



# TRIO NEWSLETTER

## Winter 2021

### UPCOMING EVENTS

**Tuesday, March 16th**  
**Spring Break Begins**

**March 18th 4-6pm CST**  
**TRIO: Tax Prep Open House**

Get help filing your taxes from a Certified Public Accountant!

**Sunday, March 28th**  
**Spring Break Ends**

**Monday, March 29th**  
**Spring Term Classes Begin**

### A Note From The Director:

TRIO TRIO TRIO

Spring is near! Winter term has been full of adjustments and learning things on the go. The TRIO staff has been busy meeting the various needs of our students while also juggling how to maintain a sense of community in an online environment.

COVID has surely impacted much of our “regularly scheduled” programming but it has also allowed us to reimagine how we program and thus caused us to become more creative in our offerings. Despite many obstacles, the TRIO community has maintained our mission, refined our programming, and pressed forward to a successful term.

Make no mistake, this term (as last term) challenged all of us to go above and beyond in reaching out to help one another, and I believe we are better for it. I am thankful to the TRIO Peer Leaders who have done an outstanding job in assisting the staff to ensure our community’s needs are met. Let us all continue to take the care and precautions necessary, as we are not out of the woods yet, but I am excited to know that brighter days are on the way.

#TRIOSTRONG #THEBESTISYETTOCOME

Trey Williams

TRIO/Student Support Services Director



# First-Year Spotlight

## Amira Aladetan (she/her/hers)



is from Minneapolis, MN. She is a prospective Africana Studies and Biology major. Amira's favorite study spots on campus are the first floor of Olin and the room upstairs of the Language Dining Center. She loves to sing and read. A fun fact about Amira is that she was a part of theatre for 7 years! She mentions her favorite part of TRIO has been building her friend group with the other students from TRIO. Something Amira is looking forward to is spring break to relax from all the busy homework assignments of the term.

## Crystal (Jingwen) Wu (she/her/hers)

is from Taishan, Guangdong, China but has lived in Chicago since the age of 6. She is considering a major in Geology. Some of her interests include dancing, drawing, ceramic and embroidery making, cooking, and eating. Before the pandemic, Crystal participated in cheer during high school. A fun fact about her is that she loves spending time binge-reading many webcomics. An event Crystal enjoyed at Carleton this term was the Midwinter Ball which she described as "quirky." She mentions Fiesta Fridays as some of her favorite TRIO events because she enjoys doing activities with other TRIO students and peer leaders and taking the time to relax. You can find Crystal working at LDC this year.



## Peyton Bass (he/him/his)



is from Pontiac, Michigan where he is studying remotely from this term. He plans to major in Computer Science. His interests include drawing digitally both 2D and 3D art, music and music composition, and coding. His favorite music genres are rock, jazz, funk, rock and city pop, RnB, and 8-bit/Retro. He also enjoys playing video games including platformers, role playing games, first person shooters, and action games. A goal he has for the future is to improve on his 3D modelling skills. Peyton's favorite memory at Carleton has been speaking to his Poetry professor, discussing a poem of interests and learning how impressed she was with his work and analysis for class. A fun fact about him is his hidden talent in the ability to remember the most minor of details. Peyton mentions that his favorite TRIO memory has been the Fiesta Fridays this term, especially the one where we created a group Spotify playlist.



# Peer-leader Spotlight

## Jayti Arora '23 (she/her/hers)

Hello everyone! My name is Jayti Arora. I use she/her/hers pronouns and I am a current sophomore. These past two terms I have been working as a peer leader remotely from Addison, IL. Being remote has definitely had its unique challenges. One of the biggest has to be trying to stay connected with campus. I did not realize how important Carleton being a residential campus was to the experience until we transitioned to online learning. Working as TRIO Peer Leader so far has been incredible for me trying to maintain my relationship with Carleton. My biggest goal has been to build a sense of community with TRIO despite the online circumstances. Something that I think has really helped with that this term is hosting the Fiesta Fridays each week. It has been a good way of interacting with first year students and taking a break from the busyness of the week. This role has also taught me a lot about being flexible and navigating unexpected changes. I have truly enjoyed being a Peer Leader with TRIO so far and I am hoping that we are able to grow the TRIO family together in the future.



