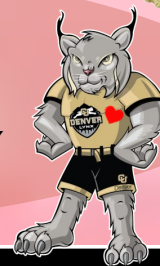


THE PILLAR

A MONTHLY JOURNAL OF THE TRIO SSS COMMUNITY

"Helping Students Realize Their Full Potential"



February 2025
ISSUE

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Mission Statement

The University of Colorado Denver TRIO Student Support Service Program is a holistic student development program that is dedicated to helping each student reach his or her full academic potential.

TRAVEL WITH TRIO SSS!

TRAVEL WITH TRIO! SPRING 2025

**MARCH
13-16**

COLLEGE PARK, MD

University of Maryland National McNair Scholars & Undergraduate Research Conference

**APRIL
10-12**

DURHAM, NC

TRIO Student Access & Success Conference

**APRIL
14-16**

SEATTLE, WA

Gabriel E. Gallardo Research Student Leadership & Advocacy Symposium

**CONTACT
LUCY!**

QUESTIONS?

Reach out to our Project Specialist with any questions! lucy.devaney@cuanschutz.edu

CONFERENCE INTEREST FORMS CLOSE FEB 10TH

CELEBRATE NATIONAL TRIO DAY

On February 24, 1986, a congressional resolution (H. Con. Res. 278) declared that Saturday, February 28, 1986, should be designated as "National TRIO Day" to commemorate the annual achievements of the Federal TRIO programs in communities across the country. Every year since then, our community has reserved the fourth Saturday in February as National TRIO Day — an opportunity to focus the nation's "attention on the needs of disadvantaged young people and adults aspiring to improve their lives if they are to become contributing citizens of the country, and to the talent which will be wasted if that investment is not made." For many programs, National TRIO Day has become a tradition as it allows students who benefit from the TRIO programs and to give back to their local communities through acts of service.



Save the Date

Please mark your calendars for National TRIO Day – Friday February 21, 2025
at the St. Cajetan's Auraria Campus!

Light breakfast and light lunch will be provided to attendees.

Lt. Governor Dianne Primavera will be our opening keynote speaker and we will walk to the State Capitol for a reading of the TRIO Day Proclamation by Representative Martinez. Final details for the agenda will be released soon!

GROUNDHOG DAY

Every year, America's favorite groundhog comes out of hibernation to predict what winter will look like. Over the last few years, Punxsutawney Phil has become a pop culture icon... He trends on TikTok, he inspires celebrations around the country, and millions tune into to watch him on his special day. The annual festival began in 1887 and comes from the Pennsylvania Dutch superstition that if a groundhog sees his shadow, there will be six more weeks of winter. Today, the celebration is less superstitious and more fun! In 2025, Punxsutawney Phil emerged from his home around 7:25 am EST and saw his shadow, meaning there will be six more weeks of winter to come!



Lucy Devaney | TRIO SSS and McNair Project Specialist

2025-2026 SCHOLARSHIP APPLICATIONS ARE NOW OPEN!

Investing the time to apply for scholarships can really pay off.
There are opportunities based on merit, talent, personal stories, creativity, and more.
Apply now before deadlines .

Click [HERE](#) to see scholarship opportunities and apply!
The General Scholarship Application closes 3/1/2025 - Apply soon!



TRIO PEER MENTOR INFORMATION

The first Program/Book Scholarship Requirement Deadline is on Friday, March 21, 2025. You will need to have one Professional Staff Meeting, one Peer Mentor meeting, and one Skill-Building Workshop completed by this date. To schedule your first Peer Mentor meeting, email one of the Peer Mentors below.

Peer Mentor Hours Spring 2025

Anahi	Major: Biology	Monday 8:00 am—2:00 pm Wednesday 8:00 am—12:00 pm Thursday 8:00 am—10:45 pm	Email: anahi.andres@ucdenver.edu
Angel	Major: Accounting Minor: Information Systems	Monday 10:00 am—2:00 pm Wednesday 10:00 am—12:00 pm Thursday 8:00 am—11:00 am	Email: angel.lupianalvarez@ucdenver.edu

M.A.S.H — THE ULTIMATE LOVE GAME

February is the month for love! Celebrate Valentine's Day by playing M.A.S.H! This is a fun way to predict your future married life...Below are easy steps on how to play!

1. Write M.A.S.H at the top of the page. M.A.S.H stands for mansion, apartment, shack, and house.
2. Organize your paper like a tic-tac-toe grid... Draw a large grid across your sheet of paper & write "MASH" at the top.
3. Choose your categories — spouse/partner, job, car, number of kids, pets, etc.
4. Put a one category in each square of your grid & write a few options for each category underneath the category title.
5. Choose your magic number — you can use your favorite number, roll a dice, or any other way to pick one!
6. Use your number to start counting through all your options in each category... Start with the "M" in M.A.S.H & count. Every time you count to your magic number, cross out the option you landed on. Continue this until you only have one option left per category.
7. Whatever options are left = your future!



