

# TRIO Newsletter

Spring 2019



UPCOMING  
EVENT

End of Term

Celebration

Thursday, June 6

2-4pm

TRIO HOUSE

## A Note From The Director

Spring has arrived!

As we close the 2018-2019 school year TRIO is appreciative to all of you for your continued support. While TRIO strives to promote a community of equity and access for all underrepresented students, the foundation of who we are is built upon relationships and connections. It is through these avenues, in addition to each graduating class, that the message of TRIO spreads far beyond Carleton.

This spring we celebrated 32 TRIO seniors of the class of 2019. We wish them all the best on their future endeavors of; volunteering, Non-Profit work, working abroad, starting a photography business, graduate school, internships and more... Wherever life may lead we sincerely hope each of you stay in touch.

This summer the TRIO staff will focus on writing and submitting a new grant to the Department of Education that will support our population academically, offer graduate school and financial literacy counseling while focusing on new initiatives. With the assistance and support of the Carleton community TRIO has successfully submitted and been awarded 5 previous grants dating back to 1981.

TRIO is able to operate with support from the community, committed students and also a dedicate staff. I can never say thank you enough (but I will try) to Melanie Cashin, Karina Sierra and Kathy Sommers for their energy, encouragement, talents and dedication to the mission of TRIO and its students. Thank you for all that you do. Have a safe and wonderful summer!

Sincerely,

Trey Williams  
Director



P.S. Remember “the only thing in life you can control is how you respond to life”

# OCS Spotlight: Spring 2019

## Jez Bigornia: Creative Writing, Theater, and Literature in London

Hey! I am currently a part of the Creative Writing, Theater, and Literature in London OCS program. During my time here, I am reading essays from contemporary London writers and writing creative nonfiction pieces inspired by my experiences or London culture. This is in addition to having an Urban Field Studies class (virtually a walking tour of London for class) and a London theater class— watching 1-3 plays a week and discussing them, submitting short reviews throughout the term.

As a Theater Arts (and Statistics) major, you can imagine how much fun I am having in London. It's hard to fathom studying theater in a better place than London, but that's not all I'm doing. In my spare time, I can be found walking around the city, shopping for new outfits, checking out the music scene, and traveling to places like Paris and Amsterdam on some weekends. I don't want to think about how much time I have left here!

Note: Not my bag, but I still look great nonetheless!



## Bethstyline Chery: French and Franceophone Studies in Paris

My name is Bethstyline Chery. I am a sophomore, English major and I am currently on the French and Francophone Studies in Paris OCS! What makes this program different from other OCS programs is that for ten weeks we stay with host families in order to become fully immersed in French society. My host family has certainly had to correct the many, many, many grammatical blunders I've made in over these past few weeks. I am forever grateful that they have had the patience to listen to my misuse of tenses and my mispronunciations. In spite of my blunders, living with them has only strengthened my resolve to become fluent in French. Every conversation that I have had with them has made me more comfortable with making mistakes and learning from them. My greatest hope right now after having this experience is that one day, hopefully sometime in the near future, someone will mistake me for a real Parisian outside of a chic café. I'll be the girl in the red coat ordering un café viennois (light espresso with whipped cream and chocolate powder) and not a word will be mispronounced. My host family will be somewhere in the background cheering me on: "Yes, that's our newborn Parisian!"



# Peer Leader Spotlight: Bri Fitzpatrick



**Name:** Bri Fitzpatrick

**Major:** Math Major, French Minor

**Hometown:** Minnetonka, MN

**Year:** Class of 2019

AHHH I am between so many emotions. I am excited and happy but also scared and so sad to be leaving my friends and my identity of being a student. I have no idea what I want to do, but I am so excited to see what is next for me and to be able to explore the world!!!

**How was your experience working as a TRIO Peer Leader?**

It was a ton of fun! I enjoyed getting to know the new peer leaders and mentees better!! Giving back to a place that really helps so much in every way has been very rewarding.

**What has been your favorite class at Carleton?**

Oh wow that is tough. I have enjoyed a lot of classes. This year I had the opportunity to go to Senegal with a French class, which was incredible. Data structures is also fun!

