

New Faculty Mentoring Program at TRiO

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Carleton TRiO/SSS is proud to announce the pilot phase of a new faculty/student mentoring program! On Tuesday, January 10th nearly 50 people, including two dozen faculty members, gathered at the TRiO house for our first lunch and information session.

Students were paired with faculty members based on personal and academic interests.

Participants were encouraged to explore the kind of mentoring relationship that would be most beneficial to everyone involved, branching out from traditional academic advising roles to include discussions of career

possibilities, graduate school options, and navigating potentially unfamiliar aspects of academia.

The TRiO staff envisions the faculty mentoring program as an opportunity for students to

knowledge about their fields. Faculty can also learn about the multitude of strengths and talents that TRiO students possess.

The faculty members involved in this first phase of the mentoring

program had previously expressed interest in working with TRiO students. As more professors and students wish to join, we hope to continually expand the program to include the wealth and diversity of

resources and experiences on campus!

Want to know more about the Faculty Mentoring Program? Contact Mitchell Madson at mmadson@carleton.edu or at x4017.



gain confidence in making connections with faculty and asking questions and connecting to resources. We see the faculty mentoring program as a great opportunity to match students with professors who hold a wealth of



First-Year Student Retreat

At the start of every winter term, TriO first-years have the chance to reconnect at the TRiO First-Year Student Retreat. On January 7th, first-year students came to TRiO house to learn new study skills and get to know each other better. In addition to community building activities,

students received tips on effective study strategies and met some of Carleton's resource



librarians, who introduced them to the basics of library research.

First-year communities also met with their Peer Leaders to discuss their experiences at Carleton thus far, their goals for the upcoming term, and how community members could strengthen their connections to one another.

Sophomore Class Bonds at Annual Retreat

In a fun-filled 24 hour retreat, TRiO's sophomore class reflected on its past and discussed its future as a community. Hosted at the Gainey Conference Center in Owatonna, MN, the retreat gave students an opportunity to spend quality time with each other, fostering new friendships and deepening existing ones.

The retreat focused on developing a strong sense of community within TRiO's

sophomore class and helping students realize that many



other students at Carleton share similar backgrounds. This discussion led to a greater sense of understanding

and a desire to support each other in the years to come.

During down time, students found plenty of ways to amuse themselves, passing the time by exploring the Gainey estate and playing board games. Particularly studious sophomores even squeezed in some time for homework. Overall, the TRiO Sophomore Retreat was a valuable, rewarding experience for everyone involved.

Fiesta Fridays at TRiO

Holaaaa! Don't forget to stop by TRiO House every Friday from noon to 5pm for Fiesta Friday! Come and enjoy some freshly made salsa, served with chips and a nice selection of Spanish music.



Interested in learning how to make salsa or showing off your own salsa-making talent? We would love for you to join us around 10am on Fridays to start the fiesta! We hope to see you soon! Hasta Luego!

 Find us on
Facebook

We're under the name
"Carleton Trio"

Gilman Scholarship: Gateway to International Learning by Julissa Chavez

Last fall I had the wonderful opportunity to study abroad in what is often rated the world's happiest country, Denmark. While Denmark may not be the most well-known European location, this little country of 5 million became my home away from home for four months through my semester in the Danish Institute for Study Abroad (DIS).

To be honest, I really did not know much about Denmark when I first applied to DIS other than the fact that they have one of the most advanced universal healthcare systems in the world and that many upper-classmen I know had studied abroad there and loved it, but what's better than a little adventure when going abroad? Especially given that it was my first time traveling abroad without my parents. I quickly realized how patriotic the Danes are about this easy going and relaxed country.

I studied in the Medical Practice and Policy program and was taught by physicians in a hospital setting,

where we learned not only through lecture but through hands-on activities. I practiced IV line insertion, suturing, casting and other common medical procedures, and met with pa-



tients. As a pre-med undergraduate student, this was definitely a unique and beneficial experience.

Another very special opportunity I had was to travel to other countries,

both with DIS-coordinated trips and my own independent travels. From Poland to the bustling streets of Paris and Rome and canal after canal in Amsterdam, the different cultures, languages, and overall experiences from my travels were incomparable to anything I imagined before I left the United States and beyond anything that can be learned in the classroom.

I urge others to get off campus and study abroad at some point in their Carleton career. I was able to do more, see more, and learn more than I ever imagined thanks to Carleton and the Gilman International Scholarship, which aims to help students with limited financial means study abroad. I am so grateful to have had the chance to experience a semester of a lifetime.

