Director’s Corner

Welcome TRiO SSS! We are look forward to another great year in TRIO SSS. We have 40 new SSS students this year and we are still getting applications! This year our focus will be encouraging you to get involved in those High Impact Practices that are known to give students the experience, knowledge base that graduate schools and top employers are looking for. This is the year to study abroad, find an internship, apply for research opportunities, serve your community. This is the year to get involved in TRiO SSS, at CU and in the community. You are the next generation of leaders! Get Ready and Stay Ready to Lead. Begin by Saving the Date for TRiO Succeed, Wednesday, September 13th from 4-6:30pm in Wolf Law, rm. 2017. See you there. ~Loretta
Cultural Awareness

The Culture of Hawaii...Aloha!

We’ve all heard of “Aloha” and have a general idea on what it means. It means hello or goodbye. These simple meanings are somewhat correct, but Aloha is also much more than this just a greeting and a goodbye. The real meaning of Aloha is love, peace, and compassion. When you think of Hawaii do you automatically associate Aloha with it? If you do, it is because in Hawaii just about everyone uses this word, but it is also a word that defines Hawaii and can stand for their cultural core values like: sympathy, kindness, compassion, affection and fondness. A few more important words that hold similar importance like Aloha are: Akahai means someone who is kind and gentle; Lokahi means harmony and peace; and Ahonui means patient and enduring. There are two major dance styles in Hawaii. They are Hula Kahiko and Hula Auana. Hula Kahiko is the old way of Hula and Hula Auana is the more modern dance style. In Hula you will see hips swinging along with the beats of the drum. It is not only fun to watch, but it is also fun to do. Hula is a huge part of Hawaiian Culture. The dance originally was only performed for religious purposes and exclusively for men, but now both men and women enjoy the dance and people can do Hula for fun and joy.

Career Service: Information on Work-Study

Have you been awarded work-study? Not sure what work-study is? Work-study provides part-time jobs for undergraduate and graduate students with financial need allowing them to earn money to help pay educational expenses. The program encourages community service work and work related to the student’s course of study. [https://studentaid.ed.gov/sa/types/work-study](https://studentaid.ed.gov/sa/types/work-study)

How do know if you have been awarded work-study? Work-study is awarded as a type of financial aid. In order to check to see if you have been awarded work-study, log into MYCUInfo and click on the Financial Aid tab. From there, locate the View your Award Status tab and click it. Click on the aid year which you would like to view. If awarded, work-study will show as “Colorado Work-Study-Need.” To find a work-study position you can go to Student Employment, which posts job announcements for on and off-campus employers, visible only to current CU Boulder students. These jobs include work-study, non-work-study, on-campus and off-campus positions. To get started, determine your desired job type. Then access the job database through MYCUInfo.
Financial Tips Regarding Financial Literacy

1. **Talk with your parents/guardians** - Now that you’re off to college and totally independent, asking your parents for advice may be the last thing you want to do, but don’t be afraid to ask about any of these subjects yourself if you are motivated to learn about personal finance. Try to arrange some time with them to chat about how to start saving money, learning about interest (earning it and owing it), and most of all, the basics of your student loans. If your parents are unsure you can always go to a bank or credit union. There is a credit union located on campus in the UMC: Elevations Credit Union.

2. **Budget, budget budget** - Keeping a monthly budget of what you earn and what you spend can help make you aware of where your money is going, since losing track of it can quickly leave you with no money. A budget doesn’t have to be anything detailed or super involved.

3. **Buy used books** - With the average cost of college books around $1,200.00, we would encourage you to buy used whenever possible. Remember that other students are thinking the same things, so buy your books as early as possible before used copies get sold out. You can even email your professors before the start of the semester to get names of the required texts. Amazon, textbook.com, and alibris.com are three online resources to buy and sell used books.

4. **Beware of ID theft** - Over 13.1 million people are victims of identity theft last year, and college students are no exception. On a college campus, you could have your personal information stolen anywhere from the dining hall to the library to your own dorm room, on your laptop. Don’t let friends or roommates borrow your credit card; in fact, never carry your cards to and from class unless you are certain you’ll be buying something along the way. Protect your logins with strong passwords nobody will guess, and change them often. And remember to completely log out when using a school lab computer.

