

# TRIO NEWSLETTER

## WINTER 2020

### UPCOMING EVENTS

#### End of Winter Term Celebration

Thursday, March 12

2:00 pm—4:00 pm

TRIO House

### A Note From The Director:

This winter has been one to remember! The TRIO staff spent countless hours with the Grants Office and Institutional Research to write, research and submit a successful TRIO grant renewal application. If accepted the grant will be effective from September 1st 2020 – August 31st 2025 (fingers crossed!). A huge thank you to the team of grant readers who provided invaluable feedback to us throughout this process.

As winter is fading away and we anxiously await the warmer weather we are excited for the new ventures and partnerships. We have been diligent in gathering information from Faculty/Staff to unveil the first ever Carleton College Faculty/Staff First Generation Directory. It will be a specific way to identify individuals who share a similar identity with our population.

In closing, we have all been watching the news, reading the headlines regarding the Coronavirus (covid-19). Please take the necessary precautions for not only yourself but also for those around you. It not only affects us as individuals but also so many communities. Stay safe and stay informed!

“Great things, never come from comfort zones”

Sincerely,  
Trey Williams



# OCS Spotlight: Winter 2020

## Nhan Le '21: Earth and Environment in Italy



My OCS program is called Earth and Environment in Italy. This program is heavily based on outdoor fieldwork. This means we often have long 7-9 hour days in the field where we make observations and collect data. We also have an art and Italian class, so that provides a good cultural break to all the geology we do. Some of the amazing trips we've done are to the Dolomites, Tuscany, and Croatia! Our last project is an independent project where we get to do our own research which culminates in a paper, poster, and presentation. The food and landscape are amazing and beautiful and I've learned so much!

## Eunice Valenzuela '21: A Year in Tokyo, Japan

My name is Eunice Valenzuela (she/her/hers) and I'm currently studying abroad at Waseda University in Tokyo, Japan for my whole junior year. One of my ultimate goals here is to become more fluent in Japanese. A big step towards this goal is living with a Japanese host family—I get to practice my speaking skills every day! I highly recommend a homestay experience to anyone considering language study abroad. It is an opportunity to not only speak the language but also interact with different people and culture 24/7.



# Collaboration Events

## Cross Country Skiing and Snowshoeing with CANOE:

Despite the cold January morning, TRIO students and CANOE leaders skied and snowshoed through the depths of the Carleton Arboretum. Dak, '23, led the way, teaching the rest of the TRIO students how to properly cross country ski. TRIO students skied down hills and enjoyed the scenery in the upper arb. While the group skied, another group snowshoed through the lower arb. Snowshoeing was a new experience for all participants and a very fun one! During their walk they even saw some deer tracks - however no deer sightings during the hike. Overall it was a relaxing activity they'd recommend to others.



## Midterm Tropical Monday with GSC and OIIL:

Mid Term break GSC, OIIL, and TRIO collaborated on a Tropical Day filled with lots of pizza, wings, fruit, and a big pineapple cupcake cake. It was a great bonding experience between the different offices and students. People joined to play volleyball on the court, while others played Jumbo Jenga or relaxed and colored. There was time to socialize and de-stress from midterms and to meet students from the different offices. It was a fun time, enjoying the summer vibe indoors.



# First Generation Faculty Panel



On the Friday of fourth week of winter term, January 31, TRIO held the third annual First-Generation Faculty Panel. This event, which is opened to the whole campus, is a joint operation hosted by TRIO and the Student Activities Office (SAO) and works to connect Faculty members who identify as first-generation college students with the students of Carleton. Our panelists this year were Daniela Kohen, Mike Flynn, and Fred Hagstrom. They answered questions relating to their experience as first-generation students and expanded on struggles, support systems, and familial relationships.

During the second half of this event we turned to group discussions. At each table we were joined by other faculty members who were also first-generation students.

Together, students and faculty talked about visibility of first-generation status on campus and ways to work toward better awareness. Afterwards, we had a debrief on what was said in the small groups and the faculty who were present in the audience took time to talk a bit about themselves and gave out advice to the students in attendance. We ended the with the reveal of a first-generation faculty and staff directory that is being developed as a resource for students.

## Fiesta Friday



Winter term saw the reemergence of Fiesta Fridays at the TRIO house. Peer leaders and other TRIO members worked together in the kitchen combining tomatoes, onions, jalapenos, and avocados to make homemade guacamole for two Fridays this term during second and third week. TRIO students from all years stopped by the house, braving a blizzard on the first occasion, in order to hang out and eat their fill of chips with salsa and guacamole. In addition to tasty food was the debut of TRIO's Summer beach themed house decorations. Students were invited to vote "S'winter" or "Wummer" for their favorite Summer/Winter word mashup (S'winter being the obvious winner). The time spent guzzling down guacamole and socializing was the perfect way to end the week and a great start to the weekend. We look forward to continuing this tradition in the upcoming terms!

