

OCTOBER

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FAFSA Filing Days

Need help filing for 2023/24 FAFSA?

- Oct 1st - Dec 9th
- TRIO/SSS will be assisting all those who need help filing their 2023/24 FAFSA Forms
- TRIO Participants who complete their FAFSA form can enter in a drawing for a chance to win 1 of 10 PRIZES!

FAFSA Renewal Checklist:

- FSA ID, Email, and Login Information
- Social Security Number
- Driver's License Number
- 2021 Tax Documents
- If Dependent: Parents' FSA IDs, DOB, SSN, Contact Information, and 2021 Tax Information

College Transfer & Scholarship Fair

Wednesday, October 19th

10:00 AM - 2:00 PM

Gurley Hall

Explore scholarship opportunities
Meet with Student Success advisors
Learn about Transfer programs

Connect with colleges and universities in one place

October Events

1

- First Day of Albuquerque International Balloon Fiesta
- International Coffee Day

13

- Fall Break (No Classes, TRIO office open)

4

- Writing Workshop @ 5PM-6:30PM in TRIO/SSS Conference Room GH 1146

14

- Fall Break (No Classes, TRIO office open)

5

- Math Workshop @ 5PM-6:30PM in TRIO/SSS Conference Room GH 1146

18

- Nursing Information Session

8

- Gallup Arts Crawl @ 7PM-9PM

19

- UNM Gallup Scholarship & College Transfer Fair

9

- Last Day of Albuquerque International Balloon Fiesta

20

- NIYC Resume & Interview Workshop

10

- World Mental Health Day
- Indigenous Peoples' Day

31

- Halloween

Happy Birthday

Celia

Alora

Reynold

Lucas

Brittnay

Christopher

Andrietta

Joshua

Alexia

Student of the Month

Desmia Juarez

How does it feel to be Student of the Month?

It is encouraging for me to see people support me on my academic journey, but it also eye opening to me by showing me that hard work pays off

Do you have any student habits you would recommend to other students? What are they?

Talking to fellow peers and professors when you feel uncertain in subjects. This was one of my major challenges that I had to overcome over the semesters.

What is your favorite thing about TRIO/SSS?

The small tight knit community that trio has to offer is very welcoming

Is there someone you are particularly thankful for or would like to acknowledge?

I would want to acknowledge Sophia. I struggled with many different challenges in my academic journey and Sophia was there every step of the way to make sure I succeeded. Thank you so much Sophia!



What other activities do you participate in around campus and in the community?

I am currently participating in the trio student club.

Where do you plan to transfer after graduation?

I plan to take a semester off then will head to UNM main campus to continue to get my bachelor's degree for MLS.

5 fun facts about you:

1. This is my final year here at UNMG
2. My favorite color is gray
3. I am the first in my family to graduate from college
4. I am certified in CRP/BLS

Avoiding Academic Burnout

What is Academic Burnout?

"Academic Burnout" is a term used to define a negative emotional, physical and/or mental reaction to an academic workload that most commonly results in a decrease in academic performance

Recognizing Academic Burnout?

It is important to be able to identify early signs of Academic Burnout that you may be experiencing which can include:

- exhaustion
- frustration
- lack of motivation
- lack of creativity
- trouble concentrating
- physical symptoms (headaches, sore muscles, insomnia, fatigue)

What Causes Academic Burnout?

The most common cause of Academic Burnout is an individual's amount of academic workload. Performing at high levels without regulation and regular rest or breaks over a period of time can result in Academic Burnout. There are other factors outside of school that can contribute to burnout which can include pre-existing mental or physical issues, problems in personal life, work-related issues

Preventing Academic Burnout

To prevent Academic Burnout it is important to stay organized. You can do this by getting a planner that you can write down all your assignment due dates in. This can help you better prepare and set aside time to work on assignments ahead of time. Another important step is to seek help from Academic Advisors, tutor/mentoring services, or family and friends, when you begin to feel overwhelmed

Embracing Indigenous Culture

in Celebration of Indigenous Peoples' Day

Indigenous Peoples' Day is celebrated each year on the second Monday of October. This year, it will be celebrated on Monday, October 10th.

Indigenous Peoples' Day is reserved for honoring, recognizing and celebrating Indigenous cultures in America and all over the world. This day highlights the traditions, culture and resilience of Indigenous people.

In many parts of the world countless of Indigenous people faced the unfortunate results of colonization. These events in particular, have indefinitely impacted indigenous cultures. During these traumatic times many cultures were forced to assimilate and forget the all the aspects that made them who they are.

But as time has progressed and with the establishment of Indigenous Peoples' Day it is with great pride and fulfillment that Indigenous people celebrate by embracing their traditions and culture that were once taken away from them

Halloween Cream Cheese Swirl Brownies Recipe

Ingredients

Brownie Layer:

- 1 cup granulated white sugar
- 1/2 cup all purpose white flour
- 1/2 cup Hershey's Special Dark Cocoa powder
- 1/2 teaspoon salt
- 1/4 teaspoon baking powder
- 2 large eggs
- 1/3 cup vegetable oil
- 1 teaspoon vanilla extract

Directions:

1. Preheat oven to 350 degrees. Line an 8 x 8 baking dish with parchment paper or foil and spray with non-stick spray. Set aside.

For the Brownie Layer

1. In a medium bowl, add the sugar, flour, cocoa powder, salt, and baking powder.
2. In a small bowl, add the eggs, oil, and vanilla. Mix with a fork until well combined.
3. Pour the wet ingredients into the dry ingredients and mix with a spatula until just combined.
4. Reserve 1/4 cup of the batter for the swirls then pour the remaining batter into the prepared baking dish.

For the Cream Cheese Layer

1. In a medium bowl, add the cream cheese, sugar, egg, & vanilla. Blend until smooth.
2. Add in the orange food coloring and stir to combine.
3. Gently spread the cream cheese layer on top of the brownie batter.
4. Drop tablespoons of the remaining brownie batter on top and gently swirl with a knife or skewer.
5. Bake for 30-35 minutes or until set. Remove and let cool completely before slicing.

Cream Cheese Layer:

- 8 oz cream cheese at room temp
- 1/4 cup granulated white sugar
- 1 large egg
- 1/2 teaspoon vanilla extract
- orange food coloring

