

# TRIO NEWSLETTER

## FALL 2019

### UPCOMING EVENTS

#### **End of Term Celebration**

Thursday November 21  
12-2 pm  
TRIO House

#### **First-Year Retreat**

Saturday January 11  
1-4:30 pm  
Weitz 236 / Bowling

#### **First Generation Faculty Panel**

Friday January 31  
4:30-6 pm  
Great Hall

### A Note From The Director

Greetings TRIO Community!

The start of a new year always brings an array of emotions; excitement for the start of something new, anxious about making sure everything is done and completed, stressed because everything is not done and completed but overall eager to begin anew.

The 2019-2020 school year will be a variety of new beginnings for TRIO. We welcome 38 First-Year students who will participate in a new TRIO workshop series for TRIO aimed at assisting students in decoding the complexities of college. In addition, TRIO in collaboration with the Career Center and the Student Activities Office, will help orchestrate a campus-wide Etiquette Dinner. Many of our efforts this year will focus on collaboration while continuing our primary role of providing support both in and out of the classroom for our students. With the assistance of the TRIO Peer Leaders, we are excited to work alongside many campus partners in an effort to expand TRIO's reach and understanding.

Although an exciting year is ahead, it cannot be lost that this year will also be a critical one for the staff. As we enter the 5<sup>th</sup> and final year of our current grant, we will be working extensively with members of the Institutional Research and Assessment team as well as the Corporate Grants Office to write and submit a renewal competitive grant application. As we celebrate 40 years of TRIO, we know each of you understands the value of the program and we look forward to conveying that value to the Department of Education.

Until then send positive vibes, take naps when needed, stay engaged and please stop by the house to say hello!  
Happy Fall!!!



# OCS Spotlight: Fall 2019

## Jelilat Odubayo: Ghana



My decision to study abroad came with many other factors to consider. As a TRIO student, I had to be mindful of the length of programs I set my sights on, and the costs associated with such opportunities. To be brief, I spent a lot of money in my preparations to go abroad. These included medical costs related to immunizations and malaria medications, personal essentials, tickets, and spending money while abroad.

I am in Ghana now, and I am enjoying myself. I am learning a lot about myself and how I relate to the world through different intercultural interactions, challenges, and opportunities. I am at my most-relaxed that I have been during any given academic year since quite literally middle school.

Even so, I am mindful of the rate at which I spend the money that I have for the semester. Likewise, I find myself thinking ahead to expenses awaiting me upon my return to the United States. Through this experience, I am working on being mindful of my spending without getting in the way of my own fun and experience.

## Ali Ali: Jordan: Geopolitics, International Relations

Over the past three months, I've been studying abroad in Amman, Jordan. Specifically, I'm participating in the School of International Training's program called "Jordan: Geopolitics, International Relations and the Future of the Middle East." So far, I've visited the Dead Sea, Wadi Rum, Petra and explored other places in Jordan. I also had an excursion to the UAE (including Dubai and other Emirates). For the remainder of the program, I will be conducting research on the incentives of young Jordanians to emigrate from Jordan. Overall, my experience is going great.



## Shealuck Vang: DIS Stockholm—Psychology, Neuroscience, Public Health



I am currently on the Danish Institute for Study Abroad (DIS) in Stockholm, Sweden. Broadly speaking, I am taking a variety of Psychology, Neuroscience, and Public Health classes. I have classes everyday except for Wednesdays. On Wednesdays, we have field studies where we visit professionals, institutes, and hospitals related to our classes and topics. For example, I have met with Annie Soderberg (Cycling athlete in the World Championships, World Cups, European Championships, and Olympic Games), Cecilia Akesdotter (Former head coach for the Swedish National Team in Taekwondo and former World and European Champion in Taekwondo), and visited the world-renowned Karolinska Institute and Hospital. I had recently returned from a week long study tour in Greece exploring Positive Psychology and Happiness in Greece and Creek Culture. As of now, we are near

the end of the term and so I am in the works of preparing for and beginning my final papers, projects, and exams.

