

THE PILLAR

A MONTHLY JOURNAL OF THE TRIO SSS COMMUNITY

"Helping Students Realize Their Full Potential"



November 2024
ISSUE

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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 — Mirakle Wright



The TRIO Student Support Services program is happy to spotlight Mirakle Wright. She has been an active member of the program since the fall of 2021. She will be graduating with a Bachelor of Art degree in Sociology with a Minor in Data Science. When asked about her college experience she mentioned her experience was great as she was able to complete research and had courses that were not only interesting, but intellectually challenging as well. Aside from her classes, Mirakle enjoyed extracurricular activities like the Sociology Club and Circle K. Additionally, Mirakle was a part of Student Government which she enjoyed the most as she was able to give back to the campus community. Mirakle shared that her favorite memory in college was the memories she made with her colleagues in student government. She stated, "I had a really great team, and we

did some amazing work during our time together. Some of my colleagues graduated at the end of our term and it was especially exciting to see where they went after graduation."

Mirakle's most challenging aspect of her degree was actually deciding on which major to pursue. After trying a variety of classes, she found Sociology was most enjoyable. By fall 2025, Mirakle is planning to be accepted into a Ph.D. Information Science program. When asked about her long term goals, Mirakle shared "After graduate school, I aim to work as a researcher in a nonprofit or think tank setting, researching the social impacts of AI and data. I really hope I get the opportunity to live abroad at some point as well, in Europe."

Mirakle stated "TRIO has helped me a lot in navigating the college system and made me feel much more confident in the decisions I made along the way." She encourages other TRIO participants not to be afraid to ask for help. She noted "TRIO is there to help you as much as possible so utilize the program services as much as you can." When first starting college, Mirakle wished she had more information on the resources offered on campus, stating "I had to do some self research to find really great resources on campus that maybe not be as visible."

If Mirakle won a million dollars, she would invest the money, after first paying off her parents debt. When asked about her hobbies and interests, Mirakle noted "In my free time, I love to read, hang out with my friends and go to the movies. My favorite film and book genres are Science Fiction and Fantasy. I am also a big fan of horror movies." Mirakle's favorite quote is "Fear is the mind-killer" by Frank Herbert from Dune, stating this is her favorite "because in difficult situations it reminds her to remain calm and be courageous." We wish her continued success in her personal and academic endeavors. YOU DID IT!

NOVEMBER

Writing Workshops

EFFECTIVE ESSAY
INTROS

**Monday 11/11
11AM-12PM**

STRUCTURING
PARAGRAPHS

**Thursday 11/21
1-2PM**

*Bring in any assignment you're working on! Whether you're anxious to get started on that paper or already revising, **this workshop will give you the boost you need at any any stage of the the writing process.***

Campus Resource Highlight—Learning Resources Center

Do you want to elevate your learning skills? If you're a student, CU Denver's Learning Resources Center (LRC) offers both in-person and virtual help. Among their services, they have individualized coaching, peer-guided sessions, online tutoring, workshops, as well as the writing and math support services. 24/7 virtual tutoring is offered to CU Denver students through the Brainfuse platform. All fee-paying students have up to three hours of virtual tutoring each week at no charge. There, you may submit questions for live help, have access to LEAP Learning Platforms with diagnostic tests offering study plans and lessons, create flashcards and games, discover majors that best match your interests, and study in private virtual rooms with friends. Available subjects are Business, Computer and Tech, English, Math, Science, and Social Studies, and it is accessible by signing in with CU Denver credentials using the LRC website. Additionally, if you are interested in more personal coaching such as improving time management, reviewing studying skills, reviewing goals, and examining different learning techniques, you may book a zoom or in person appointment with a learning specialist by clicking on the "individual coaching" tab on the LRC website.

To take advantage of their resources, or if you're simply curious, visit them at CU Denver Learning Commons, 1191 Larimer St, Suite 1231, call at 303-315-3531, or visit their website at:

<https://www.ucdenver.edu/learning-resources-center>.

Zinah Ghafoori | TRIO SSS Office Assistant



Meet Our Returning TRIO SSS Peer Mentor —Juan Hernandez



Hello everyone, my name is Juan Reveles Hernandez. I am a student in the College of Architecture & Planning majoring in Architecture and minoring in Landscape Architecture. As you can tell, I am interested in a little bit of everything. My main goal is to become an Architect. As an Architect, I plan on focusing more on sustainability. Not only do I want to be designing sustainable buildings, but I also want to help create policy that encourages sustainability. I have always loved architecture and I have also loved the environment; I have always thought that architecture is a big way to create impact, that is why I want to do the things I want, and my motivation to finish my degree. Aside from my education, I also serve as the President for Latinx Student Alliance. Some of the things I like to do are cooking, biking, binge watching shows, and trying new things. I am very excited to be working and getting to know you all. I am a very understanding, open, and communicative person, I hope for it to be easy to get to know me and become comfortable with me. I am always here to help you find the resources you need or even be a resource to you. I'm excited to see you all around, thank you.

