

# TRIO NEWSLETTER

## SPRING 2020

### UPCOMING EVENTS

#### Advising Days

July 27-August 4

#### Fall Registration

August 3– August 8

## A Note From The Director:



Who knew?

To say spring term has not gone according to plan would be a huge understatement. Communities all around the world are at a tipping point, striving for fairness and forward movement in the midst of unjust tragedies and a health pandemic which has rightfully caused a change in “business as usual.” Indeed, this term has been anything but normal.

I write as a director incredibly proud of how each of you have managed to get to the finish line in spite of all that is happening in your communities. It is not lost on me or the staff how much grit and emotional exhaustion it took to get to this point. We know there is much more to do, but please understand we are grateful to hear your voices, to see your posts, to see your involvement and to know your resilience!

I’m not sure what the summer may hold, but as many of you transition into a summer full of unknowns or cancelled or postponed plans, it is our hope that you find a space to not only care for your communities but also care for yourself. In the midst of everything, I have also had to take a moment and process my own emotions and, to be honest, my emotions change hour to hour. These last few weeks I am reminded of Dr. King’s speech in the 1960s entitled “Life’s Blueprint,” specifically the first core principle he discussed. *“Number one in your life’s blueprint should be a deep belief in your own dignity, your own worth and your own somebodiness. Don’t allow anybody to make you feel that you are nobody. Always feel that you count. Always feel that you have worth, and always feel that your life has ultimate significance.”*

Dr. King makes an additional point that has stuck with me for some time and that I am reminded of during these times: *“Don’t allow anybody to pull you so low as to make you hate them, don’t allow anybody to cause you to lose your self-respect to the point that you do not struggle for justice.”*

Each of you are phenomenal in your own right! We miss you immensely and look forward to connecting with you throughout the summer.

To the class of 2020, this is not a goodbye because we will have an opportunity to celebrate you next summer. In the meantime, we congratulate you on your amazing accomplishments. We are excited to see what the next chapter has in store for each of you.

#TRIOStrong!

# OCS Spotlight: Winter 2020

## Dae'Kevion Dickson '22: Sport and Globalization in London and Spain



My trip to London and Spain through Carleton's OCS program 'Sport and Globalization' was a blast. My favorite experiences were trying out new foods, conversing with people in Spanish, and making new friends. In London, I spent six weeks studying political science and visiting different sports organizations. It was very interesting because I was exposed to sports that I never knew before and I attended meetings with very important people in the sports industry. In my free time, I explored the city with friends that I made and was introduced to their European culture. In Spain, I conversed in Spanish every day for four weeks.

My lovely host mom cooked delicious meals three times a day and greeted me whenever I woke up or went to bed. In addition, I learned sporting techniques that were reinforced throughout my time in Spain. At least 3 days out of each week, my classmates and I would go to a public, low-income primary school to participate in and lead various sporting activities. I worked with children ranging from preschool to sixth graders. It was fun, exciting, and a great experience. I am looking forward to visiting Europe again!

## Ricardo Garcia '21: Spanish Studies in Madrid

Madrid, for me, was a once in a lifetime opportunity. I was able to learn so much about the Spanish culture, but more importantly, I was able to learn about myself. Every day I learned how I could grow as an individual and how I could change for the better. In addition, it must be said that I was able to make a lot of new friendships. I was able to make a special bond with every peer that was in the program and I am so grateful for that. Lastly, I have to say that I am thankful for Humberto, who was the director of the program. Without him, I would not have done what I did and grow as much as I did.



# Netflix Party

On Midterm Sunday, the peer leaders hosted a Netflix Party for their mentees. Despite the low turnout, they had a blast watching SharkBoy and LavaGirl, an original. It was a throwback to everyone's childhood. (Did anyone own the 3-D movie when they were younger? The movie has great pop-out scenes!) As they watched the movie, they commented on little Taylor Lautner and Mr. Electricidad. It was a great bonding experience and a way to relieve from midterm stress. Covid-19 did not stop peer leaders from creating new memories with their mentees!



