

# REPORTER

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## TRIO ETS Humboldt Middle Schoolers Take on TopGolf

By: Anna Schmid, Academic Advisor

On Monday, March 6th, TRIO ETS academic advisors took our Humboldt TRIO 7th and 8th graders to TopGolf in Brooklyn Center for their full experience field trip package. This included the science lab curriculum workbook "TopMotion" for 6th through 8th grades, two hours of Topgolf, field trip lunch bag (which students loved) that included a turkey sandwich on panini, kettle chips, chocolate chip cookie, unlimited fountain sodas, lemonade and water, and two awesome event ambassadors. It was such a fun way to kick off the month of March with our 7th and 8th graders. TopGolf curriculum TopMotion was a perfect example of how a fun game like golf can also be the part of STEM education. All of us at TRIO ETS would not be surprised if some of the Humboldt middle school students joined the golf team in the future. Take a look at a few photo highlights below!



## A Note from our Director - Juan Telles

Greetings TRIO scholars, parents, guardians, and partners! This spring, we are starting to plan for the 2023 - 2024 year, and are shifting our program focus with our partner schools to help focus on the individual student at their particular school and their career aspirations after high school. We are giving them exposure, knowledge, and connections to better prepare TRIO Scholars to focus on graduation goals and building a plan for after high school. Be on the lookout for the new plans for St. Olaf College TRIO ETS!

TRIO ETS participants have been keeping busy this spring by participating in college planning workshops, completing college applications, and applying for FAFSA and scholarships.

TRIO ETS Scholars, contact your advisor.

**Seniors:** If you still need FAFSA help or to complete your Permission to Release Record (PRR) form.

**Juniors:** If you still need to prepare for or need a waiver for the ACT.

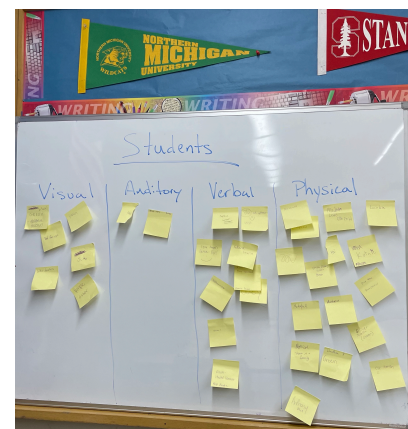
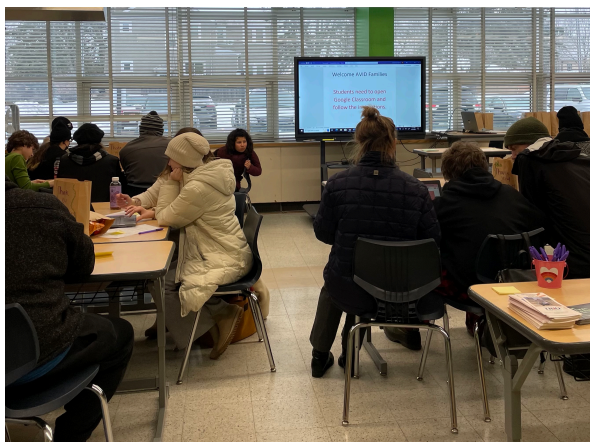
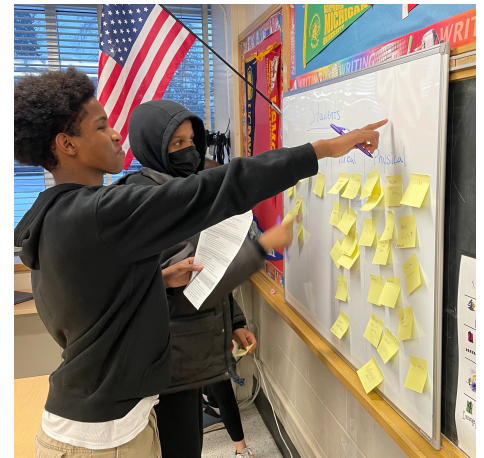
**6th - 10th graders:** If you still need to make a plan for this summer and are interested in summer camps.

## TRIO AVID Family Night with TRIO ETS at Northeast Middle School

By: Anna Schmid, Academic Advisor

On Thursday, March 16th, TRIO ETS advisor Anna worked with Northeast Middle School AVID teacher Ms. Adams to host an AVID Parent Night during student and parent conferences. Students, along with their parents, went through the TRIO ETS workshop "Learning Styles," which is a learning styles inventory where there is a series of questions with four possible answers, and you pick the one that relates the most to you. At the end it reveals your learning style. The possible learning styles students and parents could have gotten were visual, auditory, verbal, and kinesthetic or physical learning. Students and parents explored the differences between these learning styles, as well as study tips based on their preferred approach to learning.

