

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**FOCUS ON FIT**

Be realistic about what programs will fit your educational goals and your lifestyle needs. If the graduate program of your dreams is only offered full time, and you need to work full time, that program may not be the best fit. Some programs place enough of an emphasis on diversity, however, that they make exceptions to the norm. Contact the program’s adviser to see if it’s possible to adjust the curriculum to better fit your schedule. There are also part-time programs designed with working professionals in mind. These often look for candidates with work experience and are usually more attuned to the needs of working professionals.

Keep in mind that fit is a two-way street. Not only are you looking for the right program, the program is also looking for the right students. Will you benefit from the experience and the faculty? Will you offer a unique perspective to your classmates? What will you bring to the learning experience?

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**PLAN AHEAD TO MAKE IT POSSIBLE**

Figure out the key milestones you need to hit in your application process, and put together a calendar with what needs to happen when. Start with the application deadline and work backward. Do you need to schedule and prepare for entrance exams? If so, be sure to find out how long it takes to process your results. Factor in time for any dependencies you may have on others. It takes time to for people to prepare letters of recommendation for you and for the registrar’s office to process your transcripts, so plan ahead.

Planning ahead also involves understanding that life goes on. Be sure to allow time for important occasions with family and friends, as well as projects at work. This discipline will come in handy during grad school as well.

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**PREPARE A MOTIVATING APPLICATION PACKAGE**

Your statement of purpose is the perfect opportunity to show the admissions committee that you understand what you’re getting into and why. Demonstrate that you grasp the scope of the program and how it will benefit you, as well as how you will be a good fit with program faculty and your chosen concentration.

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**10 UNIQUE WAYS TO FUND GRADUATE OR PROFESSIONAL SCHOOL**

1. Find employment before and during graduate school.
2. Work for a company that pays for graduate or professional school.
3. Take time to research scholarships and grants.
4. Look for a fellowship.
5. Assistantships: teaching or research.
6. Crowdfunding
7. If you have been in the military utilize your military benefits
8. Work-study.
9. Tax Credits and Deductions.
10. Alumni tuition reduction programs.

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**COMMUNICATE OPENLY AND MAINTAIN A SUPPORT SYSTEM**

Make sure key people in your life, from your friends and family to your coworkers and supervisor, know what your commitments are. You’ll want to solicit support wherever possible. Keep these people informed about your schedule and any possible conflicts that might arise due to class or study time. And remind them of your ongoing dedication to your commitments to them by following through. Your support system is invaluable. Continue to care for those relationships.
SOPHOMORE / JUNIOR YEAR

• Get involved with faculty mentored research
• Research graduate programs
• Attend graduate school fairs
• Research extramural fellowships

SUMMER BEFORE SENIOR YEAR

• Do a summer research program here at UCB or at another institution
• Work on your statement of purpose and personal history statement
• Take the GRE exam

SENIOR YEAR

• Request three faculty letters of recommendation by early Fall
• Finalize your Statement of Purpose and Personal History Statement
• Submit your extramural funding applications during the fall
• Submit your graduate application to CU Boulder!

TIPS FOR PREPARING YOUR WRITING STATEMENT

• Ask one of your letter writers if they can review and provide suggestions for strengthening your Statement of Purpose.
• Have someone edit your statement(s) for grammar and spelling errors before submitting your application.
• Include in your statement(s) why you chose to apply for graduate school and why you chose the graduate program for which you are applying.
• Describe not only your success, but also any barriers that you have had to overcome.

Starting October 31st to November 2nd many will celebrate Dia de los Muertos, the Day of the Dead. Dia de los Muertos is actually celebrated on November 2nd but has evolved to include October 1st and November 2nd. Due to the US and Mexico having such close proximity and share geographical borders, many traditions have come to be part of both US and Mexican Cultures. Such like the celebrations held in Mexico on October 31st for Halloween.

A lot like the US, Halloween celebrations in Mexico involve costumes, partying with friends, and even trick-or-treating, but in Mexico, Halloween is seen as “fun and games” whereas November 1st and 2nd are much more serious traditions. November 1st is traditionally referred as Dia de los Angelitos (Day of the Little Angels) in Mexico. Dia de los Angelitos is the day to honor infants and children who have passed away. November 2nd is the actual Dia de los Muertos when families honor adults whom they have lost. It is believed that on this day, the souls of the deceased return to be with their families and loved ones.

It is important to note that the celebrations for these holidays, especially for Dia de los Angelitos and Dia de los Muertos, vary widely throughout the different regions of Mexico. In some areas, the cemetery plays a larger role in celebrations than in others where the home is the center of celebrations where alters and shrines are built. The favorite food and beverage of the deceased are often taken to graves and alters to honor the dead and in some regions, people celebrate the loss of children by hosting dinners consisting of specific foods and sweets. Costumes, body paint, and imagery of skulls and bones are often important in many areas of Mexico when celebrating these holidays as well.

By Jhossep

Source: https://www.journeymexico.com/blog/day-of-the-dead-in-mexico
As a college student, it is very hard to be smart with your money because there are so many expenses that need to be paid. Below are some tips on how to understand financial terms and tips on saving money.

- **Effective money management** – It is important with starting with a goal and a step by step plan for saving and spending. Financial goals should be realistic, be specific and have a timeframe. Budgeting is an important skill to gain, especially in college.

