

CARLETON
TRIO

NEWS LETTER

2023

Spring



NEWSLETTER SUMMARY

Spring term was full of events, programs, and various workshops. While our outstanding seniors finished their last term here at Carleton, our first-year students learned about their interests and thought about future careers. In addition, collaboration with other offices and student organizations was at it's finest. From the OIL/Career Center/TRIO kick-back event to the First-Gen Student, Faculty, and Staff Dinner, there was something for everyone. Finally, TRIO students abroad had a great term learning about other cultures!

PEER LEADER UPDATES

Although it doesn't feel like it yet, fall is right around the corner! Take a look inside to get to know the new TRIO peer leaders: Edith, Francisco, and Norman!

In addition to our new peer leaders, we are excited to announce that Chris, Jonathan, and Graci will be returning to continue their fabulous work in the fall!



STAFF NOTE

The TRIO staff has officially completed our first full academic year as members of the Carleton TRIO/Student Support Services team!

It was great seeing all our TRIO students grow and develop alongside us as we acclimated to our new positions. Thank you for welcoming us into the TRIO family! We can't wait for next year!

DIRECTOR'S NOTE

As I wrap up my first academic year as director, I am reflecting on just how amazing this year has been. While I enjoy every day that I work in TRIO, I'd like to share a few highlights from the past year.

During fall term, we had the pleasure of taking 10 students to the TRIO McNair Graduate School Retreat in Wisconsin Dells, WI. We heard from great keynote speakers, enjoyed gigantic milkshakes, and listened to (and sang!) the entire *Hamilton* soundtrack on the van ride back.

Winter term's Comfort Food Friday was one of my favorite events of the year. It was a blisteringly cold day, but the TRIO House was packed full of warmth and energy from all of the students who made it to the event. The sense of community was palpable and I was overwhelmed with pride while talking with students about their personal and academic journeys.

Throughout spring term I enjoyed looking to the future with students during advising meetings, where we spoke about summer internships, fellowships, and courses for the fall. I loved getting to talk with our graduating seniors about the amazing next steps they're taking.

As we close out the year, I'd like to share some final thoughts with the class of 2023. In the coming days, you will officially be a Carleton graduate. You have persevered and demonstrated your resilience to receive a bachelor's degree from one of the most rigorous colleges in the U.S. We could not be more proud of you! Not only will be a Carleton alum, you will also be one of over six million TRIO alumni from across the country! I encourage you to stay connected to Carleton through our vibrant alumni association, but to also join the National TRIO Alumni Association to develop personal and professional connections with other TRIO graduates. You each have so many amazing things in your future; this is only the beginning! Congratulations!



Kim Hildahl



STAFF FEATURE



Jessica Zick

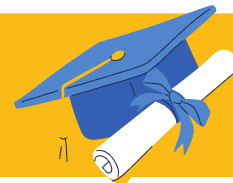


What was your favorite TRIO experience during the 22-23 year?

My favorite experience from this past year was definitely the professional development trip the TRIO staff took to Cleveland, Ohio back in November! The Educational Opportunity Association annual conference was a great opportunity to connect with TRIO programs from around the Midwest and to learn about all the work being done by and for TRIO on both a state and national level. This was my first professional conference, my first trip to Cleveland, and my first time traveling for anything work related. It was a huge learning experience and I'm so thankful that I was able to attend.

Some of the highlights of the trip were the private dinner we got to attend at the Rock and Roll Hall of Fame, meeting a bunch of folks from Minnesota TRIO programs and bonding over parody songs and fresh baked cookies, and attending the Masquerade Ball at the end of the conference. I couldn't find a mask in time for the trip, so I used eyelash glue to adhere approximately a hundred pearl beads to my face.

