



St. Olaf College TRIO Educational Talent Search



REPORTER

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Field Trip Highlights

By *Rebekah Pitassi*

Over MEA weekend from Thursday October 17 - Friday, October 18, we took 37 students on our overnight visit to the Moorhead/Fargo area. We visited Concordia College, Moorhead and North Dakota State University. Students took part in campus tours, ate lunch in two college dining halls, spoke with admissions representatives, and got their questions answered by current college students. In addition, students enjoyed eating a pizza buffet dinner in Fargo, ND, playing games, and swimming in The C'mon Inn pool!

TRIO ETS Minneapolis students also attended a field trip to Winona State University on November 1. We took a campus tour, spoke with an admissions representative, learned about the TRIO Student Support Services program at Winona, and ate lunch in the dining hall.

On Friday, November 19, we took our CPA students on a college visit to Concordia University, St. Paul. We met their Admissions office, toured the campus, and met representatives from their Ignite Leadership Program as well as their Community, Action, Leadership, and Learning (CALL) Center. A few students loved the school so much that they declared they're going to apply there in the future!



Winona State University



Concordia - Moorhead



Concordia - St Paul

A Word From The Program Director

Heidi O'Hair, ETS Director
Happy 2020! From St. Olaf TRIO Educational Talent Search (ETS)!

In this issue of the St. Olaf TRIO ETS Reporter, you will learn about past and upcoming field trips and mentoring events. Also included is information about preparing to pay for college (especially important for seniors this time of year) and an activity to help test your financial knowledge. If you need extra help with work for a class, make sure to take a look at the FREE tutoring resources that are available in and around your school.

ETS is pleased to report that 100% of ETS seniors in the class of 2019 graduated within the standard number of years and 71% confirmed enrollment in some form of postsecondary education this fall. We are so proud of their achievement! ETS served 702 students during the 18-19 school year and met all standard objective goals set by the Department of Education. ETS staff are working hard to do the same in 19-20!

Please look out for our newest TRIO ETS Advisor Anna Schmid, who will be working with students at Washburn and Humboldt. If you see her in the halls, at a workshop, or on a field trip please welcome her and say hello! Be sure to keep in touch with all the Academic Advisors at your schools to learn about upcoming events and ways to be involved!



Anna Schmid, Academic Advisor

Mentoring Update

by David Soto Reyes

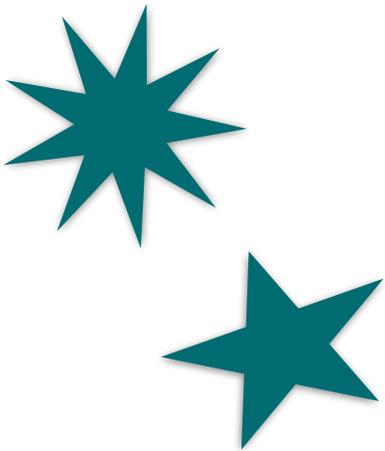
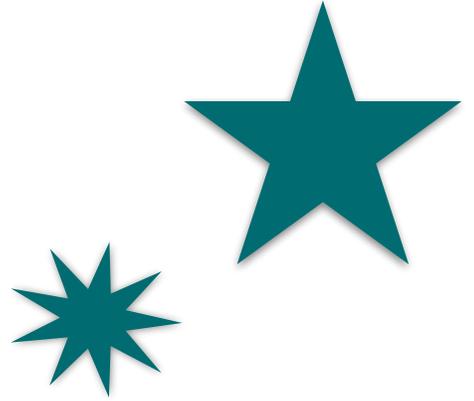
ETS is back at it with our mentor program! TRIO Educational Talent Search has the mentoring program running in three of our target schools this year. In total, we have approximately 150 wonderful St. Olaf College students volunteering as a mentor for 275 6th, 7th, and 9th grade students from the Twin Cities! This has been a great opportunity for St. Olaf College students to get involved with TRIO ETS and for them to be college role models to our ETS students.

Mentors and mentees correspond with one another via letter writing each week. In their letters, mentors share information about what college is like, how you should prepare for it, and even how to pay for college. Throughout the year, mentors and mentees will meet face-to-face three times. During the first visit, mentors traveled to the mentees' schools and spent the day playing get-to-know-you games, visiting classrooms, and enjoying school lunch. It was a wonderful time for all. That makes us very excited for our upcoming field trips in February (see Upcoming Events page) and April, when mentees visit their mentors at St. Olaf College.