# First-Year Retreat

During the first weekend of Winter Term, all First-Year TRIO students attended the long-awaited First-Year Retreat! The day started with a delicious lunch catered from New Buffet. Students engaged in conversation as they filled each other in on all their winter break adventures. All TRIO first-years were asked to complete The Strong Interest Inventory survey before the retreat, so as soon as lunch was over Laura Clemens from the Career Center began facilitating the Skills to Careers Workshop. During this workshop, students received their results from the survey which gave an insight into each of their interests to help them to consider potential future career paths.



After reflecting on these results and further resources the Career Center offers, students loaded into the campus fleet vehicles to Jesse James Lanes! Students had the opportunity to bowl with fellow TRIO first-years, Peer Leaders, and even their advisors! The day ended on an incredible note, full of smiles and laughter, as students prepared for the next few weeks of the term that followed!

# Peer Leader Conference



On January 11th, 2020, the TRIO Peer Leaders attended the Peer Leader Winter Conference: Creating Connections in the Weitz Center for Creativity. This conference was centered around connecting Peer Leaders from various offices on campus with each other. The goal of this conference was to make new connections with fellow Peer Leaders and find potential new collaborations within different offices on campus! The conference first began with the Connections Fair which displayed, through a poster session,

the projects, programs, and purposes that center the work of each office. Peer Leaders had the incredible opportunity to make new friends and spark new ideas as this poster session gave time to learn and ask about the great work each office does. Next, the Peer Leaders had the opportunity to participate in two sessions in which focused on self-awareness and managing complexity. Not only was this an insightful look into the work of fellow Peer Leaders but a chance to focus on ways in which TRIO can continue to connect with the Carleton community!

# Alumni Advice Column



## Miguel Rincon Cervantes '18

### Computer Science, Art History Double Major

Hi everyone, I was a Biology major that was involved in TRIO, FOCUS, Questbridge, the Coalition of Hmong Students (CHS), OIIL, and SAO. Currently I am back in my hometown, Riverside, California, working as a tutor in my middle school's afterschool program and also volunteering with the city's Metropolitan Museum with educational outreach and storing artifacts.

Advice to current TRIO students at Carleton: I first heard this from TRIO advisor Melanie Cashin, then from more people, and a lot of times at Questbridge's QB25 conference: Pursue your passions, find your interests, however you don't always have to find a job that has all of your passions. Just make sure that your job gives you enough energy, time, and financial ability to pursue your passions inside of OR outside of work.

Utilize your resources and networks as much as you can. Carleton has a lot of faculty and staff that you could ask "Can you tell me about your career pathway that led you to this position now?". If someone of interest is not in your network, all it takes is reaching out to them to learn more.

If you are interested in a field of study or a certain activity but feel out of place because you do not see your identities reflected in that field, group or activity, do not let that deter you. We are different, and have to own our differences, however we still have similar interests that we can share together. Communicate with someone in that group/field/activity to let them know how you feel; you could possibly get support from within that field/environment. Support can be someone with your identities that has persisted and succeeded in being a part of your field/activity/environment of interest. Finding the aforementioned support can be tricky as not all identities are visible or advertised, sometimes you have to make an event or put a posting looking for people with the shared feeling of not belonging. If you are a trailblazer in your field/interest, support can also be someone to vent to. You are not alone; however we do need to put ourselves out there to get support.



## Lon Hutchinson '19

### Biology Major, Biochemistry Minor

My name is Milon (Lon) and I am a Carleton alum of the class of 2019. I was a Biology major and Biochemistry minor at Carleton, and during my time at Carleton I was involved, Men of Carleton, Black Student Alliance, the Carleton Coalition on Alcohol and Marijuana, FOCUS (Focus on Cultivating Scientists) for traditionally underrepresented students in STEM.

Currently, you can still find me on the Carleton campus on many different roles. It only somewhat feels like I graduated because I am currently taking a Physics class despite already having a full-time job as the FOCUS Coordinator. My job includes meeting with students, directly working with the first-year and sophomore cohort, working with faculty and other staff, being a work supervisor for the FOCUS work study positions, organizing events, grant writing, and maintaining the daily schedule and tasks of the program. Although I am somewhat closely involved with students now, my goal right now is to get accepted into medical school ultimately.

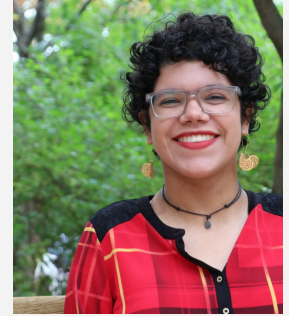
My advice to TRIO students is to take advantage of all the resources provided by the college in the time you have, both academic and fun-related. Even though 4 years is a long time, this new year I am still learning new things about the college and I realized that there were resources that I wish I would've known about sooner (go to a convocation lunch sometime, it can be really great). My last advice involves the academics: go to office hours even if you are unsure about the question you have may have. Professors are always willing to work through something especially if you need more help than just from class. Also monitor your study habits, I recommend searching up Dr. Sandra McGuire's Talk she gave to Carleton students about metacognition and studying on the Academic Support Center Carleton website.

Please stop by if you are curious about anything that I mentioned! I am still on campus and my office is in Anderson 230. I am open to answering questions about FOCUS, Carleton, being a pre-med student, or anything else!