Lucy Devaney

TRIO SSS and McNair Project Specialist

RECIPE—CHOCOLATE-COVERED CHERRIES

CHOCOLATE COVERED CHERRIES

Ingredients

- ♥ 2-1/2 cup of confectioners' sugar
- ♥ 1/4 cup of softened butter
- ♥ 1 tablespoon of 2% milk
- ♥ 1/2 teaspoon almond extract
- ♥ 2 jars (8oz each) of maraschino cherries with stems, well drained
- ♥ 2 cups of semisweet chocolate chips
- ♥ 2 tablespoons of shortening



INSTRUCTIONS

1. In a small bowl, combine confectioners' sugar, butter, milk, and extract. Knead until smooth and pliable, then shape into 1-inch balls and flatten into a 2-inch circle
2. Wrap 1 circle around each cherry and lightly roll in hands. Place with stem up on a waxed paper-lining baking sheet. Cover loosely and refrigerate 4 hours or overnight
3. In a microwave, melt chocolate and shortening; stir until smooth.
4. Holding on to the stems, dip the cherries into chocolate; allow excess to drip off and place on waxed paper until set.
5. Store in a covered container. Refrigerate 1-2 weeks before serving.

For more information: <https://www.tasteofhome.com/recipes/chocolate-covered-cherries/print/>
Anahi Andres | TRIO SSS Peer Mentor

2025—2026 FAFSA

FAFSA[®]
Federal Student Aid
An OFFICE of the U.S. DEPARTMENT of EDUCATION

The 2025–2026 FAFSA officially opened late December. If you need help filling out your FAFSA, TRIO SSS Professional Staff are here to help! Reach out to your TRIO SSS Coordinator and schedule an appointment. To schedule your appointment for the spring 2025 semester, please send an email with your availability to either Henry or Jenny. We look forward to working with you.

The priority deadline to complete your FAFSA is March 1st!

FREE EVENTS ON-CAMPUS AND AROUND DENVER

FREE EVENTS ON-CAMPUS

Pizza with a Professor

Feb. 13th from 12:30 pm – 1:30 pm

Learning Commons—Room 2230

Join us for free pizza and conversation in Learning Commons 2230 with some of our amazing faculty at CU Denver! Learn about their research, ways you can get involved, and more from the Undergraduate Research Office and FYE!

Website: <https://calendar.ucdenver.edu/event/pizza-with-a-professor-7/2025-02-13>

FYE Wake Up Wednesday

Feb. 12th from 9am – 10 am

Learning Commons—Room 2230

Come and enjoy free breakfast food as you are starting your day on campus!

Website: <https://calendar.ucdenver.edu/event/wake-up-wednesday-6/2025-02-12>

FREE EVENTS AROUND DENVER

Free Day at the Denver Zoo

Feb, 9th (Check website for free day tickets—are posted 11 days before each free day)

2300 Steele St., Denver, CO 80205

Enjoy some time outdoors and visit the animal life at Denver Zoo!

Website: <https://denverzoo.org/free-days/>

Free Day at the Denver Botanic Gardens

Feb, 13th (Check website for time and tickets)

York Street: 1007 York Street, Denver, CO 80206

Chatfield Farms: 8500 West Deer Creek Canyon Road, Littleton, CO 80128

Spend a few hours walking through the York Street Botanic Garden and the Chatfield Farm Botanic Garden all for free!

Even in the winter, there is still a lot to see and explore throughout the gardens at both the

York Street Botanic Garden and the Chatfield Farm Botanic Garden.

Website: <https://www.botanicgardens.org/events/free-days>

Free Day at the Denver Art Museum

Feb, 22nd (Tickets can be obtained on the website or at the front desk)

100 W 14th Ave. Pkwy., Denver, CO 80204

Enjoy the many art exhibits that the Denver Art Museum has to offer! Engage with art, experience onsite activities, and explore the art on view all while enjoying free general admission at the Denver Art Museum !

Website: <https://www.denverartmuseum.org/en/calendar/free-day-feb-22-2025>

First Friday Art Walks

Feb. 7th from 5:30 pm – 9:00 pm

40 West Arts: 1560 Teller St., Lakewood, CO 80214

Santa Fe: 525 Santa Fe Dr., Denver, CO 80204

RiNo: 3525 Walnut St., #40, Denver, CO 80205

Come to one of the locations listed above and visit various galleries, specialty shops, restaurants, and more! Every first Friday of the month, artists display their work around various locations for the public to view and/or purchase. You can even get free live music and snacks at certain locations. Grab some friends or go on a solo journey to explore the art scene around Denver!

