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## PEER LEADER UPDATES

This year TRIO welcomed three new peer leaders: Norman Colindrez, '25; Edith Reyes, '25; and Francisco Arenas, '26. With support from our three returning peer leaders, Chris, Graci, and Jonathan, and the TRIO intern, Amalia, TRIO had a successful term building community with first-year students. The PL's one-on-one mentorship and their presence at events helped support and welcome their mentees to both the TRIO program and to Carleton at large.



## STAFF NOTE

As we celebrated the end of the first term of the new academic year, the TRIO team was struck by how different this fall term felt compared to the previous year. Some of the nerves that came with being an all new staff had dissipated and the team felt ready to welcome back our students. Thank you for once again for giving us your grace and support, trusting us, and seeing us off on another wonderful year together! We hope you're having a great break and we'll see you soon!



# DIRECTOR'S NOTE



As the fall term comes to a close, I am grateful for the opportunity to reflect on another awesome start to the academic year. It goes without saying that TRIO had a fast-paced 10 weeks! We hosted 20 events, including academic workshops, social events, and a trip to Wisconsin Dells for a graduate school student conference. Additionally, TRIO staff held 318 individual advising meetings with students! We introduced Grammarly for Education subscriptions for all TRIO students and saw the launch of our new Individual Success Plan (ISP) program model.

We started the year by welcoming 35 new first-year students and their families to campus on move-in day. This was a great opportunity to get to know students and help address any of their concerns about starting college, particularly from a first-generation lens. First-years also picked up some study skills and learned about campus resources in our first-year workshop series.

The True Colors Personality Assessment workshop at the end of Week Two provided students with a deeper understanding of their individual communication styles and helped to build confidence in themselves.

Graduate school planning was also a major focus for TRIO this term. Eleven students joined us for a two-day grad school retreat, while 36 sophomores, juniors, and seniors attended our workshop on preparing for graduate studies, hosted in collaboration with the St. Olaf College TRIO McNair program.

We wrapped up the term by celebrating the resilience of first-gen students on campus at our first-generation student, staff, and faculty networking dinner.

It's truly a privilege to get to work alongside so many amazing students and we are excited about all of the opportunities we will have to engage with you in winter term. I hope you can take some time to rejuvenate over the break and we look forward to hearing about your adventures, fellowships, OCS trips, and externships when we see you in January!

## INDIVIDUAL SUCCESS PLAN



This fall TRIO launched the Individual Success Plan (ISP) model. This model allows students to plan out their involvement for each term, track participation, and engage with other office partners and departments on campus. Students had over 15 events to choose from--some of which are highlighted in this newsletter.

Students choose their level of participation in the TRIO program when they submit their ISP. Students who successfully completed the ISP Level Two requirements received a recognition certificate and a ticket for a free cupcake at CakeWalk, a local business partner.

**TRIO**  
**INDIVIDUAL SUCCESS  
PLAN EVENTS**  
*Fall Term 2023*

**Academic Workshops/Events**

- First-Year Workshop #1: Tuesday, Sept. 12, 5:00-6:30 p.m., Leighton 304
- First-Year Workshop #2: Tuesday, Sept. 19, 5:00-6:30 p.m., Leighton 304
- True Colors Personality Assessment Workshop: Saturday, Sept. 23, 10:00 a.m. - 2:30 p.m., WVC 236
- Learning Strategies - Making the Most of Your Grammarly Account: Wednesday, Sept. 27, 4:30-5:30 p.m., Olin 141
- Graduate School Retreat: Sept. 29 - Oct. 1, Wisconsin Dells, WI
- First-Year and Sophomore STEM Lunch: Tuesday, October 3, 12:00-1:00 p.m., Location TBA
- Graduate School Workshop for Sophomores, Juniors, and Seniors: Wednesday, Oct. 11, 4:30-5:30 p.m., Leighton 236
- Building Credit 101, Tuesday, Oct. 24, 5:30-6:30 p.m., Sayles 251

