

TRIO-SSS Newsletter
August 2022
Welcome Back, TRIO Mavs!



Volume 7, Issue 6



Staff Foreword

Welcome back to campus! On behalf of all of the TRIO staff, we would like to welcome you back to campus and wish you an amazing, enriching Fall 2022 semester. We hope that your summer break has been relaxing, rejuvenating, and you're ready to come back and push yourself to meet all of your academic goals this semester. Please know that TRIO staff is here to support you in any capacity and will be here every step of the way, whether that's registering for courses, getting tutored from one of our amazing Peer Coaches, weekly check-ins, or just need to see a friendly face—we are here, cheering you on. Our departmental goal is to see you all succeed, grow as students, and find your passions. It is such a honor to serve the students we do and hope you all are looking forward to another great semester as much as we are!

TRIO Updates



New and exciting changes happening at TRIO

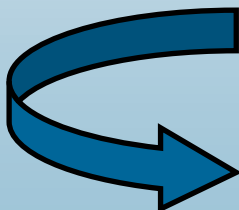
The TRIO-SSS STEM office is no longer located in Houston Hall near the TLC. TRIO-STEM has officially moved to Library Room 306. Our offices can be found on the third floor of the library, behind the stacks in the old Developmental Education Offices. Staff who now reside in the new offices include Patrick Brooks, STEM Coordinator and Deanna Greene, Engagement Specialist. The new STEM office includes a private study lounge, equipped with a SMART Board, dry erase boards, and a mini fridge available for student use. Come check it out!

We have a new staff member part of our team and we are so lucky to have him join us! Jordan Post joined our team in July 2022 as the TRIO Regular Advisor, and has been an excellent addition. Jordan's office will be housed in Houston Hall 125, so please feel free to use Jordan for any TRIO-related needs and give him a warm Maverick welcome!

"Hello All! My name is Jordan Post and I am the new academic advisor for TRIO. I am so excited to be part of the team here at CMU. I attended the University of Kansas and have been a secondary English teacher in a variety of environments including international, urban and rural settings. I am passionate about educational equity, the power of learning, and transformation through the ongoing attainment of knowledge. My door is always open to serve your needs in a safe and welcoming space. Outside of work you can find me with my wife and two kids, enjoying outdoor pursuits (snowboarding, mountain biking, etc.) reading, engaging in music, and working on our little farm. I'm honored to be in this capacity to work with TRIO and look forward to getting to know everyone!"

New Staff Member:

Meet Jordan Post



Summer 2022 TRIO Events

Even during the summer months, TRIO Staff is working hard for the upcoming school year; however we were able to squeeze in an amazing conference and student retreat. In late June, TRIO students attended the Global MindED Conference in Denver, Colorado. This conference provided distinguished keynote speakers, countless workshops with professional educators, and networking with some of the top employers of the nation. The conference focused on First-Generation Success, minority success, and navigating a post-covid19 environment. Four students attended the event with staff member, Deanna Greene. This conference was a huge success and we are so excited to attend next year!

In late July, TRIO hosted a Summer Leadership Retreat, providing students the opportunity to expand their leadership skills, experience new environments, and bond as a TRIO group. This year's Summer Leadership Retreat consisted of a zipline and obstacle course at Aerial Sky Trek in Idaho Springs, Colorado followed by a visit to the infamous MeowWolf Interactive Art Experience in Denver, Colorado. To conclude the trip, students visited the Denver Nature and Science Museum for a final stop.

"The Denver Summer Leadership Retreat was an amazing trip I got to attend since I was able to make new friends and connect with people with similar majors as me ." Jennifer—TRIO Summer Leadership Retreat participant.



Eli B., Destiny M., and Jessica W., at the Global MindED Conference in June 2022 in Denver, Colorado (left).



Students Scott B., Jennifer R., Eli B., and Keyla T., with staff member Deanna Greene at the Aerial Sky Trek in Idaho Springs, Colorado (right).

TRIO'S Annual Fall Kick Off

August 27, 2022

TRIO-SSS will be hosting the annual Fall Kick Off on August 27th in Houston Hall 138a at 11am to 3pm. This back-to-school celebratory event is an excellent way for students to engage with other participants, participate in workshops, and hear professional speakers. The keynote speaker of this event is Saul Flores; Saul is a professional speaker delivering his presentation of "With Grit." Flores' presentation will provide direct insight on how students can achieve their academic goals through a ten step process.

TRIO is additionally partnering with CMU business professor and Grand Junction City Councilman Rick Taggart as a second keynote speaker, who will be delivering content on how to be successful in academia and further translate that to the professional realm. This year, the workshops students will be participating in include; professional communication strategies, budgeting techniques, how to become involved at CMU, tackling testing anxiety, and career and resume preparation. Students who participate in the event will receive a college care package and a catered lunch by Sodexo. Students can RSVP to Deanna Greene at dngreene@coloradomesa.edu.

TRIO Events and Workshops

There will be 15 events & workshops available this Fall 2023 semester. All workshops are posted on TRIO D2L pages so students can utilize the material at a later date. Email Deanna Greene at dngreene@coloradomesa.edu with any event requests, questions, or to RSVP! Events are posted on D2L, via email, text, TRIO Facebook, and TRIO study lounges & offices!

August

**Fall Kick Off – August 27
Houston Hall 138**

**CMU Resource Workshop –
August 31 Houston Hall
111**

September

TRIO Yoga Day – September 7th

**TRIO BBQ at Lincoln Park Septem-
ber 8th**

**Study Skills Workshop – Septem-
ber 12th**

**Graduate School FAQs Workshop –
September 29**

October

Stress Relief Crafts – October 5

**Linked In and Professional Net-
working Workshop – October 10**

**Front Range Graduate School Vis-
its – October 13th and 14th**

**Financial Credit Basics -Workshop
October 18**

November

**Registration Support Day –
November 1**

**First Generation Celebration
– November 7**

**Writer's Workshop November
14th**

December

**Doggy Play Date – December 7
Adopt-A-Family Gift Wrapping
Party – December 12**