

November 2024

CAFAA NEWS

Official Newsletter of the Colorado Association of
Financial Aid Administrators



Member Spotlight: Educational Opportunity Center

CALEB MCKAY, COMMUNICATIONS CHAIR

In 2024, the Educational Opportunity Center (EOC) celebrated their 50th anniversary serving students across the Denver Metro area! As a TRIO program, the EOC help serve low-income and first generation students. They are hosted by the Community College of Denver, but because they are federally funded, they can help any student, regardless of the school they plan to attend. The EOC helps current and future students with career exploration, educational pathway planning, and FAFSA completion. Between the team of eight, they have around 100 years of experience in higher education! Each year, the Denver EOC program serves nearly 3,000 individual students!



Karen Tran, CAFAA's Two-Year Public Representative, had this to say about their colleagues at EOC:

"Red Rocks Community College has the awesome privilege to have Larry from the EOC on our campus twice a week. Having a dedicated FAFSA expert around and available for one on one appointments with students is such a huge help for our staff and our students. Our whole community knows Larry and our office wouldn't be the same without this support from the EOC!"

The EOC is here to help anyone with FAFSA questions. Even if they are not in the Denver Metro area, they can meet with students virtually. For questions, the EOC can be reached at EO@ccd.edu.

More information and history about the EOC can be found on [their website](#).

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Interested in volunteering for the CAFAA Board?

Visit the CAFAA website and
[contact us](#)

Meet Your 2024-25 CAFAA Board of Directors!

Executive Committee - Voting Delegates

- President:** Shannon Webber (Red Rocks Community College)
- President-Elect:** Mike Pearce (Colorado Community College System)
- Past-President:** Ariel Mendez (Arapahoe Community College)
- Vice-President:** Theresa Lavin (Community College of Denver)
- Secretary:** Karlett Christie (Metropolitan State University of Denver)
- Treasurer:** Jordan Kemp (Lamar Community College)
- Treasurer-Elect:** David Lucci (Front Range Community College)
- Past-Treasurer:** Jordan Kemp (Lamar Community College)

Board of Directors - Voting Delegates

- 4-Year Public Representative:** Sierra Pierce (Colorado State University)
- 2-Year Public Representative:** Karen Tran (Red Rocks Community College)
- 4-Year Private Representative:** Adina Chavez (Regis University)
- Proprietary School Representative:** Michael Vigil (Platt College)
- Service Organization Representative:** Christina Rose (Citizens Bank)

Committee Chairs - Non-Voting Delegates

- Conference:** Tori Pacheco (Metropolitan State University of Denver)
- Professional Development:** Angela Romero (Arapahoe Community College)
- Financial Aid Awareness:** Alicia Garcia (Colorado Mountain College)
- Communications:** Caleb McKay (Front Range Community College)
- Technology:** Ariel Mendez (Arapahoe Community College)



Take a Deep Breath

CALEB MCKAY, COMMUNICATIONS CHAIR

In times of high stress, taking care of your mental and physical health is of the utmost importance. Here are some tips to help you prioritize your wellbeing during these stressful times.



- Learn to recognize your burnout symptoms. Some common signs of burnout include:
 - Exhaustion
 - Feelings of dread and lack of motivation
 - Difficulty sleeping
 - Inconsistent appetite
 - Cynicism and irritability
- If you think you may be experiencing some of these symptoms, some ways to address burnout can include focusing on self-care, taking a break, and talking with a mental health professional as you navigate change and stress in your life.
- Spend time with your passion. Whether writing poems, painting, hiking, or meditating, spend time doing things you are passionate about and doing activities that fill your cup.
- [Office meditation techniques](#) can be a great way to counter stress at work or in your life. Intentional breathing techniques can help reduce stress, increase emotional stability, improve focus, and cultivate positive thinking.

Mark Your Calendars for CAFAA 2025!

Annual CAFAA Conference
May 7-9, 2025
Breckenridge, CO





A Wise Person Once Said...

"We are what we repeatedly
do. Excellence, therefore, is
not an act but a habit."

- Aristotle

Raffle Items Needed!

RMASFAA

We are thrilled to announce our upcoming Raffle Fundraiser in support of Call to Freedom! Call to Freedom is dedicated to supporting individuals impacted by human trafficking and sexual exploitation. Since opening the doors, Call to Freedom has helped over 1,300 individuals.

How can you help?

We need your raffle items! RMASFAA members have always come through in the past, donating many fantastic items. We've had themed gift baskets, sports tickets, delicious homemade baked goods, gift cards, and countless other items donated to help raise funds. Get creative and have fun while knowing the funds you help raise will go to a good cause! By donating items and participating in the raffle, you are investing in a brighter future for individuals seeking to break free from the cycle of poverty and exploitation. Please bring your items to the conference and drop them at the registration table.





