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,

Melissa Calhoon
Program Director
970.248.1492

Angie Gauthier
Program Advisor
970.248.1770

Kari Sewell
Program Advisor
970.248.1322

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.
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 Avalon Theatre
27th-Thursday: 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
# 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.
- Darla D.
- Lauren E.
- Andy G.
- Alicia J.
- Stacy L.
- Tania M.
- Michael M.
- Jozef M.
- Shynell M.
- Parker N.
- Julio R.
- Emma S.
- Jordan S.
- Maribel V.C.
- Monee C.
- Janet D.B.
- Savannah G.
- Jessica H.
- Kiana K.
- Teira M.
- Brittlyn M.
- Robert M.
- Lula M.
- Helida M.
- Adrian R.
- Amanda S.
- Chris S.
- Jackie V.
- Bayley Z.

*Full time students with 3.5+ semester GPA*

---

**Congratulations!**
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

We ❤ Email
Melissa Calhoon, Program Director
mcalhoon@coloradomesa.edu
Angie Gauthier, Program Advisor
akgauthier@coloradomesa.edu
Kari Sewell, Program Advisor
keswell@coloradomesa.edu
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

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

Melissa Calhoon, Program Director
mcalhoon@coloradomesa.edu

Angie Gauthier, Program Advisor
akgauthier@coloradomesa.edu

Kari Sewell, Program Advisor
kesewell@coloradomesa.edu
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/