

# TRIO/SSS Gazette

Carleton College

## National TRIO Day Celebration

National TRIO Day is a day of celebration, reflection and action around increased access to higher education for disadvantaged students. Federal TRIO programs help low-income, first-generation or students with disabilities enter college and overcome social, cultural, financial, personal, academic or any other challenges to fully participate in the life of the college and ultimately achieve the goal of graduation.

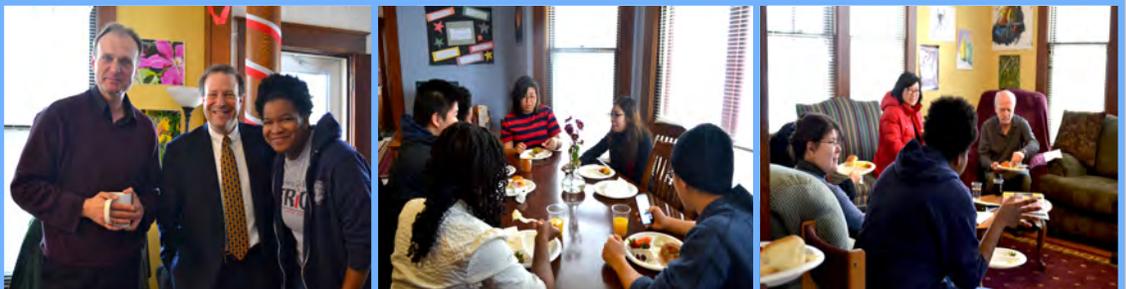
To celebrate the TRIO programs around the country, a National TRIO Day Celebration was held on February 28<sup>th</sup> at the TRIO house. Carleton students, representatives of different offices, faculty members and President Poskanzer came to TRIO house for light snacks, conversation and reflection on the TRIO programs. Many

students also shared their experiences and answered the question of what TRIO means to them. Billy Moua '15 said TRIO "is a community of students who come from rockier walks of life. It is a support system. It is a testament that class has no correlation with intelligence. It is accepting. It is awesome!" Another student, Gisell Calderon '16 said, "TRIO is a safe haven where I *know* people understand, no questions asked. It is an inspiration to see this community come together."

This event gave the Carleton community an opportunity to be more aware of the impact TRIO has made in the lives of Carleton students and to celebrate the opportunities federal programs such as TRIO/SSS provide to students all around the nation.

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# Winter Term Retreats Bring Warmth, Connectedness, and New Leadership Skills

## Freshman Retreat

Each Winter term, Carleton's TRIO program hosts retreats for freshmen and sophomores to help them feel supported and connected to each other and the Carleton community. This Winter term, however, the freshman retreat focused not only on social and community bonding and support, but also on developing student leadership skills within the local community. The usual community bonding in small groups with our TRIO peer leaders also involved them in identifying ways in which they could get together as groups and support each other academically, socially, and as community leaders. TRIO alum and

former TRIO Peer Leader Mahal Burr ('12) returned to campus with Nick Welna ('12) to provide leadership training and exposure to community engagement opportunities available to students on campus and in Northfield. Mahal worked with staff from the Office of Community and Civic Engagement to provide a "Gallery Walk" tour through the TRIO house, where freshmen could be exposed to a multitude of Civic Engagement and leadership opportunities that already exist. The freshmen then gathered together with TRIO Peer Leaders to brainstorm ideas of how they could develop projects of their own as groups. These opportunities

and skills are part of a new TRIO Leadership model created by Mahal Burr and other TRIO Peer Leaders last year, where TRIO students will be encouraged to develop and choose a "Leadership Path" of community engagement that they can be involved with during their four years at Carleton. Students hope for doing community engagement work was heightened even further when upper class TRIO students Mo Vue and Milah Xiong came by to share with TRIO freshmen some great examples of community engagement and research that they were involved with and how funding was made possible by talking to Liz Ciner in the Scholarships and Fellowships office.

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## Sophomore Retreat

What do you get when you put a bunch of young adults together in a pristine and beautiful ranch like area called the Gainey Center, located in Owatonna, MN? Well, you get TRIO's sophomore retreat. A day filled with emotions, great food, Kinect Olympics, bonding, and, of course, laughter. This year's retreat was no exception. A total of 30 students departed from Carleton College at 5:30 and embarked for a journey that none of them would forget. After unpacking and testing out the wondrous beds, everyone was gathered

for a one of a kind meal that can only be described as soul cleansing delicious. Upon completion of our meal, numerous games were played, including the TRIO stare down, Kinect Olymnics, cards, etc.