Biden's Overtime Proposal Blocked

CALEB MCKAY, COMMUNICATIONS CHAIR

Earlier this year, the Biden administration proposed a new overtime rule which aimed to increase the threshold for overtime eligibility under the Fair Labor Standards Act (FLSA). As of 2019, employees earning less than \$35,568 were eligible for overtime pay for any hours worked over 40 hours per week. Biden's proposal would have increased the threshold to \$43,888 in July 2024 and again to \$58,656 in January 2025. This change would have covered an estimated 4 million salaried employees.

In November 2024, U.S. District Judge Sean Jordan of Texas ruled that the proposal exceeded the Department of Labor's authority. This decision reverted the overtime threshold back to the 2019 level of \$35,568.



Attempts to raise the overtime threshold have been blocked in the past. In 2016, Obama's administration published a rule that would have increased the threshold to \$47,476, which would have taken effect on December 1st, 2016. This rule was blocked by a federal judge just over a week before it was set to take effect. During Trump's first term in office, his administration did raise the overtime threshold from \$23,660, the amount previously set in 2004, up to \$35,568 in 2019. This threshold is still in effect today. Current reports indicate that any changes under Trump's second term in office are unlikely to meet the same demands as Biden's latest rule.

HELP NEEDED!

CAFAA HAS BEEN RECEIVING REQUESTS TO PROVIDE ASSISTANCE AT VARIOUS FAFSA COMPLETION EVENTS ACROSS THE STATE

PLEASE [CHECK OUT THE LIST OF EVENTS](#) AND HELP WHERE YOU CAN



EVENTS, UPDATES & ANNOUNCEMENTS

To have your event or newsletter featured in our next newsletter, please email Caleb McKay at Caleb.McKay@frontrange.edu



Note from the Communications Chair

CALEB MCKAY, COMMUNICATIONS CHAIR

This will be my last newsletter for CAFAA as I have accepted a new position and will be moving out of Colorado in December. I want to express my sincerest gratitude in having the opportunity to work with so many hard working and passionate financial aid administrators and so many wonderful and kind-hearted people throughout the state of Colorado. I am honored to have served you all and to have been part of such a great and impactful community.



Don't Forget to Renew Your Membership!

Upcoming Events:

CAFAA Happy Hour / Game Night
Virtual
November 20, 2024, 6pm - 8pm

CAFAA Meet Up & Board Game Day
Edgewater Public Market
December 22, 2024, 3pm - 5pm

CAFAA Conference
Breckenridge, CO
MAY 7-9, 2025

For more info, visit [CAFAA's Events Page](#)

Members

ADAMS STATE UNIVERSITY - AIMS COMMUNITY COLLEGE - ARAPAHOE COMMUNITY COLLEGE - BEL-RAE INSTITUTE OF ANIMAL TECHNOLOGY - CAMPUSLOGIC - CITIZENS ONE STUDENT LOANS - CO DEPARTMENT OF HIGHER EDUCATION - COLLEGE AVE. STUDENT LOANS - COLORADO CHRISTIAN UNIVERSITY - COLORADO COLLEGE - COLORADO COMMUNITY COLLEGE SYSTEMS - CDHE - COLORADO GEARUP - COLORADO MESA UNIVERSITY - COLORADO MOUNTAIN COLLEGE - COLORADO NORTHWESTERN COMMUNITY COLLEGE - COLORADO SCHOOL OF MINES - COLORADO STATE UNIVERSITY, FORT COLLINS - COMMUNITY COLLEGE OF AURORA - COMMUNITY COLLEGE OF DENVER CREDIBLE - DENVER SEMINARY - DISCOVER STUDENT LOANS - EARNEST - ELM RESOURCES FORT LEWIS COLLEGE - FRONT RANGE COMMUNITY COLLEGE - FUNDING U - INCEPTIA IRON BRIDGE RESOURCES - LATIN AMERICAN EDUCATIONAL FOUNDATION - METRO STATE UNIVERSITY OF DENVER - MPOWER FINANCING - NELNET - NORTHEASTERN JUNIOR COLLEGE - PAUL MITCHELL THE SCHOOL DENVER - PIKES PEAK COMMUNITY COLLEGE PLATT COLLEGE - PUEBLO COMMUNITY COLLEGE - RED ROCKS COMMUNITY COLLEGE REGIS UNIVERSITY - ROCKY MOUNTAIN COLLEGE OF ART AND DESIGN - SALLIE MAE SCHOLARNET - SOFI - TECHNICAL COLLEGE OF THE ROCKIES - TRINIDAD STATE JUNIOR COLLEGE - UNIVERSITY OF COLORADO, BOULDER - UNIVERSITY OF COLORADO, COLORADO SPRINGS - UNIVERSITY OF COLORADO, DENVER - UNIVERSITY OF DENVER UNIVERSITY OF NORTHERN COLORADO - WESTERN COLORADO UNIVERSITY

We Want to Hear From You

Our Communications Committee is working hard on getting you up to date information. We will be updating our social media channels, website and blogs in the near future. If you have an idea for content we would love to hear from you. [Contact Us](#)

Newsletter updates, including spotlight sections and upcoming events, must be submitted no later than the 15th of each month to be included in the following newsletter.