- **Know where your money goes** – Are you spending too much on deliveries? Concerts? Travel? Make informed decisions about your money. Trim from your “fun” budget and put some into your savings.

- **Understand how loans work** – Do you really need that loan to help fund your new car? Don’t take out more money then you need. Some student loans also have the ability to be forgiven depending on where you end up working.

- **Build credit** – While it’s bad to go crazy on credit cards, neglecting to use them at all can also have disadvantages. That’s because using credit cards is one way to build your credit card score.

https://www.colorado.edu/graduateschool/funding/national-fellowship-opportunities#Minority_Students
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<td>6 Career and Graduate School Speakers series Fleming 241 4-5pm</td>
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<td>8 TRIO SSS First Generation Celebration Fleming 265 3-5pm</td>
<td>9 REACH Mini Conference Series: Pre-Health Kittredge 3:30-5:30</td>
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<td>12 Veterans Day</td>
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This month’s student spotlight goes to someone who was able to build and maintain a strong support system. He had an incredible opportunity to travel to Madrid to experience and to broaden his perspectives. Being a first-generation student is difficult and it makes the college experience lacking, but Walker Sanchez is making life changing choices and is creating an amazing college experience.

Walker Sanchez is a third-year student majoring in Architectural Engineering. Walker completed an internship with J.R. Butler, Inc. which is a glass and glazing company out of Colorado that specializes in designing, manufacturing, and installing curtain wall. Through this internship, Walker gained real life experiences and was able to and get a feel of what it’s like to become an engineer, which led him to further his education in this field. Although Walker knew what he wanted to major in before attending college, it doesn’t make college any easier. As a TRiO SSS scholar, Walker utilizes his Professional Mentor. Walker also has a wonderful family to rely on. Without his parents and siblings, he wouldn’t be here and despite their lack of knowledge about higher education, the fact that his parents saw the importance of receiving an education empowered Walker to foresee a better life.

Throughout his college career, he has learned valuable information from TRiO SSS, from the BOLD center, and being a brother of Sigma Lambda Beta International Fraternity Inc and from his experience abroad. Walker definitely doesn’t regret going to Madrid. In fact, after going to Madrid, Walker has decided to travel and is looking forward to going abroad post-graduation. Being in Madrid, Walker has discovered that there is so much in the world that we can explore and learn from. Being open will allow the horizon to expand and will also help become or find better version of ourselves.
Join us we celebrate students in our community at our first TRIO Student Support Services First Generation Celebration.

You will have a chance to walk around the SASC Lounge (265) and read about some of the students in the TRIO SSS Community that proudly identify as first-generation. There will be an opportunity to hear from folks about their journey as a first-generation college student, take pictures against the #foreverbuffs backdrop, eat cake, drink tea and coffee and grab a button that the TRIO SSS Learning Community (TLC)
TRiO Student Support Services is hosting the first conference in our newly developed Research Excellence Academic Community in Higher Education (REACH). We will be joined by Steven Winterbach, Ann-Michael Holland, Lara Canham, Dr. Mary Dinger, Marta Genovez, Leah Teeters and more. Come and hear real life accounts of how to thrive during your undergraduate years, and begin your journey towards graduate school and the career of your dreams. **Counts towards your graduate/career seminar requirement.**

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**SO YOU WANT TO BE A HEALTH PROFESSIONAL?**

**Proactive**
Pre-Health Advising will provide an overview of the application process, how you can prepare during undergrad and how their office can support you.

**Funding**
MoneySense will present on how to fund your graduate or professional studies.

**Opportunities**
Not all pre-health students become doctors. Learn about research experts across campus are doing related to health.

**REACH Mini-Conference Series:**
**P R E - H E A L T H**
Learn more about pursuing a health career from professionals in the fields of public health, neuroscience, physical therapy and anesthesiology.

**FRIDAY, NOVEMBER 9**
3:30-5:30
KITTREDGE MULTIPURPOSE A, B & C

A part of the Research Excellence Academic Community in Higher Education series. This event counts as a Career/Graduate/Professional School seminar.
Overview of the program

The Global Sustainability Scholars program brings together talented undergraduates for a PAID three-summer immersive experience, where students travel abroad, conduct research and build their professional network in real world sustainability issues.

Each year we select 7-10 undergraduates from participating countries, to join a GSS cohort and the larger international sustainability solutions community. Each cohort of scholars will focus their training and research experience on a theme within Sustainability. The 2018 cohort will focus on the Food, Energy and Water Nexus. We anticipate that the 2019 cohort will focus on Ocean Sustainability.

Applications Due: November 15th, 2018
Apply Here: https://cuboulder.secure-platform.com/a/solicitations/home/8
Who: Students must be in their second year of study and committed to solving sustainability issues
To learn more about GSS: https://www.gsscholar.org

Sustain + Ability

Global Sustainability Scholars program is a life-long network of change leaders in global sustainability – building a world we all want to live in today and tomorrow.
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: trioss@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: Junior, Psychology and Neuroscience

Shawg: Junior, Integrated Physiology

Evan: Junior, Computer Science

Claudia: Junior, Integrated Physiology

Sara Elabshir: Freshman, Chemical and Biological Engineering