



TRIO NEWSLETTER

FALL 2020

UPCOMING EVENTS

End-of-Term Celebration
November 19, 2020
12-2pm CST
Zoom

First Day of Winter Term
January 4, 2020

A Note From The Director:

2020-2025 Grant Approved: FIVE MORE YEARS!



To say things have changed would be an enormous understatement; we certainly live in a different world than we did at the start of 2020. This year has brought with it a range of emotions. Whether we've felt anxiety related to the COVID-19 outbreak, anger and frustration related to the unjust killings of too many Black Americans, or disbelief at the state of politics and leadership in the U.S., 2020 has surely been a year to remember.

However, there are still good things happening. On September 28th we were notified that our grant was renewed for another 5 years! The legacy that started at Carleton in 1981 will continue! Carleton has also proven its ability to adjust to an online platform, leading to new and exciting possibilities. And, of course, Zoom University has led to a rise in the sale of sweatpants.

This fall, TRIO also welcomed 40 first-years into the TRIO community. This is the largest class we have ever admitted, and we are excited for them to complete their first term. The Class of 2024 is a diverse and talented group of individuals we hope will become a source of support for one another.

Students you have handled these adjustments as best as anyone could have asked for this term. You cared more about your fellow students each day you wore your mask, each day you were conscious of staying 6ft apart, each day you checked up on one another.

We will stay together, and we will get through this together.

#TRIOSTRONG

First-Year Spotlight

Ahtziry Tinajero (she/her/hers)

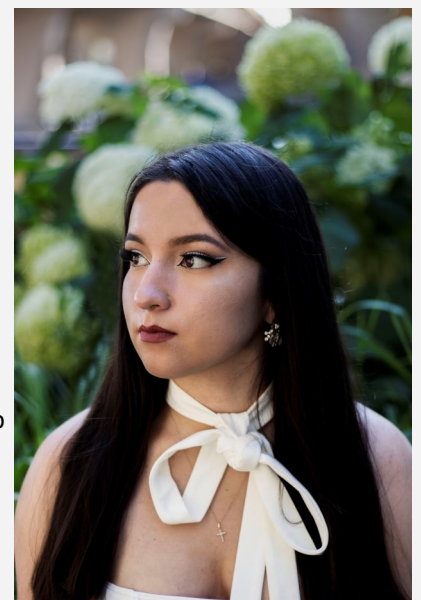


is from Dallas, TX, where she is currently studying remotely from this year! Ahtziry is a potential Economics major and Spanish minor. She is currently involved with Define American and Project Friendship on campus. A fun fact about Ahtziry is that she tried to learn eight languages this summer and has successfully learned both the Korean and Russian alphabets so far! If she could be any animal she'd be a platypus. Ahtziry loves to draw, you should ask her about it! Her favorite memory this term is when a fellow classmate from her SOAN class reached out to the entire class through email looking to become friends! Her favorite go-to drink is

milk tea with boba. Her favorite TRIO activity this term was the Health and Wellness workshop that focused on self-care and reflection! Ahtziry aims to one day travel around the world to practice all the languages she has learned!

Marycruz Valdivia (she/her/hers)

is from Milwaukee, WI, but has found a home here on campus in her Nourse dorm. She is a potential Psychology major and Latin American Studies minor. You can likely find Marycruz with an iced mocha from Sayles in hand! Marycruz is currently very involved with the Latin American Student Organization on campus. She also prefers LDC over Burton! A fun fact about Marycruz is that she taught herself how to play piano on her sister's tiny piano set, you should ask her more about it! She would consider chicken nuggets as her favorite food. Her favorite TRIO event this term was the student panel during the last First-Year Workshop as it gave her a chance to interact with other TRIO students and upperclassmen. Marycruz has an immense love for learning and makes sure to incorporate this in her day-to-day experiences at Carleton!



