



Transitions

It seems today there is no lack of transition in our lives. We are always undergoing some form of change, whether learning a new system, software, or navigating a global pandemic! Remember when *they* told us how technology would simplify our lives and save us TIME? Well... you may not remember, but I do! The Microwave was going to give us so much free time, we could just sit around and read for fun all day long! Perhaps it is human nature, or perhaps it is the nature of our society; either way, we always seem to be transitioning to, or from, something. If you wonder why I am writing about this it is because even TRIO is under transition. If you have not heard, Melissa, our fearless leader for close to 8 years, has been plucked up by the University (and who can blame them) and will be running the new center "Student Success and Engagement". TRIO will be housed under this center, so really, we don't lose her, we just have to share her!

As part of this transition, I have been promoted to the Director position for TRIO. This will not be a huge upheaval, since we were running smoothly and I intend to keep it that way. You should not see any big changes coming in how TRIO functions – except those brought on by COVID-19 (Coronavirus). Our program is directed by a federal grant, so what we do, we must continue doing. We have had solid leadership and will continue on this same path. Please celebrate Melissa's success with me and continue to be awesome active TRIO participants!

I wrote this prior to the "pandemic status" so I would like to add that we are available, and the TEAMS application will allow us to interact and assist you face to face. We will have coaches reaching out to you to check in. If you need to talk, let us know! You are not in this alone.

Angie Gauthier



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.

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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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Program Director
Live on TEAMS

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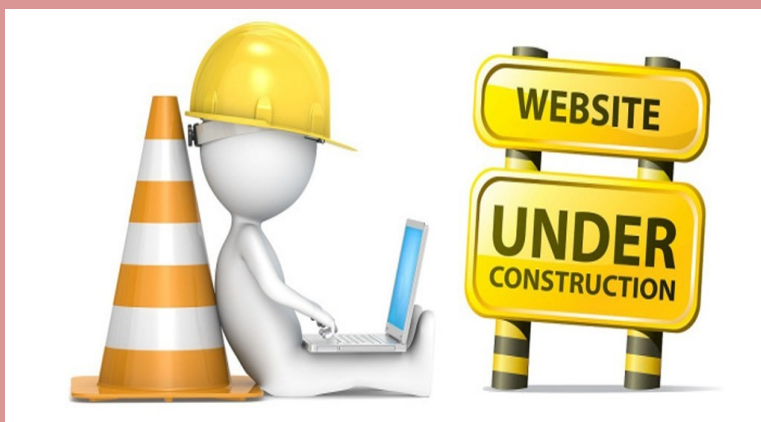
TRIO Offices ~ working remote
FishBowl Study Lounge~ Coaches available on TEAMS

On the Radar: Spring 2020



TRiO End of the Year Banquet

One of the changes that will come with the remainder of the semester is our big event: the End of the Year Banquet. Unfortunately, we will not be able to meet face to face for this event. But we are happy to say that we will not be completely cancelling the event! We are in the process of creating a website where we can livestream the event and give you all credit for attending virtually. The event will still occur on Monday April 27th at 5:30pm.



Stay tuned for updates
about the event!

Texting Permission

During this uncertain time, it is especially important to keep communication between TRIO participants and TRIO staff. We strongly encourage you to give TRIO staff permission to text your mobile device. This will allow for more immediate communication between parties.

Please fill out this form and email it to either Angie or Kari.

*The form is being emailed to you, please fill out and return by email, to provide acceptable permission.

**I am in your
email with this
Newsletter!**

TEXTING RELEASE FORM

I, [Click or tap here to enter text.](#), grant permission to TRIO-SSS at CMU to send text messages to my mobile device.

Please indicate your cell phone provider:

☐ Verizon ☐ T-Mobile ☐ AT&T ☐ Sprint ☐ Metro ☐ Boost Mobile
☐ Cricket Wireless ☐ Other: [Click or tap here to enter text.](#)

Please initial the paragraph below:

[Click or tap here to enter text.](#) - I am 18 years of age or older and I am competent to contract in my own name. I have read this release before signing below, and I fully understand the contents, meaning and impact of this release. I understand that I am free to address any specific questions regarding this release by submitting those questions in writing prior to signing, and I agree that my failure to do so will be interpreted as a free and knowledgeable acceptance of the terms of this release.