Take a look at the photos below and on the next page!



ETS MENTORING PHOTOS!





Parents: The Money Talk

by Bridgette Kelly, ETS Academic Advisor

Did you know that college students are graduating with an average of \$30,000 in school loan debt? To make this a bit more real, if a college graduate took the standard repayment plan for the \$30,000 borrowed – 10 years, at 4.29% interest rate – they would be paying \$357 a month for the next decade. Here are some steps you can take TODAY to make sure your student is not in over their head with college debt once they graduate.

1. **Encourage your student to take classes in high school that will count towards a college degree!** These include PSEO, CIS, AP, IB and Career and Technical Education classes. They are all FREE and they allow your student to earn high school AND college credit at the same time!
2. **Start a college fund.** Instead of buying expensive gifts for birthdays, holidays, and special occasions, consider putting part of that money away for your student's future. A 529 savings plan allows you to put money away for your student's future college-related costs while also saving you money on your taxes. Learn more about the MN 529 Savings Plan options at <https://www.savingforcollege.com>
3. **Research Local Scholarships** – Seek out scholarships in your community for your student's college education. Scholarships can come from religious communities, local banks, and even your place of employment. These institutions often have scholarship funds available, they're just waiting for you to ask :)
4. **Complete your taxes and FAFSA in a timely manner.** Filing your taxes and completing the Free Application for Federal Student Aid (FAFSA) during your student's senior year are the first steps to receiving any type of federal financial aid. Many scholarships, such as the Power of You, require it and your student can't qualify for federal grants or aid unless you submit your FAFSA. ETS collaborates with high schools for annual FAFSA nights, where we help students and their families submit the FAFSA and review the financial aid process. Talk to your ETS advisor about upcoming FAFSA Night events!
5. **Review Financial Aid Packages with an ETS Advisor** - Set up a meeting time with an ETS Advisor to review financial aid award letters; we will explain what everything means and answer all of your questions. We can also help you compare the costs of the various colleges your student has applied to so that you can make an informed decision about what college will be the best holistic match.

Want to know all about scholarships? Check out this resource:



<https://studentaid.ed.gov/sa/types/grants-scholarships/finding-scholarships>



TRIO Educational Talent Search Upcoming Events

Northeast Middle School

- January 20 – No School; Community Service Day at Second Harvest Heartland
- February 17 – University of Minnesota, Twin Cities College Visit
- February 28 – Mentor Program Visit to Science Museum of Minnesota
- March 1 – College Visit to Normandale and Bowling
- April 24 – Mentor Program Visit to St. Olaf College



Edison High School

- January 20 – No School; Community Service Day at Second Harvest Heartland
- February 17 – University of Minnesota, Twin Cities College Visit
- March 1 – College Visit to Normandale and Bowling

Community of Peace Academy

- January 15 – College Knowledge Night + FAFSA Assistance 5-7pm
- January 20 – No School; Community Service Day at Second Harvest Heartland
- February 17 – University of Minnesota Twin Cities for (10-11 grade) College Visit
- February 25 – Mentoring Program Field Trip – Feed My Starving Children + Skateville
- March 17 – College Visit to Century College for 10-12 grade (Early Release Day)
- March 24 – ACT for all Juniors
- March 24 – Conferences 4-7pm
- April 21 – Mentoring Program Field Trip - St. Olaf College
- May 5 - ETS Senior Banquet



Humboldt Senior High School

- January 20 – No School; Community Service Day at Second Harvest Heartland
- 24 – Concordia University, St. Paul College Visit and Bowling (TBD)
- February 17 – University of Minnesota-Twin Cities College Visit
- February 25 – ACT for All (11th grade)
- February 27 – HUM Mentor Visit to FMSC/Skateville (7th/9th Grade Advanced English)
- March 5 – ETS @ HUM Conferences and FAFSA Night 4-7 pm
- March 6 – Century College Visit and Bowling
- April 23 – Spring Mentor Field Trip to St. Olaf College (7th/9th Grade Advanced English)
- May 7 – ETS Senior Banquet



Washburn High School:

