



dream big

THE PILLAR

A MONTHLY JOURNAL OF THE TRIO SSS COMMUNITY
"Helping Students Realize Their Full Potential"



January 2025
ISSUE

Page Guide

Page 1

• Student Spotlight

Page 2

• Spotlight Continued

Page 3

• Recipe — Turkey Chili
• New TRIO Staff Spotlight

Page 4

• TRIO SSS Workshop Flyer

Page 5

• Denver Winter Activities
• January Word Search

Page 6

• Workshop Calendar
• 25-26 FAFSA Available

*You
Are
Awesome*

Mission Statement

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

Student Spotlight — Mia Jannika Lim



The TRIO Student Support Services program is happy to spotlight Mia Jannika Lim. She has been an active member of the program since the summer of 2022. She will be graduating with a Bachelor of Art degree in Psychology with Minors in Educational Studies, Human Development and Family Relations, along with a certificate in Families and Social Welfare. When asked about her college experience she mentioned her experience was full of abundance of self-growth and transformation, both for herself and in her academic and professional careers. Mia has a strong support system at home and attending CU Denver allowed her to stay close to home. Mia enjoys spending time with her family and friends, including her dog. She likes to hike, going to concerts (alternative scene), and enjoys creating press-on nails for her small business.

Mia is a first-generation student and was very nervous about navigating higher education. Her first semester was overwhelming and she stayed in her safety bubble. During her second semester to the beginning of her second year was when she was able to put her foot down and explore the privilege of opportunities she had around her. She stated, "I applied to be a Student Ambassador in the Admissions Office, which was my first step into meeting my people and family here on campus. Now, I am still a Student Ambassador, having multiple leadership positions in our office. I also started working as a TA for the Psychology department during this time." In 2022, Mia started attending Pinoy American Student Association, or PASA, meetings and events. This allowed her the opportunity to connect with her Filipina roots, meeting more people who share her same experiences as a Filipina. Mia stated, "Around the same time, I applied to TRIO SSS and have been very grateful to receive all of their mentoring, support, and assistance in navigating this world of higher education. I firmly believe that if I hadn't applied to this organization, I wouldn't have access to the resources, networks, and experiences I have today." This past year, Mia joined the Psi Chi Chapter, where she was able to serve as Treasurer and Social Media Manager. This allowed her to expand and share her love for Psychology. Mia had the privilege to pursue research opportunities and stated, "after applying to the McNair Scholars Program in 2023 and securing a position as a EURéCA! Student Assistant in 2024, which I am currently finalizing my research with Dr. Leonard in the Lab for Integrative Vision in the Psychology Department." Mia was able to feel challenged at CU Denver in the best ways. She has been able to network and build connections with her professors in the Psychology, Sociology, and Education Departments, along with her peers. Mia mentioned, "I have been able to connect with my peers in the many classes I have taken here, allowing me to gain insight and learn how to advocate for space for diverse perspectives and experiences." Mia was very proud to have been recognized on the Dean's List in her Sophomore year.

CONTINUED ON NEXT PAGE ...

Student Spotlight—Continued



Overall, she is extremely grateful for her experiences, stating “I have so much gratitude for my journey here at CU Denver, as I have been able learn more about myself and turn my experiences into something I can give back to my community.”

When asked about her favorite memory in college Mia said, “I have too many favorite memories. I think my favorite one is travelling to San Antonio with other TRIO SSS and McNair participants in May 2024. I was able to learn about my graduate school options, network with my peers, and share my research. I also made so many memories with the cohort I went with, from getting ready in the morning and adventuring the San Antonio Riverwalk. It was definitely an experience I will never forget! Taking pictures with Milo every chance I get is also a runner up!” If Mia won a million dollars, she stated “I honestly wouldn’t know what to do with this much money (LOL). I think the first thing I would do is help fund my two younger brother’s education moving forward, then probably buy my parents a house, and then myself a house (if there are any extra funds)!”

Mia said imposter syndrome was the biggest challenge she faced when it came to earning her degree. She stated, “In many spaces, even though I put in the hard work to be there, I have often felt alienated because of how much I compared myself to other people. Often times, I have felt undeserving and unfit to be in professional spaces, as these are new, unfamiliar spaces I am being introduced to. This is something I have since worked on, realizing the only person I need to compete with is myself. It is also very important to have a strong support system and coping mechanisms to combat this, so I am very grateful for my parents, siblings, partner, and my CU Denver family for always uplifting me when I needed it.”



Mia is currently applying to internships and/or full-job/research opportunities. She hopes to improve her resume for the application process with graduate school. This year she is hoping to put in some time towards her press on nail small business. After graduation, Mia plans to take a gap year to gain more experience through internships, research, jobs, and working in the K-12 education system. She then plans on applying to psychology doctoral programs. When speaking on her long-term goal she stated, “my goal career-wise is to serve as a School Psychologist in the K-12 education system, catering to marginalized communities with lack of mental health and educational resources. Personally, I hope to move out and have my own place with my partner and my dog in the near future!”

