



COLORADO
MOUNTAIN COLLEGE

TRIO

STUDENT SUPPORT SERVICES

TRIO SSS NEWS

SPRING 2019 EDITION

STAFF SPOTLIGHT / KEARSTIN CAMERON



Greetings from the Roaring Fork Valley.

For the past 11 years, I have served as CMC's TRIO SSS Coordinator at our Glenwood, Spring Valley, and Carbondale campuses. Originally from the Midwest, I moved to Colorado in 1999 to attend Colorado State University where I earned my Master of Education in Education and Human Resource Studies.

My professional career has focused on working with students, of all ages, in many educational settings. My work at CMC is challenging and ever changing which I absolutely love. As I work with

each individual student, we explore their unique skills and passions for work and life. By getting to know students as they reach for their dreams, I get to see them develop and progress through coaching, skill building, and mentoring.

Moving to Colorado allowed me to explore and expand my passions for the outdoors. My interests include biking, hiking, backpacking, sea kayaking, paddle boarding, sailing, skiing, and serving on Garfield County's Search and Rescue team; many adventures are with my husband Luke and our miniature dachshund Charlotte. I express my creative side through floral design and event planning. Cheers!

"Live your life each day as you would climb a mountain. An occasional glance towards the summit keeps the goal in mind, but many beautiful scenes are to be observed from each new vantage point."

— Harold B Melchart

SPRING CALENDAR 2019

- ▶ **FRIDAY, FEBRUARY 22**
TRIO Day at the Capital
- Heading to Denver Thu 02/21. Sign-up with your Coordinator
- ▶ **FRIDAY, MARCH 1**
CMU - Transfer Visit
- ▶ **FRIDAY, MARCH 8**
CSU - Transfer Visit
- ▶ **MARCH 11 - MARCH 15**
Spring Break - Enjoy!
- ▶ **MONDAY, MARCH 25**
Early registration for Fall
- ▶ **FRIDAY, MARCH 29**
Fort Lewis - Transfer Visit
- ▶ **SATURDAY, MARCH 30**
Western - Transfer Visit
- ▶ **FRIDAY, APRIL 12**
CU Boulder - Transfer Visit
- ▶ **MONDAY, APRIL 22**
Registration for Summer & Fall

Keep your eye on Facebook and the TRIO Student Support Services Canvas page for more events and workshops that we will schedule throughout the spring semester.

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STUDENT SPOTLIGHTS – SSS Peer Mentors/Coaches

The TRIO SSS programs at Rifle, Steamboat Springs and Vail Valley are piloting a program where 2nd year SSS participants serve as Peer Mentors/Coaches for newer SSS students and as ambassadors for the SSS program.

► CHERYL BARKER / RIFLE CAMPUS

This past fall was my first experience working with my fellow students as a peer coach at the Rifle Campus. I was inspired to help others reach their academic goals because I know how difficult it can be at times to overcome the many challenges we encounter in our daily lives. I recently earned an associate's degree from CMC and am now working towards my bachelor's degree at Colorado State University. It has been a long and difficult journey, but the most important thing was I never gave up. I hope that I can encourage other students to do the same and that in some small way be a positive influence and proof that the goals they have are possible. I was very impressed by the motivation and efforts these students demonstrated. I enjoyed sharing their successes and am looking forward to seeing them continue along this amazing path as they learn, grow and overcome any obstacle in their way.

► SYDNEY HANNIG / STEAMBOAT SPRINGS CAMPUS

In my third semester of college I chose to become a peer mentor for incoming freshman. At first I was hesitant to take this position. I was taking on a job that was going to take me out of my comfort zone. In my first College 101 class I was hesitant to interact with the new students. I realized I was being ridiculous thinking these new students did not want to interact with each other and me. Later on in the semester I began to build relationships with each of the students in my College 101 classes. They began to see me as someone who was able to help and not someone who was monitoring their life, like an RA. I was able to help these students access the resources they needed to help them succeed in their studies. During my time as a peer mentor I found that I enjoy being the person others feel comfortable coming to ask help. Sometimes this person is not available to students and I am so glad I could be this role for these freshman.