## Work Study from Home

**Jennifer Delgado '22**

**Media Technology Assistant, PEPS (Presentation, Events, Production, Support)**



**What duties does your job entail?**

As a PEPS technology assistant, we work to answer any technology question that may arise for both students, faculty, and staff. Nowadays, that mostly entails answering questions about Zoom, Panopto, Moodle, and Google Hangouts. We often get questions that we do not quite know the answer to, so we also do a whole lot of testing and quick thinking to obtain a solution for said question. We honestly do learn something new every day.

**How does working from home differ from being on campus and how have your duties changed?**

Working from home is definitely different from working on campus. On campus I mainly worked at the ECC (Equipment Check-out Center) where I had a lot of one-on-one interactions with people. I really enjoyed this on campus since it is easier to explain to people by physically demonstrating how to use certain things. Sure, I do get to see the faces of those I am helping through Zoom, but it's not the same. I do miss that physical social interaction from my job. I think the learning curve for these different services has also been a challenge for me. Those first few weeks were filled with questions I had no idea how to answer, but it was extremely satisfying to figure out the answers virtually not going to lie.

# New Peer Leader & Intern Spotlight

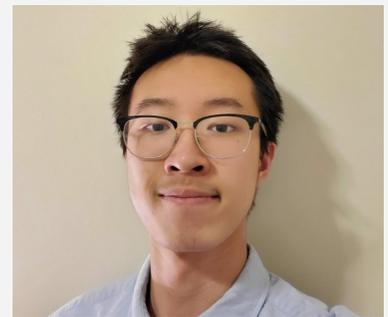
**Jayti Arora '23** Hi! My name is Jayti Arora, I use she/her/hers pronouns and I am a first year from Addison, IL. While undeclared, I am considering a Computer Science or Economics major with a Math minor. Outside of classes, I am involved with MOSIAC, the South Asian club on campus and Lovelace, a club helping woman and non-binary students in computer science. I also tutor at the schools in town through the CCCE. I am excited to meet the incoming TRIO class and support them anyway I can!



**Gigi Paulig '23** Hi! My name is Gigi and I use she/her/hers pronouns. I am a member of the class of '23 from Durham, NC. I am ~very~ undecided about my major but I am entertaining Biology, Psychology or SOAN. This will be my first year as a TRIO Peer Leader and I couldn't be more thrilled to start! Outside of TRIO I am a part of Syzygy, one of the many Carleton Ultimate Frisbee teams on campus. I also love to cook and bullet journal. I am excited to jump into this new role and I look forward to seeing everyone on campus soon!!!



**Weiland Wang '23** Hello! My name is Weiland Wang, I use he/him/his pronouns, and I'm from Chicago, Illinois. I'm part of the class of 2023, and will be a potential Chemistry major. At Carleton, I am a member of FOCUS and a member of the Men's Volleyball Club. I'm excited for next year because I can't wait to get back on campus, and this is my first time being a TRIO peer leader. I can't wait to meet and get to know other TRIO members.



**Shealuck Vang '21** Hello my name is Shealuck Vang and I am a rising senior psychology major. I have worked previously as a TRIO PL and recently as a CCCE education fellow. I am the chair of the Coalition of Hmong Students (CHS) and am involved in other clubs on campus. My hobbies include cooking, watching netflix, and spending quality time with friends and family. I look forward to meeting our new 2024 TRIO cohort and beginning my work as the TRIO intern. See you soon!



# Returning Peer Leaders

**Jocelyn Franco '22** Hello, I'm Jocelyn Franco, a rising junior from Glen Ellyn, IL! I use she/her pronouns and I'm a current American Studies major with a minor in French and Francophone studies! Outside of classes, I'm the VP for Define American and the Event Coordinator for LASO. I'm also on the pre-nursing pathway, so you can catch me trying to balance both STEM and humanities courses! This is my second year as a Peer Leader and I couldn't be more excited to begin!



