

# TRIO-SSS NEWSLETTER JANUARY 2023

We hope you enjoyed the break,  
Mavs!

WELCOME BACK!

Congrats on finishing the semester!  
We hope you are enjoying this well-deserved break. We have many events coming up in the Spring 2023 semester, so get ready to mark your calendars!



**TRIO-SSS Staff**

Left to right:  
Pat, Raff, Jess,  
Rose, Sophie,  
Jordan

## This issue:

WELCOME BACK!

NEW TEAM MEMBER  
INTRODUCTION

COOL UPCOMING  
EVENTS &  
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## New Team Member Introduction: Jess Wilmoth

TRIO-SSS ENGAGEMENT SPECIALIST

"Hi, my name is Jess Wilmoth, and I'm your new Engagement Specialist here at TRIO! I'm very excited to be here. I recently graduated from CMU in December 2022 with my Business Marketing degree. I love CMU, and got involved as the Secretary of the Marketing Club, Director of Recruiting for the Finance Club, worked as a Student Ambassador, and worked as a peer coach at TRIO. In my free time, I love to hike in the beautiful outdoors here! I'm excited to get to know each of you!"



**We are excited to welcome TRIO Upward Bound!**



Left to right:  
Aaron,  
Shelby, Maria



# Cool Upcoming Events & Announcements!

- We have the opportunity to represent CMU at TRIO Day in the Denver Capitol. This is a great opportunity to represent your school & program, and take a trip to the capitol. This trip will be February 24th-25th.
- We will be going to the University of Wisconsin Eau-Claire for an Undergraduate Research Conference! This amazing opportunity will be paid for by TRIO, and has limited availability. Applications will be opening soon, so keep an eye on your email! We will be traveling for this on April 12th-16th.



The Council for Opportunity in Education will be hosting their annual Policy Seminar in Washington, DC. We will be taking one student from the STEM & Regular Program to go with us.

This is a great opportunity to see the U.S. Capitol & Represent TRIO.

Applications for this trip will be opening soon, so watch your email!

# Reminders

**Remember, to stay "active" in TRIO, you need to attend at least one workshop per semester!**

- Keep an eye on your student email--that is how you'll hear about all events.
- Spring Start Up is Saturday, Feb. 11th. There will be workshops, food, and more! This will take care of your minimum semester workshop requirement.
- Remember: we have tutoring assistance through our peer coaches! Check the schedule on D2L or our study rooms to see what coach is tutoring when.
- There will be calculators, iPads, Laptops, Skeletons, and Chemistry Sets available to borrow from TRIO. Come see us to check one out!



# New Practicum Student: Xcaret

**Xcaret will be our new Counseling Psychology Practicum Student for the Spring 2023 Semester!**


You can make an appointment with Xcaret through the TRIO website.  
Welcome, Xcaret!



Xcaret will be able to help you with talking through your strengths, academic and personal skills, and anything else you would want to discuss with a peer mentor.

# Calendar: January 2023

Check your email for times & dates of these events!

SUN	MON	TUES	WED	THURS	FRI	SAT
1 	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23 First Day of Classes	24	25	26 Trip: Denver Capitol Info Session	27 Trip: Washington DC Info Session	28
29	30 Library Tour	31				

# Calendar: February 2023

Check your email for times & dates of these events!

SUN	MON	TUES	WED	THURS	FRI	SAT
			1	2	3 How to Get Involved on Campus Workshop	4
5	6	7	8	9	10	11 Spring Start Up
12	13	14 Trip: Wisconsin Research Conference Info Session	15 Trip: Seattle McNair Conference Info Session	16	17	18
19	20 How to Look for Internships Workshop	21	22	23	24 BANFF Film Festival	25 TRIO Day Trip: Denver Capitol
26	27	28				