## Miah Kline '22 (she/her/hers)



Hi all! My name is Miah and I use she/her pronouns. We're months into 2021 and while there have been some lows, there have also been some highs. I can confidently say that one of the high points in my life right now is working at TRIO. This is my second year being a TRIO peer leader, and while it has been vastly different from last year, I am enjoying everything we have been doing. All the online and in-person socially distanced events we have been hosting have served as a fun break from the stressors of Carleton and the world as a whole. It's been great to see so many new and old faces as well as being part of a team helping to build a bridge between TRIO students and the resources and community of both TRIO and Carleton. It has been amazing to talk with other students

and hear how they are able to work around our current circumstances and find ways to connect and be together. I am sure the strength, perseverance, and creativity we have gained will help to push us further in life and I, for one, am excited to see how each of us will take hold of this future.

# OCS Spotlight

## Gigi Paulig '23 (she/her/hers)

### What is the name of your program and what is it about?

I am currently on the DIS Copenhagen program that Carleton partnered with for the winter. I do not think they have a specific focus but unintentionally a lot of the classes offered this term were environmental or psychology related so it worked out perfectly for me! DIS places students in Kollegiums which are essentially apartment buildings with a mix of international and local students. I am currently living with one other American student, two Dane students,



and one Mexican student. It is a wonderful blend of life experiences and I have really been enjoying getting to practice some of my (very rough) Danish language skills with the Danes.

### What tasks/projects are you doing? What do you do in your free time?

I am taking four classes this term, Positive Psychology, Medical Ethics, Intro to Danish Language and Culture, and Glued to the Screen. It has been a great mix of classes and they are certainly classes that are not offered at Carleton right now. In my free time I

bike around to different locations in Copenhagen. This is definitely the most biking I have ever done in my life!! I once biked 24 miles in one day, I never would have imagined I could do that! I also enjoy hanging out with my flat-mates and playing card games or Jackbox games.

### How are you liking the program? What has been the most interesting thing you have done?

I am having a ton of fun! I definitely do not regret my impulsive decision to apply for this program. It has been a lot of fun to get outside and visit different locations. I think my favorite thing I have done so far is travel to southern Denmark to look at these cliffs called Stevns Klint. They were so incredible to look at because in the cliff sides you can see fossils dating back to when the dinosaurs existed. Because Danes are so trusting, there are not any ropes around the cliffs so you can really get up close and examine the fossils.

### How does it feel as a TRIO student to be on an OCS/DIS?

As a TRIO student, I feel extremely lucky and privileged to be on this OCS program. I feel grateful that my financial aid works out in such a way that this program is not a huge financial burden on my mother. I think this mindset means that I really take advantage of my free time to bike around and see new things. I have a bucket list and I am

# OCS Spotlight

systematically checking things off as I go. I do not want to miss any opportunities!

## How did you hear about this program?

I heard about DIS because several of my friends went during the fall program. Carleton also sent out emails to every student so it seems like they did a really good job letting everyone know that this opportunity existed.

## Anything else you would like to talk about?

I am so thankful that I had this opportunity so I would definitely encourage anyone thinking about applying for OCS programs to do so. It is a wonderful way to get outside of the Carleton campus bubble and meet new people. I knew nothing about Denmark before coming here and now I feel super excited to share my new knowledge about Denmark with anyone who will listen!



## Folasade Orepo-Orjay '22 (she/her/hers)

### What is the name of your program and what is it about?

DIS is a study abroad program that caters to North American Universities.

