



TRIO NEWSLETTER

Spring 2021

UPCOMING EVENTS

- June 7th — June 12th**
Senior Week
- June 9th 10-11am**
Senior Celebration
- Saturday, June 12th**
Commencement
- Sunday, June 13th**
Summer Break Begins

A Note From The Director:



TRIO!

The spring edition is often a difficult one for me to write because on one hand there's the excitement of warmer weather, green grass, outdoor activity and much more, but on the other hand it is a time to celebrate and say goodbye to the senior class.

This year has been an adjustment for all, and through each adjustment we have adapted well: from wearing masks to only gathering in small settings to even finding different creative outlets when Zoom life was a bit too much at times. We may have missed the larger gatherings, but we found significance in the small circles. Each of you will look back and have your own memories of this year, but it is our hope that some of the memories will make you smile, make you laugh and remind you of how resilient you are.

The TRIO Class of 2021 will depart campus having accomplished so much and truly leaving a lasting impression upon the TRIO staff. As we have worked with all of them since they entered Carleton in 2017, we learned so much, laughed so much, ate so much and prevailed through so much. On behalf of the TRIO staff, we want to wish all of you a wonderful, relaxing, safe summer vacation. To the TRIO class of 2021, we want to wish you a journey of success and adventure. We surely hope you stay in touch, and know that you will be missed.

"It's not about the destination, it's about the journey" – Ralph Waldo Emerson

Here's to the next chapter...

Trey Williams

First-Year Spotlight

Sandy Ramirez (she/her/hers)



Sandy is from Houston, Texas. Although she has not decided on a major yet, she is interested in Political Science or American Studies. Some of Sandy's hobbies include reading and watching "trashy" Netflix TV shows. She really loves cartoons and spends a large amount of time analyzing both storylines and animation from the shows. If she were to recommend a versatile show to everyone, it would be *The Dragon Prince*, a DreamWorks show that is currently streaming on Netflix. Sandy describes freshman year at Carleton as being hard because "it's difficult to say you're accustomed to campus life when so much of it has been changed due to the pandemic." It has also been challenging to find that balance between school and self-care but she tries to watch movies with a face mask to take a break and looks forward to catching up with friends from Houston as summer approaches. Despite the challenging year, Sandy has felt that she found a sense of community in a few organizations including TRIO and LASO. Her favorite thing about TRIO is that it takes care of its students: she loves speaking with her advisor, Karina, and her mentor Gigi. Her favorite event was also the First Year Retreat from Winter Term where she got to learn about different career choices to match her interests.

Ali Ramazani (he/him/his)

Ali is from Houston, Texas. He is a prospective Computer Science major and is currently learning remotely this year. Some of his hobbies include playing indoor soccer, learning about quantum computing, doing food delivery, and playing rocket league. He also likes spending time riding his bike in the park to relax. His favorite food is Mantu, which is a special Afghan dish that his mom prepares at home. Ali mentions how grateful he is to be a student at Carleton and still recalls when he got accepted. This term his favorite memory was going to the CS Tea and learning about the cool CS projects going on. At TRIO, he loves the support that is provided and the fun events planned to gather students. Some of his favorite events of the term include the informative workshop about Fellowships and the Fiesta Friday creating a collaborative playlist. He really appreciates Trinh at TRIO because she has been a very resourceful and supportive mentor. This summer he is looking forward to developing his coding skills and learning more about quantum computing and its applications. He also plans to do an internship during the summer and if not, he will continue working at Doordash. Next year, Ali is excited to start college in person for the first time.



Peer-leader Spotlight

Jocelyn Franco '22 (she/her/hers)

Hello TRIO friends! My name is Jocelyn Franco (she/her/hers) and I'm a junior American Studies major, French minor from Glen Ellyn, IL. I am just about to finish up my second, and sadly last, year as a TRIO Peer Leader! These past two years working for TRIO hold some of the most wonderful and cherished memories of my time here at Carleton. Despite the challenging transitions we have faced, I know we have come together even stronger as a TRIO community. What I can say, however, is that all of these transitions have allowed me to develop greater connections with TRIO students that I had not had the opportunity to get to know before! My favorite part of being a Peer Leader is seeing all my mentees, both past and present, grow everyday. As we wrap up this year strong, I want to thank our wonderful TRIO community for helping me grow into the leader I am today. <3



Gigi Paulig '22 (she/her/hers)



Hey y'all! My name is Gigi Paulig and I use she/her/hers pronouns. I am from Durham, North Carolina, go bull city! I just declared a psychology major and am hopefully going to declare a Spanish minor as well. Currently, I am wrapping up my first year of being a TRIO Peer Leader, and I am coming back for more next year! I am so thankful to my coworkers and bosses at TRIO for showing me that work can be fun. Sometimes it feels like I am not even working! I am proud to work for a program that supports students throughout their years at Carleton. Especially during the pandemic, TRIO has been a constant source of support for myself and for other TRIO students. I cannot wait to return to TRIO next year to continue to build on the fantastic work TRIO is doing already. Congratulations

to the class of '24 for completing their first year at Carleton and, of course, cheers to the '21 graduates!!