- January 20 – No School; Community Service Day at Second Harvest Heartland
- February 17 – University of Minnesota Twin Cities College Visit
- February 18 – FAFSA Application Workshop/Conferences
- March 1 - College Visit to Normandale and Bowling
- March 23 - 10th and 11th grade College Planning Night 6-8pm
- March 24 - ACT for all (11th grade)
- April 22 - ETS Senior Banquet



UNIVERSITY OF MINNESOTA



Science
Museum
of Minnesota®

FREE TUTORING RESOURCES

Brainfuse HelpNow

- Free online tutoring **every day** from 1:00 – 11:00 pm
- All major subject areas are covered: Science, Social Studies, English/Language Arts, Writing and Reading assistance.
- All you need is a computer, Wi-Fi and a St. Paul public library card!
- Go to Sppl.org, click the Services tab, click Homework Help, click Online homework help



Humboldt Senior High

Flip Side at Humboldt High School

[\(Flipside Coordinator Kristi Rogalla Information Link\)](#)

Flip Side at Humboldt High School offers a variety of academic, enrichment and athletic programs that support students' needs during out-of-school time, both academically, physically and socially.

In partnership with numerous community organizations, programs provide students and their families with the opportunity to access activities that include

- Math, science, technology & engineering
- Sports, fitness and nutrition
- Culture
- Leadership and Community Engagement
- Tutoring and homework help
- Visual and performing arts
- Instrumental music
- Special events
- Career exploration
- High school readiness

St. Paul Public Library Brainfuse HelpNow Online and In Person Help

- Riverview Library -1 East George St, St. Paul, 55107 offers free in person tutoring in the library every Monday-Wednesday 4:00-7:00 pm. See all locations: [\(Homework Centers\)](#)

For library questions, contact:

651-266-7000 or SPPLWeb@ci.stpaul.mn.us

Community of Peace Academy

Arlington Hills Ilbrary

Homework Center with tutors on Mondays – Thursdays from 3:00pm – 6:00pm. Do your homework independently or get help from volunteer tutors. Check sppl.org/homework for more details

Academic Power Hour at CPA after school (2:45-3:45)

Mondays, Tuesdays, Thursdays, and Fridays

Room rotates between:

Mr. Hemstead in room 2360

Ms. Beam in room B340

Ms. Harries In room 1340

Ms. Cina-Bernard in room 1250

Edison High School

Beacons

is Edison High School's after school program that provides tutoring help every day after school.

If you have questions or are interested in signing up, contact Roz Anderson:

Roz Anderson

Edison Beacons Program Director

YMCA OF THE GREATER TWIN CITIES

700 22nd Ave NE, Minneapolis, MN 55418

(C) 651-587-5814

Washburn High School Tutoring Resources

Homework Lab offers a quiet space to work on homework independently or in small groups – and teachers to help you! It takes place in the Washburn Media Center on Tuesdays and Thursdays from 3:00 – 4:30pm.

Homework Help at Hosmer Library offers tutoring at the Hosmer Library on Mondays and Wednesdays from 4:00 – 7:30pm and Saturdays from 1:00 – 4:30pm.

Questions? Ask your ETS Advisor for more information!

Northeast Middle School Tutoring Resources

Beacons is Northeast Middle School's after school program that runs from 4-6pm Monday through Thursday. Students take an academic (ALC) class from 4-5pm and an enrichment class from 5-6pm. Transportation, snack, dinner, and classes are all free. Class options include Swimming, GEMS/GISE (STEM classes), Coding & Game Design, Chess, Arts and Crafts, Social Justice, Digital Storytelling, Cooking, Computers, Beacons Leadership Team, Native Drum Teachings for Success, Loppet, and more!

If you have questions or are interested in signing up, contact Kayla Campanelli at kayla.campanelli@mpls.k12.mn.us or 612-688-1516.