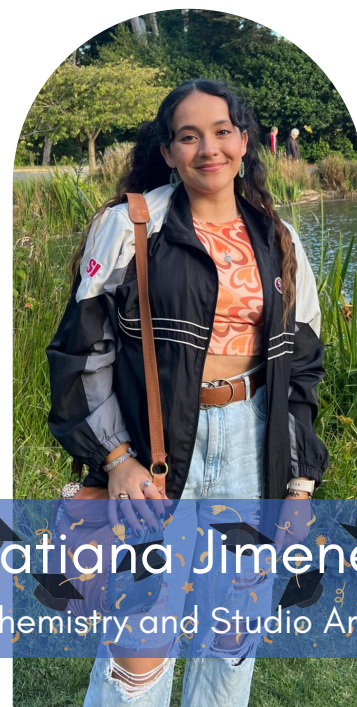
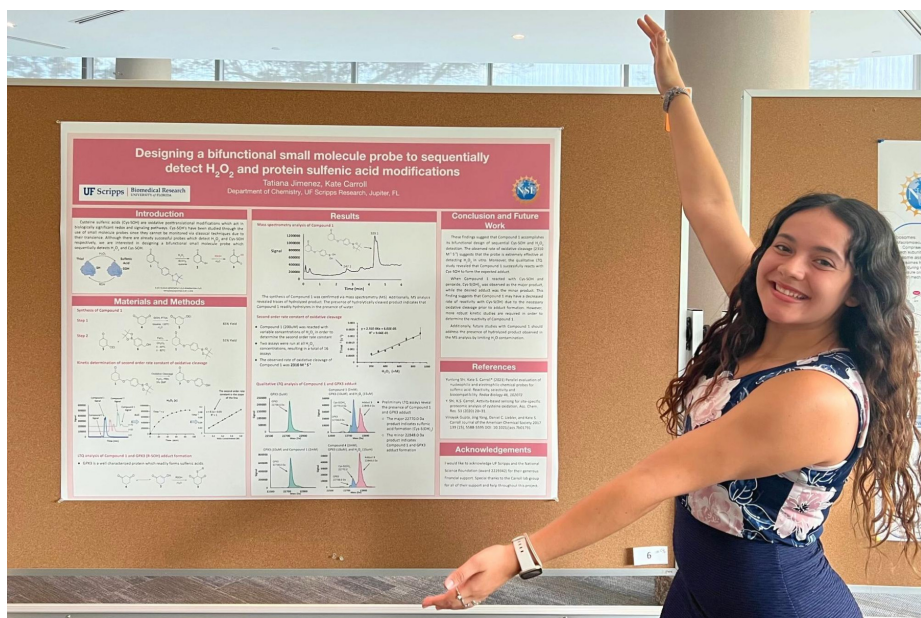
SENIOR SPOTLIGHT



Hi everyone! My name is Tatiana Jimenez (she/her) and I am a senior chemistry and studio arts double major. I was born and raised in San Francisco and plan to return to the Bay Area next year to complete my Ph.D. in chemistry at UC Berkeley. Specifically, I aim to conduct chemical biology research to develop advancements in the fields of sustainability and health. My ultimate goal is to become a professor and help support low-income and underrepresented students in chemistry. Having experienced the importance of undergraduate mentorship at Carleton from faculty, TRIO, FOCUS, and peer-mentors, I aim to provide the same support to disadvantaged students during my career as a chemist.

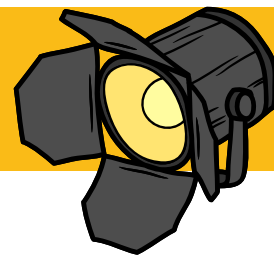
I know first hand that the additional barriers underrepresented students face can make a career in chemistry, or science generally, seem unattainable. I feel uniquely responsible to utilize the advice and knowledge that I have gained in overcoming my personal hardships to support disadvantaged students. I hope that my success in chemistry will encourage students like me, by showing them it is possible for a first generation, low-income woman of color to thrive in science.

Although I am incredibly excited for the adventure which lies ahead, I am also sad that my experience at Carleton is coming to a close. I recall being a 17-year-old senior in high school deciding whether I should move halfway across the country for college. I was afraid of leaving my family and unsure of what Minnesota had in store for me. Little did I know that I would find another family here at Carleton who would support me through the challenges of college. Though we are now going our separate ways, I know that the profound connections I have made here will last a lifetime. Moreover, coming to Carleton has also allowed me the incredible opportunity to foster my passion for both science and art. Four years later, I can honestly say that coming to Carleton was the best decision I have ever made. I would be dishonest if I claimed that my time at Carleton was always easy and fun (my fellow students know that the rigorous courses and challenges of life do not allow for that). However, I believe that it was both the positive and negative experiences that helped me grow into the person I am today. With that said, I would like to thank my friends here at Carleton, my faculty mentors, and my family for all of their support throughout the years.