Please contact me if you want to more about the Gilman Scholarship or DIS.



Studio Art in Florence by Richard Barraza

This fall I spent a semester in the beautiful city of Florence, Italy. I studied at Studio Art Centers International and took classes in drawing, painting, the Italian language, and digital multimedia. I would definitely recommend a term in Florence if you want to study any form of studio art or art history, and be able to travel multiple times throughout Europe.

SACI offered studio classes beyond classes offered at Carleton, such as hands-on art conservation, archeology, and jewelry making. I had a great time academically focusing on my studio classes, and I feel as though they have made me a better artist. At first, I had trouble adjusting to the different approach taken by my new art professors. They were more critical of my art and didn't give me the specific advice

I was used to from my Carleton art professors. I adjusted by being more critical of my own art and by seeking advice from my talented peers.

Florence offers numerous programs for American students. I had no trouble adjusting without any knowledge of the Italian language. The whole city is small enough to get by without using public transportation, and most locations were easily accessible by a ten minute walk. I had a great time going on a non-Carleton program because I made many great friends who go to school throughout the United States. Together, we travelled to many parts of Italy such as Elba, Capri, Rome, Sorrento, Sicily, and Viareggio.

It was very common for students in my program to travel during the weekends. During my midterm break, I was able to travel to Paris and Barcelona with fellow Carleton students from the Denmark International Study program. I had absolutely the best time in Italy and would love to answer any questions you have about studying in Florence.



Class Act: TRiO Pride

This term's Class Act will focus on TRiO pride. Through silent discussion, group dialogue and one-on-one conversation, we will try to better understand what the presence (or absence) of pride in being part of TRiO means for different students. With input from students, faculty and staff, we will examine how TRiO members show that they belong to TRiO in academic and social settings.

Have you ever felt that publicly displaying your association with TRiO might affect the way peers and professors view you? Do you think you embrace being in TRiO? Or do you shy away from the fact when you interact with members of the Carleton community who might or might not have preconceived ideas of what TRiO represents? If you have pondered these and other

questions, feel that there is something you have to contribute that might deepen the discussion, or just want to have a great conversation over a delicious meal, please join us.

TRiO's Class Act will take place Friday, February 10, 4:30-6:00pm in Cassat Game Room. El Triunfo tamales will be served.

Pennies for Change: TRiO College Access Scholarship

Every year in honor of TRiO's National Day of Service the TRiO/SSS program raises funds to benefit those in need in the Northfield community. National TRiO Day is meant to focus the nation's "attention on the needs of disadvantaged young people and adults aspiring to improve their lives, to the necessary investment if they are to become contributing citizens of the country, and to the talent which will be

wasted if that investment is not made."

This year TRiO's fundraising will sponsor a local high school student attending Carleton's Summer Writing Program, which helps high school juniors and seniors become acquainted with college-level writing by immersing them in courses that prepare them for their upcoming college experience. The recipient of the TRiO College Access Scholarship will meet two of TRiO's

eligibility criteria (low income, first generation, or disabled). We hope he or she will have an invaluable summer experience.

You can help support this scholarship by donating from Monday February 20 to Friday, February 24. TRiO Peer Leaders will be tabling at Sayles during this week. You can also contact Alena Rivera at arivera@carleton.edu to make a donation.

Carls Ask Questions: Academic Resources at TRiO

Don't forget that TRiO offers great resources to help you through the (academic) hardships of winter at Carleton!

- **Math support with Professor Kennedy** – Tuesdays 2-3pm
- **Library research with Reference Librarians** – Thursdays 1:30-3:00pm
- **Writing support with Susannah Shmurak** – M, T, Th & F 12:30-5:30pm



Can You Match these Seniors to their Comps?