**Miah Kline '22** Hi all! My name is Miah Kline, I am a junior Chemistry major from El Paso, TX. and I use she/ her pronouns. This is my second year being a TRIO peer leader and I am thrilled to bring what I have learned into a new year. At Carleton I am involved in FOCUS, Quest-Bridge, Ruth's House, and am a member of the women's rugby team. I believe that this will be a great year and can't wait to meet all of our new members!



**Trinh Tieu '22** Hello! My name is Trinh Tieu, I use she/her/herself pronouns, and I'm from Portland, OR. I am a rising junior Psychology major and hopefully Cognitive Science minor. On campus, I'm a captain for the dance team Karl-Pop, an infrequent writer for the Carletonian, and member of Tim Viet. This is my second year as a TRIO peer leader, and I'm excited to be back and continue working with all the amazing TRIO staff and meet the class of '24!



# Alumni Advice Column

## Paulina Hoong '18

**Psychology Major, Cross-Cultural Studies Minor**



I was a Psychology Major and Cross-Cultural Studies Minor at Carleton. During my time there, I was a TRIO Peer Leader, Editor-in-Chief of The Salt, and a member of ASIA. After graduation, I worked as an immigration paralegal and I recently became an advisor for the Minnesota DFL House Caucus. For the past year, I have focused on cultivating community through leading Asian Femme Collective, a group for Asian femme, trans, women. After receiving a SPARK Leadership Grant from the Coalition of Asian American Leaders, my friend Sandy Lor '18 and I will soon launch "Minnesota Rice,"

an Asian food blog highlighting Asian restaurants in the Twin Cities. Advice for TRIO students: Don't be scared to take on new opportunities that you don't have experience with! Every opportunity leads to a new open door.

## Brianna "Bri" Fitzpatrick '19

**Math Major, French Minor**



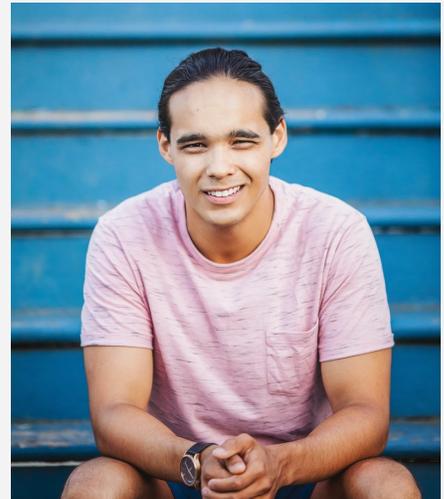
Hi TRIO!!! I was a Math major and French minor here at Carleton! I was a TRIO peer leader for two years and started of jazz and contemporary dance company. I spent the past year teaching English in France as a gap year before job searching! My biggest piece of advice is to use your resources (especially office hours and TRIO!!), don't procrastinate and have fun!

# Senior Comps Spotlight

## Jez Meza-Bigornia '20

### Statistics and Theater Arts Double Major

My Statistics comps focused on Latent Class Analysis: an unsupervised statistical learning technique used to cluster together categorical indicator variables. The technique is useful in classifying types of drinkers based on drinking habits and levels of depression in adolescents based on certain behaviors, just to name a few examples. Furthermore, Latent Class Analysis allows us to calculate probabilities of an observation exhibiting a behavior given the class the observation falls in. My research assessed 5000 movies taken from IMDb and attempted to classify each movie into varying levels of success (box-office bomb, successful, blockbuster) based on variables such as budget, revenue, IMDb rating, and runtime. From there, I was able to calculate probabilities of movies possessing certain characteristics based on its 'success' factor. For example, given a movie was classified under 'blockbuster,' there was a 62% chance it had a lengthy runtime, a 68% chance it had a medium sized budget, and a 71% chance it had a moderately high IMDb score.



## Joaquin Grace '20

### Cinema and Media Studies Major

For my Cinema and Media Studies comps I made a short essay/film where I star as Nick and Ruken Bastimar stars as Rue. In the film I explore concepts including racial, gender, and socioeconomic identity. The short film is a recounting of a love story about two artists, Nick and Rue. Nick learns how the world really works, and Rue has to make necessary sacrifices to find happiness and ultimately, an attainment of her dreams. My intention for the theme is to highlight the importance of genuinely caring about your partner's passions and struggles so that there's equal opportunity for growth and success in a relationship.