Juan Reveles Hernandez | TRIO SSS Peer Mentor

Peer Mentor Information

The Second Program/Book Scholarship Requirement Deadline is on December 13th. You will need to have two Pro-Staff meetings, two Peer Mentor meetings, and one Skill-Building Workshop and one Financial Literacy Session completed by this date. To schedule your second Peer Mentor meeting, email one of the Peer Mentors below.

Peer Mentor Hours Fall 2024

Anahi	Major: Biology	Tuesdays 2:00 pm—5:00 pm Thursdays 2:00 pm—5:00 pm Fridays 2:00 pm—6:00 pm	Email: anahi.andres@ucdenver.edu
Angel	Major: Finance Minor: Information Systems	Mondays 2:00 pm—6:00 pm Tuesdays 2:00 pm—5:00 pm Wednesdays 2:00 pm—5:00 pm	Email: angel.lupianalvarez@ucdenver.edu
Juan	Major: Architecture	Thursdays 8:00 am—5:00 pm Fridays 10:00 am—12:00 pm	Email: juan.reveleshernandez@ucdenver.edu
Mirakle	Major: Sociology Minor: Data Science	Mondays 8:00 am—2:00 pm Tuesdays 8:00 am—12:00 pm	Email: mirakle.wright@ucdenver.edu

Movie Review — Oppenheimer (2023)

Oppenheimer (2023), directed by Christopher Nolan, tells the story of J. Robert Oppenheimer, the man behind the creation of the atomic bomb during World War II. The movie dives into both his personal life and the intense responsibility he carried while leading the Manhattan Project. Cillian Murphy's portrayal of Oppenheimer is impressive, as he captures the scientist's brilliance, stress, and inner conflict throughout the film. The nonlinear storytelling can be a bit tricky to follow at first, but it adds depth to the character and keeps things engaging as it switches between key events in his life.

Visually, the movie is stunning, especially during the scenes that depict the first atomic bomb test, which is both mesmerizing and terrifying. The IMAX shots really make you feel the scale and importance of what's happening, and the sound design adds to the tension, alternating between silence and booming explosions. The supporting cast, including Robert Downey Jr. and Emily Blunt, also deliver strong performances that complement Murphy's Oppenheimer and add more layers to the story. It's not just about science—there's a lot of focus on politics, relationships, and the moral dilemmas Oppenheimer faced.

While the movie is definitely long and has some slow moments, it's a thought-provoking film that makes you consider the impact of Oppenheimer's work on the world. It's not just a historical drama but a film about the heavy responsibility of scientific progress and the consequences of choices that shape history. Overall, *Oppenheimer* is a powerful and well-crafted movie that leaves you thinking long after it's over.



Angel Lupian Alvarez | TRIO SSS Peer Mentor

Free Events Around Denver

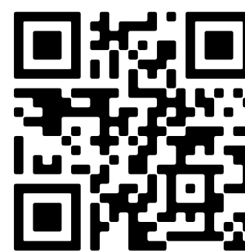
First Friday Films at DCM

November 1st 6:00 pm—8:00 pm

A community event that celebrates the art of storytelling through local short films, documentaries, and experimental works. Anyone is welcome to attend this event, as it is a great way to network within the Denver creative and filmmakers space. Anyone can submit their work! Ranging from short 1-minute amateur videos to high-production pieces from our most skilled filmmakers. Don't miss out on this exciting opportunity to experience and contribute to our vibrant creative community!

2101 Arapahoe St Unit 1, Denver, CO, 80205

<https://www.denver.org/event/first-friday-films/108111/>



FIND MORE FREE EVENTS



Free Days at the Denver Art Museum

November 2nd and November 10th

Engage with art, explore onsite activities, and experience exhibitions on view all while enjoying free general admission!

100 W 14th Ave. Pkwy. Denver, Colorado

<https://www.denverartmuseum.org/en/free-days-dam>

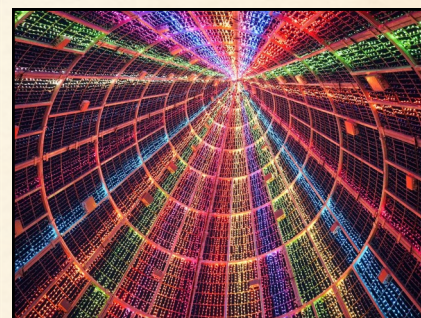
The Mile High Tree Lighting Ceremony

November 22nd at 5:15 pm

The aptly named Mile High Tree Presented by Xcel Energy & Xfinity is a 110-foot-tall, 39-foot diameter conical structure. It's 10 feet higher than the tallest Rockefeller Center Christmas tree in history and contains 60,000 LED lights to create its signature programming.