Tatiana Jimenez
Chemistry and Studio Arts major

FIRST-YEAR HIGHLIGHT



Hi! My name is Joanne Chung (she/her), and I'm a freshman from Queens, NY. I am interested in pursuing economics at Carleton. I intend to work on public health legislation in the future and I previously worked on the NY Senate Bills, S5823C and S16D, up until November of last year, when I presented a research poster regarding these bills and promoted the Equality Act and the Anti-Racism in Public Health Act to NY Congresswoman Grace Meng in Washington, D.C. at a SOPHE Advocacy Summit. I listen to a lot of music, thrift when I have the time, bake a variety of goods at the Dacie Moses House, and watch a plethora of new movies. In particular, my favorite movie is *The Pianist* and my favorite artists would probably be Surf Curse and Mac DeMarco. Some of my hidden talents include word games, fast typing, and baking. I'm looking forward to learning about new concepts, skills, and talents from Carleton's vibrant community. As a member of TRIO, I've really enjoyed being a part of a warm community. My favorite moments include the campfire in October, the Paint-n-Sip event, and the Timberwolves career night and basketball game!



Joanne Chung '26



PEER LEADER HIGHLIGHT



Hiroki Coyle '25

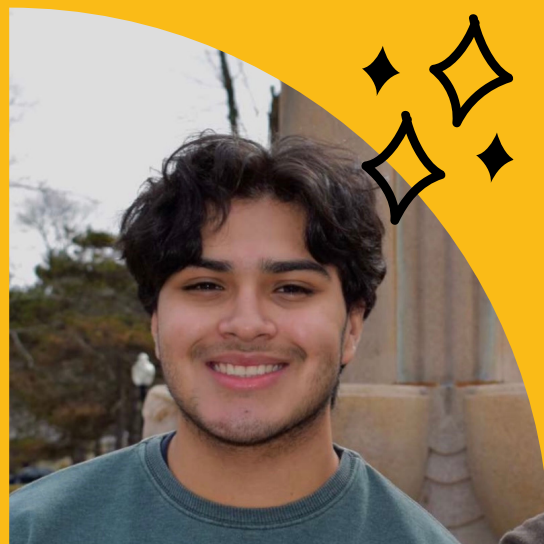
My name is Hiroki Coyle (he/him). I was born in Yokosuka, Japan but grew up in Point Reyes Station, California. I am a sophomore chemistry major with a Japanese and bio-chem minor. I am part of the men's volleyball club. I started playing volleyball during my first year here, but I've always been physically active. My favorite food is lasagna, specifically my aunt's mushroom, Bolognese, and cheese lasagna. I like the color violet, though I feel like I end up wearing a lot of blue. While most peer leaders at TRIO work for two consecutive years when hired, as I will be on OCS in the fall, so I will not be able to work for the office next year. I have really enjoyed working for TRIO, which reassured me that I'm supposed to be at Carleton. I plan to work in the chemistry department when I get back from Japan, but I could also see myself tutoring Japanese students for an on-campus job.



MEET THE NEW PEER LEADERS!

Norman Colindrez '25 (he/him)

Hello! My name is Norman Colindrez and I'm a rising junior from Rhode Island. I'm a mathematics major on the pre-engineering track. Aside from math, I'm involved with FOCUS, MOC, and the IGen student org. During my free time, I enjoy playing horror games, biking all over campus/downtown, and hanging out with friends. I'm excited to be able to work with all of you and create a nurturing place for the best college experience! P.S. If you hear Baby Keem or The Weekend playing in the background, know I'm on the aux!



Francisco Arenas '26 (he/him)

Hello! My name is Francisco Arenas, and I am a rising sophomore from the San Fernando Valley in extremely sunny California. I plan to major in environmental studies with a potential double major in computer science. Outside of class, I love to walk around Carleton's Arb (I am slowly but surely mentally mapping it), play a variety of videogames and board games with friends, and bake cookies at Dacie Moses! I'm so excited to be a TRIO/SSS peer leader and help introduce new students to the program and to Carleton as a whole!



