

TRIO-SSS Newsletter

TRIO Anchor

September & October Fall 2022



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Staff Foreword

On behalf of all TRIO staff, we truly hope your semester has been successful and productive so far! We have been so busy with workshops, conferences, meetings, and everything in between with the TRIO-SSS programs. It is hard to believe that we are over halfway through the semester already. We are grateful to see so many TRIO participants utilizing our resources and study areas, especially our new STEM Office located on the third floor of the Tomlinson Library! We look forward to seeing our students on a regular basis, and love to see our students thriving and achieving their goals.

Just a friendly reminder, Spring 2023 course registration is starting on October 24th. Reach out to your program advisor to make sure you are on track for your degree! As always, all of our participants are encouraged to reach out to their Peer Coaches or any member of the TRIO staff for academic or social support.

TRIO Updates:

New Staff

Please provide a warm welcome to Sophia Anderson, who serves as our new TRIO-SSS STEM Advisor. Sophia's office is located in the Tomlinson Library Room 312 and can be reached at smanderson2@coloradomesa.edu or 970-248-1848.



“Hi! I am Sophia Anderson and I grew up in the small town of Westcliffe, Colorado. A little bit about me is I love spending time outdoors hiking, camping, or mountain biking, which is one of the many reasons I choose to attend Colorado Mesa University for school. I played for the Women's Basketball team here for five years. I graduated with a business degree in Land and Energy Management and am currently pursuing my MBA here as well. I love the community and atmosphere here at CMU and once I graduated, I knew I wanted to continue to be a part of it. I am thankful for the opportunity to do so as a part of the TRIO team. I am excited to help students as they go through their own journey here!”

Peer Coach Highlights: New Staff

Chevy W. & Aspen P

“Hey everyone! My name is Chevy! This is my first semester as a TRIO peer coach & tutor, but I have been with the program since I joined CMU in the Fall of 2021. I am majoring in Cellular, Molecular, and Developmental Biology with a minor in the Spanish language. My incentive for my degree pathway came after my diagnosis of Juvenile Myoclonic Epilepsy in 2018. Ever since then, I have been able to become a self-advocate and an advocator for the 1-in-26 individuals who will be diagnosed with epilepsy in their lifetime. Upon graduation, I aim to attend a neurobiological graduate program to study further symptoms, treatments, and various care plans to help pediatric patients. Some of my favorite hobbies are spending quality time with my partner, attending epilepsy camps, and going on runs!”



“Hello! My name is Aspen Packard and I am a senior pursuing a bachelor's degree in business administration with a focus on management. I transferred to CMU from Lamar University in Beaumont, Texas after the pandemic, but I was born and raised in the Grand Valley. In my free time, I love to snowboard, wakeboard, hike, and play rugby! I am so excited to be a part of TRIO and eager to help others succeed throughout their academic journey!”

Upward Bound Comes to CMU

Upward Bound is a program funded by the Department of Education, and works closely with TRIO-SSS. Upward Bound focuses on supporting promising high-school students during their transition to higher education. This is a new grant to the CMU community, and is currently partnering with District 51. Upward Bound Advisors will be working with Central High School and Grand Junction High School students to ensure they meet their goals of academic success in higher education. Upward Bound provides high school students with the motivation and skills needed to successfully transition from high school to college and complete their college education. The overall goal of Upward Bound is to increase the rate at which participants complete their required secondary education and enroll and graduate from accredited higher institutions. Upward Bound students are traditionally eligible for TRIO-SSS services once they enter higher education. Shelby Burroughs, previous Manager of Transfer Services in CMU Admissions, has taken the role as new director, and is currently adding two advisors to her staff.

**Shelby Burroughs,
Upward Bound Director**



Student Highlights:

CSU Road to Graduate School & University of Laramie McNair Graduate School Panel

In early October, TRIO Engagement Specialist, Deanna Greene took a group of TRIO participants to Fort Collins, Colorado to attend the 9th Annual CSU Road to Graduate School Conference. This conference consisted of participants learning about the different types of funding options for graduate school, including fellowships, assistantships, and loans. Students also learned about the importance of a personal essays within the application process, when and how to apply to graduate school, and who to lean on for support during this pivotal time in life.



STEM students Kristina L., Shayna K., Mark L., and Justin M. (pictured left to right)

Upon leaving the CSU Conference, students traveled to the quaint town of Laramie, Wyoming where they were exposed to more graduate school preparation. Students Kristina L., Justin M., and Shayna K., were able to ask questions, hear presentations, and meet the Dean of Graduate school through the University of Wyoming's McNair scholars. Ultimately the trip was highly successful, with soon-to-be-graduating senior Shayna K., meeting a potential mentor and graduate school professor during the course of the UW McNair panel. TRIO works!

Updates Continued & TRIO-SSS Events

TRIO-SSS now has an Instagram page! Follow [**coloradomesatrio_mavs**](#) for Peer Coach highlights, TRIO workshops, fun events, and general communications.

First-Generation Celebrations

So many amazing events happening in the upcoming month to acknowledge our tenacious, hard-working first-generation Mavs. The CMU campus community is nearly at 50% of first-generation students and we need to CELEBRATE this amazing group of scholars.

November 7th

Join CMU students, staff, alumni, and faculty as they share their stories about first-generation success, triumphs, challenges, and current career paths in the UC West Ballroom at 11:00am to 12:30pm. A welcome message will be provided by President John Marshall and covered by CMU Marketing.

November 8th

First-Generation BBQ—Join the campus community by celebrating with delicious food, music, the Rowdy mascot, and first-generation swag as we honor the “fearless firsts” here on campus. The BBQ will be hosted in the UC Plaza from 1pm to 3pm.

November 9th

WCCC First-Generation Dessert Social. WCCC is home to many of our first-generation scholars. TRIO and WCCC staff will be hosting a dessert social to acknowledge the WCCC students who also represent the first-generation community! It is only a celebration if all members of the CMU community are involved and we want to show the WCCC first-generation students their journey is important and valued!