# Recipes from Home

## Cacio e Pepe with Smoked Sausage

By Maya Rogers '22

Another simple recipe that is easy to put together and has very cheap ingredients, especially for one person. I bought one box of spaghetti at the start of the term and it lasted me for 12 meals' worth, as well as my one container of parmesan cheese. I like the smoked sausage due to protein/texture, but you can substitute with any protein or veggie of your choice, or omit it entirely, which I have also done. The attached photo is when I added in leftover green beans from my curried lentils and rice recipe!

### Ingredients:

- Dried pasta noodles (I used a box of flour vermicelli/, but you could also choose other shapes) - single serving
- Iodized/table salt
- Kosher/coarse salt
- Fresh ground pepper (aka a pepper grinder, though regular black pepper works too)
- 1 tbsp butter (or preferred oil)
- ¼ of a smoked sausage
- Grated/powder parmesan - however much your heart desires, but approx 2 tbsp

### Materials:

- Saucepan
- Frying pan
- Spatula
- Pasta stirrer (big help!)
- Colander or other way to strain water from pasta, and from smoked sausage
- Stove

### Instructions:

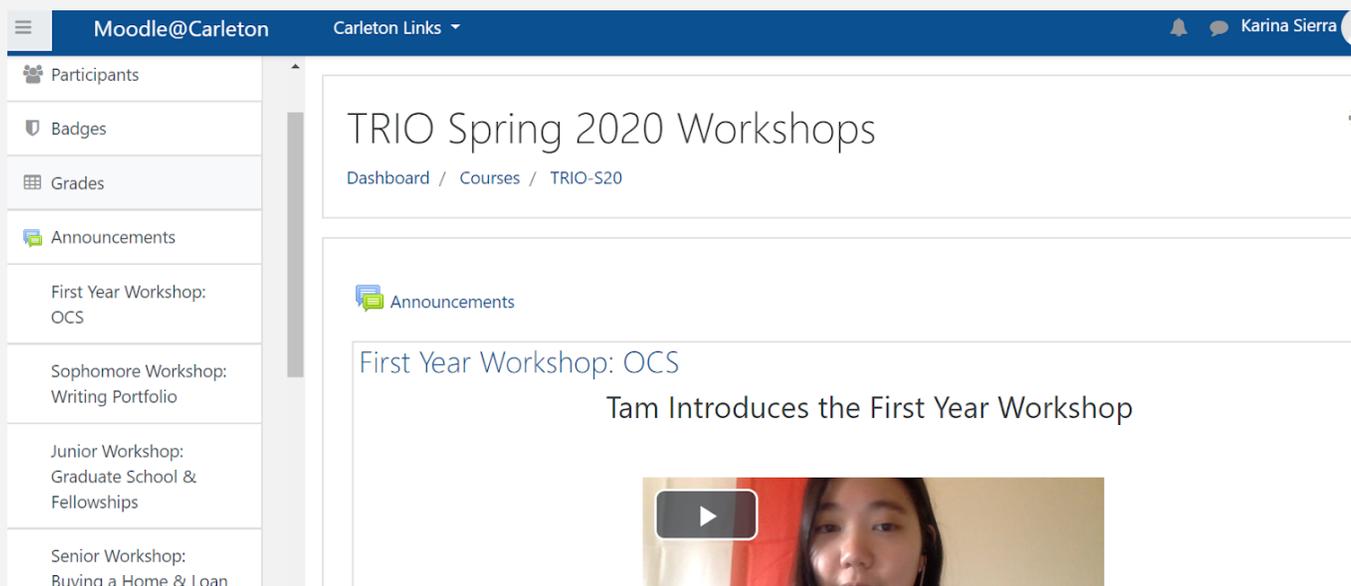
- Start with filling up saucepan most of the way with water, leaving about ½ inch at the top
- Place saucepan on high heat on stove, covering with a lid
- Cut whole smoked sausage into quarters, storing ¾ away for later
- Of that ¼ cut in half lengthwise (hotdog style) then cut those halves down the middle lengthwise (hotdog style)
- With long sausage pieces, cut into approx ¼ inch thick pieces, resulting in many small triangular pieces
- Put water into frying pan, approx 2 inches tall or ¾ full
- Place frying pan over high heat on stove



