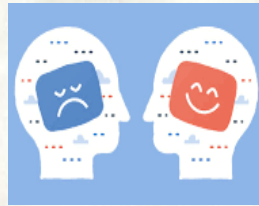


## Times that Define



Greetings everyone! What amazing times we are living in. How nice it will be to look back, with a historical lens, and tell stories to our relatives. I think it is fitting to say "hindsight is 20/20 and I sure wish 2020 was in hindsight!" I hope that you are all managing well during these challenging times; remember that TRIO is your resource in good times and in bad. If there is something we can support you with - give us a call!

I wanted to write the opening article for the TRIO Anchor, as we begin the 2020-21 academic year, to offer a reminder of the importance of a strengths-based focus. Hopefully you have participated in our Strengths assessment (formerly StrengthsQuest). I encourage you to look back over the results of this assessment and remember those characteristics that make you strong. Especially in such a turbulent time, a refocus on what you do well can really help keep you positive. If you do not recall where your papers are, you can always log back into Strengths and find your TOP 5 here: <https://login.gallup.com/> - or you can call or email us!

\*If you have not taken the assessment, you can contact TRIO and we will get you started! \*

Now - this was not intended to be an advertisement for Gallup Strengths, I really wanted to let you know how supportive a strengths-focus can be during challenging times. I hope to encourage you to take the time to review your speech patterns and make changes to use positive language and focus on the good. The way I go about this is to say three positive things about people in my life each day. Then I try to change my thinking/speech patterns to promote new neural pathways. I love the brain but it can limit the way we think, keeping us in predisposed patterns, unless we make a concentrated effort to change the pattern, and create a NEW PATH! Below are a couple examples:

Negative: "COVID (the pandemic) has created chaos and put us all at odds -we cannot get along about anything any longer."

Positive: "Living through a pandemic is teaching me to think outside the box and learn compassion on a very different level than I have in the past. I am hopeful society can learn and grow from this event."

Negative: "My partner is driving me crazy, we are never apart and I need some space."

Positive: "My partner is probably struggling and I wonder what I can do to make his day today special."

Reformatting your thoughts does not come naturally, you have established pathways that cause you to "default" to those thoughts. You actually have to STOP and think about it to make the change. If you think you have fallen into complaining or critical patterns - give it a try.  
~Angie

**NEWS FLASH!**

**CMU was awarded two TRIO-SSS Grants for 2020-25! We will now have TRIO STEM too!**

## 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 semester from 8:30am to 4:30pm Monday through Friday.**

## In This Issue

- Times that Define
- Meet the Coaches
- In the Spotlight
- Congratulations!
- Welcome Back
- On the Radar
- Healthy Start
- Funnies & Inspiration



**Keep in mind that TRIO participants are required to participate in a minimum of one activity per semester. Look throughout this issue for opportunities.**

### Contact Us!

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**Kari Sewell**  
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125 Houston Hall

FishBowl Study Lounge  
137 Houston Hall



## Meet Our Coaches



**Brittlyn M.**—I love spending time with family and friends, working with children, going to concerts, and visiting new places. I enjoy watching crime documentaries and learning new things!



**Julio R.**—My name is Julio Rodriguez, I'm a senior studying Public Accounting. During my free time, I love to play video games but If I'm outdoors I enjoy fishing and hiking.



**Carla H. C.**—I am a first generation senior majoring in Spanish with an emphasis on secondary education. Some of my hobbies include spending time with family and friends, being outdoors, crafting, and watching and playing baseball.



**Brittany B.**—I am senior biology major with a GIS minor, I am from Grand Junction, CO, (currently living in Wisconsin at the moment for my job with the Forest Service). My hobbies include mountain biking, Hiking, Kayaking, Reading, Road-tripping, wildlife watching, photography, rock climbing, 14ner climbing, etc. Anything related to the outdoors I do it lol. My favorite color is turquoise and I love helping people explore the great outdoors.



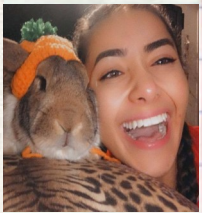
**Ellie M.**—I am a first generation student majoring in Nursing (BSN) and graduating in December. I have two associate degrees in Arts and Science. My hobbies include sleeping, hiking, drawing, painting, and binge watching Netflix.



## Meet Our Coaches



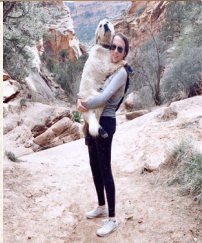
**Jessica E.**—I'm an Applied Anthropology major with a minor in Archaeology. I love reading and learning anything and everything. I also enjoy playing sports, making music, and trying new things.



