



# REPORTER

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## Field Trip Update

by Bridgette Kelly, Academic Advisor

“The time is always right to do what is right” : a powerful message from Rev. Dr. Martin Luther King (MLK), Jr. to 2,500 students, faculty, and visitors of Oberlin College in 1964. Dr. King has been celebrated as a leader who was dedicated to nonviolent, peaceful protest during the height of the Civil Rights Movement.

TRIO programs across America exist as a direct result of the work conducted by MLK and other civil rights leaders of that era. It was a time of uncertainty, a time of people coming together to accomplish a common goal, and a time our nation looks back on and promises to always do and be better by our most vulnerable community members.

To honor the memory of Rev. Dr. Martin Luther King, Jr., 45 TRIO ETS Scholars from across five schools came together on MLK Day to volunteer at Second Harvest Heartland, the largest food bank in Minnesota. In an hour's time, ETS Scholars along with other community volunteers packaged 4,604 pounds of rice (3,936 meals) which was delivered directly to food shelves and soup kitchens across Minnesota. We thanked our scholars for their time and dedication by dining at a local Chinese buffet and completing a short worksheet to celebrate MLK's life and legacy.



# Spring 2020 Highlights

## Heidi O'Hair, TRIO ETS Director

TRIO Educational Talent Search students are keeping busy this spring by participating in college planning workshops and program sponsored field trips as well as completing applications for college, the FAFSA, scholarships, and summer camps.

Did you know that the Department of Education requires TRIO ETS to follow up with program graduates who enroll in some type of college immediately after graduation for 6 years and report who completes a certification or degree within that time? Here are the most recent statistics compiled in February 2020:

Year	2014	2015	2016	2017	2018	2019
# Students	35	44	39	58	64	50
Graduated	16 (46%)	16 (36%)	3 (8%)	5 (9%)	1 (2%)	2 (4%)
Still Enrolled	6 (17%)	10 (23%)	20 (51%)	32 (55%)	48 (75%)	46 (92%)
Stop Out	13 (37%)	18 (41%)	15 (38%)	20 (34%)	15 (23%)	2 (4%)
Unknown	0 (0%)	0 (0%)	1 (3%)	1 (2%)	0 (0%)	0 (0%)

Seniors complete a Permission to Release Records Form (PRR) and staff use the National Student Clearinghouse to check on progress twice per year. Seniors, if you have not yet completed the PRR, get it back to Advisors



U.S. DEPARTMENT OF EDUCATION

## TRIO Educational Talent Search Mentoring Program Update

By: David Jesus Soto Reyes

TRIO Educational Talent Search has three mentoring programs up and running this year. In total, we have approximately 150 amazing St. Olaf College students volunteering as mentors to about 275 6<sup>th</sup>, 7<sup>th</sup> and 9<sup>th</sup> grade students from the Twin Cities! This is a great opportunity for our college students in get involved with TRIO ETS, and for our ETS students to interact with college role models.

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 meet face-to-face three times. During the first visit in October, mentors traveled to the mentees' schools and spent the day playing get-to-know-you games, visiting classrooms, and enjoying school lunch.

During the last week of February, mentors and mentees from Community of Peace Academy and Humboldt High School volunteered at Feed My Starving Children. Afterwards, both parties enjoyed either bowling or playing billiards. It was a great way to build relationships through a service project and some fun! Northeast Middle School mentors and mentees spent a day of fun exploring and learning at the Science Museum of Minnesota.

Here are some photos of our second mentoring field trip. Take a look!



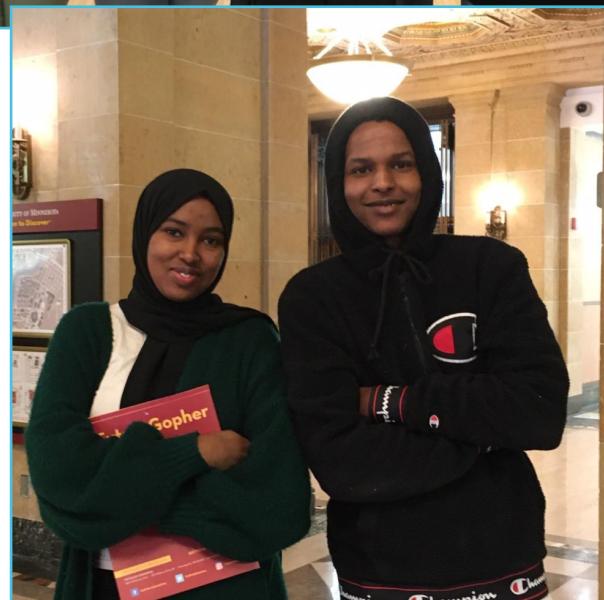
# **Minnesota! Minnesota! Yeaaaaaaah Gophers!**

