As we wrap up in March, Trio diligently works to provide services, support and provide updates for you through our transition to distance learning. Trio encourages you to remain safe, positive and productive through COVID 19. We support your efforts in continuing your education and exploring ways to develop new skills or enhance your talents during quarantine. Some of us have learned how to cook new recipes, adopted a pet, made fun Tik Tok videos, and used the time to stay healthy through online workout apps. Trio SSS will provide fun and innovative ways to remain in contact and communicate to best serve any of your needs. “Aligning with fear and worry is the worst thing you can do for you immune system” (holistic, 2020). Stephanie Charles~

TUTORING
Free Tutoring is available for all TRIO students. To request tutoring simply go onto our TRIO homepage and click on the Tutor Request button to fill in the form. You can choose between the learning center (U of U) and Tutor Me which is available 24/7!

Call the TRIO office or contact your advisor if you have questions, 801-581-7188.

SSS ADVISORS AT CESA
SSS advisors are not meeting with students on campus at this time but are available via phone and video chat platforms like zoom.

Job Opening! Summer Upward Bound
If you are interested in working for Trio and being a mentor for our incoming freshman class, please apply through the link.

Set up advising appointment at https://trio.utah.edu/online-sss-

Scholarships
Now available for the month of April! Please log into Academic Works to apply!

https://utah.academicworks.com/

Parking near the Annex
Parking near the building continues to be extremely limited. There are only 2 short term (20 min loading) spots and all other spots are pay by phone or for permits. It is best to take Trax or shuttle.

Important Dates
April 10th-Last day to withdraw from class
April 13th—Fall registration dates begin
April 17th-Last day to reverse CR/NC option
April 21st-Classes end
April 22nd- Reading day
April 23rd- Final exams Begin
April 29- Final exams End
Summer registration now open.

Graduation celebrations have been postponed. New dates TBD.
# Upcoming Events

## PEAK Zoom Fitness Class Schedule - March 23-April 21

To join, use Zoom meeting ID #416-820-8599

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:30-7:10 AM</td>
<td>Circuit Training-Ashley</td>
<td>Core - Emily</td>
<td>Circuit Training-Ashley</td>
<td>Core - Emily</td>
<td>Bootcamp-JJ</td>
</tr>
<tr>
<td>7:30-8:10 AM</td>
<td>Stretch and Strengthen - Ashley</td>
<td>Circuit Training- JJ</td>
<td>Stretch and Strengthen - Ashley</td>
<td>Circuit Training JJ</td>
<td>Stretch and Strengthen - Ashley</td>
</tr>
<tr>
<td>10-10:40</td>
<td></td>
<td>Yin Yoga: Carolyn (no class March 25)</td>
<td>Yoga for Strength: Carolyn</td>
<td></td>
<td></td>
</tr>
<tr>
<td>11-11:40 AM</td>
<td></td>
<td>Bootcamp-Emily</td>
<td></td>
<td>Bootcamp-Emily</td>
<td></td>
</tr>
<tr>
<td>11:30-12:10 PM</td>
<td>Circuit Training-Sarah</td>
<td>Circuit Training- Sarah</td>
<td></td>
<td>Circuit Training- Sarah</td>
<td></td>
</tr>
<tr>
<td>12-12:40 PM</td>
<td></td>
<td>Power Yoga: Jendar</td>
<td>Power Yoga: Jendar</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12:30-1:10 PM</td>
<td>Bootcamp- Sarah</td>
<td>Core-Sarah</td>
<td></td>
<td>Functional Fitness- Sarah</td>
<td></td>
</tr>
<tr>
<td>4:30-5:10 PM</td>
<td>Functional Fitness- JJ</td>
<td>Hatha Yoga for Stress Relief: Jendar</td>
<td>Functional Fitness- JJ</td>
<td>Hatha Yoga for Stress Relief: Jendar</td>
<td></td>
</tr>
<tr>
<td>5:30-6:10 PM</td>
<td>Core-JJ</td>
<td>Bootcamp- JJ</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:15-6:50 PM</td>
<td>Circuit Training- Beverly</td>
<td>Circuit Training- Beverly</td>
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</tr>
</tbody>
</table>
Emergency Funds
https://utah.academicworks.com/opportunities/20168

