The Dichotomy of College

As we say Goodbye to our graduates, and fall semester... we say Hello to new members, and Welcome Back! to those returning in January. College is a funny place where our goal is to spring forward - moving on from a way of life we’ve known for years. We want to celebrate those of you who are leaving CMU, and welcome those of you who will come back for spring semester!

“The end is never the end. It's always the the beginning of something.”
— Kate Lord Brown, The Perfume Garden

TRiO Mission

The mission of TRiO-SSS at CMU is to assist participants in achieving their academic potential, gain valuable life skills and expand cultural horizons through one-on-one interactions and group activities.

The FishBowl is the TRiO tutoring center that is available to all TRiO participants located in HH 137. The lounge will be available for tutoring and studying throughout the semester from 8:30am to 4:30pm Monday through Friday.

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- New Staff
- TRiO Goodbyes
- Reminders & CMU Calendar Dates
- In the Spotlight
- What’s Cookin
- Funnies & Inspiration

Keep in mind that TRiO participants are required to participate in a minimum of one activity per semester. Look throughout this issue for opportunities.

Contact Us!

Melissa Calhoon
Program Director
970.248.1492

Angie Gauthier
Program Advisor
970.248.1770

Kari Sewell
Program Advisor
970.248.1322

TriO Offices 125 Houston Hall
FishBowl Study Lounge H 137
Welcome Back
Chelsie M. & Emily G.
Front office staff, keeping our lives in order!

THE FACES OF TRIO SPRING 2020

Julio R.
Accounting Major

Shayla M.
Couns.Psych Major

Fernando R.
Couns.Psych Major

PRACTICUM STUDENT

Diana G.
Couns.Psych Major

Ellie M.
Nursing Major
Whitney R.

I started Colorado Mesa University in the Fall of 2016. I moved to Grand Junction not knowing a single soul - being away from my family was scary yet exciting. The first year I was lonelier than ever before. I would constantly call my parents crying; telling them that this was a mistake and that after the year was over, I wanted to move back home and commute to a four year college. As the year progressed, I became more determined to stay. When the year ended, I took a risk to continue my education here and hoped things would start to turn around. I decided to let the process happen naturally, in its own time. Soon, I started to make friends and joined NAMI (National Alliance on Mental Illness). Eventually I became Vice President, attended many volunteer opportunities, hosted guest speaker events and fund raisers. Being part of something that helps yourself, as well as the whole community made me feel needed and valued. As a major in Counseling Psychology this was the right fit for me. The Counseling Psychology program at CMU has pushed me to overcome many challenges and shown me my true potential in furthering my education. After I graduate in the Fall of 2019, I plan on taking a one-year break to gather the experience needed so I can obtain a Masters in Student Affairs at Colorado State University. My goal is to become an Academic Advisor at a four-year college. Now that I am about to graduate, I wish that I had known about TRIO when I was at my worst. I did not realize the importance of social connections and support at that time. Now that I am older, I see that many students struggle with trying to find their place within the college community. Being an intern at TRIO has shown me my purpose and passion is to serve students on their academic journey. I am proud to be a Maverick and will greatly miss my mentors and co workers who have supported me through my last semester here at CMU. Thank you!

Alex J.

Hi, my name is Alex Jaquez. I am a first-gen TRiO coach graduating this December. I will be finishing my degree in geology, which started because of my love of the outdoors.

After graduating from CMU, I plan to attend graduate school. Between the transition, I will work and travel as a break from homework and essays. I have had the pleasure of meeting and working with many of you here at TRiO. I wish you all good luck during your remaining semesters. Make the most out of your experience here, and don’t lose sight of your goals! I highly encourage you to chat with your professors after class and build connections. These relationships will open many doors, and potentially even lead you to your dream job. This process has served me well in my field. Also, give your body and mind the care they deserve. Sleep and hydration are crucial. Take care of yourself. Lastly, create social connections and go to that school or social event on that flyer that caught your attention!
**WINTER BREAK REMINDERS**

1. Scholarship Portal  
2. FAFSA  
3. TRIO is open until Dec 20th!  
4. Self Evaluation of the past semester  
5. Plan out next semester study times

**CMU DATES TO KNOW**

Add/Drop Deadlines for Spring 2020

Students are encouraged to add/drop classes online whenever possible. If a signature is required to add, drop, withdraw or for other registration blocks, please use the Change of Schedule form.

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The Spotlight on Spring Semester

TRIO Spring Start-Up (MINI Kick-Off)

Wednesday, January 22 @ 5-7pm

⇒ Put us in your calendar NOW! **A light Dinner will be served**

⇒ Keynote speaker Dr. Morgan Bridge on Ethics

⇒ One stop to meet your participation requirement for Spring

⇒ Breakout session to meet your Financial Literacy requirement for the year

OR

⇒ Breakout session to start you off strong with Mindfulness

What About TRIO on D2L?

♦ We have launched the D2L TRIO Classroom. Remember you are the TEST SUBJECTS. Do not be alarmed by this module...yet.

♦ Not all participation has been logged this semester. I hope to work on this over the winter break. Next semester may be more up to date.

♦ I am adding and updating modules and “quizzes” etc, do not be alarmed at notifications.

♦ If you have suggestions as we go—pop in and let us know!

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FishBowl Study Lounge H 137
What’s COOKIN’?

From the Kitchen of Angie Gauthier!

SUPER EASY Caramel Corn!

- Make approx. 10 cups of Popcorn
- 1 cup salted Butter
- 1 cup light Brown Sugar
- 2 tsp. Vanilla
- 1/2 tsp Baking Soda

Make popcorn and set aside; (you could reduce the popcorn and add a cup of nuts or candy if desired)

In a saucepan over medium heat: Melt the butter and add brown sugar and bring to a boil. Allow it to boil for 5 minutes without stirring (or very infrequently).

Add the 2 tsp of vanilla at the 4 minute mark and stir to mix. Continue to boil until the 5 min. mark.

After 5 minutes turn off the heat and add the 1/2 tsp of baking soda—this will puff up so make sure your pan has some room.

Drizzle the caramel mixture over the popcorn, use a buttered spoon to gently fold and stir the popcorn coating well.

Pour out onto a buttered cookie sheet (cover with wax paper or foil if desired)

Let cool and serve!

“THE WILL TO WIN MEANS NOTHING WITHOUT THE WILL TO PREPARE”

~ Juma Ikangaa
Winter Funnies & Inspiration

One of the happiest moments ever is when you find the courage to let go of what you can't change.

FOR FINALS WE ONLY COULD HAVE ONE FLASHCARD OF NOTES

IT TAKES COURAGE TO GROW UP AND BECOME WHO YOU REALLY ARE.
E.E. CUMMINGS