

## A New Year Dawns...

Welcome Back!

One of my favorite quotes from Nelson Mandela is “Education is the most powerful weapon which you can use to change the world.” That comment can apply to many areas of the world, especially in our daily lives.

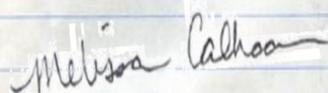
Now that you are a few weeks into the spring semester, it is the perfect time for some reflection. I challenge you to reflect on what it means to you to be a CMU student taking steps towards your educational goal. By asking yourself some questions, it can help put your education and priorities into perspective. Here are some questions that can help you start that process:

- When was a time that you felt motivated to do well in school? What was your motivation? How can you apply that this semester?
- What was a time that you experienced academic success in college? Why do you consider it a success? What did you do to make it successful?
- What impact will obtaining a college degree have on your life? How do you envision your life being different because of the degree?

Remember, TRiO is here to assist you in celebrating your successes and overcoming your challenges, you are not here alone. We have a wide variety of resources to assist you in achieving your academic, career, financial, and personal goals. Check out our upcoming activities and workshops listed in this newsletter that can help enrich your experience at CMU.

If you have not already stopped in to see us at TRiO, please come in and let us know how it is going and what we can do for you. We are looking forward to seeing you soon! Have an amazing semester!

Best,



## 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 semesters from 8:30am to 4:30pm Monday through Friday.

## In This Issue

- Letter from the Director 
- On the Radar this Spring
- TRiO Academic Stars
- TRiO Coaches & Staff
- Health and Craft ideas



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

### Contact Us!

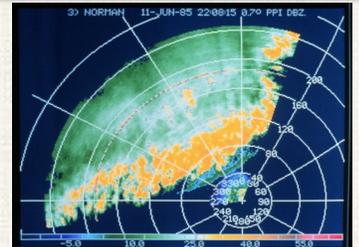
Melissa Calhoon  
Program Director  
970.248.1492

Angie Gauthier  
Program Advisor  
970.248.1770

Kari Sewell  
Program Advisor  
970.248.1322

TRiO Offices 125 Houston Hall  
FishBowl Study Lounge H 137

## On the Radar: Fall 2018



Reminder!

### 2019 Spring Semester Event Schedule

#### FEBRUARY

- 7th-Thursday: TED Talk-Topic: Cultural Considerations 9:30-10:30AM #208
- 13th-Wednesday: FAFSA Completion Lab 4:00-5:00PM Room #210 (Houston Hall)
- 14th-Thursday: Ice Cream Social at 4:00 in the TRiO office
- Date/Location TBD: Personal Finance Seminar Linda Mendenhall
- 23rd-Saturday: Celebrate National TRiO Day! Volunteer for the Homeward Bound 5k race!!! Details are in the binder!
- 23rd-Saturday Banff Film Festival—Doors open at 6:00, movie at 7:00PM at the Avslon Theatre
- 27th-Wednesday: Library tour & research info learning lab at 3:00PM

#### MARCH

- 5th- Tuesday: JumpStart Goalsetting power session follow up
- 8th- Friday: Resume/Cover Letter lab
- 12th-Tuesday: Interviewing skill lab with Dennis Bailey 4-5pm
- 15th-Friday: Evening hike 5:30 PM Meet @ the Tabeguache Parking lot
- MARCH 16-24TH SPRING BREAK!
- 28th Thursday: Advanced Study Skills lab

#### APRIL

- 4th-Thursday: TED TALK Thursday: Topic: The power of introverts
- 11th-Thursday: What is Grad School and how to prepare
- 11th "Macbeth" a CMU performance 7:30-10:30pm Robinson Theatre
- 16th-Tuesday: Reading for success
- 24th-Wednesday: End of the Year Party UC Ballroom 5:30-7:30
- 25th or 26th Means: The Spring Dance Concert 7:30-10:00 Robinson Theatre
- 25th-27th Thursday afternoon through Saturday: CSU TRiO SSS Graduate School Confer-

#### MAY

- 1st-Wednesday: Finals prep and Test Anxiety
- 9th-Thursday: Personal wellness/stress reduction
- MAY 13-16th FINALS WEEK
- 18th-Saturday: Commencement Ceremony

# TRiO Anchor



## The Spotlight: TRiO STARS!



### PRESIDENTS LIST

Josiah B.  
Megan B.  
Trystan H.  
Holly H.  
Carla H.  
Nicole H.  
Ben K.  
Pamela L.  
Kassi M.  
Kenzi M.  
Cody N.  
Collyn R.  
Julissa R.  
Mel R.  
Alisha S.  
Crystal W.

Full time students with 4.0 semester GPA

### Dean's List

Kaitlyn B.	Monee C.
Daria D.	Janet D.B.
Lauren E.	Savannah G.
Andy G.	Jessica H.
Alicia J.	Kiana K.
Stacy L.	Teira M.
Tania M.	Brittlyn M.
Michael M.	Robert M.
Jozef M.	Lula M.
Shynell M.	Helida M.
Parker N.	Adrian R.
Julio R.	Amanda S.
Emma S.	Chris S.
Jordan S.	Jackie V.
Maribel V.C.	Bayley Z.