Peer-leader Spotlight

Weiland Wang '23

Hello everyone! My name is Weiland Wang. I use he/him/his pronouns and am part of the class of 2023. It has only been about seven weeks of being a first-time TRIO Peer Leader, but I am having a blast. Being able to help my mentees navigate their first term at Carleton and acclimating to college life has brought me great satisfaction. The sense of community between the TRIO family is always welcoming even during these unprecedented times. I'm sure everyone has felt the effects of zoom fatigue at this point, and it is totally real, but sitting on the same chair for more than ten hours a day is also really draining. That's why it is important to look after physical and mental health this term more than ever. Whether it be volleyball club, gaming with friends back home, hanging with friends, or sketching while listening to lofi beats, just having time to be yourself and not worry about impending deadlines is what kept me going this term! Being a TRIO PL has led me to value these moments even more, but only while doing a great service for students who might be going through similar struggles, which I find totally worthwhile.



Trinh Tieu '22



Hello TRIO family! This term has been different and felt long to say the least. Although it's my second year as a peer leader, I have learned a lot about mentoring from off-campus and to other remote students. For the past few weeks, I have been working through my junior year at home in Portland, OR. Although I never realized it while I was on-campus, I think that Carleton's residential life had a big impact on my experience. With my usual dining hall, study rooms, and common spaces in one house, it's difficult to not quarantine while being at home. As a peer leader, I hope that I can advise other first-year students in the same situation. While we're trying our best to remain positive and connect to other Carls, the reality is that combining this extra effort with home stressors can be fatiguing. Everything from my OCS program that was canceled to simply meeting classmates seem to be getting farther away. However, I have been glad to see some students already reaching out into various communities, so I'm confident that the '24 TRIO cohort is resilient and can grow closer when able to gather together.

TRIO Intern Spotlight

Shealuck Vang '21

Hello TRIO! My name is Shealuck Vang and I am the 2020-2021 TRIO Intern! Something that I have learned this year thus far is that the tasks and experience of being a PL and an intern are drastically different. I enjoy having control over the projects and tasks that I take on. The space I am given has helped me channel my inner creativity and take leadership in providing and producing quality content. However, despite being a returning student worker for TRIO, PL, and senior, I have also learned that I will always need TRIO's, specifically Trey's, support and advocacy for me. There is always that misconception that upperclassmen and peer leaders have everything figured out and have managed to learn how to do Carleton, but truth is no one ever really ever masters things such as time management, preventing procrastination, getting eight hours of sleep, taking care of your mental health, etc.

These are life long lessons and I think it is important, especially for PLs and upperclassmen, to take care of themselves. Before you can be an effective peer leader, you need to take care of yourself as a student. And before you can be an effective student, you need to take care of yourself as you. Safe to say, senior year has been wild but it has also helped me seek the help I need and build resiliency. So for the rest of our TRIO family, take care of yourself, don't be ashamed to seek the help you need, and be kind to yourself. Take care!

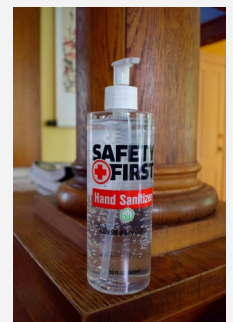


TRIO House Updates



This term the TRIO House was open with a limited occupancy of 10 people. TRIO staff alternated between being on campus and working remotely and peer leaders were still available at the TRIO House to welcome all students. We encourage students to stop by to visit our staff and peer leaders with a mask while keeping a 6ft distance.

We also have a new sidewalk for the ramp to our side door!



OCS Highlights

Dae'Kevion Dickson '22 This term I was in France! I had the opportunity to be the assistant community program director at a non-profit organization called World Endeavors.