**Jennifer R.**—Hello! My name is Jennifer, I am headed into my sophomore year here at CMU as a biology major. I love to paint, play Fortnite, hang out with my bunny, and spend time with my friends and family. I am excited to work with you and getting to know you all!



**Jasmin T.C.**—I am a fifth-year student double majoring in International Business and Political Science. I love to stay busy through various hobbies which include traveling, photography, being outdoors, and hanging out with friends. I love getting to know others through these hobbies and random adventures!



**Lauren G.**—Hello! My name is Lauren, I am headed into my senior year here at CMU as a business management major. I love to SUP, ski, hang out with my dog, and spend time with my family. I am looking forward to working with and getting to know you all!



**Jaqueline V.**—I am a senior at Colorado Mesa University working towards my Biochemistry degree. After graduating, I plan to pursue a career in the medical field. I was born in the evergreen state, Washington, but grew up in a small town called Glenwood Springs, Colorado. I am an explorer at heart and enjoy mountain biking, hiking, and camping.



**Maria M. G.**—I am a third-year student majoring in social work and minor-ing in psychology! Some of my hobbies include weightlifting, hiking, painting, and baking. I also live for meeting new people, picking up new hobbies, and deep conversations! :)





## In The Spotlight

### TRIO KickOff!!!

**The KickOff this year is August 23rd from 2:00 to 5:30**

⇒ What is the Kickoff?

⇒ The Kickoff is an amazing conference styled event that features guest speakers, fantastic break out sessions, and even food!

⇒ Who will be there?

⇒ Career Services, Financial Aid Professionals, Keynote Speaker Miranda Ashman and Guest Presenter Eric Ward, Student Government members, your amazing TRIO staff Angie, Alison, and Kari, and of course our wonderful TRIO participants!

⇒ What will I learn about?

⇒ Meditation, Mindfulness, Time Management, Organization, Life-Work Balance, Scholarships, Making your money work for you, All about TRIO, Internships and Employment, and so much more....

⇒ Why should I go?

⇒ There are so many reasons to attend the Kickoff. The easiest one is that it will count toward your participation requirements and provide you with your financial literacy workshop requirement for the academic year. You also will learn some amazing stuff and get to see all your friends (from 6 feet away).

**We can't wait to see you there!!!!**

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125 Houston Hall

FishBowl Study Lounge  
137 Houston Hall



## Congratulations TRiO Participants!

### President's List

- ★ Amaya Brooks
- ★ Alejandra Carranza
- ★ Ashley Crooks
- ★ Shannon Feran
- ★ Trystan Henderson
- ★ Jessica Hernandez
- ★ Carla Hernandez-Chacon
- ★ Kayle Justice
- ★ Kiana Keever
- ★ Maria Marin Garcia
- ★ Jackson Moore
- ★ Shynell Moore
- ★ Cody Nightingale
- ★ Shayli Peterson
- ★ Collyn Read
- ★ Alisha Schultz
- ★ Zoey Tomlinson
- ★ Jessica Wilmoth

### Dean's List

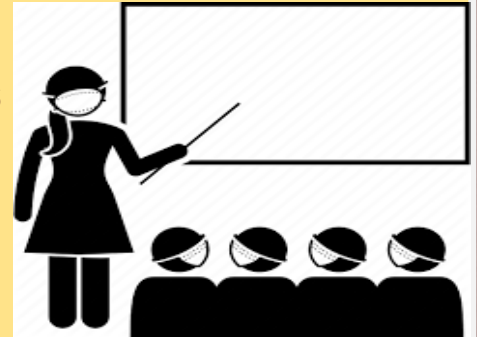
- ★ Brittany Buckley
- ★ Kathi Bustad
- ★ America Ceja
- ★ Arely Chavez
- ★ Ashlyn Curnen
- ★ Kayla Fisher
- ★ Jessica Freeman
- ★ Genavee Gonzales
- ★ Lauren Gorsuch
- ★ Maria Hernandez Garcilazo
- ★ Cyierra Lloyd-Davila
- ★ Britney Luevano
- ★ Jesus Macias
- ★ Brittlyn Massey
- ★ Shayla Maxwell
- ★ Kassi McDonald
- ★ Yarelle Meraz
- ★ Lula Mitchell
- ★ Jan Recinos
- ★ Adrian Rodriguez
- ★ Julissa Rodriguez
- ★ Jennifer Rodriguez-Bravo
- ★ Trevyn Roth
- ★ Holly Stanley
- ★ Alexis States
- ★ Jaqueline Valencia
- ★ Autumn Van Bibber
- ★ Kimberly Watson
- ★ Abigail Winkler

## Welcome Back to Campus

**Goal:** CMU is collaborating with medical experts and healthcare leaders to design a safe return to campus plan based on scientific evidence and medical best practices.