Federal Government Stimulus Packaging Education
Contact Financial Health & Wellness for more information
pmmc@sa.utah.edu

Utah 211-From food, transportation, medical and employment
https://211utah.org/
Basic Needs Center for more updated information

University of Utah Peak Fitness
Offers you a chance to destress, stay fit and keep a balanced lifestyle through Covid 19. It is vital to remember yourself and to be safe and healthy during this time.

Feed U Pantry
Through this time of lay-offs and scarce resources at the grocery stores, you can always find food for you a the U Pantry. No cost to you!

Locations: Student Union @ Ray Olpin
200 S Central Campus
Drive, SLC, UT
## Upcoming Scholarships

<table>
<thead>
<tr>
<th>Scholarship</th>
<th>Application Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Robert Hyde Wilson Talent Scholarship for Acting</td>
<td>4/5/2020</td>
</tr>
<tr>
<td>Victor Jory Scholarship</td>
<td>4/5/2020</td>
</tr>
<tr>
<td>Block U: Arts, Leadership, &amp; Community Scholarship</td>
<td>4/12/2020</td>
</tr>
<tr>
<td>Block U: Da Vinci Scholarship</td>
<td>4/12/2020</td>
</tr>
<tr>
<td>Block U: Global Citizen Scholarship</td>
<td>4/12/2020</td>
</tr>
<tr>
<td>Block U: Medical Humanities Scholarship</td>
<td>4/12/2020</td>
</tr>
<tr>
<td>Block U: Work, Wellness &amp; the Great Outdoors Scholarship</td>
<td>4/12/2020</td>
</tr>
<tr>
<td>Brian W. Campbell and Susan L. Morrow Scholarship for Research In Lesbian, Gay, and Bisexual Studies</td>
<td>4/15/2020</td>
</tr>
<tr>
<td>The Tang Scholarship</td>
<td>4/20/2020</td>
</tr>
<tr>
<td>Marching Band Performance Scholarship</td>
<td>4/30/2020</td>
</tr>
<tr>
<td>Steward Scholarship</td>
<td>Open Application</td>
</tr>
</tbody>
</table>

## Campus Resources to Know

We recognize that there are times when students need additional help outside of TRIO. Below are many of our campus community partners that provide wonderful services. If what you are looking for is not on our list please contact your advisor or our office. Together we’ll find the resources you’re looking for.

- **Center for Student Wellness**: [http://wellness.utah.edu](http://wellness.utah.edu)
- **LGBT Resource Center**: [https://lgbt.utah.edu](https://lgbt.utah.edu)
- **Office of Equal Opportunity, Affirmative Action, and Title IX**: [https://oeo.utah.edu/](https://oeo.utah.edu/)
- **National Suicide Prevention Lifeline**: 1-800-273-8255
- **Student Food Pantry**: [www.facebook.com/FeedUFoodPantry/](http://www.facebook.com/FeedUFoodPantry/)
- **Student Health**: [https://studenthealth.utah.edu/](https://studenthealth.utah.edu/)
  (After Hours Resources - [https://studenthealth.utah.edu/appointments/after-hours.php](https://studenthealth.utah.edu/appointments/after-hours.php))
- **Student Success Advocates**: [https://ssa.utah.edu/](https://ssa.utah.edu/)
- **University Counseling Center**: [http://counselingcenter.utah.edu](http://counselingcenter.utah.edu)
- **Women’s Resource Center**: [http://womenscenter.utah.edu](http://womenscenter.utah.edu)
- **UNI Crisis Line**: 801-587-3000 (24/7 help)

### For the full scholarship list please contact our mentorship team!

- Amy: adamanian@sa.utah.edu
- Janet: jreyes@sa.utah.edu
- Stephanie: scharles@sa.utah.edu

**TRiO OFFICE**: (801)-581-7188