

# TRIO-SSS NEWSLETTER SEPTEMBER 2023

## This issue:

Summer 2023 &  
August-September

STAFF NOTES

FALL KICK OFF

TRIO TRIP: UCLA

TRIO REMINDERS

UPCOMING  
EVENTS  
CALENDAR



## Welcome Back!

In this issue, we'll glance over our TRIO Summer, go over Fall Events, reminders, and more!

Fall 2023 Kick Off



# Director's Corner

Dear SSS Participants,

It is with mixed emotions that I write this farewell note to you all. I have recently accepted a position as the Director of TRIO-SSS and McNair Scholars at the University of Colorado-Denver. In this new position, I will continue to work with TRIO students, and more specifically, I will work with McNair Scholars who are underrepresented minorities in education and who will be pursuing their PhD. I am excited to stay in the TRIO family and keep working for our first-generation students. The last two years working with the amazing TRIO team, the peer coaches, and the Colorado Mesa University community in general, made it for a very difficult decision. The last two years as the director have been the most rewarding years as a professional. Working as the director here at CMU was a full-360 experience for me as I was able to come back to this very same program at CMU where I was a participant during my undergrad and lead it as your director.

When people say that TRIO works, they truly mean it. I experienced the impact TRIO makes on students, because I was one of them not too many years ago. I want to say a big Thank You to you the participants, for making this program as vibrant as it is! I would like to also acknowledge the team (Rose, Pat, Sophie, Jess & Brad) for their leadership and for making sure that our programs are student-centered. Being a first-gen student, a student with a documented disability, and or a student of low-income, is not an easy thing to deal with, and this team always makes sure that those labels are left at the door when you come in, and see you as a human, and not just a student with labels. I know they will continue to make this program the success it is today!

Again, thank you for these last two years, and I wish you all the best! If you ever find yourself in the Auraria campus in Denver where CU-Denver is located, please pay me a visit!

Kindly,  
Rafael Orozco

# Introduction: TRIO Regular Program

## Advisor, Brad Krebill

“Hi! My name is Brad Krebill and I’m a new TRIO advisor. I graduated from CMU (back when it was Mesa College) with a major in Business Finance and a minor in Math. I previously worked at IRIS for about 6 years and joined TRIO with the desire to help students reach their academic, financial and personal goals. I also worked in banking as a manager and loan officer for a number of years, and can help students with questions about loans, budgeting, and finance in general.”



“My hobbies include hiking, kayaking and riding both mountain and road bikes. I am also learning to play guitar and participate in a weekly guitar club. I’m very excited to get to know each of you and work with you more closely!”



## Fall Kick Off

We had an awesome time at the Fall Kick Off, thanks to you all! We welcomed guest speaker Tianna Faye Soto, who spoke about “Duck Syndrome” and struggling under the surface. We enjoyed the weather & had lunch outside.

Fall Kick Off group pic!