As an assistant, my tasks included working on projects remotely with community leaders and occasionally conducting presentations at secondary schools. In my free time I visited cities such as Paris and Creteil. I enjoyed long walks with the new friends I've made and received some attention for being American! As far as how I found out about the program, I had a friend that

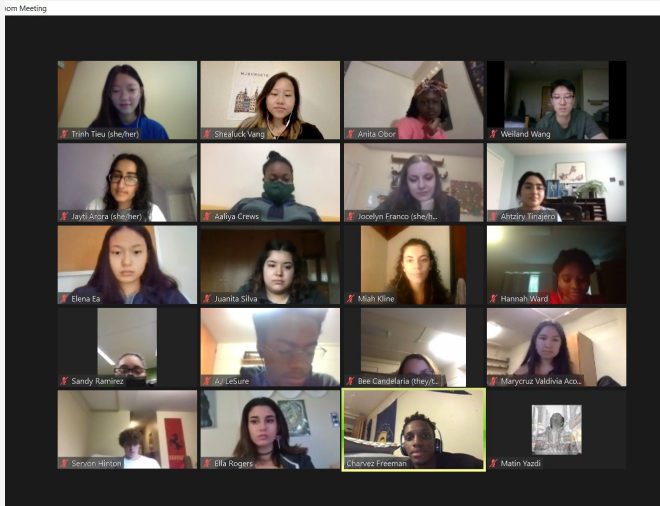
I met abroad last year in London who had very high connections in the organization. When I was interviewed, they liked my personality and smile. They enjoyed seeing a friendly face, too! Lastly, I enjoyed working with this organization because they have similar passions as me. For example, they care about youth empowerment and creating real change in poor communities. In the future I think I will pursue similar internships in this field because I enjoy being a role model and making a difference in disadvantaged communities.



Jennifer Delgado '22 A Place Beyond seemed to have just landed on my lap during this disorienting year. When met with a decision to either stay at home in isolation or be in a community with other college students in Prescott National Forest, Arizona, it was a no-brainer. APB is an in-person remote learning community for college students who cannot or do not want to return to their physical college campus during the pandemic. The program provides community, mentorship, educational workshops, and outdoor recreation programming such as bouldering, mountain biking, and hiking. My schedule can vary from day to day. I go bouldering between classes, trail running before lunch, and there is always room for a camp-fire movie night somewhere along the week. It's a place where you come to be a part of a community that appreciates and confronts the outdoors and its problematic racial history. I think my favorite memory so far from this program was when I climbed a boulder for the first time. I was so terrified of falling that both my knees and hands were shaking. I fell too many times to count, got smacked in the face by a tree branch, and learned what "cheese grating" meant (when you slide down a rockface). But all of that didn't matter when I got ahold just right and was able to push myself to the top of the boulder. Yes, I did do a victory dance. I think this program is an awesome alternative for college students, so apply!



Mentee Events



To assist the first-year students in their transition to Carleton, the peer leaders continued to host events this term virtually! Although students could not see their mentors in person, the meetings on Zoom were able to accommodate on-campus and remote students. This term, the peer leaders and students played Skribbl.io, gave tips and advice for the term, and hosted an office hour session before registration.

TRIO Awareness Week

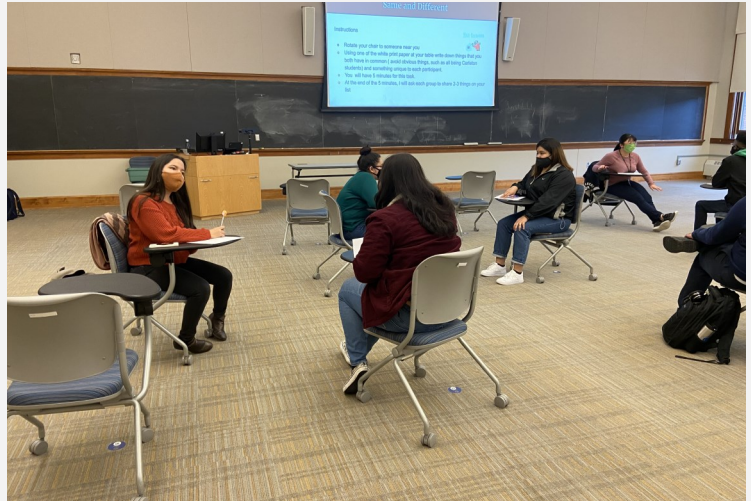
October 19 started a whole week dedicated to TRIO awareness for our campus. On Tuesday, students wore their TRIO shirts around campus showing off their pride in a vibrant color wheel of green, pink, and maroon. An MTV-style house tour hosted by the Peer Leaders was also posted on Carleton's Instagram so that even those who can't visit in person, were able to visit the TRIO house from their phones. On Wednesday students, faculty, and staff were all encouraged to use TRIO themed



