

2021— We are hoping the best of you!
New Year New Beginnings!

Hello and welcome back everyone!

It is without question that 2020 was a whirlwind of a year. The limits within personal, academic, and professional avenues were left strained, stressed and frayed. While a new year does not mean that we magically get to leave everything behind (although I don't think anyone of us would object if this was an option!) we do have the opportunity to look back through it all and recognize the resiliency and strength that was built within each and everyone of us. We are living in a very interesting and confusing time that has not gotten any easier at the start of 2021, however I would like to offer a reminder to stand on that ground that you build during one of the strangest of years. It is stronger than you think, just as you are. Remember to take time for yourself as our world continues to re-build around us, and be sure to use the resources surrounding and supporting you.

With that I would like to introduce some new faces and programs to TRIO to provide you even more support and resources as we press forward into this new semester!

First thing first is our new grant program TRIO STEM!

TRIO STEM (Science, Technology, Engineering, Math, & Health Science) is a support program that assists participants in achieving their academic potential and expanding cultural horizons through one-on-one interactions and group activities! STEM, like regular SSS provides many services to get you to graduation—with STEM specific programming. See page 2-3 for additional information and a chance to meet our new team!

Along with this we have some new additions and changes with our Regular TRIO program as well, see page 4 for additional information and new staff!

We are looking forward to supporting everyone in the new year!

Best,
Rose

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.



In This Issue

- Updates of TRIO! New faces and programs!
- TRIO- STEM & Regular
- Spring StartUp!
- Jan—Feb Calendar
- Funnies :)



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

Contact Us!

IN OFFICE & LIVE ON
TEAMS

See page 2-3 for TRIO STEM
Contact information & hours!

See page 4 for TRIO Regular Contact
Information & hours!





Late hours access!

M, W, F: 8am–5pm

T, Th: 8am–7pm

Start receiving a multi-
tude of services includ-
ing:

- Academic advising
- Individualized tutoring
- Peer coaches
- Major & Career exploration
- Financial aid advising
- Scholarship assistance
- Employment readiness
- Course planning
- Graduate school preparation

TRIO STEM (Science, Technology, Engineering, Math, & Health Science) is a support program that assists participants in achieving their academic potential and expanding cultural horizons through one-on-one interactions and group activities! Stem, like regular SSS provides many services to get you to graduation with STEM specific programming.

Visit the CMU website (search TRIO) to access the application!

Meet your new staff!



Mary Spirio—STEM Program Coordinator

Mary Spirio possesses skills in grassroots work in creating programs to empower students of color and first-generation students from low-income families. She has a unique perspective on programmatic goals and components from her work in the founding of Riverside Educational Center in Grand Junction, CO. Mary demonstrated her ability to engage students and families to improve their education experiences by providing academic and enrichment support services. Recently, Mary worked at University of Colorado, Boulder to support underrepresented students, first-generation, and low-income students in the College of Engineering & Applied Sciences. Mary completed an International Master's degree in Adult Education for Social Change from University of Glasgow, University of Malta, Tallinn University and Open University of Cyprus. While abroad, she engaged with her cohort from 18 different countries and local populations which afforded her the opportunity to increase her appreciation of diversity and social justice issues from around the world.

mspirio@coloradomesa.edu

970-248-1986

HH 114 A



James Coburn—STEM Advisor

Hello, my name James Coburn. I am the new STEM Advisor! I am excited to get into this position and start working with everyone. My background is in History and Archaeology specifically East Asian History and Archaeology. I just got back from a 5 year stint teaching English in Japan to Junior High School students. So if you have any questions on studying abroad or teaching abroad feel free to ask. I also love K-pop and Soccer.

jcoburn@coloradomesa.edu

970-248-1848

HH 114 B



Callie Linden—STEM Navigator

I'm Calliope, but you can call me Callie or Cal! My role will be growing with the TRIO STEM program, but you can think of me as an extremely flexible advisor. My door (HH 112C) is always open if you need a quiet space or to chat, and you can use the TRIO study room next door (HH 112D). I'm non-binary (They/Them or She/Her), have a degree in Chemistry and a couple publications, and would love to chat with you all about local hikes, meme culture, music, LGBTQ+ issues, or anything else!

clinden@coloradomesa.edu

970-248-1743

HH 112 C

Congratulations TRIO STEM Participants!

Dean's List



Omar Perez-Montoya



Lendy De Leon Portillo



Linda Ramirez



Payton Vollmar



Regular TRiO

Regular TRiO is still here and happy to support any participant outside of the STEM field!