Date: _____

Name (please print): _____

Address: _____

**To prevent COVID-19 it is
safest to avoid physical
contact when greeting.
Safe greetings include a
wave, a nod, or a bow.**



#Coronavirus #COVID19

**How should I greet
another person to avoid
catching the new
coronavirus?**



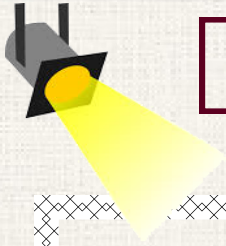
9 March 2020

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The Spotlight on Spring Semester

CMU IMPORTANT DATES

- ⇒ March 23 Second Mod classes begin
- ⇒ March 30 Last day for “W” from Full Semester classes & Last day to add/drop Second Mod class & Course registration for Summer and Fall 2020 begins
- ⇒ April 15 Last day for “W” from Second Mod class
- ⇒ May 11-14 Final examinations
- ⇒ May 13 Deadline to pay Spring balances to avoid being dropped from all Summer courses
- ⇒ May 14 Spring Semester ends
- ⇒ Commencement Ceremony is still evolving with the pandemic....

What About TRiO on D2L?

- ◆ Remember you are the TEST SUBJECTS. Do not be alarmed by this module.
- ◆ Participation in workshops is being logged; however, not all STAFF contacts are logged. This is a work in progress.
- ◆ We will be adding and updating modules and “quizzes” etc, do not be alarmed at notifications. This is set up to be a “class” and TRiO is not a class!
- ◆ We have launched an ONLINE TUTORING portal (opening 3.30.20) you can locate your tutor and then look them up on TEAMS, live.
- ◆ We will keep adding and updating modules and “quizzes” etc, do not be alarmed at notifications. This is not a test!

Ways to have Fun while Social Distancing



Try to explore your artistic side! Order some art supplies and get to work. You can also write poetry or practice an instrument. YouTube can be a great tool to acquire a new skill! If you're looking for more culture, Google Arts and Culture has partnered with museums around the world to offer virtual tours to museums such as the Louvre in Paris.

Exercise your brain! Try playing some board games with your family. Or, if you're alone, try to do puzzles, Sudoku, or crossword puzzles. These may be time-consuming activities which may sharpen your mind. Try reading a good book! You may even attempt to learn a language with apps such as DuoLingo.



We are lucky enough to have technology which helps us to stay connected even during this uncertain time. Try FaceTiming your friends, Skyping your family members, or playing online with people across the world with platforms such as Xbox Live.

Being stuck at home is the perfect opportunity to take control of your space. Declutter your closet. Unpack boxes. Organize old photos into a photo album. Organize files on your computer. Take the time to make items in your home easier to find.



Take some time to relax and de-stress! Go watch that Netflix show you have been meaning to watch. Treat yourself to a bubble bath or face mask. There are many free apps which offer stress management strategies and meditation activities. Try out the app Headspace!

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Services Still Offered to Students: TRIO!!!

TRIO will still be available to our participants! Although our office will not be open, we have ways of maintaining communication.

We will be conducting meetings via Microsoft Teams. This application can be found through your MAVzone portal. There is also a mobile app that can be downloaded!

This option allows us face-to face interaction via video chat.

