

# *TRIO ANCHOR*



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## STAFF FOREWORD

Hello amazing TRIO participants, coaches, and staff!

Please allow me to introduce myself, and tell you a little about my journey. First of all, my name is **Rafael Orozco** (He/Him/El) and I am the new Director for the TRIO programs!

My journey began just like the journey many of you are currently undertaking as TRIO participants. While working on my undergraduate degree here at Colorado Mesa (Mesa State when I started), I too, was a participant of TRIO-SSS. It was under the guidance of TRIO and their amazing coaches and staff that I was able to graduate with my Bachelor's in Spanish Applied Professional and a minor in Social Work.

After completing my Bachelor's, I went on and achieved my Master's in Social Work with the University of Denver. During this time, I was able to complete my practicum and work as a TRIO Program Advisor for about two years. After completing my Master's, I accepted a position with Colorado State University as an Academic Success Coordinator for the Biology Department. I worked for CSU for 3 ½ years where I kept working with students on their academic plans.

When I learned about the position being open for the TRIO Director, I knew I needed to apply because I missed working for TRIO and the participants of the program. As a first-generation and low-income student myself, never in my wildest dreams did I imagine I would be here, writing this letter to you as your new TRIO Director.

Oprah Winfrey once said "The key to realizing a dream is to focus not on success but significance, and then even the small steps and little victories along your path will take on greater meaning." No matter what your path in your education is, focus on one small task at a time and you will find that greater meaning.

I leave you for now, but as always, please feel free to stop by my office and say hi!

Rafael Orozco





## IMPORTANT DATES

October 1 - FAFSA & CMU  
Foundation Scholarship  
Applications Open

October 15 - 17 - Fall Break

October 18 - Second Mod  
Classes Begin

October 18 - 24 -  
Homecoming Week

October 25 - Last day to Add/  
Drop Second Mod Classes

November 1 - Last day to  
Withdraw from a Full Semester  
Class

Please visit the TRIO Office or TRIO SSS D2L page  
for more information about our upcoming events.

October 21 | Relax, De-Stress, and Craft  
HH 125 | 4:00pm

October 22 | TRIO Mock Nursing  
Interviews

HH 103 | 3:00pm

November 6 | Nursing Kaplan Practice  
Session

HH 200 | 10:00am

November 8 | First Generation Day BBQ  
CMU Plaza | 11am-1pm

## UPCOMING EVENTS



## RECOGNITION

One of our wonderful Peer Coaches, Jennifer Rodriguez (below), put together a wonderful event in the end of September. Her event, Navigating Difficult Classes, was a wonderful opportunity for students to pick her brain about her experiences and approaches. She utilized her difficult experience in her Physics class to assist others, laying out good practices for study methods, time management, and mentality management. She also gave students guidance on speaking with professors and attending office hours. We are lucky to have her in our community.



Jessica Freeman (above), our stellar Peer Coach studying Anthropology, established an incredible faculty panel for the TRIO and COSI communities. The “What will you do with your \_\_\_\_ major?” event (named for the question so many liberal arts majors often receive) consisted of faculty from Mass Communication, English, Music, Spanish, Sociology, and Anthropology. Faculty had the opportunity to discuss their outlook on careers in their discipline, give advice on how to prepare for graduation, and field questions from students in attendance. Thank you to COSI for co-sponsoring the event, and to Jessica for putting together such a wonderful opportunity.



# MEMES



BEING PUMPED FOR HALLOWEEN BUT STILL TRYING TO STAY PROFESSIONAL LIKE...

Hey what's up sorry my cars a mess  
haha, you can just throw that in the  
back



Me when I smell pumpkin spice



Ooooo

Me at 3am



Me: \*feels a cold breeze outside\*

Me:





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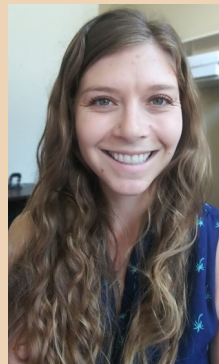
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TRIO study spaces are a safe and quiet environment, offering drop-in tutoring, computer use, free printing, or just time to work!

FishBowl Study  
Lounge  
HH 137

BirdsNest Study  
Lounge  
EH 323