# Externship Spotlight

## Maya Rogers '22 Psychology Major

I was a Data Privacy and Compliance Extern at Engage Health in Eagan, Minnesota. At my externship I worked on creating a data privacy presentation for the organization's employees which included how to have secure passwords, avoid phishing scams, and manage patient healthcare information and databases securely. Myself and my fellow extern also researched and summarized the new data privacy regulations the GDPR and the CCPA. I believe I stood out for this position because of my resume and cover letter, as I did not have a lot of previous experience in data privacy or working in a health related job. However, I have put a lot of work into my resume and have had people from the Career Center as well as professors and advisors go over it many times. I also got a lot of help on my cover letter, which I believe really helped me stand out, especially because I connected what experience I do have to how I would apply my skills to the job. My externship will not be happening in the future, so I cannot recommend it to other students. However, I recommend anyone who is interested in public health to apply for externships that work with data, nonprofits, or anything health-adjacent, even if it is only in an office. Thanks to my externship I have gained more experience with working with data, which I am now more comfortable with pursuing in the future.



## Clara Posner '22 Undeclared Major

This past winter, I worked as a holiday advancement extern at Compass Housing Alliance, Seattle, an affordable housing non-profit that provides shelter and support services for men women, and children in the Seattle area. During my time there, I helped with donation research, administrative tasks, and preparing for Compass' annual holiday giving event. Since I had previous experience volunteering for local shelters and spent my last summer researching affordable housing in urban settings, this externship was the perfect opportunity to expand on my understanding of this cause.

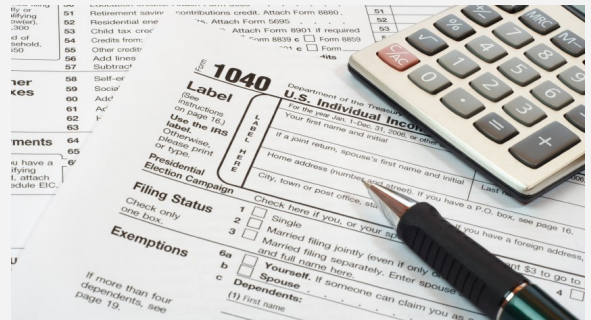
I would recommend this externship for any student who is interested in learning more about administration in non-profits, and is passionate about transforming the country into a place where everyone has access to affordable shelter. After college, I want to work for a housing-related non-profit, so I hope to pursue similar internships in the future. Working for Compass Housing Alliance was a wonderful experience, and I would strongly recommend this externship for students who are looking for social justice opportunities next winter break!



# Financial Literacy

## Tax Prep for TRIO Students:

Whether it's your first time filing taxes or not, understanding taxes can be challenging. On February 4th, a Certified Public Accountant met with students in the Weitz computer lab to help students with their taxes. During this event students were supported through the process of filing their taxes with the opportunity to ask tax related questions in a relaxing setting. This tax preparation event was open to all TRIO students and a great benefit for those who were able to take advantage of this service.



## Other Resources:

The Internal Revenue Service (IRS) has a [student resource page](#) centered on understanding taxes, the WHYs and the HOWs. Carleton's Student Financial Services also has a helpful list of other [Higher Education Tax Benefit Information](#).

# Comfort Food Friday

On February 28th, TRIO hosted its traditional Comfort Food Friday of winter term, which was sponsored by Dean Livingston and the Dean of Students Office. TRIO students gathered in the house after a long term to enjoy a delicious meal different from previous Comfort Food Fridays. This term they were comforted with pad thai, fried rice, green curry, and crab rangoon from the restaurant First of Thai. Lively conversations and card games warmed up the house and helped students take a break before the approach of finals.





# First-Year Events

One of the major roles of a TRIO peer leader is their work mentoring first-year students. Each year the incoming TRIO students are paired with a peer leader in a mentor-mentee capacity. The peer leaders help the freshman to navigate Carleton and offer assistance where it is needed. In order to build a stronger sense of community, peer leaders put together events throughout the term for their mentees. Check out pictures from some of our mentee events this year!



## Kudos

**TRIO wishes to thank everyone who collaborated with us this winter term. We appreciate your support!**

**Special thanks go out to the following individuals and offices:**

**Carolyn Livingston for sponsoring Comfort Food Friday with the Dean. The following faculty who came to the FOCUS and TRIO STEM lunch: Amy Csizmar Dalal, Anna Rafferty, Aaron Bauer, Layla Oesper, Michael Cohen, Mike Nishizaki, Rafe Jones, and Tanya Amert. First Year Retreat and the Senior Workshop, Laura Clemens and the Career Center. Tax Prep, Ann Etter. SAO and Miiko Taylor for the First Generation Faculty Panel. Junior Workshop, Don Perkins '91. Joe Baggot for all his support for TRIO. Sarah Newsham with CANOE. Tina Kukowski and Kris Parker from the Student Financial Services. OIIL, GSC, SHAC, and Disability Services for Students for their support and collaborations with TRIO. Kathy Sommers for supporting the TRIO students and TRIO house.**