TIPS FOR A MICROSOFT TEAMS MEETING:

1. Use the CHROME browser. Other browsers do not work.
2. The Microsoft Teams app can be found under All Apps in MAVzone. If you click on the star, the app will show up in your MAVzone favorites for future use.
3. You must have Microsoft Teams open in your browser to receive calls.
4. Be sure that you are somewhere quiet so that your meeting will be productive. Your coach will call you using a video connection; however, you can opt for an audio-only call by selecting the phone icon instead of the video icon when you answer the call.
5. For registration meetings, be prepared with an idea of the classes you need for fall. We will be working within Degree Works, so please preview that prior to the meeting. If you have started a list of courses already, have that handy because we may be working from home and may not have your file available. We will work through this and all learn some new skills together!
 - ⇒ *If you aren't sure of the date and time of your meeting, email Kari or Angie as soon as possible. They will be able to confirm your meeting time.
 - ⇒ *If you need to change your meeting, please email the person you will be meeting with to let them know new days/times.
 - ⇒ *Your coaches will still check in with you after the extended Spring break



Services Still Offered to Students: Career Services

Although you may not have access to Career Services in person,
they are still dedicated to help you out virtually!

Here are some of the adaptations they will be implementing:

- ♦ They will continue to meet with students virtually. All scheduled one-one-one appointments with students will continue via phone or virtual. This includes appointments already scheduled, as well as new appointments.
- ♦ All events (including workshops, information sessions, office hours, etc.) scheduled through April 15th have been **cancelled or moved to a virtual format**. Check the Career Services office events web page for the most up to date information. New events are added daily so please check the page on a regular basis!

*<https://www.coloradomesa.edu/career/events.html>

- ♦ On-campus recruiting with employers have been postponed to a later date, with assist connecting with employers virtually as an option.

*****FOR GRADUATING SENIORS*****

- ♦ Career services will be posting information on their web page in the coming weeks for students who are scheduled to graduate in May with information/tips to support those who are searching for jobs.

*<https://www.coloradomesa.edu/career/students/index.html>

Handshake Updates:

Are you looking for a job or internship? Make sure to check out both full-time and part-time job and internship opportunities via **Handshake**! Don't have a Handshake account?

1. Go to your MAVzone
2. Search in your applications for Handshake
3. Create your account!



Services Still Offered to Students: Academic Resources

CMU has developed a new webpage that contains all of the relevant academic resources you need in one place! On this site, you will find information on the following:

*<https://www.coloradomesa.edu/virtual-resources/academic-resources/index.html>



Distance Education Resources

View tools and resources for online learning



Tutorial Learning Center (TLC)

Free online tutoring and writing assistance



Educational Access Services (EAS)

Academic assistance for students with disabilities



Library Resources

Tomlinson library operations, research and online assistance



Virtual Textbooks

Digital course materials and e-book access



IRIS

Get help from IRIS online

What's COOKIN'?

Ingredients

- 2 cups uncooked long grain white rice
- 1/2 tsp salt
- 2 15 oz. cans black beans
- 1/2 tsp cumin
- 1/4 tsp garlic powder
- 1 16 oz. jar salsa
- 6 oz. shredded cheese
- 1 bunch green onions
- 1 jalapeño (optional)

Directions

1. Add the rice, salt, and 3 cups water to a medium sauce pot. Place a lid on top, turn the heat on to high, and allow the water to come up to a full boil. Once boiling, turn the heat down to low and let it continue to simmer for 15 minutes. After 15 minutes, turn the heat off and let it sit, with the lid in place, for an additional five minutes. Fluff just before serving.
2. While the rice is cooking, make the beans. Add both cans of black beans (undrained) to a small sauce pot, along with the cumin, and garlic powder. Heat over medium, stirring often, until heated through.
3. Slice the green onions and jalapeño (if using).
4. Once the rice is cooked, build the bowls. Add one cup cooked rice, 1/2 cup warm black beans, 1/3 cup salsa, and 1 oz. shredded cheese (about 1/4 cup) to each bowl. Top with a few sliced green onions and jalapeños, then serve.

Poor Man's Burrito Bowls



<https://www.budgetbytes.com/poor-mans-burrito-bowls/>

“Don’t be pushed around by the fears in your mind. Be led by the dreams in your heart.”

~ Roy T. Bennett

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Funnies & Inspiration

When it's Sunday night and you still haven't done any homework or studying



"The future belongs to those who believe in the beauty of their dreams."

ELEANOR ROOSEVELT

"People with goals succeed because they know where they're going."
—Earl Nightingale