#TRIOStrong

Spring Break Highlights

Nhan Le '21 (she/her/hers)



For spring break, I went on a road trip with 4 friends from Carleton. We drove starting from East Texas and stopped in Colorado, Wyoming, and South Dakota! We went on hikes, cooked our meals together, and saw a bunch of beautiful scenery. There were a lot of super long drives, but I mostly slept through them. I also got to catch up with two of my friends who I had not seen in a long time, as well as getting to know some people better! From this experience, I learned that it's not about the destination, it's about the journey.

Weiland Wang '23 (he/him/his)

Hi yall, I'm Weiland Wang, one of the TRIO Peer Leaders on campus. I use he/him/his pronouns and am a sophomore Chemistry major. Over spring break, I had a wonderful opportunity to help out Steven Drew from the chemistry department on a fun project where we basically assisted an English professor's beer brewing operations through the isolation of hops acids. Depending on the proportions of hops acids, it could determine how bitter the beer will become when those specific hops are added. Another fun activity I did during spring break was the OIIL duo volleyball tournament where my partner Junior and I managed to get 3rd place and obtain a cool water bottle. As I reflected over what I did during the break, I had come to the realization that it's okay to fail such as messing up a dig during volleyball or the decomposition of some of the samples during the project. However, it is more important to learn from these mistakes and bring those experiences along on the journey.



Senior Spotlight

Maxime Munyeshyaka (he/him/his)

Biology major, Neuroscience minor

In my comps paper, I explored the contribution of oligodendrocytes in learning and memory. Oligodendrocytes are glial cells that generate myelin sheaths around axons, decreasing axonal membrane capacitance and allowing for saltatory conduction of action potentials in the central nervous system. Human and animal studies have shown that myelin dysregulation and immature oligodendrocytes precursor cells are associated with neurological and neuropsychiatric disorders such as PTSD and Alzheimer's disease. These highlight the significance of elucidating the mechanisms that control their form and function. In response to learning, oligodendrocytes precursor cells proliferate and differentiate, and existing mature oligodendrocytes remodel myelin sheaths. These changes affect neural circuits involved in learning and memory by strengthening synaptic connections and increasing conduction velocity, which influences the acquisition of information and memory formation at different stages. The ability of oligodendrocytes to regenerate in adulthood provides a potential therapeutic target to improve memory in neurological and neuropsychiatric disorders.



Valerie Salazar (she/her/hers)

American Studies major, Latin American Studies minor



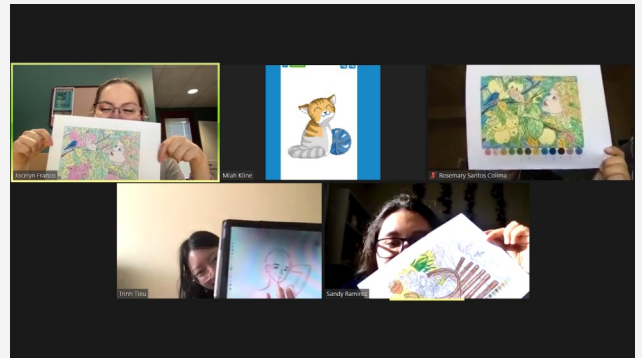
Hi there, this past school year I have been focusing on libraries. For my comps, I decided to look at six different public libraries in both Houston and Minnesota. For these six libraries, I looked at their programming for the months of December 2020 and January 2021. I gathered the information of each program through their Facebook pages and found how programming differs in public libraries situated in lower income communities versus those in higher income communities. One of my biggest findings was that public libraries in lower income communities tend to focus their programming around adults to further their professional development.

As for my plans after college, I plan on attending Wayne State University online to get my Master's in Library and Information Science this upcoming fall. So far, I have received a scholarship that will pay for half of my Master's degree, which should take care of my first year.