Website 40 West Arts: <https://www.denver.org/event/first-friday-art-walk-in-40-west-arts/98502/>

Website Santa Fe: <https://www.denver.org/event/first-friday-at-denvers-art-district-on-santa-fe/93137/>

Website RiNo: <https://www.denver.org/event/first-friday-in-rino/98501/>

Jenny Keller | TRIO SSS Program Coordinator

FEBRUARY WORDSEARCH



GROUNDHOG
FLOWERS
WINTER
FEBRUARY
PINK
COLD
CANDY
SUPERBOWL
CHOCOLATE
ROSES
PRESIDENTS DAY
HEARTS
RED
FOOTBALL
LEAP YEAR

MOVIE REVIEW—THE ACCOUNTANT



The Accountant isn't your typical action movie, and that's what makes it so intriguing. Ben Affleck steps into the role of Christian Wolff, a math genius with high-functioning autism who lives a double life: mild-mannered accountant by day, highly skilled problem-solver for dangerous clients by night. It's a fascinating character, and Affleck nails it, blending Christian's precise, methodical nature with glimpses of vulnerability and humanity. The movie takes its time showing how Christian's unique mind works, making him not just a hero but a deeply relatable and multidimensional one.

The story picks up when Christian takes on a job auditing a robotics company's books, only to stumble into something much bigger—and deadlier—than he signed up for. From there, the film dives into a thrilling mix of action and mystery, with some killer fight scenes that are as clean and calculated as the protagonist himself. Anna Kendrick adds a nice touch of warmth as Dana, a co-worker caught in the chaos, and J.K. Simmons brings his usual gravitas as a determined Treasury agent. While the movie has plenty of twists, some are a bit predictable, and not all the supporting characters get the development they deserve. But it's hard to complain too much when the ride is this engaging.

What really stands out about The Accountant is its heart. Sure, it's packed with action and suspense, but it's also about the struggles of someone trying to find his place in the world. Christian's backstory—especially his relationship with his father—adds an emotional layer that makes the whole thing stick with you long after the credits roll. It's not a perfect movie, but it's one that makes you think and keeps you entertained. If you're into smart action movies with a bit of soul, The Accountant is well worth your time.

Angel Lupian | TRIO SSS Peer Mentor

FEBRUARY WORKSHOP CALENDAR

Mon	Tue	Wed	Thu	Fri
3	4 ²College Survival 101 w/TRIO SSS 11:30 am—12:15 pm In-Person Learning Commons	5 ²Study Smarter, Not Harder General Study Skills 11:00 am—11:45 am Zoom	6 ²Organization: Getting it Together 1:00 pm—2:00 pm Zoom	7 ²Coping w/Stress Using Art: Painting 9:00 am—10:30 am SC, Suite 2000
10 ²Procrastination: Now or Later? 3:30 pm—4:30 pm SC, Suite 2000	11 ²Back to Basics Effective Note-Taking 11:30 am—12:15 pm In-Person Learning Commons	12 ²Take Control of Your Semester Time Management 11:00 am—11:45 am Zoom	13	14
17 ²Graduate School Preparation 12:00 pm —1:00 pm SC, Suite 2000	18 ³Exploring Your Curiosities: Intro to Undergrad Research 2:30 pm—3:30 pm LynxConnect ²Ace My Tests 11:30 am—12:15 pm In-Person Learning Commons	19 ²Let's Study TOGETHER Study Groups 101 11:00 am—11:45 am Zoom	20 ²Manage Academic and Life Stress 10:00 am—11:00 am Zoom	21 Celebrate National TRIO Day More details coming soon!
24 ¹What's Your Learning Style? 1:00 pm—2:00 pm Zoom	25 ²Roadmap to Mastery Study Guides 11:30 am—12:15 pm In-Person Learning Commons	26 ²Mid-Term Reality Check 11:00 am—11:45 am Zoom	27 ²Time Management Basics w/Center for Access and Campus Engagement 11:45 am—1:00 pm SC, Suite 2000 ⁴Living Alone 4:00 pm—5:00 pm Zoom	28

Legend for In-Person and Zoom Sessions

IN-PERSON



ZOOM



HYBRID



Workshop Registration

REGISTRATION REQUIRED—Non-TRIO workshops are subject to change.

¹Learning Resource Center Workshops: [Registration Required: RSVP: HERE](#)

²TRIO SSS Skill Building Workshops: [Registration Required: RSVP: HERE](#)

³Undergraduate Research and Campus Activities: [Registration Required: RSVP: HERE](#)

⁴Wellness Center Financial Wellness Workshop: [Registration Required: RSVP: HERE](#)



Online Workshop Evaluation

To receive credit for attending Skill-Building Workshops and Financial Literacy Sessions be sure to fill out a TRIO SSS Workshop Evaluation. You can pick up an evaluation form in the TRIO Office, or complete the online evaluation at:

<https://forms.office.com/r/LBReKhGpSY>.