► MAURICIO ORTEGA / VAIL VALLEY CAMPUS



Students we are helping the most, through Peer Academic Coaching, are the ones who need help the most. When a student decides to participate in PAC, we listen to them and find out where they are struggling. Together we decide what resources to use. We may be coaching people on homework, referring them to the tutoring lab, or texting them just to remind them of

due dates. I want to help students achieve their goals, and encourage they are doing their best and utilizing our campuses resources. Next semester, I hope to have more hours to meet with students.

► TAYZ ENRIQUEZ-BANUELOS / STEAMBOAT SPRINGS CAMPUS



I'm so excited to be graduating this May with an Associates of Arts degree. Knowing that I struggled with adapting to a college environment being the minority make this all the more sweet. Being a Mexican first generation woman there are a lot of obstacles that can discourage you, but that can also be the motivation to show your ability and self-power.

I plan to continue school at a four year university in art education and art therapy for children. All of this has been possible because the people around me like the amazing resources provided by TRIO. TRIO has helped me find people and an environment that make me feel at home when I felt out of place. Tutors are available for me when needed, which is extremely helpful. It has also provided me with opportunities like work, aid for school, study abroad, and occasionally emotional counseling. One of the opportunities that I came upon, because of TRIO, was becoming a peer mentor for new incoming students during my second year. This position helped be the person I wish was available for me my first year. The position helped me be a friend, but also a resource. The students were able to have someone who had already gone through their first semester of college and because I was also a student they didn't need to worry about how they came across. I wasn't someone that was keeping track of their actions like faculty or an RA so I think it felt like a safe place to share their thoughts. I enjoyed being someone students could trust, but also someone they can hang out with.

► DIANA LOERA POMPA / VAIL VALLEY CAMPUS

The purpose of the Peer Academic Coaching (PAC) is to help students reach academic success. We meet with students one-on-one to help them study for tests, write an essay, or check their math work. By utilizing all the resources our campus has to offer, we make sure students who may be struggling get the help they need. After learning how to navigate through my first academic year, I gained tools that I can pass onto other first-generation students so they can succeed. Moving forward, I would like to see PAC help more students earlier, so they don't wait until the last minute to seek assistance. I hope to continue my work with PAC, because it can help me learn what it takes to help a student achieve goals – something that will align with my goal of working in education when I graduate.



STUDENT ACTIVITIES / FALL 2018



◀ Edwards student, Josh Schaecher presenting a Study Abroad Workshop. He did a Study Abroad in Ecuador

▼ Steamboat Springs students de-stress with coloring at a wellness workshop



▲ Students & Staff returning home after a trip to visit CSU and Univ of WY



◀ Thinking about that Bachelor's? CSU loves TRIO!



◀ Enjoying dinner in Boulder during a visit to CU



▲ Leadville students take a break in the high country



◀ Rifle Students, Staff & Peer Coaches celebrate First Generation College Day

"The tragedy of life doesn't lie in not reaching your goal. The tragedy lies in having no goals to reach."

— Jim Rohn

DIRECTOR'S CORNER

WELCOME BACK!

I hope you took time over the winter break for rejuvenation of your mind, body, and spirit, and that you are ready to give the spring semester your all.

Be on the lookout for announcements on our TRIO SSS Canvas page about the following events, activities, and opportunities:

- ▶ TRIO Day at the Capital on Feb. 22nd.
- ▶ Transfer Visits to Colorado Mesa University, Fort Lewis College, and Western Colorado State University in March.

If you are graduating in May, make sure you submit your petition to graduate to your SSS Coordinator.

I wish you much success this semester!

Warm Regards,
Laurie

MEET THE TEAM!

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