



# *TRIO ANCHOR*

*Welcome Back Students!*

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JANUARY 2022 | VOLUME 7 ISSUE 3

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## Staff Foreword

Happy New Year and Happy Spring Semester TRIO Participants!

We hope you have enjoyed your Winter Break and are feeling excited for the semester ahead!

The start of a new year and a new semester presents the opportunity to start again. You all have the ability to change any habits that are no longer serving you and your aspirations, and continue to build on any patterns that aid in your success.

Perhaps consider to use the new year and new semester as an opportunity to start small. Taking a five minute walk during a long study session, making a conscious decision to drink more water, or attending one of our workshops to develop new skills that will aid you in your semesters to come!



TRIO knows each and every one of you has the ability to succeed, and we are here to support you every step of the way!

Let's build on our strengths develop within our academic success that will extend into all avenues in our life. Let's take this time to begin again.

Together we will plan on the best semester yet, we believe in you!

Go Mavs!

All the best,  
TRIO Team



YOU'RE INVITED

# TRIO SPRING START-UP

START YOUR  
SEMESTER OFF  
STRONG!

JANUARY 29, 2021

10:00AM-12:30PM

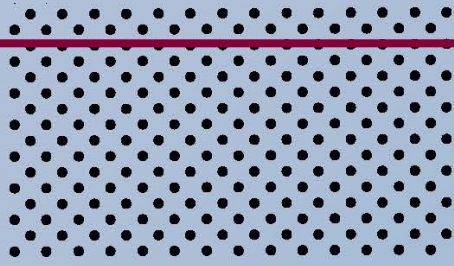
Houston Hall 138A

**Refreshments provided, guest speakers &  
workshops!**

**We look forward to seeing you there!**

**Contact Deanna Greene with any questions at  
[dngreene@coloradomesa.edu](mailto:dngreene@coloradomesa.edu)**

\*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.



TRIO STUDENTS – YOU'RE INVITED

# SPEED READING & MEMORY TECHNIQUE WORKSHOP

- ▶ Come start the semester strong with helpful tricks and tips about efficient reading habits and valuable memorization skills!

Where: Dominguez Hall 104

When: January 25<sup>th</sup> and January 26<sup>th</sup>

Time: 3:00pm to 4:30

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# Important Dates



## Spring 2022 TRIO Workshops and Events

Official locations and times will be sent out via D2L, email, TRIO Facebook group, & posted in TRIO Offices.

We look forward to seeing you there!

- January 25/26 – Iris Speed Reading and Memory Technique Workshops
- January 29 – Spring Start Up Event
- January 31 – Library Tours

- February 3 – Study Skills Workshop
- February 7 - University of Maryland Conference Info Session
- February 22 – Library Tours
- February 26 – BANFF Film Festival – Avalon Theater
- February 28 – FAFSA “How to” Workshop

- March 3 – Texas Space Center Info Session
- March 9 – Writer’s Workshop
- March 9 – Library Tour
  - March 16 to 20 – University of Maryland McNair Conference\*
- March 30 – Career Preparation Workshop

- April 6 – Time Management Workshop
- April 7-10 – TRIO Baylor University Visit & NASA Space Center\*
- April 16 – TRIO Volunteer Day
- April 20 – TRIO Etiquette Lunch
  - April 21 to 23 – Horse Empower Ranch – Durango, Colorado
- April 27 – TRIO End of Year Celebration

May 2 – Mindfulness and Meditation Workshop  
May 13 – TRIO Hike Day – Palisade, Colorado

\*Maryland and Texas Conference Trips will require Info Session attendance and a formal application. Texas trip dates are tentative. Please contact Deanna Greene at [dngreene@coloradoemesa.edu](mailto:dngreene@coloradoemesa.edu) with any questions!

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**TRIO study spaces are a safe and quiet environment, offering drop-in tutoring, computer use, free printing, or just time to work!**

**FishBowl Study Lounge**

**HH 137**

**BirdsNest Study Lounge**

**EH 323**