We have some new additions to staff as well within this program!

Late hours access!

M, W: 8am–7pm

T, Th, F: 8am–5pm

Meet your new staff!



Rose Kretschman—Regular Advisor

Hello everyone my name is Rose and I am the new Regular Advisor for TRiO! I have over 4 years of working with individuals who are trying to navigate this crazy thing called life and love to be the person that will be with you every step of the way. I will always be a listening ear and strive to create a safe and calm atmosphere for everyone with no judgement. I graduated with my degree in psychology and love anything related to neuroscience and just about anything related to the inner workings of people! My passions outside of work include yoga, anything outdoors (hiking, running, camping, ect.), gardening and reading. I am looking forward to getting to know and support our wonderful TRiO participants!

rkretschman@coloradomesa.edu

970-248-1322

HH125 D



Lila Todd—Engagement Specialist

Hi everyone, I'm Lila Todd and I'm the new Engagement Specialist! I just moved back to the United States after two and a half years in Denmark where I completed a Master's in Anthropology of Education and Globalization. My background also includes eight years of experience in outdoor education with Outward Bound. I love being outside, meeting new people, doing/teaching yoga, playing soccer and skiing. I am excited to be a part of this community and am looking forward to getting to know everyone!

ltodd@coloradomesa.edu

970-248-1322

HH 125 A

Ongoing TRiO staff still here and 100% ready to support you!

Angie Gauthier—TRiO Program Director
970-248-1770 - akgauthier@coloradomesa.edu -HH 125 B

Alison Steigerwald—Regular Program Coordinator
970-248-1492 - asteigerwald@coloradomesa.edu - HH125 C

Congratulations TRiO Regular Participants!

President's List

- ★ Josiah Barefoot
- ★ Ashley Crooks
- ★ Orini Fualaau
- ★ Trystan Henderson
- ★ Carla Hernandez Chacon
- ★ Jessica Hernandez
- ★ Shayla Maxwell
- ★ Shayli Peterson
- ★ Alisha Schultz
- ★ Holly Stanley
- ★ Zoey Tomlinson
- ★ Jaqueline Valencia
- ★ Autum Van Bibber
- ★ Kimberly Watson
- ★ Jessica Wilmoth

Dean's List

- ★ Amaya Brooks
- ★ America Ceja
- ★ Shannon Feran
- ★ Mary Fuller
- ★ Amy Gomez
- ★ Lauren Gorsuch
- ★ Mackenzie Hil-denbrandt
- ★ Alyssa Hollos
- ★ Kayle Justice
- ★ Kiana Kever
- ★ Emma Lillo
- ★ Justine Lopez-Henry
- ★ Jesus Macias
- ★ Maria Marin Garcia
- ★ Amber Martin
- ★ Lula Moore
- ★ Connor Rea
- ★ Adrian Rodriguez
- ★ Julio Rodriguez
- ★ Veronique Torres
- ★ Maria Vidaurri
- ★ Abigail Winkler
- ★ Benjamin Wolfe



DEGREES AWARDED!!!

Brittany Buckley—Bachelor of Science - Biol Sci: Ecol, Evol, Organism

Luis Diaz—Bachelor of Science - Construction Management

Rebekah Erkman—Bachelor of Music Education - Music Education K-12

Ruby Espinoza—Bachelor of Arts - Criminal Justice

Lauren Essman— Bachelor of Business Admin. - Bus Admin: Hospitality Mgt

Jasmin Frias—Bachelor of Science in Nursing - Nursing

Syena Gallegos—Bachelor of Arts - Criminal Justice

Andy Guerrero—Bachelor of Arts - Spanish: Hispanic Studies, Technical Certificate - EMT: Basic

Maria Hernandez Garcilazo—Bachelor of Science in Nursing - Nursing

Angela Hinton—Associate of Arts - Librl Arts: University Studies

Maegan Horkans—Associate of Arts - Librl Arts: University Studies

Alicia Jirik—Bachelor of Applied Science - Hospitality Management

Kala Langstaff— Bachelor of Science in Nursing - Nursing: LPN to BSN

Tania Magallanes Vera—Bachelor of Science in Nursing - Nursing

Teira Magallanes Vera—Bachelor of Science in Nursing - Nursing

Kassi McDonald—Bachelor of Science in Nursing - Nursing: LPN to BSN

Svitlana McGrady— Bachelor of Arts - Criminal Justice

Yarelle Meraz—Bachelor of Science in Nursing - Nursing

Angela Koch Ortiz—Bachelor of Arts - Liberal Arts: Elem Teaching

Cecilia Peralta—Bachelor of Arts - Psychology: Counseling Psych

Julissa Rodriquez Bravo—Bachelor of Science in Nursing - Nursing

Sergio Vega—Bachelor of Business Admin. - Bus Admin: Marketing

Angelo Venzor-Bamba—Bachelor of Fine Arts - Animatn, Film, Photo & Mot Dsn

Maribel Vergara Camacho—Bachelor of Science - Accounting: General Accounting



CONGRATULATIONS



In The Spotlight

SPRING STARTUP!!!

