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.

A Safe Place to Land

After nearly a year of daily turmoil, the five of us found our way to a new opportunity and a new community to serve. Working for the CMU TRIO program has been an exciting new phase for us, and we are beyond thankful to all of you for your warm welcome. Getting to know each of you has been a true pleasure.

Working with the Peer Coaches and Practicum Students to help support the community has been such a rewarding endeavor. The relationships we have built along the way keep each day fresh and interesting, and we thank you for such a great first semester. We cannot wait to serve you in the months to come!

-Calliope, Lila, Mary, James, and Rose
TRIO Coaches of the Year

TRIO Regular: Carla Hernandez-Chacon

Carla has been an invaluable asset to the TRIO program for several years, and has always been a loving presence. Her open personality and desire to help has always lifted the quality of our programming and the spirits of our staff. She is graduating with her degree in Secondary Spanish Education, and will be working as a Spanish instructor at Montrose High School.

TRIO STEM: Jacqueline Valencia

Jackie is one of the most resilient coaches we have ever worked with, and an excellent voice for the program. Her advocacy, recruitment, and impact on her participants cannot be understated, and her positive attitude will get her through most anything. She is graduating with a degree in Chemistry, with a concentration in Biochemistry. She will be working as a phlebotomist at St. Mary’s Hospital before pursuing medical school.
TRIO Champions of the Year

TRIO Regular: Shayli Peterson

Shay has been a participant for two years, and has consistently been an incredible participant, coach, and advocate for the program. They have always been first to utilize TRIO services, attend TRIO events, and encourage other students to join the TRIO community. They bring a positive attitude and valuable insight to any conversation, helping to make the TRIO offices as warm and inviting as they can be. They are pursuing a degree in Counseling Psychology, and will be completing their degree in December of 2021, and will later attend graduate school.

TRIO STEM: Benton Bergstrom

Ben joined TRIO this January, and immediately became one of our most active participants. He has always been a positive and friendly face to see around the office, making substantial effort to form connections with everyone he comes across. Beyond hardworking, Ben routinely exhibits enviable perseverance and incredible presence of mind, constantly seeking to make choices that are holistically sound and good for his well-being. He is currently pursuing a degree in Game Design and has a job teaching children how to code.
General Program Updates

**SUMMER HOURS**
Both program offices are open during the summer! You can still make appointments through the TRIO website. There will be limited peer coaching available.
*open 8 am - 5 pm M-F*

**FINANCIAL LIT**
Your financial literacy requirement **must be completed by the end of June.**
You can finish a video & corresponding quiz on **D2L.** If you need help, please ask us!

/TRIO SUMMER GET TOGETHERS/
**COMMUNITY WELLNESS ACTIVITIES**
EMAIL LILA AT LTOOD@COLORADOMESA.EDU FOR MORE INFO

FishBowl Study Lounge
137 Houston Hall

Birds Nest Study Lounge
323 Escalante

TRIO STEM Office
114 Houston Hall

TRIO Regular Office
125 Houston Hall
Important Dates

Congrats to our Graduates!

- Saturday, May 22nd - Commencement Ceremony
- Wednesday, June 2nd, 5pm—First Summer Get Together!
- Sunday, August 29th—Fall 2021 Kickoff

AAPI HERITAGE

May is Asian American and Pacific Islander Heritage Month, and we are so happy to be serving a part of that community here at CMU and in the greater community.

JUNE IS PRIDE

Please join TRIO in celebrating the incredible LGBTQ+ community in Western Colorado. The official Colorado West Pride Fest will be in September, but stay tuned for a TRIO Pride Event!
The United States Department of Education funds Colorado Mesa University's (CMU) TRIO SSS STEM 99% at $1,309,440. Non federal funding from CMU, at 1% at $3,300.

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

Friends: What’re your plans for today?

Me

Air conditioning

Strawberry Mint Limeade

Ingredients:
- ½ cup lime juice
- ⅓ cup sugar
- ⅓ cup water
- ½ lb sliced strawberries
- 20-30 mint leaves
- 2 cups cold water

Instructions:
To make the simple syrup, combine the sugar and water in a saucepan, and cook over medium high heat for 5-10 minutes until the sugar is dissolved and the liquid is clear.

In a large mason jar or a pitcher, combine the lime juice, simple syrup, strawberries, mint and water. Let sit in the refrigerator for 2-3 hours. Serve and enjoy!