**What is your favorite thing about your major?**

The professors in the math department are amazing. They are so helpful and so fun to chat with. Math brings people together so a lot of my best friends are math majors. I love being able to do work and talk about math with them. My comps research and group are incredible and I have had so much fun working on it with them and my advisor! Math at Imminent is fun too!

**What is your favorite thing about spring term?**

Rotblatt or Sprang Concert because it is the perfect time to hangout with friends outside.

**What is one of your favorite memories at Carleton?**

Playing sorry with my friends (the original version of course), honestly that game is brutal!

**How do you feel about graduating soon?**

## Senior Luncheon



On Thursday April 25th, the TRIO seniors along with their invited faculty/staff gathered into the Great Hall for a celebration. It was a time to recognize the great achievement by the seniors but also to congratulate/thank a faculty/staff that has made an impact on them during their time here at Carleton. We started off with an amazing lunch catered by Maria's Restaurant with conversations at each table. After lunch was finished, two delightful speeches were given by Nick Gross 19' and Gladys Cortes 19'. The speeches showed the importance of TRIO and staff/faculty members to students and a perfect way to end a beautiful luncheon that TRIO staff put on! Thank

you to everyone invited and congratulations to the seniors as they finish their final term at Carleton!!

# Spring Class Act



On Friday, April 26th, TRIO hosted the spring term Class Act titled “Money on My Mind? Or Not? Talking about Socioeconomic Status on Campus”. This Class Act focused on students’ socioeconomic status prior to Carleton and how it has translated to their everyday experience on campus. Joe Chihade, faculty co-chair of the Community, Equity, and Diversity Initiative (CEDI), gave an introduction about CEDI; CEDI is also a campus resource that cares about socioeconomic concerns on campus. Participants discussed questions like “what forms of capital influenced your adjustment to college”, “how would you classify your socioeconomic status as a college student and what factors lead to this classification”, and “does your socioeconomic status influence any of your current thoughts or behaviors” at their tables. TRIO Peer Leaders ended with sharing resources and strategies to help normalize discussions about class differences and to make space for class considerations in club meetings, social gatherings, and in classroom discussions.

## TRIO Goes Hiking with CANOE

Carleton Association of Nature and Outdoor Enthusiasts (CANOE) and TRIO organized a trip to Sakatah Lake State Park. The trip was led by our very own Jessica Makori. This trip was an opportunity to explore one of many state parks in Minnesota and also served as a chance to unwind after a busy week at Carleton. During the hike we stopped at a scenic view of the lake and even played a few rounds of water ripple! While it was a very tranquil Sunday morning, we ran (well walked) into a small turtle on the walking trail, a great way to end our short trip. We hope to continue to work with CANOE to organize other trips for TRIO students. Stay tuned!

CANOE offers student-led trips for hiking, camping, snow shoeing, skiing, dog sledding, canoeing, climbing, singing in the rain, star-gazing, and pretty much any other outdoor activity that you can think of. They try to have at least one trip every weekend, and anyone is welcome to lead a trip! They can help you with all of the details! Email CANOE’s President if you are interested.



# Welcoming the New TRIO Peer Leaders

## Bethstyline Chery

Hi! My name is Bethstyline Chery. I am a recently declared English major from Naples, Florida. This is my first year as a peer leader and I am so excited to get to know my future mentees!

## Jocelyn Franco

Hello friends! My name is Jocelyn Franco and I am from Glen Ellyn, IL. I am a rising sophomore and a potential Biology or Sociology major and French minor on a pre-med track! In terms of extracurriculars, I helped found a chapter of Define American here on campus and serve as the current Communications Committee chair. I am also involved with LASO, CPA, and WHIMS. TRIO has been an incredible support for me this past year so I am super excited to be a Peer Leader! I can't wait to meet you all, welcome to TRIO!