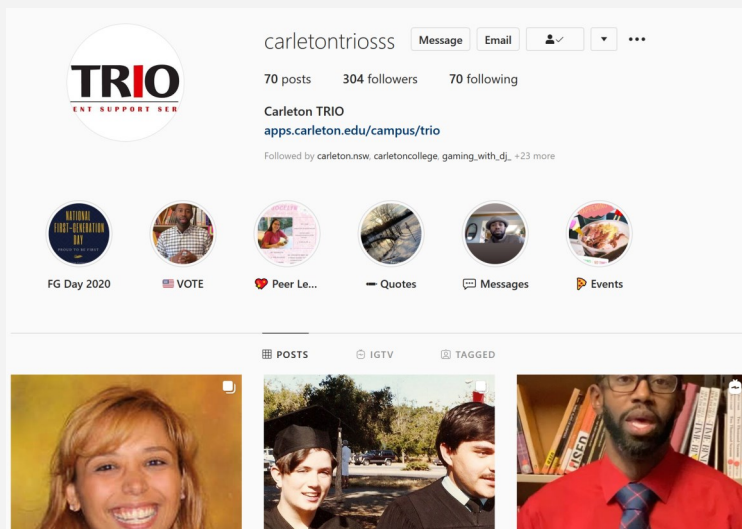
Zoom backgrounds made by our own peer leaders, Jocelyn Franco and Jayti Arora, for classes, meetings, and hangouts. Due to the early snow we received this term, our mini pumpkin decorating activity was rescheduled to the following Thursday, when the sun was out and most of the snow had melted off the bald spot. This event which encouraged students to take a break outside and learn a little more about TRIO. The week ended on a great note with TRIO's Class Act: The Difference Panel where speakers consisted of students with different backgrounds talked about their experiences and advice for being at Carleton. It was a fun week full of learning and opening up the conversation about TRIO's mission.

First-Year Workshops

A new format for our First-Year Workshops was instituted this year. For students on campus, they were divided into two groups and staggered so that the workshops could be in person. While remote students met during common time each week on Thursday. From September 24 to October 16, every Thursday and Friday was dedicated to talking with first-year students and introducing them to resources to help them navigate their first year here at Carleton. Tips on studying, mental health, and building community were all touched on. There was even a panel consisting of upperclassmen TRIO students who reflected back on what they wish they had known when first coming to Carleton. Each student came out of these sessions not only with new knowledge and confidence in succeeding here at Carleton!



Social Media Activities



Because of the increase in online activity this term, the peer leaders have been working to promote TRIO's social media accounts! In addition to posting about upcoming events, TRIO has taken over the Carleton College Instagram account, posted information on the election and voting, and celebrated National First-Generation Day. We are hoping to hit our Instagram follower goal of 500 followers soon, and are now up to 300!

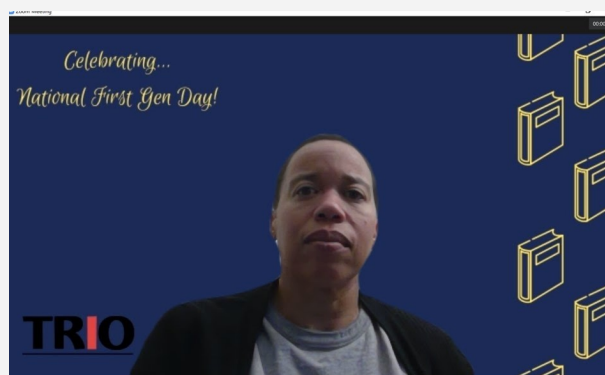
First-Generation Day

Sunday, November 8th was National First-Generation College Student Day. This is a day to celebrate college students, faculty and staff who are the first generation in their families to attend college. As TRIO serves first generation students, we wanted to recognize this day. Some activities throughout the day included highlighting first-gen students, faculty and staff on our social media with #iamfirst and #celebratefirstgen. There was even support on Zoom calls throughout the day with #iamfirst backgrounds being used in honor of the day. Supporters of TRIO, Marty Baylor and Liz Raleigh, provided insight on what first generation students can do to ensure success at Carleton.