The next day was a day filled with sharing and bonding. After another splendid display of food, students packed their bags and headed over to another location of the center. Once there the bonding began. It all started with the "I am from" sharing activity; a combination of tears, wit, sadness and laughter, but

this was small in comparison when compared to the Human Barometer game. This was where all opinions and thoughts, not just about each student's lives, but also their perspective of Carleton and how they fit into the Carleton bubble, became apparent. It was all a splendid display of compassion, disagreement, and comfort among people who, on the outside, seem worlds apart. It was a truly spiritual and monumental way to end such an eventful and heartwarming retreat.



## TRIO's Got Talent

The annual Talent Show was held on February 1<sup>st</sup> at the brand new Cave. The event was a big success! It had a great turn out and the audience members were amazed as the TRIO students showed off their incredible talents. The performances ranged from singing and dancing to poetry reading. The event ended with open mic karaoke and Carleton students singing their hearts out to songs such as *Hero* by Enrique Iglesias.



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## Lasagna Night at TRIO



For TRIO's fun activity night this term the Peer Leaders hosted a Lasagna and Game Night. One of the peer leaders and one of their mentees made the lasagna. Several students came out to play some reportedly very fun and competitive games of *UNO* and *Egyptian Ratscrew*. The peer leaders would like to make this an annual event in the future. If you didn't attend this year's lasagna night, we recommend you attend next year!

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## TRIO Resource Fair

The Resource fair held this term through TRIO was an excellent way for TRIO students to connect with Carleton faculty and staff and learn more about different opportunities on campus and for the summer months. The different offices that were present included but were not limited to TRIO McNair, Off-campus Studies, Carleton scholarships and Fellowships, the Career Center, Academic Support Center, and many more. Students were able to learn about what each department offers and how students could best make use of each department.

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## Tropical Night sponsored by TRIO and OIIL

The annual Tropical Night hosted by TRIO/SSS and OIIL was a success once again! Students as well as faculty members de-stressed as they ate delicious food, went swimming, played basketball and volleyball and enjoyed the tropical themed event with their friends.



## Class Act: Relationships at Carleton

This term's Class Act was a great success, full of engaging conversations and connecting with people. The topic enveloped class and relationships at Carleton and the main question we posed to the Carleton community was: how does our socioeconomic background play a role in developing relationships at Carleton? We had quite a turnout of both students and staff and everyone was able to engage in conversation about class and share their experiences about Carleton. The Human Barometer, one of the main activities during discussion, was a highlight of the evening. Yes or no sentences were stated and everyone would move to one side of the room to agree on the statement, to the opposite of the room to disagree, or to the middle to show neutrality. This encouraged students and staff to show their opinions, share their reasons through experiences, and spark new conversations with others.

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## Student Spotlight

### Tom Birren

As a Geology major from Round Lake Park, IL, Tom Birren '13 has continued the Carleton Geology Department's reputation of impressive research experiences. Last summer, Tom held an internship with geologists at Princeton University as a field and laboratory research assistant. He researched Milankovich Cycling in the sedimentologic record of Carboniferous carbonates in the beautiful deserts of Nevada, Utah, and Wyoming. In addition, he participated on the Geology in New Zealand off campus studies program last winter. Tom is also closely involved with the Geology Department on campus. Since his freshman year, Tom has worked as a technical assistant for the Theater Department, but since finding his passion for Geology, Tom is often seen working with students in the Geology Department as a Teaching Assistant and Student Departmental Advisor. Next year, Tom will be working as a Scholar Coach with the Schuler Scholar Program in Northern Illinois. He is excited to work with high school students from a



similar background as him and as a mentor for them along their college application process. He will enjoy working with other former Carls, including Beseret Kelati '12. Tom plans to continue his education for a Master's in Geology and potentially a PhD and work in Structural Geology. As Tom reflects on his time at Carleton, he shares that "TRIO students were incredibly influential in my development at Carleton and are a strong group in which I can rely on." Best of luck, Tom, in all of your endeavors!

# Study Abroad Experiences

## Roberto Sande Carmona '15

Where? Madrid

Most memorable moment: "Finally fulfilling my dream of taking part in La Tomatina (ask me about it!)"