**Guidelines:** What you should know as you return to campus

- \* You will need to take the **COVID class online** whether you are taking online or in person classes
- \* If you are coming back to campus you also need to be tested for COVID
- \* You will need to use the **Scout App** to track your symptoms and gain access to buildings
- \* Thermal imaging cameras will be in use to monitor body temperatures as students enter and leave commonly used buildings
- \* You will **HAVE to wear a mask** when you are inside any campus building
  - \* This includes classrooms and even the gym
- \* Classes and Events will be socially distanced
  - \* You will not be able to sit next to anyone in class (even your friends)
- \* Students will not return to campus after Thanksgiving and will finish the semester online
- \* Currently there will be **NO** option for Pass/Fail as in Spring 2020
- \* If you get sick: **STAY HOME** and contact the professor through email



**BE SAFE**



**STAY PAWSITIVE!**

For more information see CMU's COVID response website [here](#)

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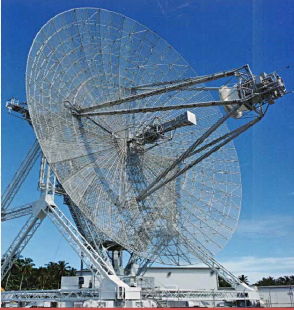
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## On the Radar: Upcoming Events

Check out the D2L Calendar to see all these important dates.

While you're there check out our new snazzy resources, Grade book, and more!!!

## Important Dates



★ **CMU was awarded TWO TRiO-SSS grants for 2020-25**

★ **LOOK FOR OUR NEW STEM TRACK—Coming SOON!** ★

**CMU** August 17—Classes Begin at CMU

● August 19—Academic Writing Lab at 2:00 in HH 226

● August 23—Kickoff from 2:00—5:30 in Houston Hall

● August 27—Semester Goal Planning at 3:00 in HH 226

**CMU** September 1—Last Day for Add/Drop

**CMU** September 2—CMU Job Fair 10:00-2:00 at The Plaza

● September 8—Play to your Strengths Careers workshop at 3:00

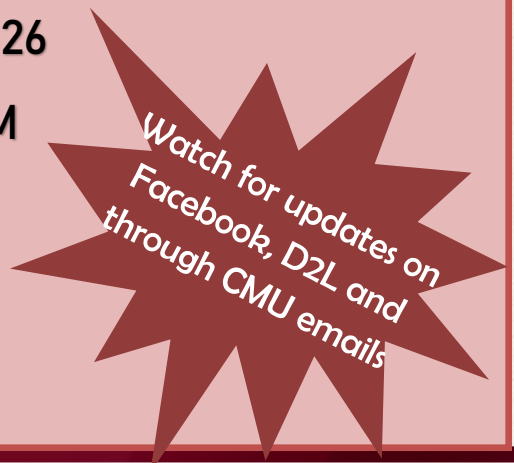
● September 16—GRAD School 101 at 3:00 HH 226

● September 24—Lunch Loops Trails Hike 6 PM

**CMU** October 1—Intent to Graduate Forms Due  
Spring and Summer 2021

**CMU** CMU Dates

● TRiO Dates



## Healthy Start

### 1 Minute Mindfulness Exercises

Three hugs, three big breaths exercise

- \* Hug yourself tight and take 3 big breaths

Clench your fist and breathe into your fingers

- \* Position your fingers and thumbs facing down.
- \* Clench your fist tightly
- \* Turn your hand over so your fingers and thumbs are facing upwards and breathe into your fist.

STOP

- \* Stand up and breath. Feel your connection to the earth
- \* Tune in to your body. Lower your gaze. Scan your body and notice physical sensations or emotions. Discharge any unpleasant sensations, emotions, or feelings on the out breath. Notice any pleasant ones and let them fill you up on the in breath
- \* Observe. Lift your eyes and take in your surroundings. Observe something in your environment that is pleasant and be grateful for it and its beauty.
- \* Possibility. Ask yourself what is possible or what is new or what is a forward step.

Mindful Breathing for One Minute

- \* Place your hand on your stomach and feel your breath. Hold the breath briefly at the top and bottom of it

Loving-Kindness Meditation

- \* For one minute repeat: "May I be happy, may I be well, may I be filled with kindness and peace"

Our life is shaped by our mind, for we become what we think

*~~Budda*

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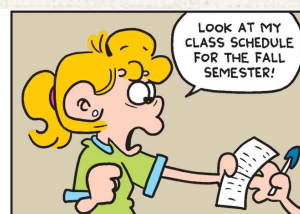
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## Funnies & Inspiration



Packing the essentials for the new semester



The United States Department of Education funds Colorado Mesa University's (CMU) TRIO-SSS at 98% or \$1.1 million.

Non federal funding from CMU, at 2% or \$27,000.