## Clarissa Guzman

Hi, my name is Clarissa Guzman, a rising sophomore from Sunnyvale, CA. I use she/her pronouns and I am a potential SOAN major with a potential minor in Spanish. I am involved with The Carletonian, Carleton's newspaper, and I am a part of the rugby team as well. I look forward to meeting the TRIO Freshman class and supporting them in any way I can!



## Miah Kline

Hello! My name is Miah Kline, I use she/her/hers pronouns, and am on a pre-health pathway. At Carleton I volunteer at Ruth's House, am a member of FOCUS, and participate in rock climbing. This is my first time being a TRIO peer leader and I cannot wait to meet and help out other TRIO members!



## Trinh Tieu

Hello! I'm Trinh Tieu, I use she/her pronouns, and I'm from Portland, Oregon. I'm a rising sophomore potential Psychology major, but I also have some experience in taking humanities courses because I love writing! Outside of classes, I'm a board member for the K-Pop dance group Karl-Pop, a member of the Vietnamese cultural club Tim Viet, and occasionally write for the student newspaper, The Carletonian. This is my first year as a TRIO peer leader, so I'm excited to get to know the new TRIO cohort and welcome them to Carleton!



# Senior Comps Highlight



**Gifty Amos Nwankwo '19,**

**Psychology Major**

**Cross-Cultural Studies Minor**

My comps illustrates that although there is much scholarship outlining the effects of body image, both positive and negative, on women, there is a lack of research on how racial and cultural factors influence such effects. When it comes to body image, black women are often grouped with white women. It is assumed that what affects white women affects black women, thus the same measuring scale created for white women is used to measure the effects of body image on black women. Based on this incorrect methodology, current research states that black women are immune to the negative effects elicited by negative body image. My comps explores variables relevant to black women's body image and shows that without the representation of black women in research and discussions on body image, the true effects of body image on black women will continue to be misunderstood.

**Delroy Mangal '19**

**Computer Science**

My comps project, Art, Interactivity, and Robotics: Redesigning a Course, focused on revamping a curriculum that combined aesthetic design and programming. Students in the previous iteration of the course used wood and metal to construct interactive, three-dimensional art pieces. The interactive piece of the sculpture came from incorporating electronic devices such as touch sensors and servos through the use of a microcontroller called the Arduino. My comps project focused upon researching whether there were other microcontrollers that could replace the Arduino and to determine how to incorporate that replacement into the curriculum. To that end, every individual in my comps group built an interactive sculpture with the Arduino and then adapted our respective sculptures to work with the replacement technology. Finally, we reworked the previous assignments and labs of the course.



# Senior Comps Highlight



**Pa Yao Vue '19**

**Sociology/Anthropology**

St. Paul, Minnesota, is a multicultural city with a big refugee and immigrant population. Using personal experiences from ten Hmong mothers in St. Paul, I explore how the traditional Hmong postpartum practice is believed to be practiced by Hmong mothers without any apparent interruptions or objections from the Western biomedical healthcare providers. Through a comparison of Western postpartum practice and traditional Hmong postpartum practice, my research provides a view of the cultural health decisions made by Hmong mothers. Finally, my ethnographic exploration of the postpartum Hmong mother reveals that Western providers enforce authoritative knowledge indirectly to Hmong mothers.

## First-Generation Faculty Panel

On the first Friday evening of spring term, April 5, TRIO and the Student Activities Office (SAO) hosted the First-Generation Faculty Panel. The panel brought together professors from first-generation backgrounds to share their stories with students and the campus. Our panel consisted of professors Kim Huynh, Sonja Anderson, and Alex Barrios. The event was facilitated by two TRIO peer leaders and was divided into two portions consisting of the panel and small group discussions. We were joined during the small group discussions by professors Marty Baylor and Stephanie Cox. The questions asked throughout the event included themes



about their individual career paths, challenges they experienced, and advice they have for others. With the questions and experiences being shared, this event helped to increase the connection between students and first-generation faculty members to make students feel more represented, welcome and motivated to be at Carleton.