### What tasks/projects are you doing? What do you do in your free time?

Now, I have just been doing homework assignments and one of the biggest ones I had was to tour the city. On my free time, I make Youtube videos to share with other people around the world who hope to have the same experience or want to relive it.

### How are you liking the program? What has been the most interesting thing you have done?

I love the program so much. it has taught me how to communicate better (I can understand a little Danish). Two of the most interesting things I have done are winter bathing and hitchhiking.

### How does it feel as a TRIO student to be on an OCS/DIS?

It feels awesome as a TRIO student to go abroad. It allows me to show other students that they can too..

### How did you hear about this program?

I heard about this program through an email after my film program in Prague got canceled.

### Anything else you would like to talk about?

Life tip: Everybody should travel alone at least once in their lifetime.





# Winter Externship Spotlight

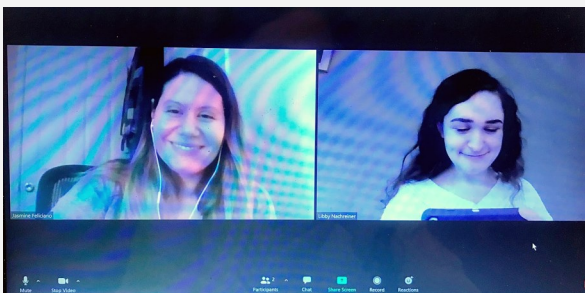
## Diana De La Paz '23 (she/her/hers)



This winter break I began working as an intern at ImmSchools, a non-profit organization dedicated to supporting immigrant families and their children in the K-12 education system. As an intern, I worked on the logistics of distributing financial aid to families, community outreach, and event planning. One of the main events that I helped organize this winter was a drive-through Toy drive. Through the Toy drive, ImmSchools was able to bring joy and assistance to 100 immigrant families in my hometown of Dallas, Texas. My experience at ImmSchools has been wonderful because I have been able to work on projects that give back to my community and benefit many immigrant families like my own.

## Libby Nachreiner '23 (she/her/hers)

This past winter break I did a remote externship with Project Hospitality, a private non-profit organization based in Staten Island, NY that provides comprehensive services for hungry, homeless, and inadequately housed people, especially those who are living with multiple diagnoses such as HIV, substance abuse, and/or mental illness. As a data analysis and consumer satisfaction/trends extern, I analyzed data and trends from satisfaction surveys to inform the planning and evaluation department. A lot of my time was devoted to organizing raw data (agency-wide and departmental), performing calculations, and creating accessible visualizations in Excel that would enable the implementation of quality improvement initiatives. Most of my project was done independently, but I was able to develop meaningful connections with the wonderful people of Project Hospitality, including Carleton alumnae Carrie Bloss '97 and my amazing supervisors. I am incredibly grateful for my experience with Project Hospitality and the opportunity it gave me to explore my professional values and career interests while contributing my developing expertise to such an impactful organization! I would



encourage everyone to apply for externships as they are a fantastic way to explore your interests in a professional setting, learn something new, gain valuable experience, develop skills, and make connections. As for this externship specifically, I would highly recommend it to anyone interested in data analysis and/or nonprofit work.

# TRIO Workshops

For the first-years, in-person and online workshops were organized 3rd and 4th week to discuss the results of the Strong Interest Inventory and how to use these results to plan and continue to explore interests at Carleton and outside of Carleton (externships, internships, volunteering, etc.). TRIO Peer Leaders have also led some fun activities during these workshops to further community building and to relax!

During the "Learn about Credit" workshop, sophomores had the opportunity to test their credit IQ, debunk some common myths, and investigate some common scenarios, that dealing with credit, in small groups. Then, in a larger group discussion setting, experiences were shared as well as how to build and manage credit!

Juniors had the opportunity to hear from alum, Bolu Johnson '18, who works in finance about how to set yourself up for long-term financial stability! Topics that were covered during the workshop included basic investing, the power of compound investing, and more!