Full time students with 3.5+ semester GPA

# Congratulations!

# TRiO Anchor

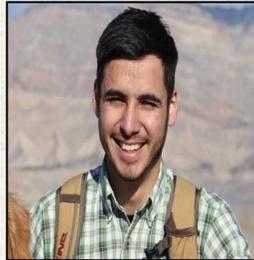
## Meet Your TRiO Coaches & Tutors

### New Coaches/Tutors

#### Alex J.

*Coach*

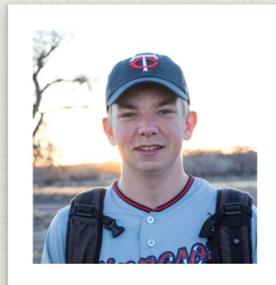
Major: Geology  
Hometown: Silt, Co



#### Ben K.

*Coach*

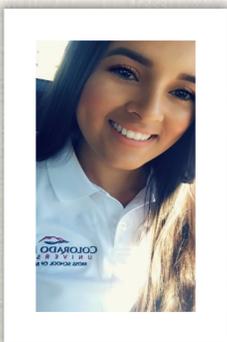
Major: Secondary Education  
Hometown: Cedaredge, CO



#### Brian K.

*Coach*

Major: Statistics  
Hometown: Albuquerque, NM



#### Teria M.

*Coach*

Major: Nursing  
Hometown: Stockton, CA



#### Tania M.

*Coach*

Major: Nursing  
Hometown: Stockton, CA

#### Whitney R.

*Coach*

Major: Counseling Psych.  
Hometown: Westminster, CO



#### Dylan C.

*Practicum Student/Coach*

Major: Counseling Psych.  
Hometown: Grand Junction, CO

### Returning Coaches/Tutors

#### Emily G.

*Coach*

Major: Nursing  
Hometown: Littleton, CO



#### Nate P.

*Coach*

Major: Mechanical Engineering  
Hometown: Austin, TX



#### Cecilia P.

*Coach*

Major: Counseling Psych  
Hometown: Corona, CA



# TRiO Anchor

## Meet the TRiO Office Staff



**Kassi M.**

*Office Staff*

Major: Nursing

Hometown: Grand Junction, CO

**Chelsie M.**

*Office Staff*

Major: Counseling Psych

Hometown: Grand Junction, CO



**Brittany B.**

*Office Staff*

Major: Biology

Hometown: Grand Junction, CO



**Kim w.**

*Office Staff*

Major: Pre-Nursing

Hometown: Fruita, CO



**Nicole H.**

*Office Staff*

Major: Social Work

Hometown: Colorado Springs, CO



**Carla H.**

*Office Staff*

Major: Spanish

Hometown: Olathe, CO



Bloom  
where  
you are  
planted



"The winter blues are gone, but spring fever crept in and I still don't feel like going to school."



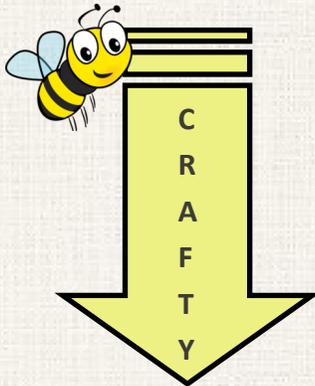
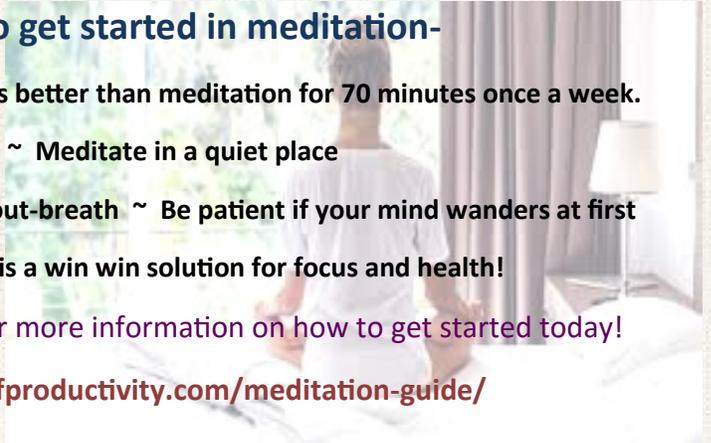
## Introspection: A look at meditation

### Stress Management: how to get started in meditation-

- ◇ Meditating for 10 minutes a day is better than meditation for 70 minutes once a week.
- ◇ Start small ~ Pick a gentle alarm ~ Meditate in a quiet place
- ◇ It's easiest to lose focus on your out-breath ~ Be patient if your mind wanders at first
- ◇ The research is pretty clear—this is a win win solution for focus and health!

Check out this website for more information on how to get started today!

<https://alifeofproductivity.com/meditation-guide/>



### From Colander to Planter:

Wrap one colander handle tightly with a half-yard of twine, pushing pieces together as you go to avoid gaps. Once covered, tie off and add a dab of glue to secure. Knot a yard of twine at each end of the handle. Repeat entire process with opposite handle. Next, line the colander with sheet moss and fill with potting soil and seasonal plants. (We used ferns and pansies.) Tie four lengths of twine together and hang.

<https://www.countryliving.com/diy-crafts/a37880/colander-planter/>