The Spring StartUp this year is Wednesday, January 27th from 5:00pm to 7:30pm in the UC Ballroom.

The StartUp is a wonderful welcome back event that includes meeting your new TRiO staff, updates on TRiO, seeing your current and possible new friends in TRiO, and two presentations by guest presenter Kyle Price with Paradigm Shift. Dinner is provided!

Agenda:

5pm – Arrive and check-in (Tables and seating dictated by COVID-19 guidelines)

5pm – 5:30pm – Introductions and updates of TRiO

5:30pm – 6:30pm – Presentation 1: Time Management: The Power of Habit

6:30pm – 7:30pm – Presentation 2: Planning for the Future: Financial Planning

As a reminder this event will satisfy your spring semester activity requirement so please save the date and we can't wait to see you there!



Schedule a meeting with any TRiO Staff on our Webpage!

www.coloradomesa.edu/trio

Swing by the office, send us an email or chat with us on TEAMS!

On the Radar: Spring 2021

- January 25—Classes begin at CMU
- January 27—Spring StartUp 5:00pm–7:30pm at UC Ballroom (2nd Floor)
- February 9—Last day to add/drop
- March 1—Intent to Graduate forms due for Summer/Fall 2021 graduates
- March 19-21—Midterm Break—No Classes
- March 24—Last Day to withdraw from Full Semester Class
- March 29—Course Registration for Summer & Fall 2021 begins for currently enrolled students



Watch for updates on
D2L, Facebook, and CMU
emails!!

Did you know? COVID-19 Testing

CMU has expanded operations to provide FREE COVID-19 testing in Mesa County for the campus and general public. The testing site is located at 1280 Cannell Avenue. Testing site hours: Monday-Friday 8:00am – 5 pm, Saturday 8:00am – 12:00pm, Sunday:-Closed

Appointments are required (reducing wait times at the testing site)

A doctor order is NOT needed

You can test whether or not you are exhibiting symptoms

Results will be sent via text/email, results will return in an average of 36 hours

Visit CMU Covid-19 located on CMU's Main Page for additional information and scheduling your test.

Funnies & Inspiration

Years from now we're
gonna be like
2018, 2019, 2021, 2022
"Hey you missed..."
"NOPE! We don't talk
about that one"

Happy New Year

ALTHOUGH NO ONE CAN GO BACK AND
MAKE A BRAND NEW START, ANYONE CAN
START FROM NOW AND MAKE A BRAND NEW
ENDING.



2021 RESOLUTIONS

1. Drink enough water
2. Move more, sit less
3. Make plans to explore & travel
4. Prioritize eco-friendly choices
5. Volunteer more often
6. Adopt an attitude of gratitude
7. Send handwritten letters
8. Spend 5 minutes a day cleaning
9. Call mom/siblings/grandparents more
10. Pick a time to wake up & stick to it!
11. Develop a skincare routine
12. Live simply, consume less
13. Be consistent with meal times
14. Perfect one recipe
15. Turn on music instead of the TV
16. Remember your goals and the big picture
17. Set a monthly budget
18. Try something new
19. Take breaks more often
20. Floss every day
21. Practice intentional breathing
22. Ditch one bad habit
23. Create a bedtime routine
24. Get in touch with your creative side
25. Make time for self-care

What We
Learn
BECOMES A PART OF
WHO WE
ARE

Me trying to be motivated on a
Monday



GIVE YOURSELF THE SAME CARE &
ATTENTION THAT YOU GIVE TO OTHERS
AND WATCH YOURSELF BLOOM

"Just because no one else
can heal or do your inner
work for you
doesn't mean you can,
should, or need
to do it alone."

-Lisa Olivera



"The United States Department of Education funds Colorado Mesa University's (CMU) TRIO SSS STEM 99% at \$1,309,440.
Non federal funding from CMU, at 1% at \$3,300."

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Non federal funding from CMU, at 1% at \$3,300."