All the students and parents got to keep the handout with the study tips for each learning style, and all the NEMS AVID students in grades 6th, 7th, and 8th who came to the event got a gift bag of chips, treats, and pencils. Ms. Adams and Anna also distributed permission slips for the upcoming AVID and TRIO ETS 6th grade college visit to the University of Minnesota - Duluth on Tuesday, April 25th, 2023.



# May 1st!

REMEMBER THAT YOUR ETS ADVISORS ARE HERE TO HELP. STOP BY THE TRIO ETS OFFICE AT YOUR SCHOOL!

## 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 1st?

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!



## FAFSA Reminder! Attention to all seniors and parent(s)/guardian(s) of seniors who haven't completed the FAFSA:

It's that time of the year to begin comparing financial aid packages. If you haven't yet completed the FAFSA 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. Remember that 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**.

The FAFSA requires student and parents/guardians tax information from the previous year. Students can complete the FAFSA with tax information from 2022 (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 Advisor.



**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/>



# Tutoring Resources for Final Exams and End of the Year: Tutor.com

By: Anna Schmid, Academic Advisor

Hello TRIO ETS Scholars! Do you want FREE, ANYTIME, ANYWHERE, ANONYMOUS homework or classwork help???

We are excited to officially launch [tutor.com/stolafets](https://www.tutor.com/stolafets)! This is a great resource that is free for all TRIO ETS students. With [tutor.com/stolafets](https://www.tutor.com/stolafets), you can have:

- One-to-one anonymous homework help and tutoring online in real-time
- Availability 24 hours/7 days/week online and on-demand access to get connected with an expert tutor in just a few minutes
- 200+ subjects are available including math, science, computer science, social studies, language arts, foreign languages, AP (advanced placement), & more!
- Bilingual tutoring (Spanish & English) available for math, science and social studies.
- Drop-off review service for writing assignments and self-study practice quizzes are also included

Your username is the first half of your email address. Example: [schmid22@stolaf.edu](mailto:schmid22@stolaf.edu) my username would be schmid22

Password: Your password is **trioets**

Please login and check out the website: [www.tutor.com/stolafets](https://www.tutor.com/stolafets)

Please do not hesitate to email your TRIO ETS Academic Advisor with any questions you may have.

For the TRIO ETS video and more info check out the student and parent resources tab on our website:

<https://wp.stolaf.edu/ets/student-parent-resources/>

You may refer to these Youtube playlists to learn more about how to use the different functions of [tutor.com/stolafets](https://www.tutor.com/stolafets):

- [Student and Parent playlist](#)
- [Student Playlist](#)





## **Attention Middle School Students:** **Here's what you can do NOW to get ready for college**

By Anna Schmid, 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? Visit [StudentAid.gov/](http://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>)

# MN TRIO Scholarship Nominees from St Olaf TRIO ETS

Below are the essays of the two St Olaf TRIO ETS seniors who were nominated by ETS Academic Advisors for the MN TRIO Scholarship

## **Kaydee Yang** **Community of Peace Academy (CPA) Class of 2023**

I first learned about TRIO in 9th grade. I had different advisors and they were friendly because they took us on field trips and came up with interactive activities for us to learn about college and other things related to college. I did not talk to the advisors much because I was not interested in learning about college at that time. I regretted this because there were so many things I wish I knew before starting my senior year. In my junior year, I got an email from a new TRIO ETS advisor asking to have a meeting, which was surprising to me because the mentors in my freshman year did not do that. I was more interested in learning about college so I attended the meeting. The advisor, whose name is Ben, was super nice. I did not feel awkward at all because he had such a positive attitude and did not let the conversation die. I then met another advisor, whose name is Evelyn. She is also friendly and we had a lot in common so it was very entertaining talking to her.