Studying abroad has been liberating, playful, and insightful. It is a space in which I can learn and grow both academically and individually. Of course, it is not like Carleton, but that is part of its charm in that it really forces me to cultivate authenticity and accountability in my own learning and experience. It gives me autonomy over my knowledge, education, (mental, emotional, and physical) health, and experience and therefore it has been very rewarding for me because I am able to tailor it to fit me.

# TRIO Peer Leaders and Intern Spotlight

You can always find **Jocelyn** somewhere in Anderson Hall with a chai latte in hand. Her quirks include breaking into dance randomly when happy, humming made up songs, and inserting sound effects into regular conversations. If she were an animal, she would be a puppy.

Catch **Bethstyline**, a fashion-forward English major, in a 3rd Live study room with her laptop in hand, surrounded by books and articles! She likes to work hard and nap even harder!

If you see someone dashing across campus in full winter gear grumbling about being late and the closure of Carleton's tunnel system, chances are you saw **Miah**. When she is not running around you can find her finishing work on 2nd Libe between classes or hanging around the TRIO house. She is always open to trying new things, so don't be afraid to approach her and invite her somewhere.

**Trinh** is a cat-loving sophomore who wants to major in Psychology and minor in something if she can find the time, after spending her entire freshman year taking humanities classes. Her favorite study spots are 4th Libe and Anderson Hall, where she often snacks on fruit and various food stuffed into LDC to-go cups because she's on the 20 meal plan and actually eats breakfast. She also enjoys giving friends Friday flowers and dancing in the Rec.

You'll usually find **Clarissa** speed walking around campus with her signature magenta Nalgene water bottle. Most of the time you'll see her on the way to the TRIO House to the Libe to do some more homework. Sometimes you'll find her on the way to dinner at Burton even though she lives on the opposite side of campus, or at the Rec for rugby practice. She'll greet you with a big smile and a wave (or sometimes she'll throw up the peace sign instead)!

**Tam** is a TRIO intern who happens to be a senior biology major. She can be found most often at TRIO house drinking iced coffee and struggling with comps. Her horrible eyesight and tendency to listen to music on full volume while walking around campus render her unresponsive to people passing her by. Although she is shy when you first meet her, she can be savage when needed.



# TRIO Awareness Week



TRIO Awareness Week kicked off officially on Tuesday October 15 with a tabling event at Sayles Hill. Peer leaders, Jocelyn Franco '22 and Miah Kline '22 led an activity during common time for students to learn more about TRIO and the role it has on a lot of its students in college. This was an opportunity for TRIO students and other Carls to learn more about TRIO and socio economic differences in our community.

On Wednesday, despite it being a cold day, students made sure to show off their TRIO gear by wearing their class shirts or peer leader shirts. Others also didn't fail by wearing their #TRIOWorks pins on their backpacks or shirts.

Thursday was an exciting day as well because the TRIO Peer Leaders held a movie screening in The Cave. They watched the documentary, *Class Divide*, while eating popcorn and enjoying some nice company. After the screening, many students debriefed the movie in small groups on their way out.



The week ended with Class Act: Unpacking the Carleton Experience. There was a great turnout of students who came to learn more about the journey many go through at Carleton and listen to our student panelists. It was a great night, full of learning and great food.

# First-Year Spotlight

Daniel Garza (he/him/his) is from Houston, TX, but has found a home here on campus in Myers. He is a potential Political Science major and currently serves as one of the Class of 2023 representatives. You can likely find Daniel at his favorite study spot on 3rd Libe. He is definitely a Burton enthusiast! Daniel is a 3rd degree black belt in Taekwondo, ask him about it! His favorite memory so far is seeing the baby snow during 4th week. He hopes to learn how to whistle someday. Daniel actually prefers tea over coffee and really enjoys watching the Office. Daniel loves TRIO because it is a support system where he knows someone will always be there if and when he needs it. Get to know Daniel, you will not regret it!