Fiesta Fridays

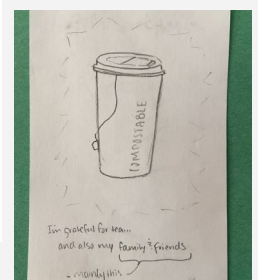
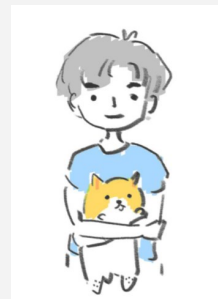
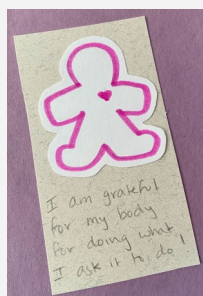
This spring saw our second term of offering weekly Fiesta Friday events. By diversifying the kinds of events and increasing their frequency, we were able to create a space for and connect first year students to the larger TRIO community. By filling out a weekly RSVP form for our Friday get-togethers, students were delivered goody bags that ranged from movie snacks to face scrub kits to DIY s'mores. The majority of events were online where attendees participated in origami (Week 2), color by numbers (Week 3), group breakout games (Week 4), sugar scrub making (Week 5), movie night (Week 6), and a food event (Week 8).

Week 7 saw a socially distanced outdoor bonfire team-up with CANOE on one of Carleton's island lakes. Slacklining was available for those who wanted to give it a try and to go s'more bags were given out. It was great to see both the old and new faces at our Fiesta Fridays.



Grateful Gallery

This spring we decided to decorate TRIO's main bulletin board with pictures that came from the TRIO community. Students on campus were given paper to respond to the prompt "Draw something/someone you are grateful for". An online kudoboard was also available for remote students to participate. Titled "TRIO's Grateful Gallery", the submissions we received showed off the amazing creativity and inner reflections of our community.



Financial Aid/Literacy



TRIO offered a tax preparation workshop with a Certified Public Accountant on March 18th from 4-6pm CST. It was a virtual session on zoom and breakout rooms were available for students to ask individual questions. Several students took advantage of this opportunity and filed their taxes!

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.

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

TRIO Pen Pal Event

This Spring Term Peer Leaders Trinh and Jocelyn introduced the TRIO Pen Pal program! The goal of this program was to connect TRIO students from all classes on a 1-on-1 level. Students had the opportunity to fill out a form with their pen pal preferences and were paired up accordingly. Every student received a set of postcards and stamps to begin their pen pal journey! Throughout Spring Term, students wrote to other students on campus and off campus about their interests, talked about the academic term, and made friends from other class years that they would not have been able to otherwise! In total, fourteen students, both on-campus and remote, participated in the program so we hope to continue it into next year.

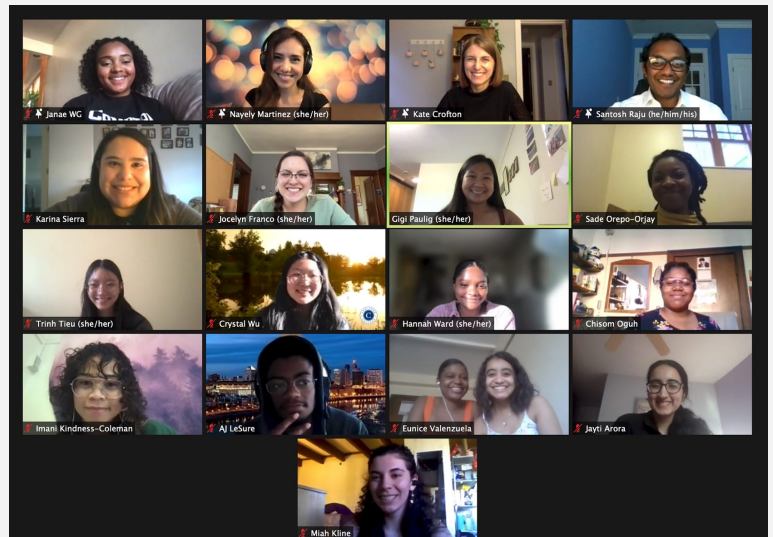


BIPOC Spring Wellness Event

The BIPOC Spring Wellness Event, a collaboration with the Office of Health Promotion, the Office of Intercultural Life, and TRIO, took place on April 8th, 2021 over Zoom! The idea for this event was developed by the Associate Director of Health Promotion Tamnet Kidanu who worked alongside Peer Leaders Diaraye Diallo (OIL), Alicia Telle (OIL), Sara Saintil (OHP), and Jocelyn Franco (TRIO). The event was aimed to provide a space for BIPOC students to engage in restorative practices that support their well-being while being in community with one another. During the event students had the opportunity to participate in a body scan meditation, work on a stop-and-jot journaling session, and create a vision board of wellness goals. All students who participated even received a gift bag containing stress toys, a journal, and an Ad-Lib in their mailboxes. Overall, the BIPOC Spring Wellness Event was a success and we hope to continue this program next year!