Marty Baylor

Associate Professor, Physics and Astronomy
Education: Kenyon College (BA Physics, Minor Chinese); CU-Boulder (PhD Physics)

“As much as it is intimidating to go to professors and so it is tempting to only go to other students for help, I had to learn that I needed to also seek help from my professors. They are the ones who set the standard and know what they are looking for when they were grading my work. My peers were just as lost as I was about what the professor wanted. Since the professor specifically set aside time for students to ask them questions, I had to trust that they meant it and wanted to help me. They were almost always so nice, helpful, and less scary than I thought they were going to be. I regretted not taking advantage of their help earlier. So my advice is to seek out professors for help, early and often!”



Liz Raleigh

Chair of Sociology and Anthropology
Education: Brown for Undergrad and PhD in Sociology at the University of Pennsylvania

“While you may be among the first in your family to go to college, you are not alone. There is a community at Carleton who understands what you are going through and wants to be there to listen and help you navigate college. I have so much respect for first gen students and want to support you in any way I can.”



Financial Literacy

For all returning students: Financial Aid Deadline Dates for 2021-2022



Round 1: January 4, 2021 (first day of Winter Term) *Notification of award by end of February*

Round 2: March 29, 2021 (first day of Spring Term) *First batch of notifications going out mid-May and the on a rolling basis after that*

Please visit the Financial Services page for important information for [Returning Students](#) who will apply for financial aid. TRIO collaborated with Student Financial Services to provide a FAFSA completion workshop on November 3rd, 12:30pm-1:30pm. **If you missed this session please contact Tina Kukowski by email to set up an appointment.**

Seniors: If you plan to attend graduate school for the 2021-2022 academic year check with your prospective school(s) for deadlines for financial aid. May vary by institution and department.

Winter break is a great time to review and **apply for scholarships**. [Click here](#) to get started!

Kudos

TRIO wishes to thank everyone who collaborated with fall term. Thank you for your willingness to be flexible and adaptable. We appreciate your support! Special thanks go out to the following individuals and offices:

Carolyn Livingston, Joe Baggot for all their support for TRIO. First Year workshops: Tamnet Kidanu, Associate Director of Health Promotion; Anita Chikkatur, Associate Professor of Educational Studies; Student Panelist: Miguel Alvarez '22, Jayti Arora '23, Ricardo Garcia '21, Angel Hays '21, Jelilat Odubayo '21, Jevon Robinson '22, Trinh Tieu '22, Shealuck Vang '21. Sophomore Workshop: Laura Clemens, Associate Director of the Career Center. Alumni Panelist: Paulina Hoong '18, Phattarawadee Maneerit (Natty) '18, Aislinn Mayfield '19, Brandon Marks '16. Junior Workshop: Laura Clemens, Associate Director of the Career Center. Senior workshop, Laura Clemens, Associate Director of the Career Center; Antonia Grant, Program Director for Student Engagement; Jovan Johnson, Program Director for Experiential Learning Operations. STEM Lunch: Vermilion Villareal for collaborating with us on the STEM Lunch and the following faculty who participated: Caroline Turnage-Butterbaugh, Deborah Gross, Deanna Haunsperger, David Liben-Nowell, Eric Alexander, Emily Ho, Kate Meyer, MurphyKate Montee, Sarah Deel and Trish Ferrett. Class Act: Difference Panel: Jack Brown '22, Andrew Farias '21, Grace Jenks '23, and Maya Rogers '22. FAFSA Workshop: Tina Kukowski, Assistant Director of Student Financial Services. 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. Anyone who participated in TRIO Awareness Week and National First Generation Day, thank you!