**By Bridgette Kelly, Academic Advisor**

One of the best parts of being a TRIO ETS Scholar are the college campus field trips. Instead of taking President's Day to TikTok, play video games, or stream movies, 28 TRIO ETS Scholars visited the University of Minnesota Twin Cities campus where they met with TRIO Student Support Services (SSS), spoke to current students, and took a walking tour. Highlights from the day included bowling at the Gopher Spot on the St. Paul U of M Campus, TRIO SSS Trivia with giveaways, and learning about the different culture clubs on campus.



Fun fact: Did you know that UMN has a Lettuce Club that holds an annual lettuce eating contest?! Wild, right?



# MAY FIRST! MAY FIRST! MAY FIRST!

Remember that your ETS advisors are here to help. Feel free to call or email us with any questions.

## What's going on May 1st?

May 1<sup>st</sup> is the very last day in which seniors have to notify colleges they've been accepted to if they will be accepting or declining the offer of admission.

## How do I accept a college's offer of admission?

Most colleges mail you a deposit and/or housing deposit form with your acceptance materials. You accept this offer of admission by postmarking this form and your deposit payment back to the school by May 1st.

## What does postmarked mean?

This means that your form has to be in an addressed envelope, stamped, and at the post office, not just in a mailbox, by May 1st.

## What is a deposit?

A deposit is the amount of money requested by the college to save your spot—a down payment. It can range from \$100-\$500, but many colleges will work with you if you cannot pay the full amount. Call your admissions person well before May 1st to ask about your options. Talk to your ETS Advisors if you need help on what to say.

## What happens if I don't do this by May 1<sup>st</sup>?

Your spot may be given up and you might not be able to attend this college in the fall. Make sure you take care of this before May 1st!



## Senior Alert: FAFSA Reminder

Attention to all seniors and parents/guardians of seniors! It's that time of the year to fill out the FAFSA. Have you completed your application? If the answer is no, be sure to take a moment to start, finish, and/or submit it as soon as you can. Have you been selected for verification? Not sure? ETS Advisors are here to help.



Free Application for Federal Student Aid

The FAFSA is the form used to determine how much free state and federal grant money will be awarded to a student. It is also used to establish eligibility for student work awards and many scholarships!

You can do it right now by going to [www.fafsa.ed.gov](http://www.fafsa.ed.gov). There is no hard deadline to submit this application, but it's a good idea to submit it **ASAP** for two very important reasons:

- **Better financial aid package**
  - **Help you make your college decision early**
- 
- The FAFSA requires student and parents/guardians tax information from the previous year. Student's can complete the FAFSA with tax information from 2018 (known as prior prior year taxes). If you need any assistance with completing your student's FAFSA, ETS Advisors are available to help. Call us at 1-800-621-7601 or send an email to your Academic Advisors.

**REMEMBER: THE FAFSA DOES NOT COST ANYTHING TO FILE AND CAN BE FILED ON A PHONE OR COMPUTER AT:**

<https://fafsa.ed.gov/> OR <https://fafsa.gov/>



# TRIO ETS SPRING 2020 UPDATE

We hope this season's newsletter finds you in good spirits and spending time discovering new ways of staying connected, healthy, and joyous. These are uncertain times, which is why the TRIO ETS team wants you to know we are here, we are dedicated to your success, and we want to hear from you. The following is a list of important information and updates on what you can expect from your TRIO ETS team:

**1. TRIO ETS Advisors are fully available to support ETS scholars via email Mon-Fri 8:00am-3:00pm.**

We want to hear how you're doing, friends. Please reach out via email. Additionally, advisors are happy to schedule phone calls and video calls upon request:

Bridgette Kelly - kelly12@stolaf.edu - Community of Peace Academy

Beka Pitassi - pitass1@stolaf.edu - Northeast Middle School + Edison High School

Anna Schmid - schmid22@stolaf.edu - Humboldt High School

David Soto Reyes - sotore1@stolaf.edu - Washburn High School

**2. TRIO ETS scholars should be checking their school (and personal) email daily if wifi is accessible.**

Respond to any time sensitive emails and delete the junk mail :). Staying digitally organized es muy importante (very important) during this transition.