Enjoying lunch together



## Fall Kick Off

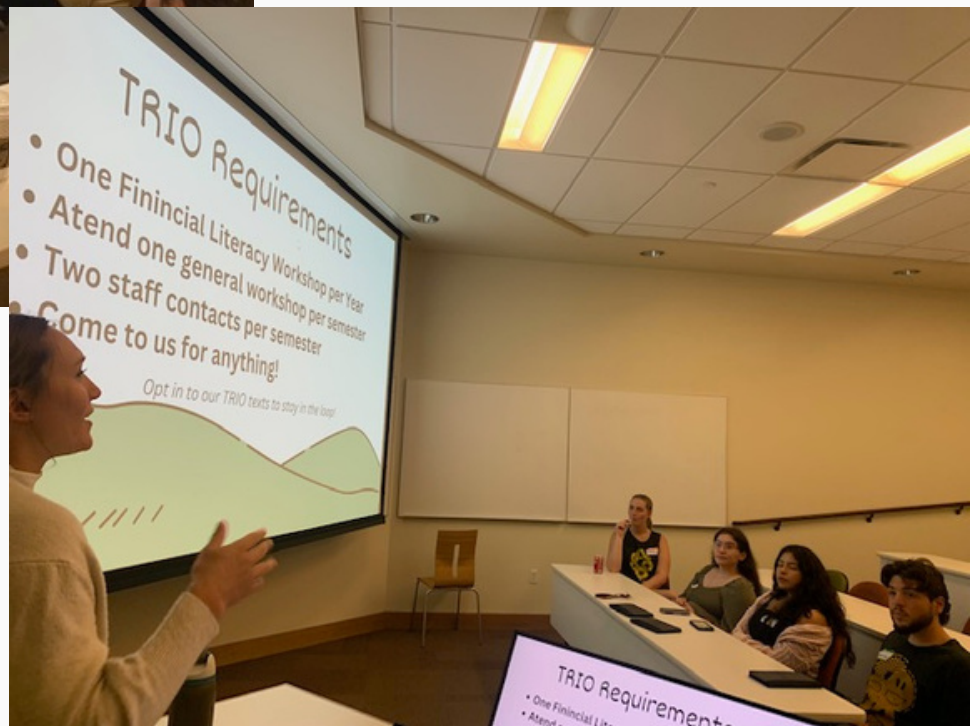
We hosted a few workshops about Financial Literacy, Mental Health, Freshman-Sophomore and Junior-Senior workshops. We closed out the day with some TRIO Reminders. If you weren't able to make the Kick Off, we have TRIO Reminders in this Newsletter.



### Guest Speaker Presentation

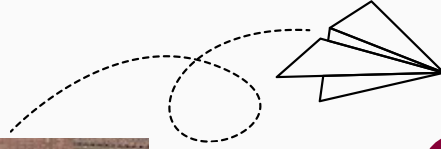


### Freshman-Sophomore Workshop





# TRIO Trip: Graduate School Conference at UCLA



**TRIO @ UCLA**



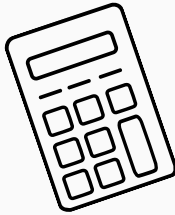
*July 30th-August 3rd*



\*The United States Department of Education funds Colorado Mesa University's TRIO SSS Regular 99% at \$1,309,440. Non-federal funding from CMU at 1% at \$3,300.



# TRIO Reminders



## Rentals from TRIO

You can check-out materials from TRIO to help you with your semester! These include:

- **Laptops:** you can rent these overnight to take home and use!
- **iPads:** you can rent iPads overnight as well. Come see us to check it out!
- **Chemistry sets:** you can use chemistry sets to help you model what you're learning in science classes.
- **Skeletons:** Two large skeletons are available to help you learn the human anatomy.
- **Calculators:** borrow one of our calculators for as long as you need!

## Staying Active in TRIO



To stay active in TRIO, you'll need to keep up with the following:

- Attend at least 1 workshop per semester. It can be any workshop. See the calendar below for dates and keep an eye on your email.
- Two staff contact per semester--these can be meetings with staff members, emails, or phone calls.
- One Financial Literacy Workshop per year. Attend one financial literacy workshop to fill this requirement (P.S.: there is one on Oct. 6th at 11am!)

## Make an Appointment on the TRIO Website

This is a great way to meet with any staff member of the TRIO Team. We are here to help YOU, so feel free to make an appointment on the TRIO Website!

# Calendar: October 2023

Check your email for times & locations of these events!

SUN	MON	TUES	WED	THURS	FRI	SAT
1 Intent to graduate forms due	2	3	4	5 Workshop: Mental Health	6 Scholarship Application Workshop	7
8	9	10	11	12	13 Fall Break	14
15	16	17 Workshop: EAS & Advocacy	18	19	20 Yoga with Rose, CMU Gym	21
22	23 Workshop: Financial Literacy 101	24	25	26	27 Workshop: EAS & Advocacy	28
29	30	31				



# Calendar: November 2023

Check your email for times & locations of these events!

SUN	MON	TUES	WED	THURS	FRI	SAT
			1	2	3 How to find an internship Workshop	4 Volunteering: building beds for kids
5	6	7	8 First Generation Celebration	9	10	11
12	13	14	15	16	17 Break until the 26th	18
19	20	21	22	23	24	25
26	27	28	29	30		