**Social/Cultural Events**

- Ice Cream Social, Friday, Sept. 15, 4:00-5:00 p.m., TRIO House
- Comfort Food Friday, Nov. 3, 4:30-6:00 p.m., TRIO House
- First-Year Lunch, Thursday, Oct. 12, 12:00-1:00 p.m., LDC/Shearer Dining Room
- First-Gen Student, Faculty and Staff Dinner, Nov. 8, 5:00 - 6:30 p.m., Great Hall
- End-of-Term Celebration, Nov. 16, 12:30-2:00, TRIO House

**Peer Leader Events**

- Fiesta Friday, Sept. 29, 5:00 - 6:00 p.m., TRIO House
- Fiesta Friday, Oct. 13, 5:00 - 6:00 p.m., TRIO House
- Fiesta Friday, Oct. 27, 5:00 - 6:00 p.m., TRIO House



# SENIOR SPOTLIGHT



Hello Everyone! My name is Faith Agboola (she/her/hers) and I am a senior political science/international relations major with a minor in Africana studies. I was born and raised in Minneapolis, Minnesota, but I have strong roots in my Nigerian heritage. Growing up in a single-parent household with my mother bravely raising three children, I gained a profound appreciation for resilience and the value of education. As an African American, I recognize the significance of breaking generational barriers, and as a first-generation college student, I've strived to set that precedent. With the help of TRIO throughout my four years here at Carleton, achieving the goals and aspirations I set for myself have all been possible! From internships, personal development, post-grad preparation, and more, all these opportunities were made possible with the help of the TRIO Program.



Faith Agboola

Poli Sci / International Relations major

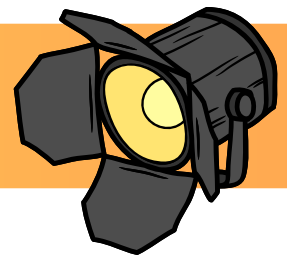
Post Carleton, I plan to attend graduate school and do a combined Juris Doctor (JD) and Master of Arts (MA) degree program specifically focused on international affairs. My interest in this field was piqued during my time at Carleton, particularly because of the opportunities I was afforded here. Some of my favorites include interning at Senator Klobuchar's Minneapolis office during my junior year and my internship this past summer in the Office of the First Lady at the White House. Both of these opportunities have shown me a glimpse of my future and career, which is why I don't want my learning to stop at Carleton. Service is not merely a career choice for me; it is a passion deeply rooted in the experiences that shaped my identity. Witnessing the challenges my family overcame, I developed an unwavering belief in the power of compassionate, diplomatic intervention. With my degree, I hope that I can pursue my dream job as a diplomat towards the path of ambassadorship.

Being at Carleton these past four years has taught me a lot about myself, others, and the world beyond me. It's sad to know that my time as a student here is coming to an end, but it is also evident that those here at Carleton have prepared me well for life beyond Carleton. Obviously, the journey during Carleton has not been easy, but I am grateful for the trials and tribulations because they will make me better in the next phase of my life. I am extremely grateful to my family, mentors, staff, and faculty, who have helped me along this journey. This was not something I could've done without them. I am fulfilled and excited to conquer life after Carleton as an alum!





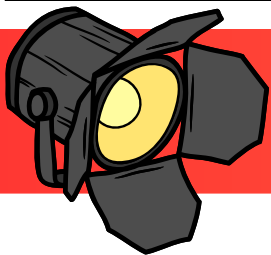
# FIRST-YEAR HIGHLIGHT



Hello, everyone! I'm Caitlin Khang from Providence, Rhode Island. Here are some things about me! I am fascinated by human behavior and thought processes, so I plan to major in psychology. Contrary to the stereotype, psych majors aren't all about gaslighting; it's just a myth...or is it? heehee. Fun fact: I'm 4'9", so my feet dangle when I sit, even in cars—crazy, right? I'm a huge fan of K-pop, Pop, and R & B, with TWICE, Grease, Perez, Wave to Earth, Daniel Caesar, and Olivia Rodrigo topping my playlist. As a foodie, spring rolls, dumplings, and fries are the key to my heart. When I'm not contemplating the intricacies of the human mind, you'll find me gaming (Valorant..& def not league), baking, dancing, or escaping into a good read. While horror movies are my favorite genre, *Shrek* and *La La Land* make me believe in love's magic, whether it's a true love's kiss by midnight or a bittersweet romance that will bring you to your knees.