Seniors: It's the Final Countdown!

by **Bridgette Kelly, ETS ACADEMIC ADVISOR**

Calling all Seniors!! Can you believe it? There are only a few more months of high school left, meaning you'll soon be on to a new chapter in your life. This time can be exciting and scary, you might have a perfect plan all mapped out or you might still be considering your options. No matter where you're at, know that your TRIO ETS Advisors are here to support you. We've been in your shoes and have a few tips for making sure you finish senior year with confidence:

JANUARY

- Write out 3 personal goals you have for yourself in 2020. Hold yourself accountable by writing out a monthly timeline for how you will achieve these goals. Have fun with this!
- Complete the FAFSA (Free Application for Federal Student Aid) if you haven't already
- Before starting your FAFSA, be sure both you and your parent/guardian have created an FSA ID. This login will be what you both use to sign the FAFSA
- You can find a FAFSA checklist at <https://www.educationquest.org/pdfs/FAFSAChecklist.pdf>

FEBRUARY

- It's dark and cold outside, which can really affect your mood and motivation to push through. Be mindful about how you start your day. Take the first five minutes after waking up to stretch, meditate, or sit quietly while focusing on your breathing. Do your best to avoid your phone during this sacred time :)
- Visit colleges that you have received acceptance letters from
- Complete the necessary paperwork if you are selected for FAFSA verification

MARCH

- Ready or not, life after high school is going to be full of new experiences AND expenses. Be sure to set up a checking or savings account. Make a goal for how much money you want to put away on a monthly basis for your college-related expenses. Believe me, future you will thank you!
- Make an appointment with your ETS advisor to review your financial aid letters until you understand them completely
- Continue to look and apply for scholarship opportunities. Check out <https://www.niche.com/colleges/scholarships>. Apply Apply Apply!!

APRIL

- Having a solid plan and support system are vital to your success after high school. Sit down with your family and make sure everyone is aware of your plan. Ask for the support you need. If you don't ask, the answer will always be "NO".
- Decide which college to attend, notify the school of your decision and send in a deposit by MAY 1st!

Note: A deposit is needed to secure your place in the class. If you are living on campus, another housing deposit is required. Call the college to make arrangements if these are a hardship for you and your family. They will work with you!

MAY

- It's been scientifically proven that practicing gratitude on a regular basis leads to increased happiness. Write 5 letters of gratitude to people that have made an impact on you during your high school career (teachers, counselors, mentors, bosses, etc.)
- Ask that your final senior transcript be sent to the college you will be attending.
- Find out about any TRIO SSS, multicultural or student support programs at your future college and find out how to get involved!

\$\$ FINANCIAL AID WORD SCRAMBLE \$\$

Test your financial aid knowledge and vocabulary with this puzzle!
(see the next page for answers)

1. sfafa _ _ _ _ _

Hint: a document you must fill out to receive financial aid

2. dwara ttelre _ _ _ _ _ _ _ _ _ _

Hint: a breakdown of what grants, scholarships, and loans you'll be eligible for if you attend a specific college

3. tetsenir _ _ _ _ _ _ _ _ _

Hint: the extra money you will be charged when you take out a loan

4. trnag _ _ _ _ _

Hint: free money given based on family income – does not have to be paid back!

5. dutsten dia poerrt _ _ _ _ _ _ _ _ _ _ _ _ _ _

Hint: A summary of the data from your FAFSA that indicates an estimate of what your family is expected to pay.

6. meinco viercafinoit mofr _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _

A form sent by the college AFTER they receive a student's FAFSA asking more in depth questions about a family's financial information.

TRIO ETS GRADUATE SPOTLIGHT

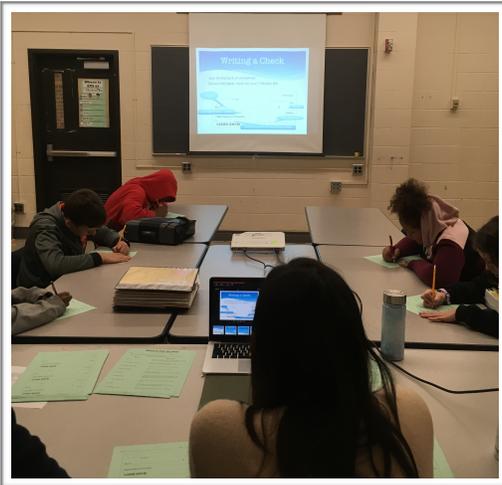
John Carlo Franco, Humboldt Senior High '13

Carlo graduated from Humboldt High School in 2013. Before coming to Humboldt and working with the ETS team, Carlo had no idea what a GPA was. While reviewing his transcript at the end of his first year with the ETS Advisor, he was able to learn about the benefits of having a high GPA, getting into college, and applying to scholarships that were available. Right then, he set a goal with his ETS Advisor to graduate with the highest GPA in his class, and did just that. Carlo graduated as the valedictorian of his class. After high school, he became a first generation college student by attending the University of Minnesota, Twin Cities. He earned his Bachelor's Degree in Child Psychology and Leadership in 2016.