**3. Friend “ETS Trio” on Facebook!** We'll be posting program updates, college + scholarship information, and resources on a regular basis so be sure to send us a friend request.

**4. TRIO ETS grade-specific workshops are postponed** until we are back in the schools. At this point we are not planning to move ETS small group workshops to an e-learning platform.

**5. All remaining field trips with TRIO ETS are cancelled for the 2019-2020 school year** including college visits and mentoring program visits to St. Olaf College.

As always, please reach out. We are in this together, we care about you, and we want to stay connected. Send us funny memes or your favorite Tik Tok videos.

Stay wonderful,

Bridgette, Beka, Anna, and David  
TRIO ETS Advisors





## COLLEGE WORD SCRAMBLE

Answers on page 7

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# Attention Middle School Students

## Here's what you can do NOW to get ready for college

By Rebekah Pitassi, ETS Academic Advisor

Part of preparing for college is taking the right classes in middle school. Courses such as English, algebra, foreign language, and technology will better prepare you for more challenging courses in high school.

But college preparation is about more than just classes and grades. It's also about developing the skills (such as good study habits, paying attention in class, and reading) that will help you succeed in college and life.

### Here's what you can do NOW to get ready for college

#### 6th Grade

- Speak with your school counselor or librarian and other adults (your teachers, relatives, and family friends) who have interesting jobs.
- Develop strong study habits that help you earn good grades and test scores.
- Read at least one book every month, just for fun.
- Participate in class activities.

#### 7th Grade

- Begin taking advanced courses such as Algebra I and a beginning foreign language class. But remember, take only the most difficult courses you can handle.
- Talk to your counselor or teachers about courses you can take in high school.

#### 8th Grade

- Keep doing your best in school—study hard, earn good grades, and participate in class.
- Ask your counselor about challenging and interesting courses you can take in high school.
- Continue to explore different career options.
- Start saving money now to help pay for college.
- Continue taking advanced courses such as Algebra II and an intermediate foreign language class.
- Ask your older sisters and brothers or other college students about their college experience. If you don't know any college students, ask your counselor to help you contact some students.

Want to find out more steps for college preparation? <https://studentaid.gov>

You also can download the College Preparation Checklist at: <http://studentaid.ed.gov/sa/prepare-for-college/checklists>

(Adapted from <https://studentaid.ed.gov/sites/default/files/my-future-my-way.pdf>)

Word Scramble Answer Key: Advisor, Dorm Room, Library, Major, Professor, Work Study, Financial Aid, Lecture, Meal Plan, Office Hours, Roommate, Textbook Schedule, Tutoring, Classes, Exams, Learning, Major, Research, Study,



# What are you doing this summer?

By David J Soto Reyes, ETS Advisor

The following camps are both recreational and academic, and many offer scholarships to attend. If you are interested in attending, talk to your ETS Academic Advisors today.

NOTE: CHECK ALL CAMP WEBSITES FOR SUMMER 2020 CHANGES



## YMCA Camps (Icaghowan, Ihduhapi, St. Croix, and Warren):

YMCA Camps are 1-2 week residential camps for students in grades 6-12. Campers get a well-rounded experience with activities like horseback riding, swimming, kayaking, and campfires. Scholarships are available. Check out these and other YMCA camps at their website:

<http://www.ymcatwincities.org/camps/>

## St. Olaf College Summer Camps:

St. Olaf College has a variety of residential summer camp opportunities for students in 7<sup>th</sup> – 12<sup>th</sup> grade. The camps that offer financial assistance include their Music Academy, Theater Camp, Dance Workshop, and Chess Camp. For more information go to St. Olaf's website: <https://wp.stolaf.edu/conferences/summer-programs-at-a-glance/>

## ID Tech Camp at Macalester College:

ID Tech Camp is usually a 5 day residential or non-residential camp geared towards students of all ages interested in technology. This summer all classes will be online. You will learn about coding, game development, and programming while attending this camp. Go to the their website to learn more:

<https://www.idtech.com/register#/reg-flow/avail-charts-filters?lid%5B%5D=45&rgnad=true>

MACALESTER  
COLLEGE



## Want to find a summer program just right for you?

Check out the 2019 Summer Enrichment Guide organized by Minnesota Education Equity Partnership Inc. <https://mneep.org/resource/2019-academic-enrichment-guide-aeg/> (and look out for the 2020 version soon)



## Minnesota Institute for Talented Youth (MITY) Expand Your Mind:

MITY Expand Your Mind is a 2-week residential or commuter academic enrichment program located at Macalester College in St. Paul. There is a 3.0 GPA requirement to attend.