Caitlin Khang '27



# PEER LEADER HIGHLIGHT



Chris Melo '25

Hi everyone! My name is Chris Melo, and I am a junior psychology major with a minor in neuroscience. I'm from the beautiful state of Colorado. I love playing basketball, making music playlists, and playing fighting games. Besides my eclectic taste in music, I love watching movies like *A Clockwork Orange* and *Eternal Sunshine of the Spotless Mind*. If you have any movie recs, slide them my way! This is also my second year as a TRIO peer leader, and I am incredibly grateful to be a part of such a fantastic team and organization. TRIO has been an integral part of my experience at Carleton. Some of my favorite memories at Carleton are all thanks to TRIO! Like when we went to Target Center and saw the Timberwolves beat the Nuggets, or the multi-hour study sessions I've had in the TRIO house with my friends. I love how TRIO brings people together to create incredible memories and learn valuable lessons that help us excel.





# OCS HIGHLIGHTS



## Jared Arroya Ruiz

This fall, I had the opportunity to participate in Carleton's Spanish in Madrid OCS program. Initially, I was anxious that the experience would be overwhelming, but it turned out to be unforgettable. Our program focused on exploring the effects of Spain's recent dictatorship, delving into the historical context of Sociological Francoism. Throughout our time, we embarked on various excursions to regions like Galicia and Catalonia, engaging in conversations with locals about their day-to-day challenges. Despite the academic commitments, the experience struck a perfect balance between work and fun. From a day at the beach to immersing ourselves in the vibrant Spanish nightlife, the program allowed us to embrace Spain's rich cultural heritage. Overall, the program was a remarkable blend of cultural immersion, academic growth, and personal enjoyment — a truly unforgettable experience.

## Spanish in Madrid, Spain

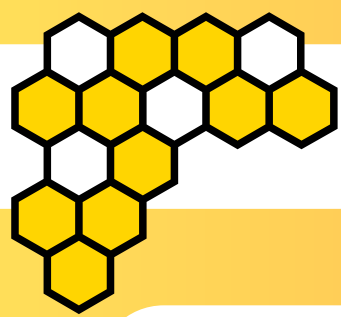
## Kevin Tran



My term in Stockholm is going well! I'm living with a wonderful host family: Hanna (my host mom), Ida (my host sister), and their cat Mimmi. I've had many memorable experiences with my host family, and my host mom has adopted me as her son! Stockholm is a cozy, lively city with accessible public transportation, lots of green space, and a variety of shops & museums to visit. Coming to Stockholm has been a rejuvenating experience for me. I've been studying positive psych as my core course, and it's been a fun experience using my SOAN background in class. I've also picked up a bit of Swedish through my Swedish culture & language class and learned about the local fashion scene in my Scandinavian fashion & textiles class. Being in a new environment has given me a different perspective through the cultural exchanges and study tours I've had. Moreover, going abroad has been empowering and validating as a first-gen student; it's a personal accomplishment, a hallmark of my journey thus far, and a reminder of my ability to overcome any challenges. I hope to share Swedish fika culture once I'm back on campus next term! Vi ses på vintern!