In 2017, Carlo was fortunate enough to return to Humboldt as a Project Coordinator. In addition to his work at Humboldt, he is the current President of the West Side Boosters Youth Athletic Non-Profit Organization, and he also works with the City of Saint Paul Parks and Recreation Department. Carlo is a youth worker, and all of his work is centered on how to provide the necessary support for young people in our communities. He plans to continue elevating the voices of Saint Paul youth, working to strengthen communities, and provide necessary support to ensure our young people are supported and successful!

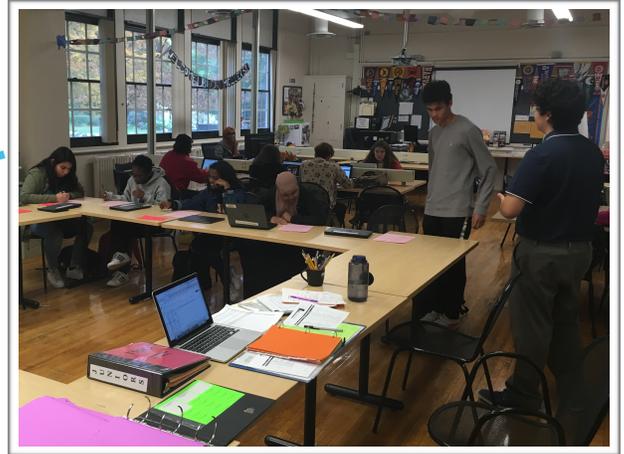


What has ETS been up to this fall?



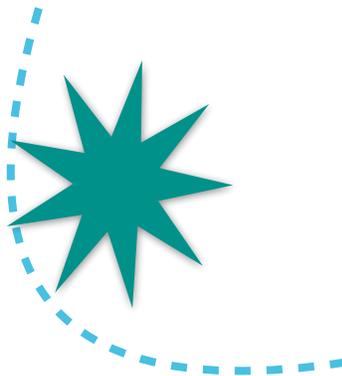
NE "Skills to Pay the Bills"

7th graders learn how to write a check and debit/credit accounts

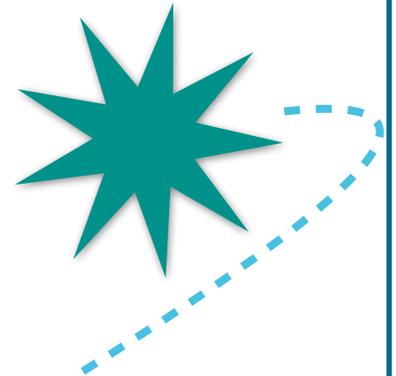


WA "Researching Colleges on Naviance"

12th graders do final research before applying to college.



ETS Staff at Financial Aid training in Key West, Florida



HUM "Personal Skills: Interviewing"

10th graders practice mock interviews before applying for jobs.



HUM 12th grade "College Application Day"

12th graders complete college applications, eat pizza, and take "I Applied" pictures!

Answers: 1. FAFSA; 2. Award letter; 3. Interest; 4. Grant; 5. Student Aid Report; 6. Income Verification Form



St. Olaf College
1520 St. Olaf Avenue
Northfield, MN 55057-1098
(507) 786-6241 TOLL FREE: (800) 621-7601
<https://wp.stolaf.edu/ets>

Address Service Requested

Educational Talent Search (ETS) is a TRIO program funded by the U.S. Department of Education and sponsored by St. Olaf College. The ETS program annually assists 700 middle and high school students as they explore their academic and vocational options and set goals for the future. ETS Academic Advisors, in cooperation with school counselors and teachers, provide college preparatory services through workshops, classroom activities, and group and individual counseling sessions. St. Olaf College Educational Talent Search works at the following five schools: St. Paul Community of Peace Academy, St. Paul Humboldt High School, Minneapolis Edison High School, Minneapolis Northeast Middle School, and Minneapolis Washburn High School.



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