

TRIO Scholars

Center for Academic Support and Achievement

WEEKLY UPDATE

SEPTEMBER 4, 2009

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TRIO Scholars
South 244
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Greetings!

Why put off until tomorrow what you can do today? By getting an early start on studying, assignments, and utilizing a tutor, the second half of the semester will be much less stressful. Get started today!

- TRIO Scholars Staff

Today is the Last Day to Drop!

Today (Thursday, September 3) is the last day to drop classes that started on August 17. If you received a disbursement check from a Pell grant, remember that you will likely need to return some of this money to financial aid if you drop a course.

Request a TRIO Tutor Online

In order to request a TRIO tutor, you now simply log-in to the TRIO Tutoring System, found here:

<http://www.ccd.edu/CASA-Programs/Trio-Tutoring.aspx>.



TRIO Now Lends Laptops!



TRIO has ten brand new laptop computers available for TRIO Scholars to borrow. Eight of the computers will be available to borrow for one week at a time. The remaining two will be available to borrow for 24 hours at a time. The laptops will first be available on Tuesday, September 8th. You must be in TRIO Good Standing to check out a laptop computer (meet with case manager, attend workshops/activities, maintain academic progress).

Ramen Noodles for CASA Club - \$1

The Center for Academic Support and Achievement (CASA) Club is having a fundraiser and is selling noodles... yes noodles!!! So if you are hungry and near SOUTH 244come in and buy some! And if you would like to learn more about the CASA Club, contact Troy.

Don't Leave Your Career to Chance!

In a competitive job market, the more knowledge, skills, AND experiences that you have, the better. You can gain experience through volunteering, job shadowing, internships, work-study experiences, entry level jobs, and more. And CCD now has an exclusive career search engine called Career Connections to help you find these types of activities. Go to www.ccd.edu/career and click on "Career Connections" to get started.

"The important thing is never to stop questioning."

- Albert Einstein

Transferring to UCD Next Year?

If you plan to complete your degree at CCD this spring or summer and then transfer to UCD in Fall 2010, now is the time to start working with the Denver Transfer Initiative (DTI). Contact your TRIO educational case manager and we will put you in touch with DTI.



Healthy Moves and Outdoor Adventure

Auraria Healthy Moves is a free health education program available to Auraria students and staff. Events happen throughout the semester and focus on activities such as yoga, dance, meditation, and healing practices from around the world.

Auraria Outdoor Adventure exposes students to rock climbing, hiking, kayaking, and other outdoor activities. The equipment and training for these activities is quite expensive, but OA brings these adventures to students at greatly reduced price, if not free.

Healthy Moves and OA activities are included in the TRIO Fall Workshops and Activities, found here: www.ccd.edu/CASA-Programs/Trio-Workshops.aspx.

Upcoming Academic Workshops

You may find the complete listing of Fall 2009 Workshops and Activities on the TRIO webpage (<http://www.ccd.edu/CASA-Programs/Trio-Workshops.aspx>) or Facebook page (“CCD TRiO Scholars”).

Maintain Your Financial Aid

Wednesday, September 9, South Classroom 244, 1 – 2 PM

They say the best defense is a good offense. Learn how to prevent the suspension of your financial aid. Also, we'll discuss how to file an appeal with financial aid.

Create Your Success

Tuesday, September 15, South Classroom 244, 3 – 4 PM

A discussion on what success is and how to reach it. You'll leave this workshop with strategies for creating success through a positive approach to bumps in the road.

Computer Applications 101

Monday, September 21, South Classroom 244, 10 – 11 AM

Come learn the basics of Word, Powerpoint, internet research, student e-mail, WebCT Vista, and Buzzword/Google Documents (online collaborative project software).

Transfer Site Visit – CU Boulder

Friday, September 25, South Classroom 244, 9 AM – 2 PM

Take a trip to Boulder to learn more about the programs, campus, and transfer options at CU Boulder. You must RSVP with Troy at least 3 days in advance for this outing.

Upcoming Social/Cultural Activities

Mat Pilates (Auraria Healthy Moves)

Every Monday, Physical Education Building 111G, 12 – 12:50 PM

Pilates is an exercise system focused on improving flexibility and strength for the total body, promoting physical harmony and balance. It is a series of controlled movements engaging your body and mind, leaving you refreshed and alert. People of all ages and physical conditions can benefit.

Qigong for Harmony and Health (Auraria Healthy Moves)

Every Thursday, Physical Education Building Lobby 103, 1 – 1:50 PM

Qigong (“chee-gung”) is a health cultivation system from China, practiced by millions. It is enjoyed regularly for health, longevity and tranquility. Have fun learning these simple flowing movements and deep breathing exercises that can contribute to vital health and calm centeredness.

Gentle Yoga (Auraria Healthy Moves)

Every Wednesday, Physical Education Building Multi Purpose Room 111G, 12 – 12:50 PM

Perfect for beginners or advanced practitioners wishing to slow down using gentle movement to welcome mind-body awareness.

Upcoming Social/Cultural Activities

Lunch With Lawmaker Terrance D. Carroll

Tuesday, September 8, Tivoli Multi-Cultural Lounge, 11:30 AM – 12:30 PM

Come to a monthly 60 minute lunch forum Colorado Legislator Terrance Carroll. Speaker of the House Representative Terrance Carroll is the 34th Speaker of the House. He is the first African American in that top leadership role. During the 2008 session, he served as Assistant Majority Leader. Speaker Carroll is known as the “go-to guy” for writing legislation on criminal justice and legal policy, and is respected for being a strong advocate for numerous social justice causes. He is also an ardent supporter of education reform. (Food and refreshments will, be provided.)

The Commute: How to Get Where You Want to Be! (Backpack Talks)

Tuesday, September 8, South Classroom 145, 2 - 3 PM

Meet a representative from the Regional Transportation District to find out how to get passes, what schedule works for you, and how to get where you need to go.

Mountain Bike Tune Up Clinic (Auraria Outdoor Adventure)

Wednesdays, September 9, 16, 23, Physical Education Building 001, 3 – 5 PM, Cost = \$15

Bring your bike and get it running great with the basics of bike tuning: fixing flats, cleaning, lubrication, adjusting cable tension and derailleur stops in a fun and informal setting.

Student Services Welcome Back: GLBT Student Services

Wednesday and Thursday, September 9-10, Tivoli 213, 10:00 AM – 5:00 PM

Come join the GLBT Student Services staff for light refreshments. This is a time to find out about the upcoming semester's events, welcome new faces and reconnect with the community. All faculty, students, staff & community members are encouraged to stop by.

Rocky Mountain National Park Hike (Auraria Outdoor Adventure)

Saturday, September 12, Meet at Physical Education Building 108, 7 AM – 5 PM, Cost=\$15

Visit one of the Nations premier national parks for hiking and incredible sightseeing. Transportation and gear is included. Please bring hiking boots or tennis shoes, extra clothes, a pack with lunch and a liter of H2O.

Constitution Day

Thursday, September 17, South Classroom Cafeteria, 11:00 AM

When was the constitution written? Who wrote it? Why should the constitution be important to you? How does it continue to impact our lives? Join us for a word search about the constitution and show us what you know for a prize.

ArtReach Events

Find a full listing of events at www.artreachdenver.org/calendar_tickets.php. E-mail Troy with any ticket requests by Tuesday morning at 9:00 AM.