## Marika Xydes '13

Where? Belize

Most memorable moment: "I think the most fun/interesting part of the trip was being on this tiny 5 acre island in the middle of the Caribbean was the great hospitality we received from the locals and the research station who hosted us there. They taught us how to eat, sing and dance like a Belizean every night by the light of the stars on a beautiful sandy beach. It was truly spectacular!"



## Jacky Lu '15

Where? South Africa

Most memorable moment: "My most memorable moment was when I was conducting research in Kruger National Park and my group got charged by a bull elephant in musk."



## Milah Xiong '14, Ia Vang '15 and Billy Moua '15

Where? China

Most memorable moment: "Rediscovering our Hmong roots in Guiyang! "

# Featured Students

## Noah Laack-Veeder: MIAC Athlete of the Week



Noah Laack-Veeder '15 gave an amazing performance at the Minnesota State Open. He competed against a largely NCAA Division II field and won the 800-meter run. His winning time of 1:56:54 is ranked No. 1 in the MIAC this season and No. 16 nationally, making it the highest current ranking for any MIAC men's track athlete. Noah also led the 4x400-meter relay team to victory with a time of 3:28.98. Noah and the Knights have the MIAC's second-best time in that relay event. For two victorious performances, Noah was named the **MIAC Men's Indoor Track Athlete-of-the-Week**. Having earned MIAC Athlete of the Week award during 2012 outdoor season, this was Noah's second award! Congratulations Noah!

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## Dennis Ea: Minnesota TRIO Scholarship Recipient

Every year, the Minnesota TRIO Association awards scholarships to eligible TRIO participants in Minnesota. Dennis Ea '13 was nominated by Carleton TRIO staff for his outstanding performance and achievements as a TRIO participant, and has been selected as one of three winners for the MN TRIO Scholarship. Dennis received the Bruce Vento Memorial Scholarship at the U of M on February 23rd. Dennis plans to use his award towards medical school at the University of Wisconsin. We are all very proud of Dennis and we wish him the best of luck as he continues his journey to make a difference in others' lives.



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## Lasondra Kern: Multicultural Cooking Club

If you know TRIO's peer leader, Lasondra, then you know she's full of good ideas. Lasondra's latest idea is Multicultural Cooking Club or MC<sup>2</sup>. The idea for MC<sup>2</sup> came about when she was making salsa every Friday. "I wanted to share the recipe with everyone since they all enjoyed the salsa," said Lasondra. She envisions that the club will be an effort to unite students with

something we all love, food.

Carleton students won't be the only people benefitting from this club though. What makes this club unique is the commitment to raising money, through recipes book and food sales, to donate to the Northfield Food Shelf. The Northfield Food Shelf has been serving the Northfield community since 1985. "Being able to share our

recipes amongst ourselves is great, but also being able to reach out to Northfield gives a greater purpose. I think knowing that we're all striving toward a common goal will bring us closer together," Lasondra said. We're all looking forward to updates from the club. If you're interested in being involved in the club or want more information, Lasondra welcomes you to contact her.

## Looking Ahead

**Lending Library** will be open from Tuesday, March 12<sup>th</sup> – Sunday, March 17<sup>th</sup> from 9 – 5 pm. Please return your books before leaving for spring break!

**Spring Term TRIO Annual Fundraiser:** Next term, join us for the annual TRIO fundraiser event in April (date TBD)! This year, we will raise funds for the Northfield/Faribault area educational programs that help low-income students with book fees. We are excited to collaborate with St. Olaf TRIO/SSS to host a huge game of dodgeball of Carls versus Oles! We will have a small door fee for each participant, but we will also be collecting donations. Invite your friends, family members, faculty and staff, everyone! What better way to fundraise for a great cause than to throw cushiony balls at each other (and especially the Oles)!

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## A Special Thank You

TRIO/SSS would like to give a huge **THANK YOU** to some of our amazing supporters: Mathematics Professor Steve Kennedy, and Reference and Instruction Librarians Iris Jastram, Susan Hoang, Heather Tompkins, Ann Zawistoski and Kristin Partlo! Each week, these wonderful people take time out of their busy schedules to share their knowledge and resources with TRIO students, and on behalf of the TRIO community, we would like to express our gratitude for your kindness. Next time you see them at TRIO House, say thank you!

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• *Have a wonderful Spring Break!* •