Gigi Paulig (she/her/hers) is from Durham, NC. Although Gigi lives in Musser, you will definitely find her at the Rec Center, where she spends most of her time! Gigi is a potential Biology or Chemistry major with a minor in Spanish. She is a big Burton fan (can you blame her?). She is also involved with SYZYGY and Special Olympics on campus! Gigi loves eating food in town, some of her favorites include Chapati and Little Joy Coffee. She loves TRIO and all the advisers! Gigi's go-to drink at Sayles is, without a doubt, an iced chai latte. If Gigi could be any animal, she would be an otter! Her favorite memory at Carleton so far is when her team surprised her at work with her acceptance to the SYZYGY frisbee team!

Eko Mason (they/them) is from Cedar Rapids, IA. You will likely find Eko at their favorite spot on campus, the Goodhue Superlounge! Despite living in Burton this year, Eko is a hardcore LDC fan (yes I am equally as shocked). They are a potential Biology or Geology major with an East Asian studies minor. On campus, Eko is apart of CANOE and participates in meditation often. Some of their favorite films include Jurassic Park and Spirited Away. Eko's favorite thing about TRIO is their mentor, Jocelyn! One of their goals is to one day be able to ride a bike with no hands. Eko's favorite memory so far is going to ValleyScare with their friends! If Eko could be any animal, they would be a worm!



Aisha Dem (she/her/hers) is from Minnetonka, MN, but you'll definitely find her in her dorm in Nourse. She is a potential History or Africana Studies major! Aisha is one of eight siblings and often goes home for the weekends. Her favorite study spot on campus is 3rd Libe by the windowsill. Her favorite memories so far include spending time with her friends. One of her favorite foods are eggs and has the funniest background story, you should ask her about it! On campus, Aisha is apart of MSA, BSA, and ACA! She loves watching the Flash and the Vampire Diaries. Aisha's favorite parts about TRIO are Comfort Food Friday and the fact that she has the best mentor, Bethstyleline!

# Summer Career Spotlight



**Tony Ngo '21,**

**Computer Science, Art History Double Major**

My name is Tony Ngo, he/him/his, and I am a CS/Studio Art double major. This past summer I was a Solution Architect Intern at Amazon Web Services (AWS) in Seattle, WA. During my time there, my partner and I design and proposed an internal chatbot project that would be able to assist AWS employees with questions about AWS services that either they or their customers had. In addition to that, I was able to earn my Cloud Practitioner and Associate Solutions Architect certificates. I had a lot of fun getting exposure to what it was like working in the tech industry, and getting to work on a big project!

**Jennifer Delgado '22,**

**Undeclared Major**

Hi I'm Jennifer Delgado, she/her/hers pronouns; I'm an undecided sophomore. This last summer, I worked as a 7th grade Writing Teacher's Fellow at KIPP Connect Breakthrough, Houston, a summer program that advances the education of under-served high-achieving students in the Houston area grades 7th-9th. During my time there, I taught 7th grade Writing, Latin American Studies (probably one of my favorite parts), and volleyball. I also had the opportunity to advise a small group of students, and perform weekly skits for the student body.

I have no idea if I will continue to pursue teaching since there are so many subject areas I still want to explore, but I know that it remains a possibility. I would definitely recommend this program for anyone who loves kids and is looking for something to do this summer. You never know, you might become a great teacher, or at the very least a better student.



# All Class Retreat

On September 21, 29 students participated in the All-Class Retreat to Camp Omega in Waterville, Minnesota. The day began with team building exercises and introductions with the camp leaders. The students worked together to steal a cone from the leader, stand on 12 tiny carpet squares, walk around inside a giant rope ring, and create their own tightrope for junior Angel Hays to walk across. They all reflected on resources that helped them succeed at Carleton and bonded as TRIO students. Afterwards, they got into pairs and went canoeing in Horseshoe Lake. Although the weather was overcast and windy, everyone made it out and back safely.



Back at Carleton, the students gathered at the Alumni Guest House for a gratitude exercise while warming up with Thai food. Each student wrote a postcard to someone they wanted to thank, and TRIO assisted in mailing them.