During the day, you take a fun class like forensic science, architecture, or creative writing. In the evenings and during the weekend residents attend FUN activities.

Unfortunately, MITY has been cancelled for Summer 2020 but will return next year!



Minnesota  
Education Equity  
Partnership

# TRIO ETS GRADUATE SPOTLIGHT

**Josh Xiong: Community of Peace Academy '19**

**College Attending: Century College**

**Anticipated Class of: 2021**

**Major: Associates in Arts**

## **When did you start participating in TRIO ETS?**

When I was a freshman in high school. We did the mentoring program with students from Saint Olaf College. The freshmen were assigned mentors who were students at the time. We would write letters to each other about ourselves and our lives and we got to meet them a few times to participate in different activities and events.

## **Do you feel that TRIO ETS helped to prepare you for college? How?**

TRIO ETS taught us a lot about the process of getting into college as well as what to expect. It showed us what life in post-secondary education is like.

## **What has been your biggest challenge in college thus far?**

Motivation. Sometimes I feel like I don't know what I'm doing. I don't know what I want to do or if I should even stay in school. I have a hard time motivating myself to do well and work hard. I let myself slack off here and there and eventually it piles up to the point where I'm behind.



## **What activities/organizations do you participate in?**

I spend time getting to know the folks who work with the multicultural center, and the Asian Student Association. I also work in the admissions office so I meet a lot of people through that, as well as Century College's admissions and student life events.

## **What are your goals for the future?**

It's hard for me to decide. I'm the kind of person who wants to try everything. Right now, I'm interested in going into a microbiology or biophysics field. I'll also do photography on the side just as a hobby. However, if you ask me again next semester it may be something completely different!

## **What advice do you have for high school students?**

What most people have to say: Work hard in high school. Keep up good grades and do your best. As long as you do that you'll be fine. You don't have to be an "A" Honor roll student. On the other hand, enjoy your youth! This is the time to explore life and find out who you are. Everything will be okay in the end.

## **ETS Juniors Prepare For The Act Test! by Rebekah Pitassi, Academic Advisor**

Our TRIO ETS juniors have been busy prepping for the ACT this year! On February 25<sup>th</sup>, 2020, Humboldt High School juniors participated in a district-wide ACT testing day. Community of Peace Academy, Washburn High School, and Edison High School planned on having ACT testing for all juniors, but unfortunately will be postponed due to the current pandemic.

**ACT has rescheduled its April 4 national test date to June 13 across the U.S. in response to concerns about the spread of the coronavirus (COVID-19). All students registered for the April 4 test date will receive an email from ACT in the next few days informing them of the postponement and instructions for free rescheduling to June 13 or a future national test date.**

Students, to help you alleviate some of the stress of preparing for college, you should start studying and practicing for the ACT now! You can do this by using PrepMe on Naviance or go to <http://www.actstudent.org/>. These tools will help you figure out what subjects in school you may need to improve on. The ACT is a timed test so doing a practice test will help you to manage your time well when taking the actual exam. You can register for the ACT at [www.actstudent.org](http://www.actstudent.org). If you need a fee waiver, you can get one from your high school counselor or your ETS Advisors. You got this, juniors!

- **Prepare Physically** - Eat before testing (you don't want a growling stomach that will distract you during a test), use the restroom, and bring a bottle of water.
- **Review** - Go through notes or flashcards.
- **Calm Down** - Take calming breaths and relax. Getting anxious won't help you score your highest.
- **Flex** - Stretch and flex your muscles, this will also help you relax and feel more alert.
- **Chat** - If you are able to, talk with the people around you about the upcoming test, maybe they have a fact or tip that will be useful to you on the test. (Do NOT talk during the real test!)

Want more testing tips? Sign up for a question of the day email or other resources. Visit:

<http://www.act.org/content/act/en/products-and-services/the-act/test-preparation.html#free>





**TRIO Educational Opportunity Programs**  
**Educational Talent Search**

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

**ETS STAFF**  
Heidi O'Hair, Director  
Fay Dacey, Administrative Assistant,  
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 preparation services through workshops, classroom activities, and group and individual counseling sessions. St. Olaf College Education 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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