First-Generation & Low-Income Alumni Panel

During the first week of May, TRIO hosted an alumni panel with first generation and/or low-income Carleton alumni. The esteemed panelists included: Santosh Raju '08, Janae D. Green '10, Kate Crofton '16, and Nayely Martinez '16. TRIO opened this Zoom event to all members of the Carleton community. It was a strong turnout with two times the number of RSVPs showing up! Two of our TRIO peer leaders, Jocelyn Franco and Gigi Paulig, moderated a discussion with the alumni where they shared their experiences at Carleton and in the workforce after graduation. The alums gave thoughtful insights into their own post-Carleton journeys and how the COVID-19 pandemic affected their current positions. To round out the evening, everyone entered breakout rooms to interact with the alums more directly and to ask their own questions. It was a wonderful mix of alums, and we are so grateful that they shared their stories with us! They reminded us that post-graduation journeys are not always linear and that everyone will end up where they are supposed to. Thank you alums!



New Peer Leaders

Amira Aladetan '24

Hello! My name is Amira Aladetan and I use she/her/hers pronouns. I am a rising sophomore from Minneapolis, Minnesota. While still being undeclared, I potentially will be a Biology Major with an Africana studies minor. Outside of TRIO, I am a member of FOCUS, BSA, Ujamaa Collective, and a member of the Carleton Track team. In my spare time, I like to go to the gym or watch shows on Netflix. I am so excited to be a TRIO Peer Leader and look forward to meeting all of you in person soon!



Tatiana Jimenez '23

Hi! My name is Tatiana Jimenez, I use she/her/hers pronouns, and I am from San Francisco California. I am a sophomore chemistry major, a member of FOCUS, and a part of biomimicry club. I am also considering double majoring in studio arts! Outside of academics I enjoy distance running, painting, and walking in the arb with my friends. I look forward to working as a TRIO peer leader and supporting my peers!



Kaysha Neville '24

Hi! My name is Kaysha Neville, I use she/her/hers pronouns and I am a member of class of '24 from Houston, Texas. I am currently undecided about a major, but I'm really liking my current thoughts of a math major so maybe we'll see. This will be my first year being a TRIO peer leader and I'm so excited to have this experience and I'm looking forward to it! Outside of classes, I am a part of posse, which is an organization that provides me with support from a community of peers, from Houston as well on Carleton campus. I love eating good food and watching netflix/hulu with my friends in my free time as well! I am super excited to begin my journey as a TRIO peer leader and I hope to see you all soon!!



Senior Collage

In honor of the class of 2021 graduating this year, enjoy a photo collage featuring the graduating seniors from their freshman days until now!



Interview with Kathy Sommers

Kathy's retiring! While we will all miss Kathy's presence at the TRIO house and reminding us all about books and forms that need to be submitted, we wish her the best. Check out this interview with Kathy as she looks back on her time with TRIO.

What made you decide to work in TRIO and what will you miss the most?

I retired after years of working for Hennepin County Welfare and then the Minneapolis Public Schools. I wasn't ready to be fully retired and was looking for something useful to do. I began as a temp in the spring 2009 and stayed for a dozen years. I will miss the interaction with the TRIO staff, peer leaders, and students.



What is one (or two) of your fondest memories while working in TRIO?

I have had wonderful conversations with students about school and life in general. I enjoyed the final comps that I attended, and seeing students receive their diplomas on the Bald Spot.

What advice do you have for current TRIO students?

I earned my Bachelor's degree over several years, one or two classes at a time as I could afford them. Hang in there and be proud of all you accomplish throughout your lifetime. Be ready to adapt when life throws you curves. You will survive.

How will you be spending your time after retirement? Or what are you most looking forward to after you retire?

I am most looking forward to having more time to spend with my family. I have four grown grandchildren, one of whom graduated from Carleton. I will spend more time reading. My husband and I will be able to travel without the time limits of work. We like road trips and we plan to return to Europe when the pandemic is under control.

Kathy

Kudos

TRIO wishes to thank everyone who collaborated with us this spring 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 Workshop: Marynel Ryan Van Zee, Director of Student Fellowships Center. Sophomore Workshop: George Cusack, Director of Writing Across the Curriculum and Renata Fitzpatrick, Asst. Dir., Writing Center & Coord., Second Language Writing. Junior Workshop, Senior panelist: Nhan Le, Tony Ngo, Valerie Salazar, Shealuck Vang. Senior Workshop: Tina Kukowski, Assistant Director of Student Financial Services. Shared Connections: Alumni Advice for First Generation & Low-Income College Students: Kate Crofton '16, Nayely Martinez '16, Santosh Raju '08, Janae D. Green '10. BIPOC Wellness Event: Tamnet Kidanu. Associate Director of Health Promotion, Peer Leaders Diaraye Diallo (OIL), Alicia Telle (OIL), Sara Saintil (OHP), and Jocelyn Franco (TRIO). Office of Disability Services for our collaboration on Invisible Identities Panel

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!