

TRIO Day 2021 Agenda

*Friday, February 26th, 1:00 – 4:45 pm*

*Zoom event*

1:00-1:25 Welcome Activity

* TRIO alumni stories

1:30-3:00 Student and Staff Leadership Workshops Presented by Paradigm Shift

* Pre-college students
  + Growth Mindset vs. Fixed Mindset
* College students
  + Change Management: Adapting for Success
* Staff
  + Change Management: Adapting for Success

3:00-3:30 Break

3:30-4:00 New Mexico Legislative Comments and Support

4:00-4:45 Student Testimonials and Group Picture

Change Management: Adapting for Success

*Change has always been a necessary aspect of life and work, and our world*

*is changing more rapidly than ever. Your students will need to cope with a*

*variety of changes in the near future, and their success and professional*

*and personal fulfillment depend on how well they can adapt to change.*

*This workshop goes through the cycles of change and how to tackle it*

*head-on.*

Growth Mindset vs. Fixed Mindset

*To optimize our potential, we must grow! Growing at times means that we need*

*to try something new or change! Both can be challenging! Both can be*

*uncomfortable, but they are necessary! In this workshop, we learn that growing*

*in mindset renders much more reward then staying in a fixed mindset.*

Registration is $65 per participant and covers the cost for guest speakers, TRIO Day t-shirts, virtual platform and banking fees.

* TRIO programs register via the TRIO New Mexico website (<https://www.trionewmexico.com/>).
* Programs must also submit the *TRIO Day Registration Details Excel Form* to TRIO Day Committee Chair Katie Bryant ([kmbryant@unm.edu](mailto:kmbryant@unm.edu)). The form is found on the registration website.

Resource Guide for Virtual Activities (college tours, museum tours, etc.)