

The Bittersweet Years of College

Hello everyone!

Allow me to introduce myself. My name is Diana Gutierrez and I am the Spring practicum student for TRiO. I am a senior and counseling-psychology major. As I approach the end of my undergraduate career, I cannot help but reflect on both the good and bad parts of college.

As with all students, I have experienced hardships throughout these four years. Whether it was pulling all-nighters, deciding my major, or issues in my personal life, I have had trouble navigating. On top of this, I am a first-generation student who had no idea what I was doing in the beginning. Although I have had negative experiences with college, I do not have any regrets. The unfortunate situations I have faced have allowed me to grow as an individual. It is through my failures that I have learned the most. The challenges I have faced have allowed me to gain perspective. When things did not turn out the way I wanted them to, I had to adapt and think of new strategies to tackle my problems. Through this process, I have developed resiliency. In college and in life, it is important to realize that challenges are inevitable. It is all about gaining the skills to overcome challenges and to improve oneself.

Despite the hardships, I have had great experiences throughout my college career. I have met incredible friends along the way. My determination has allowed me to join the National Society of Leadership and Success (NSLS) and Psi Chi (The International Honor Society in Psychology). In addition to this, I am currently a club officer of the National Alliance on Mental Illness (NAMI) on campus. However, I would like to acknowledge that I have had mentors who have helped me obtain these achievements. I would not have reached this point of success without the guidance and support of my mentors.

I would like to leave you all with this message: you are not alone on this journey.

Diana Gutierrez

"BELIEVE YOU CAN & YOU'RE HALFWAY THERE."

~ T. ROOSEVELT



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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TriO Offices 125 Houston Hall
FishBowl Study Lounge H 137

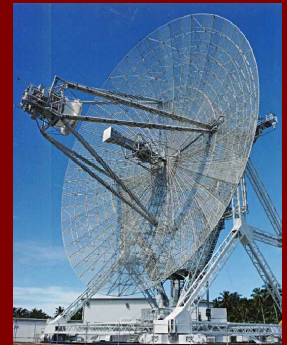
On the Radar: Spring 2020

FEBRUARY 2020:

- 🏠 **Tues. 02/11** – Land an Interview with your Resume & Cover Letter
 - ❖ Dominguez 203 from 3:30 PM – 5:00 PM
- 🏠 **Fri. 02/14** – Winter Hike
 - ❖ At Lunch Loops 3:00 PM
- 🏠 **Wed. 02/19** – National TRiO Day
 - ❖ Proclamation at City Council 6:00 PM
- 🏠 **Thurs. 02/20** – Successful Interviewing (Career Services)
 - ❖ UC 221 from 3:30 PM – 4:15 PM
- 🏠 **Sat. 02/22** – BANFF Mountain Film Tour
 - ❖ Avalon Theatre 7:00 PM
- 🏠 **Thurs. 02/27** – Fiddler on the Roof Productions
 - ❖ Robinson Theatre 7:30 PM

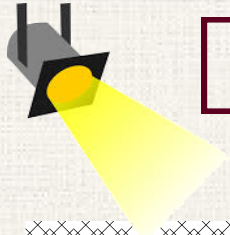
MARCH 2020:

- 🏠 **Fri. 03/06** – 1st Friday Art Walk
 - ❖ Downtown GJ 6:00 PM
- 🏠 **Tues. 03/10** – Coping Skills & You
 - ❖ HH 226 from 3:30 PM to 4:30 PM
- 🏠 **Mon 03/15 – Fri 03/21** ** **SPRING BREAK** **
- 🏠 **Wed. 03/25** – Goal Setting Lab with Follow up to Stay on Track!
 - ❖ HH 226 from 4:00 PM – 5:00 PM
- 🏠 **Tues. 03/31** – Preparing for an Internship (Career Services)
 - ❖ UC 222 from 3:00 PM – 3:45 PM



We Love Email!

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The Spotlight on Spring Semester

CMU IMPORTANT DATES

- ⇒ Feb 10 Late Start classes begin
- ⇒ Feb 17 Last day to withdraw from First Mod classes
- ⇒ Feb 20 Last day to add/drop Late Start class & Late disbursement of Fin.Aid
- ⇒ March 1 Intent to Graduate Form due for Fall 2020
- ⇒ March 14-22 ~ SPRING BREAK ~
- ⇒ 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

What About TRiO on D2L?

- ♦ We have launched the D2L TRiO Classroom. Remember you are the TEST SUBJECTS. Do not be alarmed by this module...yet.
- ♦ All participation has been logged! For workshops, but not all STAFF contacts are logged. We are still figuring that out.
- ♦ I am adding and updating modules and “quizzes” etc, do not be alarmed at notifications.
- ♦ If you have suggestions as we go—pop in and let us know!

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What's COOKIN'?

[http://
www.bystephanielynn.com/2013/0
1/homemade-sweet-potato-chips-
quick.html](http://www.bystephanielynn.com/2013/01/homemade-sweet-potato-chips-quick.html)

In- gredients

Sweet Potatoes
Canola Cooking Oil Spray
Salt {optional}



Directions

Wash the sweet potatoes and peel off the skin, if desired {see tip above}

Slice the potatoes into equal sized slices. I like to run them through my food processor set on the slicing mode - though a mandoline would also work, as well as cutting them by hand.

Lay a piece of parchment paper on top of the removable microwave turntable plate. I like to give the parchment paper edges a little trim so it does not jumble up when the plate spins.

Lay the sweet potato slices on the parchment paper, spray them lightly with the cooking spray, and sprinkle them with salt, if desired.

Microwave for 4 - 5 minutes, depending on the power of your microwave and the thickness of the slices. I like to run it straight for 4 minutes then give them a check. The edges will start to curl and the sweet potato will turn a significantly darker color. They do burn quickly - so if they need that extra minute - keep an eye on

Study Tips

- | | | |
|---------------------------|------------------------|------------------------------|
| *Pick a Place and Time | * Plan Your Time | *Study Every class Every Day |
| *Know your Learning Style | *Review and Revise | *Review Quizzes and Exams |
| *Snack on BRAIN Food | * Explain it to others | *Organize your space |
| *Create your own quiz | * Small Short Chunks | * Flash Cards work! |

Funnies & Inspiration