5. **Remember your student loans** - One of the most mindful things you can do in college is to stay mindful of your student loans from day one. Find out what kinds of loans you have, and how much you or your parents have borrowed. Are they federal or private? Subsidized or unsubsidized? What are your interest rates?

6. **Take advantage of student discounts** - When it cost to financial literacy, college is the one time where being a student I’ve you countless chances to get discounts and save money where other adults need to pay full price. Diners, restaurants, movie theaters, cafés, concert venues, and other places often offer discounts when you bring a valid student ID. Keep your grades up and you may qualify for discounts on everything from insurance rates to airfare.

   - https://www.mefa.org/financial-literacy-college-students/
   - https://www.policygenius.com/blog/financial-literacy-tips-college-freshmen

**Academic Skills:** *The key to becoming a successful college student isn’t necessarily studying harder, it’s learning how to study smarter…*
To keep up with the tasking course load and challenging curriculum, one could come to the conclusion that studying more is the solution. While increasing the amount of time dedicated to studies may be helpful, the real key to becoming a successful college student is learning to study smart by learning and applying different study skills and tips. In college, time quickly becomes a rare commodity. Classes take up time, course work is lengthy, competition is intense, and the level of expectation is quite a bit higher than it was in high school. Sometimes there aren't enough hours in the day to get everything done and done correctly. One way to tackle this problem is to study smarter. Not only will it improve academic performance and the ability to learn, but it may even result in free time at the end of the day which can be used to relax.

**10 Study Tips to Study Smarter**

- Set goals—it’s difficult to arrive at a final destination when you’re unsure of what it is and how to get there. Develop a roadmap for reaching your educational goals.

- Use an appointment book—it’s easy to forget assignment due dates, test days, and other important information when it’s not written down, especially when you’re focused on your studies.

- Know your learning style—develop strategies for overcoming learning differences when instructors employ contradictory teaching methods.

- Be an active reader—you’ll better retain information form the textbook if you practice active reading.

- Participate in study groups—organize study groups with other classmates. It’s easier to remember concepts taught to others, and group members often share insights you never consider.

- Take notes—take organized notes. If it’s useful develop outlines, highlight key information, or utilize other methods to organize lecture notes.

- Organize your study materials—organize notes, assigned readings, and other study materials, so it can be easily retrieved while studying.

- Draft papers—always write a rough draft when preparing an essay. Take time to review it for incompleteness and errors and ask the instructor or classmate to read it and offer advice.

- Slow down on tests—it’s common to misunderstand questions or skip key information when nervous. Take time to thoroughly read test questions.

- Don’t replace protein with caffeine—before a test, avoid consuming caffeine. Instead, eat foods high in complex carbohydrates and protein.

[https://www.collegeatlas.org/top-study-skills-college-student.html](https://www.collegeatlas.org/top-study-skills-college-student.html)
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Looking back on your time in college thus far, to what can credit your successes?

Looking back on my time in college thus far, being an African American woman at a public ivy league who will be graduating with Honors in May, I’d have to give all the glory to God. There really isn’t anyone else. There are people who God placed in my life to help guide me through college: TRiO, Denver Scholarship Foundation, Education Diversity Scholars, First Generation Scholars Program, and so many more programs.

What advice would you give underclassmen and/or incoming freshman?

The advice that I would give to underclassmen and/or incoming freshman is please, please, please, if your life depends on it, use your planner. Your planner will save your life. It will help you become organized, and it will also help you prioritize.

Did you have any problems with financial aid? If so, how did you overcome these problems?

I had millions of problems with financial aid. I’m pretty sure they know my first and last name very well, because I’ve annoyed them so much. I’ve learned to get a lot of advice, before I drop or add classes. I’ve also learned to be patient in the process of Financial Aid doing their job, because they take forever in whatever they do.

Are you happy with where you are right now?

I am very happy where I am at. I truly believe that this is where I am to be. I major in Ethnic Studies, and I chose to major in this, because I believe it is very important to be culturally sensitive to my patients. I believe that I have lived life to the fullest, and I have made my college experience special.
Guardian Scholars Update:

Some of you may have heard that one of our community members and your peer was involved in an accident this past summer. Miss Michlyn Romero. She is doing a lot better and has in fact returned back to school. If you know Michlyn please reach and let her know you are thinking of her. Keep getting healthy Michlyn you are an important part of our community.