A. Understanding and Appreciating the City as it Exists

B. Including Teen Mothers as part of the solution: A Community Based Participatory Research Project

E. Modifying Factors that Predict Dietary Habits Among Low-Income Latinos

G. An investigation of why mere thoughts of money buffer feelings of social exclusion

I. Les Jeunes Diabétiques de Bamako, Mali: An Examination of Self-Conception and its Relationship to Social Change

C. Political Polarization in the Eritrean Diaspora

D. Dominant Ideologies of the Puerto Rican Nation: Locating the Placement of Blackness and Racism

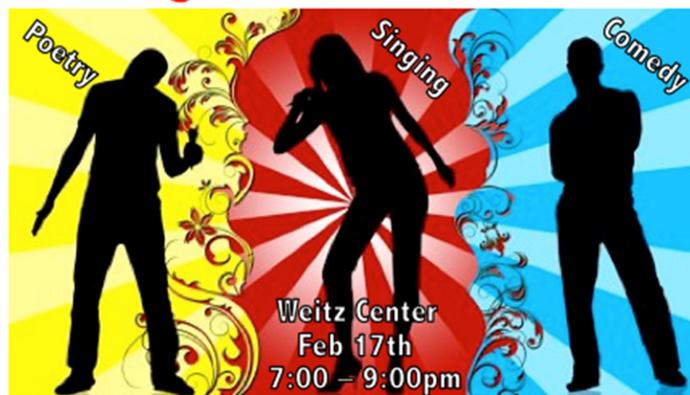
F. Voting Theory: The Method Behind Voting Systems and Fair Division

H. Gold Nanoparticles and their Applications

TRiO's Got Talent!

On Friday, February 17th TRiO will be hosting its first ever "TRiO's Got Talent" in the Weitz center at 7PM! TRiO participants will show off on stage. Acts can include poetry, dancing, singing, almost anything you can imagine. Food and drinks will be served. Friends are more than welcome to attend as well. If you are interested in signing up please e-mail Alena at arivera@carleton.edu.

TRiO's got TALENT Talent Show



Sign up now! Email: arivera@carleton.edu



Connecting Through Cooking

Just weeks into his first term at Carleton, TriO first-year Vayu Rekdal began making his mark on both Carleton and the larger Northfield community. An avid cook and teacher of cooking, Vayu sought funding from CSA to begin a new cooking club, the aim of which was to encourage college students to learn cooking techniques and expose them to foods from around the world. The club is called Firebellies and already boasts more than 100 members. Its biweekly events promote socializing over food preparation and encourage creativity in cookery. By "promoting different cultures and backgrounds through the



universal language of food" Vayu seeks to connect Carleton students from different parts of campus and the world with one another.

Vayu also has begun teaching cooking classes to Northfield kids through the non-profit Growing Up Healthy, which seeks to support marginalized families with children under 5 years old. He focuses on teaching healthy

cooking to families who couldn't otherwise afford cooking classes. This spring, he will use a grant from the Healthy Communities Initiative to teach cooking techniques to Northfield youth, aiming to empower and inspire them through cooking. He hopes this project will connect Carleton students with Northfield kids, and expects that members of Firebellies will be eager to share what they have learned about cooking with these novice chefs.

Vayu prefers cooking *with* other people to cooking for them and has been delighted at the response to his efforts to share his cooking knowledge with others.



TRiO Arts Showcase

Chicago by LaSondra Kern

You are the mother
I praise, defend,
and love with a
veneration unmatched.
I miss your darkened
foul alleys full of
night creatures scavenging
for the means to survive.
The whispers of the
wind blowing at my
jacket looking for another
way into my heart.

blues on Sundays
swaying to the sound
of the sax as I
wait for the bus
the one with numbers



Chicago you are my
home in a winter
storm, breathing
warmth with open
windows on hot
summer nights
smelling of freshly
baked bread, chocolate,
and something
indefinable.

It's you I look forward to
when I open my eyes,
your beauty manmade
or otherwise is still
truly natural to me.

Your people are
real, down to earth
with their hip hop
street beats and

ranging from zero to—
it doesn't matter because
you'll be waiting forever
for that white, blue, black,
and red steed.



by Daniel Motta



by David Williams

This photo and others by Williams will be displayed in the Weitz Center gallery during 6th and 7th week.



Eritrea by Beserat Kelati



February/March 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29 January	30	31	1 February	2	3	4
5	6	7	8	9	10 Class Act 4:30-6 pm	11
12	13	14	15	16	17 TRiO Talent Show 7-9pm	18
19	20  Pennies for Change	21  Pennies for Change	22  Pennies for Change	23  Pennies for Change	24  Pennies for Change	25 National TRiO Day! 
26	27	28	29	1 March	2  Tropical Night 7-9 pm	3
4	5	6	7	8	9	10 

Please make sure that you return your books to TRiO house before leaving for spring break!



TRiO's Lending Library will be open Saturday, March 24th and Sunday, March 25th from 12-4pm.