Edith Reyes Contreras '25 (she/her)

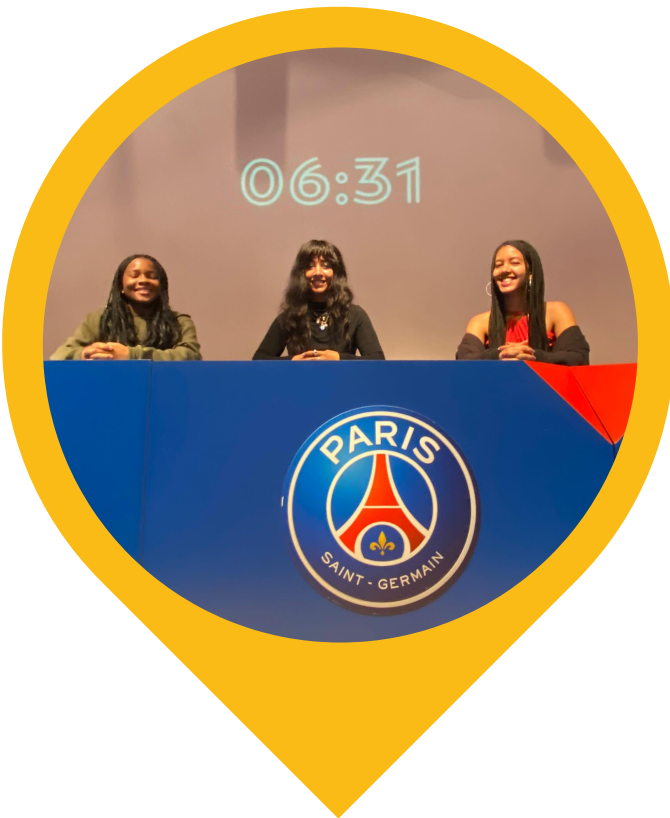
Hi everyone! I'm Edith Reyes Contreras and I'm a rising junior from Minneapolis, Minnesota. I have declared biology as my major, which I chose because I like the hands-on approach to answering scientific questions. Outside of classes, I like to binge-watch Netflix shows, hang out with friends, volunteer for Green Thumbs, bike, and cook. I'm excited to meet all of you and join the TRIO office this upcoming year.



OCS HIGHLIGHTS



● ● ● Grace Bacon



What has your experience been like so far on OCS?

My experience has been great so far. I have been able to see many cool places and learn a lot about France and French culture.

What has been your favorite memory so far during your OCS?

My favorite memory so far has been going to the museum of illusions in Madrid. I went there with a couple of friends during mid term break and it was really cool and disorienting.

What have you gained from going on your OCS?

I have improved my reading comprehension, writing, listening, and speaking skills in French. I have also widened my culinary palette and gained a more open mind.

French & Francophone Studies in Paris

Maurice Broadus ● ● ●

What has your experience been like so far on OCS?

My experience on OCS has been very positive! This has been one of my first times being in a different country for an extended period of time. I have loved being in an area that is completely different from what I am used to.

What has been your favorite memory so far during your OCS?

My favorite memory during OCS so far is going to watch the sumo tournament in Tokyo.

What have you gained from going on your OCS?

I think I have gained an appreciation for another way of life that I simply wouldn't have had if I didn't go on the OCS.



Linguistics & Culture in Japan

STRONG INTEREST INVENTORY



This spring term, TRIO partnered with the Career Center to offer TRIO first-year students the opportunity to take the Strong Interest Inventory Survey (SII) to gain insight into possible career options for them based on their interests. Rachel Leatham, Associate Director of the Career Center, assisted students in understanding the results of the survey. This tool was designed to help individuals clarify their career interests and strengths. In addition to the helpful information, the students enjoyed sandwiches from Hogan Brothers, a downtown Northfield staple!



FIRST-GEN POETRY NIGHT



To kick off National Poetry Month, TRIO held its first ever First-Gen Poetry Night at The Cave on Thursday, April 6th. The first half of the event was an open mic for first-gen students to perform their own work, and the second half consisted of performances by Twin Cities poets and TRIO program alums, Halee Kirkwood and Alice Paige. We had an awesome turnout and are looking forward to hosting the event again next year!



ADVOCATING FOR TRIO



Lettu Konshie '24



During spring break, I attended a portion of the Council for Opportunity in Education's annual Policy Seminar in Washington, D.C to advocate for TRIO programs. Before visiting the Capitol, I had the chance to meet TRIO students, professionals, and alumni from across the U.S. TRIO has profoundly enhanced my educational and social experience as a student at Carleton. It has exposed me to several learning moments through career development and financial planning events, and it also introduced me to some of my closest friends at Carleton. Given my connection with the program, it was great to see so many TRIO representatives gathered in one place because it demonstrated the vastness of the program and that it changes the lives of countless students across the nation.