Whether you're making \$20k or \$200k out of college, it's important to have and follow a budget. During this workshop, seniors had the chance to draft a personal budget, review sample budgets from recent TRIO alumni, share tips about how to leverage budget needs in the search for jobs, and negotiate salary and benefits!

## Social Media Activities

Every Wednesday, you can expect to receive a motivational message on TRIO's Instagram page (@carletontrioss) from TRIO director Trey Williams. Motivational Mondays first began when Trey wanted to give students encouragement to finish the week strong. Working with TRIO intern Shealuck Vang, Motivational Wednesdays became a weekly motivational video message. Trey says:

"I wanted to do something fun to engage with students online, but once I started to read comments and emails from students and staff, I realized this could turn into something beneficial. The goal of Motivational Wednesday is to remind everyone that we all have many things in common, and that none of us have this figured out. We are striving every day to do better than what we did yesterday. Whether you need a pick-me-up, comedy relief, a familiar face to look at, motivation, I hope to give that to you. I give a ton of credit to Shealuck Vang who helped build this--I wanted to do something fun, but it turned into something more."

As for spring term, there are plans and potential projects in the works to create a different platform strictly for Motivational Wednesdays potentially with guest speakers and new weekly locations!



# First-Generation Faculty and Staff Panel

On January 29th, TRIO and SAO held the joint First-Generation Faculty and Staff Panel. Carleton staff were invited to participate in this year's panel and audience, inviting more topics and experiences into the conversation. This year's panelists featured professor Deanna Haunsperger from the Math and Statistics Department, Associate Dean of Admissions, PEAR staff member, and Carleton alum Rhemi Abrams-Fuller '08, and Assistant Director of the Gender and Sexuality Center Rae Horton.



The three talked about their backgrounds as first-generation college students, having varying levels of awareness and support for their identities, and what advice they would give to students. Afterwards, there was a short discussion period where students, staff, and faculty went into breakout rooms to talk about how first-generation students at Carleton could be supported and how to expand conversations around socio-economic status and class on campus. Next year, we hope to see more students in person and to continue sharing the stories of staff and faculty in order to create a space for all Carls to bring awareness to first-gen issues!

## Fiesta Fridays

This Winter Term Peer Leaders had the opportunity to bring back Fiesta Fridays! These events occurred weekly from Week 2 to Week 8 for First-Year TRIO students. The goal of these events was to create a space for TRIO First-Year students to meet and interact with their fellow peers. Fiesta Fridays were a mix of both virtual and in-person, socially distanced events which allowed all students to join in the fun! The events included creating vision boards, a brownie study break, a journaling session, a Mid-Term movie night, Valentine's Day crafts, and the baking of mug cakes! Supplies were provided in the mailboxes of students on campus and shipped home to those studying remotely. These events brought together TRIO First-Years for a great time and even better friendships throughout the term!





# Financial Literacy



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

**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. Visit The Hub to view the current status of your financial aid application documents

After you log in, look under Tuition > Fees > Financial Aid > Financial Aid Application Status.

TRIO is offering a **tax preparation workshop** with a [Certified Public Accountant](#) on **March 18th from 4-6pm CST**. It will be on zoom and breakout rooms will be available to ask individual questions. Zoom link was shared through a google calendar invitation.

**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.

Spring 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 us this winter 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: Laura Clemens, Associate Director of the Career Center and Rachel Leatham, Associate Director of the Career Center. Junior Workshop: Bolu Johnson '18. Senior Workshop: Laura Clemens, Associate Director of the Career Center. First-Generation Faculty & Staff Panel: Student Activities Office for our collaborations and our panelist Rhemi Abrams-Fuller, Associate Dean of Admissions and Director of Diversity Outreach and Access; Deanna Haunsperger Professor of Mathematics; and Rae Horton, Assistant Director of the Gender and Sexuality Center.**

**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. All faculty and staff who continue to support TRIO/SSS everyday, thank you!**