When first starting college, Mia wishes she was told it is okay to not know what you are doing and where you are going. She said “I feel like college makes it seem that you have to already know what you are doing, but that is not true. College is a time of exploration and a journey full of ups and downs, pushing you to eventually find out what you will do and where you will go.” When asked about her experience with TRIO, she stated “TRIO has honestly supported me so much during my time at CU Denver. I could not be more grateful for the mentoring, workshops, and resources they offer to first-generation and lower-income students. This program has allowed me to gain financial literacy, offer personal growth opportunities, and utilize academic resources whenever possible. I have been able to travel with the TRIO SSS and McNair programs as well, which has allowed me to further my professional and academic development.” Her advice to other TRIO participants is to “take advantage of the resources, workshops, and all the opportunities TRIO has to offer, you never know what opportunities can push you closer to your end goal!”

Mia’s favorite quote is **“Do the best until you know better. Then when you know better, do better.”** – Maya Angelou. She said “I resonate with this quote deeply, as it encapsulates the journey of self-growth. I believe that we are capable of many things in our lifetime, through the power of continuously educating ourselves and growing from our past. I have learned so much about myself through my personal journey of self-growth, but the first step in doing so is acknowledging all that has come before me. It is important to take into consideration what actions we can take to do better in this lifetime, and how we can continuously use our privilege in receiving higher education to do so!” We wish Mia continued success in her personal and academic endeavors. **YOU DID IT!**

Recipe — The Best Turkey Chili

THE BEST TURKEY CHILI

PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
10 MIN	45 MIN	55 MIN	6

INGREDIENTS

- 2 teaspoons olive oil
 - 1 yellow onion, chopped
 - 3 garlic cloves, minced
 - 1 medium red bell pepper, chopped
 - 1 pound extra lean ground turkey or chicken (99%)
 - 4 tablespoons chili powder* 2 teaspoons ground cumin
 - 1 teaspoon dried oregano
 - 1/4 teaspoon cayenne pepper
 - 1/2 teaspoon salt, plus more to taste
 - 1 (28-ounce) can diced tomatoes or crushed tomatoes
 - 1 1/4 cups chicken broth
 - 2 (15 oz) cans dark red kidney beans, rinsed and drained
 - 1 (15 oz) can sweet corn, rinsed and drained
- For topping: cheese, avocado, tortilla chips, cilantro, sour cream



STEPS

1. Place oil in a large pot and place over medium high heat. Add in onion, garlic and red pepper and saute for 5-7 minutes, stirring frequently.
2. Add in ground turkey and break up the meat; cooking until no longer pink. Next add in chili powder, cumin, oregano, cayenne pepper and salt; stir for about 20 seconds.
3. Next add in tomatoes, chicken broth, kidney beans and corn. Bring to a boil, then reduce heat and simmer for 30-45 minutes or until chili thickens and flavors come together. Taste and adjust seasonings and salt as necessary.
4. Garnish with anything you'd like. Makes 6 servings, about 1 1/2 cups each.

For more information on the recipe, author, and recipe notes, please visit the website at:

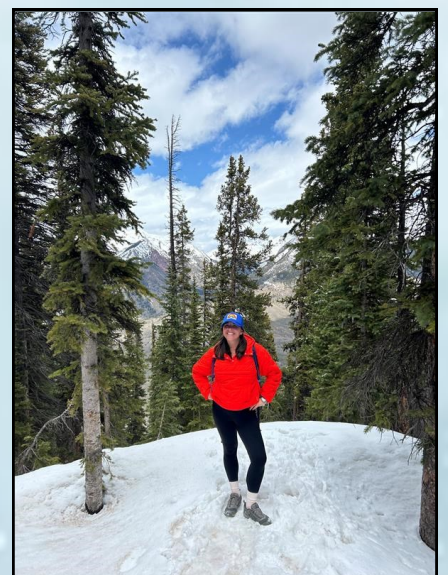
<https://www.ambitiouskitchen.com/seriously-the-best-healthy-turkey-chili/>

New Staff Spotlight — Lucy Devaney



Hi! My name is Lucy Devaney and I am the new TRIO Project Specialist. I'm looking forward to getting to work with y'all throughout the next semester! I wanted to briefly introduce myself... I'm a recent graduate from the Colorado School of Public Health at Anschutz Medical Campus where I obtained my Master's in Public Health in Global Health Systems, Management, and Policy. I am excited to continue to be a part of the University of Colorado system and get to be a part of the CU TRIO SSS / McNair Programs! As an undergraduate, I attended Clemson University in South Carolina where I studied Spanish & International Health. I'm very proud to be a Clemson Tiger (I wear my class ring every day!)

and I'm a current member of the Colorado Clemson Club. I'm originally from Athens, Georgia home to the University of Georgia, so I am a HUGE college football fan! I usually spend my Saturdays in the fall cheering on the Dawgs and the Tigers! I learned how to ski at a young age so it's been a lifelong hobby of mine and one of my favorite things to do in Colorado! One fun fact about me is that I can wiggle my ears. I'll be around the TRIO office so feel free to stop by and say hello. Can't wait to meet y'all!



