

## TODAY IS A NEW BEGINNING

Hello everyone,  
I hope that this paragraph finds you all safe, happy and well. I would like to thank you all for making my time here in TRIO so special over the last two and a half years. Life this year has been like no other for me and has continued to present new challenges and possibilities with each passing day. After much consideration, I have decided to resign from TRIO this November 20th to pursue other passions. I am honored to have had an opportunity to learn so much from you all and I wish you all the very best in your futures. Please remember to hold tight to your dreams, celebrate your successes and take joy in those special moments. Thank you for adding so much value to my life, I am grateful.

Farewell, Kari



Goodbye and goodluck on your  
New adventure Kari!!

## 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

- Farewell Kari!!
- TRIO- STEM
- Safe Together, Strong Together
- Nov-Dec Calendar
- Funnies :)



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

### Contact Us!

We are

LIVE ON TEAMS

Angie Gauthier  
Program Director  
970.248.1770

Alison Steigerwald  
Program Advisor  
970.248.1492

Kari Sewell  
Program Advisor  
970.248.1322







## In The Spotlight

## TRIO-STEM PROGRAM

### What do we do?

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.

Start receiving a multitude of services including:

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



### Tell all your Friends!!

Questions? Contact: Angie Gauthier, Director TRIO SSS

- 970.248.1770 or Email: [akgauthier@coloradomesa.edu](mailto:akgauthier@coloradomesa.edu)

\* Visit the CMU website (search TRIO) to access the application!  
(Stay tuned for the STEM office info—in the TLC)



HERE  
TO HELP

## Safe Together, Strong Together

### **CMU strongly encourages all students to leave campus for this Thanksgiving break!**

- Meal plans end November 24th and resume January 18th
- All Mavcards have access shut off November 25th to reenter you must follow the below procedures

### **January 18th or later return to campus**

- Will be like August move in (staggered, reserved times)
- Mavcard must be reencoded to enter dorms
- Negative COVID 19 test must be shown
- Must sign up for move in time (emails in December)
- Can leave belongings in rooms, but encouraged to take valuables home

### **Request to return (or stay) November 24-January18**

- Required to Apply to stay through Mavzone My Housing app
- Only specific requests will be approved
- No additional cost to stay but if you want a meal plan for those times you will have to purchase for \$275
- Still have to quarantine and test negative for COVID before any work

### **Students must obey travel restrictions after move in regardless**

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TRIO Offices  
125 Houston Hall

FishBowl Study Lounge  
137 Houston Hall



## November/December EVENTS

- November 12- Coping Skills Lab TBD
- November 17- Time Management with
- Bullet Journaling TBD
- November 21 Thanksgiving break
- November 30 Classes Resume Remotely
- December 11- Commencement Ceremony (tentative)



Congratulations Graduates!

Don't forget to come pick up your TRiO cords.  
Be sure to send in pictures so we can share the joy!!



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





## Healthy Start



Take a study  
break!

### MOON SALUTATION



#### Yoga can help you:

- ♦ Reduce your risk for injury.
- ♦ Reduce stress
- ♦ Increase your concentration
- ♦ Understand the mind and body connection
- ♦ Gain strength and stamina
- ♦ Improve balance and stability
- ♦ Improve posture
- ♦ Develop body awareness.

Freedom is not given to us by anyone; we have to cultivate it ourselves. It is a daily practice...No one can prevent you from being aware of each step you take or breath in and out. -Thich Nhat

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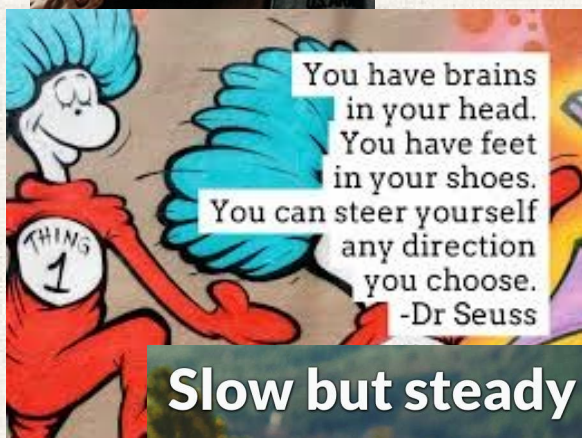
FishBowl Study Lounge  
137 Houston Hall



## Funnies & Inspiration



A person who  
never made a  
*Mistake*  
never tried anything new.  
-Albert Einstein



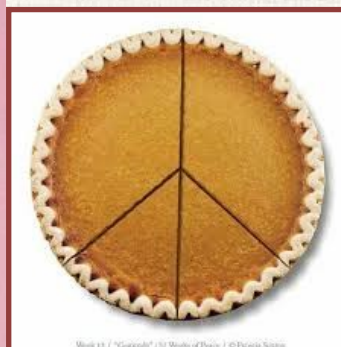
“Our life is shaped by our  
mind, for we become  
what we think.”

Buddha

**Slow but steady wins the  
race.**  
Aesop

**Take the risk  
or  
lose the chance**

**NEVER LET ANYONE  
TREAT YOU LIKE A  
YELLOW STARBURST.  
YOU ARE A PINK  
STARBURST.**



**BE A  
FRUIT LOOP  
IN A  
WORLD FULL OF  
CHEERIOS**



“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.”

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