# Etiquette Dinner



On October 9, TRIO, the Career Center, and SAO collaborated to host an etiquette dinner in Weitz, which provided student professional development through the form of interview prep, hands-on practice with navigating a four-course meal, and information about etiquette. 64 students attended the event, many of which were TRIO juniors. The dinner was provided through Bon Appetit Catering and covered with students' meal swipes.

The students dressed in mostly formal or business casual wear for the event and practiced interacting with wait staff, learning table etiquette, and how to network and navigate a room with a plate and glass. The invited speaker was certified and trained in etiquette and was

the director of Career Services at the University of Wisconsin River Falls.

# Financial Literacy



The FAFSA Application for 2020-2021 is now available! TRIO collaborated with Student Financial Services to provide a FAFSA completion workshop on November 7th, 12pm-1pm.

If you have not completed your FAFSA yet, please keep these important deadlines in mind:

Round 1: January 6, 2020 (first day of Winter Term)

*Notification of award by end of February*

Round 2: March 30, 2020 (first day of Spring Term)

*Notification of award by end of May*

Please visit the Financial Services page for important information for returning students who will apply for financial aid. If you need assistance or have questions regarding your financial aid, please contact Student Financial Services at Carleton.

# Comfort Food Friday

On October 18th, TRIO Hosted the First Comfort Food Friday of the year, which was sponsored by Dean Livingston and the Dean of Students Office. TRIO students dashed over to the house after a long week of hard work to dive into plates full of rich, buttery mashed potatoes, crispy fried chicken, seasonably sweet mixed fruit, and fresh vegetables, as well as to relish in great company. Yummy food, lively conversations, and upbeat tunes provided students with a well deserved break and marvelous start to their week-end. Students left the house with smiles on their faces and stomachs so full that they put Thanksgiving bellies to shame.



# Fall House Decorations—Spookiest House

To celebrate the fall on campus, the TRIO House participated in a Halloween/Fall Decorating Contest co-sponsored by the Forum and SAC. TRIO chose to decorate for a Haunted House Theme...ohhhh spooky.

After decorating the living and dining room on the first floor with cobwebs, pumpkins, scary pictures, fake body bags, and bone-chilling window displays, the judges came to TRIO house on October 29th to see our creative display. The Peer Leaders put many hours into the decoration through their creativity, DIY-ing, and overall scary decorations. We were awarded the "spookiest" award! Great job to the Peer Leader team! We are hoping to make this an annual event (or victory).



## Kudos

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

Dean Livingston for sponsoring Comfort Food Friday.

The following faculty who came to our STEM lunch this term: Chris Calderone, Caroline Turnage-Butterbaugh, David Liben-Nowell, Deanna Haunsperger, Deborah Gross, Debby Walser-Kuntz, Jennifer Wolff, Lin Winton, Owen Biesel, Sarah Deel, Stephanie Schroeder, Will Hollingsworth and Lon Hutchinson with FOCUS.

Senior Workshop thank you to the Career Center in particular Laura Clemens, Keri Asp, and Jovan Johnson and the Director of Student Fellowships, Marynel Ryan Van Zee.

Etiquette Dinner collaboration, thank you to the Career Center and Student Activities Office in particular to Toni Grant and Miiko Taylor.

Sophomore Workshop Laura Clemens and Toni Grant. First Year Workshop Series, Resource Panel: Marit Lysne, Candice Koen, Tina Kukowski, Toni Grant, and Oscar Alvarez.

First Year Workshop Series, Current Student Panel: Bethstylene Chery, Jevon Robinson, Sergio Demara, and Angel Hays.

The following students for presenting at Class Act: Rudra Subramanian, Maya Roger, Shelsea St. Hillien, Andrew Farias. Chili at TRIO, Dhamar Magdaleno Urquieta.

The Admissions Team, in particular Rhemi Abrams-Fuller for your support during our First Year Orientation.

Dean Baggot for all of his support.

The Career Center, 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.