First-generation faculty panelists, from left to right: Kim Huynh, Sonja Anderson, Alex Barrios

# Financial Literacy

## Budgeting and Student Federal Loan Repayment

Tina Kukowski from Student Financial Services and Karina Sierra led a workshop for seniors on budgeting and student federal loan repayment. The first part of the workshop helped to prepare seniors for after Carleton life with essential tools, resources and tips on managing a budget and being thoughtful about finances. Tina then gave a thorough presentation on different federal loan repayment options, eligibility for each and things to consider when making decisions. We concluded by taking seniors step-by-step through the exit counseling process for federal loans.

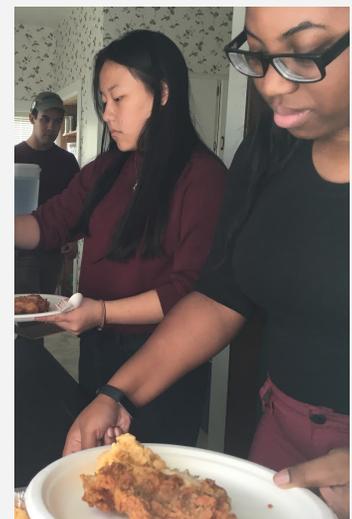
## Invest in Yourself: Investing 101

The juniors participated in an investment workshop this term, as part of our financial literacy curriculum. The title of this workshop, *Investing In Yourself*, provides an emphasis on investment as a key tool towards personal financial stability. Don Perkins '91 led this workshop and shared his experience as a first-generation student, navigating finances in college and outside of college. Don covered:

- What is investment
- Types of investments
  - Savings accounts, Retirement plans, Stocks, Mutual funds
- WHY do people invest and HOW
- Benefits and considerations to make when investing
- What other introductory level information should students know about investment?
- Provided a list resources for further information

# Comfort Food Friday

On May 10th, TRIO hosted the last Comfort Food Friday of the school year, which was sponsored by Dean Livingston and the Dean of Students Office. TRIO students rushed to fill their plates with fried chicken, mashed potatoes, fresh veggies and mixed fruit on this warm sunny day! Everyone in attendance took time to delight in the warm weather, eat mouthwatering food, enjoy each other's company and take a break from all of their hard work



# Cultural Night: Science Museum of Minnesota



For Cultural Night, TRIO took a trip to the Science Museum of Minnesota in downtown St. Paul on Friday, May 3rd. Upon arrival students unloaded the bus and ate dinner at Cossetta's, an Italian eatery and pizzeria. Following our delicious dinner, we walked a short distance to the museum. Once inside students explored and visited several of the hands-on exhibits. Students also took time to try out their reporting skills at the news and weather report station just before taking a group picture! The Science museum also put on a fire show during which they demonstrated some impressive flame experiments for the audience! After exploring the museum's many activities relating to technology, natural history, and physical science, TRIO students regrouped to watch the "National Parks" film in the Omnitheatre. Overall it was a fun, and exciting science-filled Friday evening!

## Kudos

**TRIO wishes to thank everyone who collaborated with us this spring term. We appreciate your support! Special thanks go out to the following individuals and offices:**

**Carolyn Livingston and Dean of Student's Office for sponsoring Comfort Food Friday. First Generation Faculty Panel: Miiko Taylor and SAO Peer Leaders Charlotte Liu '19 and Rita Khurshudian '20 and TRIO Peer Leaders Tam Tieu '20 and Shealuck Vang '21. Participants of the First Generation Faculty Panel: Kim Huynh, Sonja Anderson, Alex Barrios, Marty Baylor and Stephanie Cox. Resume Workshop: The Career Center, Laura Clemens and Toni Grant. Writing Portfolio Workshop: Gorge Cusack and Renta Fitzpatrick. Student Loan Repayment and Exit Counseling Workshop: Tina Kukowski. Investing Workshop: Don Perkins '91. Senior Luncheon student speakers, Nick Gross and Gladys Cortes. CANOE, Jessica Makori '19 and Sarah Newsham '20. Joe Baggot for his continued support of TRIO. OIIL, GSC, SHAC, CEDI and Disability Services for Students for their support and collaborations with TRIO. Kathy Sommers for supporting the TRIO students and TRIO house.**