## DIS Stockholm, Sweden



# WELCOME CLASS OF 2027!

## ● ● ● FIRST YEAR ORIENTATION & RECEPTION ● ● ●



## FIRST YEAR WORKSHOP SERIES

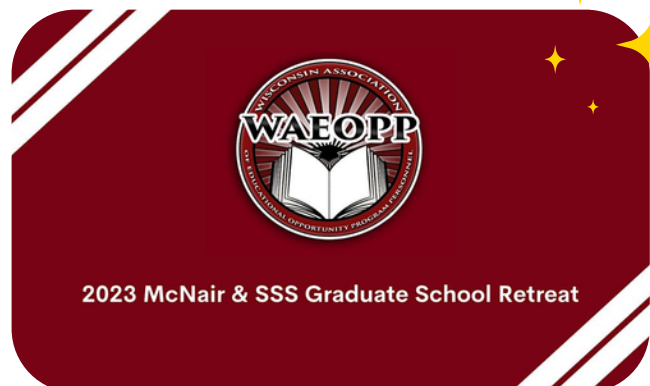




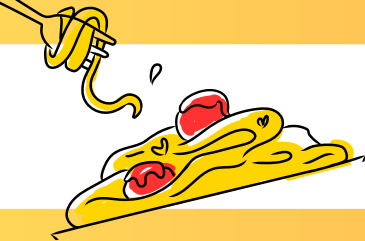
# MCNAIR GRAD SCHOOL RETREAT



In September, TRIO took 11 students to the McNair Graduate School Retreat at the Chula Vista Resort in Wisconsin Dells, WI. During this conference, students attended various sessions and heard from keynote speakers that helped prepare them to attend graduate school through a TRIO lens. Students learned about writing personal and diversity statements and tips for finding the right program for them. The conference's keynote speaker, Don Asher, gave attendees best practices when applying to a program. The students were thrilled to attend!







# FIRST GEN DINNER



On November 8th, TRIO collaborated with the 1Gen student organization to host a dinner in celebration of National First-Generation Day. Over 120 first-generation students, staff, and faculty gathered for a fun evening of pasta, networking, and first-gen trivia. Guests learned about the history of TRIO and heard opening remarks from President Alison Byerly, Dean Carolyn Livingston, and TRIO/SSS Director Kim Hildahl.

The event provided space for staff and faculty to speak openly with students about their journeys and college experiences. It was heartening to see first-gen students connecting with staff and faculty, many of whom hold similar lived experiences. Guests' shared stories created a sense of community that went beyond the event, highlighting the impact that personal connections can make on a student's identity and college experiences.





# TRUE COLORS ASSESSMENT



During the second week of the term, TRIO/SSS held a True Colors Personality Assessment workshop run by Dr. Melissa Massey. The True Colors Personality Assessment categorizes personality types into four colors – gold, blue, orange, and green. This exceptional experience allowed the TRIO staff and students from different academic years to come together and get to know each other's unique personalities. It was great to see many students identifying and connecting with their specific color group.

This assessment provided attendees with a deeper understanding of their own and their peers' interpersonal preferences, communication styles, and character, and fostered a strong sense of unity among the entire cohort. It was amazing that in just the second week of the term, the workshop was able to create a space where students felt comfortable and connected with one another. This sense of shared identity made the workshop even more valuable and rewarding for everyone involved, bringing the TRIO family closer. TRIO looks forward to hosting additional workshops with a focus on individual identity later this year!



GREENS ARE  
SECRET  
COMEDIANS



GOLDS WERE SO EFFICIENT

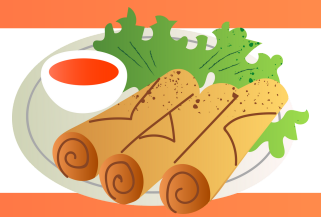


KIM IS ORANGE.  
OBVIOUSLY.





# COMFORT FOOD FRIDAY



The first Comfort Food Friday of the year featured delicious food from First of Thai. A big thank you to Dean Carolyn Livingston for making this event possible every term!





# KUDOS



Thank you to everyone who helped make this fall term so wonderful. Special thanks 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:

Dr. Melissa Massey for leading the True Colors Personality Assessment workshop

Janis Johnson and Melissa Melgar for presenting at the graduate school workshop

Senior Director of Student Life, Judith Pannell for collaborating with TRIO to put on the the financial literacy workshop

Victoria Bradjan and the 1Gen student org for collaborating with TRIO to put on the second annual First-Gen Student, Staff, and Faculty Dinner

Our friends in the STEM department for continuing to focus on cultivating scientists from underrepresented backgrounds

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

A resounding congratulations goes out to all of the students who completed their ISPs this term!

And an extra special thank you to President Alison Byerly and Dean Carolyn Livingston for their continued support with TRIO.

*Thank You!*





**Carleton**

TRIO STUDENT  
SUPPORT SERVICES