While in D.C., TRIO Director Kim Hildahl and I visited the offices of Minnesota Senators Smith and Klobuchar as well as Representatives Craig and McCollum to speak about the impact the TRIO programs have on first-generation/low-income students. Being on this trip was empowering because it allowed me to reflect and share the personal impact of TRIO with individuals who have the power to make a difference from a policy stance. Speaking in front of many individuals seemed daunting, but this experience has pushed me to look past my worries to raise awareness and advocate for my community.



SELF-CARE WELLNESS WORKSHOP



On Monday, May 15th, TRIO hosted a Self-Care and Stress Management Workshop. In this workshop, students learned some best practices regarding self-care and tips on handling some of the stressors that come along with being a college student. The students were able to share some of their self-care routines, create a self-care media playlist, and openly discuss Elaine Welteroth's Masterclass, "You're not an Imposter".

Event attendees received a self-care kit as they prepared for finals!



TRIO GAME NIGHT

On Friday, April 14th, Carleton and St. Olaf TRIO/SSS students paired up and went head-to-head in various competitive games. The groups competed for glory, prizes, and ultimate bragging rights in tricky jeopardy-themed trivia where they answered some of the mysteries of the universe. Questions such as "Which TRIO alum has their own show?" (hint: It's John Quiñones) were some of the enigmas uncovered that night. TRIO students from both colleges built long-lasting friendships in a game of Family Feud where controversial answers were given on topics such as "What do you keep in your car?" and "What runs without legs?". The games were incredibly close with losers getting to redeem themselves with flash rounds and winners earning much-needed stress toys and candy.



FIRST-GEN DINNER



On Tuesday, May 2nd, TRIO and 1Gen, a new student organization on campus, hosted a dinner in the Great Hall to encourage networking between first-generation college students, staff, and faculty to discuss first-gen experiences. The meal was catered by Tokyo Grill and attendees dressed up for the occasion. During dinner, TRIO director Kim Hildahl gave a presentation about first-gen history, which included some stark facts about the gaps between continuing-generation students and first-generation students, both nationally and at Carleton. This event was a wonderful way to build community and connects and we look forward to hosting the event again next year!



SENIOR RECOGNITION LUNCHEON

TRIO celebrated our graduating seniors during the Senior Recognition Luncheon on May 25th. Seniors gathered with their invited guests, received their TRIO stoles, posed for photos, and heard speeches from Kim Hildahl, Dean Livingston, and two of their fellow classmates, Weiland and Cristina! Congratulations, seniors!



COMFORT FOOD FRIDAY



Each term, TRIO hosts Comfort Food Friday during eighth week. Spring's Comfort Food Friday featured burrito bowls from Chipotle! Students filled every seat in the TRIO House as they munched on delicious food, thanks to Dean Livingston and the Division of Student Life's continued support.

Seeing students gather together is always a highlight for the TRIO staff, and this Comfort Food Friday was full of celebration as the students were gearing up for the end of the year festivities and graduation!

CANDID SHOTS



KUDOS



Thank you to everyone who helped make this spring term so wonderful and to all the highlighted students for letting us showcase them and to the individuals who supported TRIO!

We want to extend our gratitude to the following individuals:

Halee Kirkwood and Alice Paige for performing their work at the First-Gen Poetry Night

Rachel Leatham for leading the Strong Interest Inventory Workshop for our first-year students and for leading the TRIO staff through their own Strong Interest Inventory test results

Tina Kukowski for leading the Senior Loan Repayment Workshop for the TRIO seniors

Marynel Ryan Van Zee for leading the External Fellowships Workshop

Victoria Bradjan for her work in establishing the 1Gen student org and allowing TRIO to collaborate with them to put on the first annual First-Generation Dinner, which provided a space for students, staff, and faculty to come together to celebrate and build our community

R&I Librarians Brie Baumert, Adam Lewis, and Kate Brooks for hosting drop-in hours at the TRIO House

A big kudos goes out to our graduating seniors! Thank you for being a part of the TRIO community during your time at Carleton. We wish you all the best on your journey!

And an extra special thank you to President Allison Byerly, Dean Carolyn Livingston, RJ Holmes and the Career Center staff, and Renee Faulkner and the OIL staff for their continued support!