Civic Center Park | 101 14th Ave, Denver, CO 80204

<https://www.denver.org/milehighholidays/mile-high-tree/>



Free Night at the Museums

Do you need something fun and exciting to do from 5:00 pm—10:00 pm on Saturday, November 2nd? Have you been wanting to visit different Museums around Denver but can't afford it or don't want to pay for a ticket? Well you are in luck! On November 2nd, there are 17 museums around Denver that will be participating in the annual "Night at the Museums". Not only do you get FREE entry, there are shuttle buses at no cost to you. Shuttles start at 5 p.m., and will stop at (or nearby) the museums listed below. For more information on the museums and shuttles, visit: <https://www.denver.org/denver-arts-week/free-night-at-the-museums/>

- Center for Colorado Women's History
- Clyfford Still Museum
- Children's Museum of Denver at Marsico Campus
- Counterterrorism Education Learning Lab (CELL)
- Denver Art Museum
- Denver Firefighters Museum
- Denver Museum of Nature & Science
- Dinosaur Ridge & Morrison Natural History Museum
- Forney Museum of Transportation
- Four Mile Historic Park
- Freyer - Newman Center at Denver Botanic Gardens
- History Colorado Center
- MCA Denver
- Molly Brown House Museum
- Museo de las Americas
- The Museum for Black Girls
- Wings Over the Rockies Air and Space Museum

Recipe—Peanut Butter Mug Cake

INGREDIENTS

- ◆ 1/4 cup all-purpose flour
- ◆ 2 1/2 tablespoons granulated sugar
- ◆ 1/4 teaspoon of baking powder
- ◆ 2 tablespoons of milk
- ◆ 1 tablespoon oil or melted butter
- ◆ 2 tablespoons of peanut butter
- ◆ Dash of Vanilla extract
- ◆ 1 tablespoon of chocolate chips



INSTRUCTIONS

1. Add flour, sugar, and baking powder to a mug and stir together.
2. Stir milk, oil or melted butter, peanut butter, and vanilla extract to the mug.
3. Mix until smooth, being sure to scrape the bottom of the mug
4. Stir in chocolate chips
5. Cook in the microwave for 70-90 seconds (until cake is just set, but still barely shiny on top)
6. Allow the mug to rest in the microwave for one minute before consuming

NOTES

- ◆ Because all microwaves are different, the cooking time can differ. You can start at 70 seconds and wait for a minute and add extra time if needed
- ◆ *The mug cakes should stop cooking earlier than expected, as the inside should feel soft*

For more information: <https://tastesbetterfromscratch.com/peanut-butter-mug-cake/>.

Anahi Andres | TRIO SSS Program Peer Mentor

November Word Search











Can you find all the words in this November word search?

WORD BANK

CORN MAZE	YELLOW
THANKFUL	BROWN
NOVEMBER	ORANGE
RAKE	HAYRIDE
CHILLY	HARVEST
FOOTBALL	CRANBERRY
LEAVES	GIVING
PIE	COLD
GATHER	FRIENDS
VETERANS DAY	FAMILY
FALL	TURKEY
GRAVY	AUTUMN

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

November 2024 Workshop Calendar

Mon	Tue	Wed	Thu	Fri
4 ¹ Resume Basics 3:30 pm—4:30 pm In-Person SC, Suite 2000 	5 ² Good Vibes: Wellness & Stress Management 11:30 am—12:15 pm In-Person Learning Commons 	6 ² Due Today ≠ Do Today: Avoid Procrastination 1:00 pm—1:45 pm Zoom 	7 ¹ Note-Taking 101 11:00 am—12:00 pm Zoom  	8 ¹ Coping with Stress Using Art: Painting 9:00 am—10:30 am In-Person SC, Suite 2000 
11 ¹ Writing Workshop: Effective Essay Intros 11:00 am—12:00 pm In-Person SC 2000  	12 ² Final Exam Prep 11:30 am—12:15 pm In-Person Learning Commons  ¹ Coping with Stress Using Art with CII 12:30 pm—1:45 pm In-Person SC, Suite 2000 	13 ² Final Exam Prep 1:00 pm—1:45 pm Zoom  	14 ¹ Graduate School Preparation 2:00 pm—3:00 pm In-Person SC, Suite 2000  	15 ¹ Wellness: Find Balance and Build Resiliency 11:00 am—12:00 pm Zoom  
18 ¹ What's Your Learning Style? 2:00 pm—3:00 pm Zoom 	19 ¹ Procrastination: Now or Later? 3:00 pm—4:00 pm In-Person SC, Suite 2000 	20 ¹ Facing Imposter Syndrome with a Growth Mindset 11:00 am—12:00 pm Zoom 	21 ¹ Writing Workshop: Structuring Paragraphs 2:00 pm—3:00 pm In-Person SC, Suite 2000 	22 ¹ Think Ahead: Creating SMART Goals 1:00 pm—2:00 pm Zoom 
25 Fall Break No Classes— Campus Open 	26 Fall Break No Classes— Campus Open 	27 Fall Break No Classes— Campus Open 	28 Thanksgiving— Campus Closed 	29 Fall Break— Campus Closed 

Legend for In-Person and Zoom Sessions

IN-PERSON 

ZOOM 

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](#)

REGISTER NOW!

HELLO. NOVEMBER!

New month. new beginnings!

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/AYPVeIXvZA>.

THERE IS ALWAYS SOMETHING TO BE THANKFUL FOR