- Return to pasta water and add in a large amount of salt (I eyeball it, but approximately 1 tbsp total) and stir in until completely dissolved. Put lid back on pot
- Wait for both saucepan and frying pan to come to a boil
- When the saucepan for pasta comes to a full rolling boil, uncover the pot and add in serving of dried noodles. Cook according to instructions, approx 7-10 minutes (I like to set a timer)
- Be sure to stir pasta with stirrer periodically throughout cooking
- When frying pan has come to a boil (gets very bubbly on sides) add in all of the smoked sausage, separating pieces in the water with a spatula
- Heat up sausage in water for entire duration of pasta cooking, stirring with spatula occasionally
- Once pasta is done, turn off the burner and remove from heat. Drain pasta over sink using preferred method
- Move saucepan back to stove and place ⅔-1tbsp of butter into pan and swirl around to let it melt, then remove pan from heat completely
- At this point you can drain the smoked sausage, which will look slightly more cooked (ie shrunken)
- Use spatula to swirl pasta in the melted butter before transferring to a bowl
- Add in cracked black pepper to taste (I prefer to add in 2 additions and stir in between)
- Add in parmesan to taste (same method as black pepper)
- Add ½ of cooked smoked sausage to the bowl and you're done!
- Store the rest of the smoked sausage in an airtight container in the fridge. It can then be reheated by stovetop and simply putting it in an empty hot frying pan for a few minutes

# Spring Workshops

This term we worked with our collaborators and offered all the workshops online on Moodle. On our Moodle course we included resources and a short quiz, which all students were asked to take to determine learning outcomes, get feedback and count attendance. We had a real-time zoom meeting for each of the workshops which was recorded then posted back on the Moodle course. This would allow all students to view the workshop if they were not able to attend the real-time workshop.



The screenshot shows a Moodle course interface. The top navigation bar includes 'Moodle@Carleton', 'Carleton Links', and a user profile for 'Karina Sierra'. A left sidebar contains navigation options: Participants, Badges, Grades, Announcements, and a list of workshops: 'First Year Workshop: OCS', 'Sophomore Workshop: Writing Portfolio', 'Junior Workshop: Graduate School & Fellowships', and 'Senior Workshop: Buying a Home & Loan'. The main content area is titled 'TRIO Spring 2020 Workshops' and shows a breadcrumb trail 'Dashboard / Courses / TRIO-S20'. Below this, there is an 'Announcements' section with a video player titled 'First Year Workshop: OCS' and the subtitle 'Tam Introduces the First Year Workshop'. The video player shows a play button and a partial view of a woman's face.

## Kudos

**TRIO wishes to thank everyone who collaborated with us this spring term. To all of our students, thank you for your willingness to be flexible and adaptable. We appreciate all of you!**

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

**Carolyn Livingston Joe Baggot for all their support for TRIO. First Year workshop Naomi Ziegler, Associate Director, Off-Campus Studies and Tina Kukowski, Assistant Director of Student Financial Services. Off-Campus Studies student panelist: Jevon Robinson, Jenni Diaz-Garcia, Nhan Le, Ricardo Garcia, and Shealuck Vang. Sophomore Workshop, George Cusack: Director of Writing Across the Curriculum and Senior Lecturer in English and Renata Fitzpatrick: Assistant Director, Writing Center & Coordinator, Second Language Writing. Junior workshop, Marynel Ryan Van Zee: Director of Student Fellowship and Laura Clemens: Associate Director of the Career Center. Senior workshop, Tina Kukowski, Assistant Director of Student Financial Services and Trey Williams. 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.**