

# TRIO Scholars

Center for Academic Support and Achievement

WEEKLY UPDATE

SEPTEMBER 11, 2009

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### Greetings!

Think of TRIO Scholars as a buffet. Out of all the different opportunities available to you, pick and choose what you need to be successful in school - scholarship search, advising, lending library, off campus resources, workshops, site visits, et cetera. With that being said, you don't need to wait until something goes awry to visit your educational case manager. Trust us, we love it when a student stops in just to tell us that everything is going great!

- TRIO Scholars Staff

### Tour CU Boulder

When it comes time to transfer to a Bachelor's program, you'll want to pick the transfer school that is the best fit for you. To help TRIO Scholars learn about all of their options, we'll be taking free trips to various schools to check them out.



The first site visit is Friday, September 25 from 9:00 AM to 2:00 PM. We will be checking out CU Boulder. The TRIO Summer Bridge students had a great visit to CU Boulder in August. Don't miss out on this great opportunity to learn more!

RSVP to Troy to attend this event.

### Drop In Tutoring Hours

Drop-in tutoring for TRIO Scholars has begun! Drop-in math tutoring for any level will be on Tuesdays from 4:00-6:00 PM in the SO 244 computer lab. General English/writing tutoring will be on Wednesdays from 4:00-6:00 PM, also in the SO 244 lab. Please see Khara if you have any questions.

**TRIO Scholars**  
**South 244**  
**303-556-4964**

“You cannot change  
the circumstances,  
the seasons, or the  
wind, but you can  
change yourself.  
That is something  
you have charge of.”  
- Jim Rohn

## 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”).

### 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.

### Study Skills

Monday, September 28

South Classroom 244, 11 AM – 12 PM

Learn different strategies and techniques to make the most effective and efficient use of your time studying.

### CIC Advancer

Thursday, October 1

South Classroom 244, 4 – 5 PM

Not sure what you would like to do for a career? Come learn how to find and research careers based on your interests and your ideal workplace.

### Midterm Madness: Study Skills Under Pressure (Backpack Talks)

Tuesday, October 13

South Classroom TBA, 2 - 3 PM

You’re halfway through the semester and midterms are coming! Knowing how to study for them makes it easier to succeed, come and find out the tricks to getting that A!

### Math Anxiety and Test-Taking

Thursday, October 22

South Classroom 244, 3 – 4 PM

Do you “freeze up” once a math test is on your desk? You know you know it, but you can’t remember, right? Try out these techniques for overcoming your math anxiety.

## Upcoming Social/Cultural Activities

### 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.

### Diversity and Inclusion Roundtable

Thursday, September 17

Tivoli Center - Adirondack room

Please join prominent Denver area minority and women business professionals Lisa Downing, Gregory L. Moore, Tracy Jenkins Winchester and Willie Franklin in a lively panel discussion about the successes and challenges we've faced in our businesses. We will also be exploring how we can all move our businesses forward using new approaches and leaving old perceptions behind.

### Ride and Hike Boulder (Auraria Outdoor Adventure)

Saturday, September 19

Meet at Physical Education Building 108, 8 AM – 2 PM

This is free with you valid student ID! Meet the group on campus and walk to the 16th Street Station, hop a bus and cruise to Boulder County Open Space great hike with views. Please bring hiking boots or tennis shoes, extra clothes, a pack with lunch and a liter of H2O.

### Rock Climbing I (Auraria Outdoor Adventure)

Saturday, September 19

Physical Education Building 108, 8 AM – 3 PM, Cost=\$30

This is a great intro to the sport or refresher course. Skills and knowledge include gear selection, tying in to the rope, belaying and climbing techniques

### What the Heck is Facebook? (Backpack Talks)

Tuesday, September 22

South Classroom TBA, 2 - 3 PM

Facebook is a social networking website that has taken over the world. Come find out what it is and how to use it to benefit your life!

### Rockies vs. Padres (ArtReach)

Wednesday, September 23

Coors Field, 6:40 PM

Make ticket requests to Troy by Tuesday at 9:00 AM.

### Other ArtReach Events

Find other ArtReach events here: [http://www.artreachdenver.org/calendar\\_tickets.php](http://www.artreachdenver.org/calendar_tickets.php).

Make ticket requests to Troy by Tuesday at 9:00 AM.