JANUARY TRIO SSS WORKSHOPS

SCHOLARSHIP WRITING WORKSHOP

Come to this interactive workshop where you will be able to learn the ins and outs of scholarship writing. Laptop recommended, paper will be provided.

○ ○ ○ ○

TIME MANAGEMENT 101: CREATING YOUR WEEKLY SCHEDULE

Come to this interactive workshop where you will be able to create your own weekly schedule, learn how to manage your week to have balance, and utilize your time to get the most out of your week. Free planner!

○ ○ ○ ○

WHAT'S YOUR LEARNING STYLE

Come to this virtual workshop where you can find out your learning style and what methods are best for note-taking and studying based on how you learn.

○ ○ ○ ○

MORE INFORMATION

For details on time, location, and registration, please see the January Workshop Calendar on the last page of this newsletter.

We hope to see you there!

FREE Winter Activities in Denver

Free Days at the Denver Zoo

Sunday, January 26th
(Tickets available starting January 15th)

The Denver Zoo offers seven free days throughout the year, you can be one of them! There is a limited amount of tickets that are offered on a first-come, first served basis and must be reserved in advance. Walk-ups will not be accepted and tickets can be reserved online only.

2300 Steele St., Denver, CO 80205
<https://denverzoo.org/free-days/>



Light the Lights

Every night, until January 26th

Enjoy an eight minute choreographed light and music show at 5:45 pm and 6:45 pm. Before and after the shows will be a static festive light display up until 10:45 pm. The lights are shown at the City and County Building in Civic Center Park.

101 W. 14th Ave., Denver, CO 80202
<https://denver.org/event/light-the-lights/121146/>



Museum Of Nature and Science Free Days

February 2nd

No tickets needed on February 2nd to enjoy a day exploring the Wildlife Halls and permanent exhibitions. Some of the exhibitions you can see are: *After The Asteroid: Earth's Comeback Story*, *Egyptian Mummies*, *Gems And Minerals*, *Space Odyssey*, and more!

2001 Colorado BLVD., Denver, CO 80205
<https://www.dmns.org/programs-and-events/freedays/>






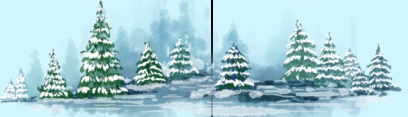
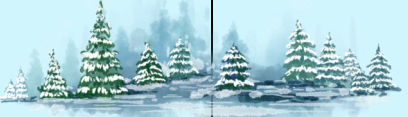








January Word Search

- BLIZZARD
- INAUGURATION
- SEMESTER
- SNOW
- SLIPPERY
- CAPRICORN
- WINTER
- SCHOOL
- COLD
- AQUARIUS
- ICICLE
- FROST
- BLANKET
- SCARF
- SKIING

S	L	R	D	O	U	R	K	I	Y	F	I	D	I
H	E	R	R	F	P	I	C	A	R	R	N	N	I
A	N	T	A	K	E	C	S	Y	E	O	A	L	S
Z	S	E	Z	R	C	I	L	I	P	S	U	C	D
S	C	K	Z	O	A	C	S	L	P	T	G	E	L
S	A	N	I	O	P	L	E	A	I	C	U	A	O
O	R	A	L	I	R	E	M	K	L	I	R	Q	O
I	F	L	B	S	I	F	E	S	S	P	A	U	H
N	R	B	F	Z	C	O	S	I	I	O	T	A	C
O	N	O	S	R	O	T	T	R	S	S	I	R	S
W	I	N	T	E	R	W	E	I	A	D	O	I	D
S	C	I	P	I	N	O	R	S	C	L	N	U	C
M	I	I	A	E	C	N	W	E	A	O	C	S	N
W	G	N	I	I	K	S	R	R	T	C	A	A	U



January Workshop Calendar

Mon	Tue	Wed	Thu	Fri
20 	21 	22 	23 	24 
27 ¹Scholarship Writing 3:30 pm—4:30 pm In-Person SC, Suite 2000  	28 ¹Time Management 101: Creating Your Weekly Schedule 9:00 am—10:30 am In-Person  SC, Suite 2000 	29 ²Chemistry Conquerors: Mastering the Elements Of Success  11:00 am - 12:00 pm In-Person Learning Commons	30 ¹What's Your Learning Style? 1:00 pm—2:00 pm Zoom  	31 

Legend for In-Person and Zoom Sessions

IN-PERSON 

ZOOM 

Workshop Registration

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

¹TRIO SSS Skill Building Workshops: [Registration Required: RSVP: HERE](#)
²Learning Resource Center Workshops: [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>.

2025-2026 FAFSA



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.