In a short amount of time, I ended up going to visit them every morning and stayed to talk until it was time for class. I also came to eat with them when it was time for lunch. I always anticipated and looked forward to eating lunch with them because I knew I would have a good time. They knew how to have fun, but they also knew how to help me with whatever I needed. For example, I talked to them about what I wanted to major in, what colleges I wanted to go to, what I liked to do, etc. They helped me with so many things like helping me come to a conclusion that I should do what I want and like, not what my parents want me to do. They also helped prepare for my ACT test with an ACT prep and they even did a mock ACT test. That really helped me prepare for the ACT. They've definitely had a huge and positive impact on my life because they took us on so many college field trips that were very helpful in helping me find out what college I would be interested in. I found out about a music college during a college fair field trip that I did not even know existed. I was very excited to learn about what music programs they had because I am very passionate about music. I have made so many memories with classmates because of TRIO ETS.

TRIO took us on more field trips than our school has so it was nice to get a break. I appreciate them so much for wanting to help us figure out what our next steps are going to be after high school, whether it be college or finding a job. I liked how they were not just focused on our academics, they cared about us in general. To me, they are my life de stressors. All I have to do is walk into the room that they are in and I feel less stressed already. Their energies always brighten my mood, it is not too much where I would get drained out.

I think everyone in high school should be a part of TRIO. It's such a memorable experience. Not only will it be fun, but you will get to know and learn about colleges, learn and get help with scholarships/fafsa, and make new friends! Every TRIO advisor that I have met has had such great personalities. It saddens me that I will not be able to see them anymore because I will be graduating in a couple of months. They are such generous people, I could tell how much they wanted to help us because of how much effort they put into planning things. I am so thankful to have had such amazing TRIO ETS advisors who gave me the opportunity to experience new things and make new memories while gaining new and important knowledge for the future!

## Nomon Manneh

### Humboldt High School Class of 2023

**TRIO ETS Scholar since .** TRIO has been a huge influence on my academic and personal growth. They helped me find my passion for learning and continuing my education after high school. After I graduate in June I will be studying in the medical field at North Carolina Central University. I want to thank Anna and Kali for helping me find my passion for pursuing higher education and also for providing the materials and opportunities through TRIO to continue to grow as an adult. I want to thank all the TRIO academic advisors I have had over the years for having faith in my abilities since I was a freshman who just joined their program, and was unsure of what I wanted to do and who I wanted to be. I've always been motivated by my TRIO advisors to want bigger and better things for myself and to strive for bigger goals than I thought were possible. The ETS program challenged me and others in the program to think of many ways to grow academically and figure out what we want to do after we graduate. Throughout my high school experience, I always remember to remain humble and continue to work hard for the things I want. I am so grateful for the opportunities that have come my way, and I appreciate the people I've met and the places and colleges I've gotten to visit while being in TRIO. TRIO has helped me become the hard worker and leader I am today so that I can use that to achieve my goals, and be successful this far into my high school career. My definition of being successful is when someone is financially stable, happy in their career, and mentally healthy and happy. The program has been supporting me through my obstacles and challenges. By receiving the MNTRIO scholarship I will be able to pursue my goals of pursuing my bachelor's degree at a Historically Black University so that with a degree in the medical field I can give back and help people like me.



## ACT Lunch Event at Humboldt High School

By: Anna Schmid, Academic Advisor

On Tuesday, February 14th TRIO ETS advisors hosted an ACT Prep Workshop Session for juniors during all three lunch periods at Humboldt High School. This workshop helped to prepare them for the ACT, which was held at Humboldt High School on March 7th and hosted by the school counselors. During the lunch our TRIO ETS juniors enjoyed Sarpino's Pizzeria from West St Paul and worked as a group to focus and go over each section of the ACT Test. Students received general strategies and test taking tips for the ACT. Each student was given the 21-22 practice test and the 22-23 practice ACT test to take home as a way to study.



# 2023 Council for Opportunity in Education Policy Seminar

By: Kali Hickman, Academic Advisor

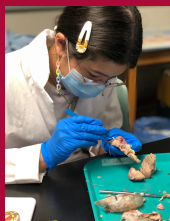
This March, our team had the opportunity to participate in the Council for Opportunity in Education's 2023 Policy Seminar. We spent the week doing work to keep TRIO programs effective, efficient, and funded. We ended it with a day of lobbying on Capitol Hill to get Congress members and Senators to sign the TRIO annual funding letter for FY24, supporting a \$107 million increase to TRIO funding. Our team was able to meet with the offices of Senator Amy Klobuchar, Congresswoman Betty McCollum, and Congresswoman Angie Craig. All of these offices agreed to continue their strong support of TRIO programs and make TRIO programs a top priority. This support helps TRIO programs move closer to its goal of being able to support 1 million students across the United States. Take a look at a few photos below!



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# ACT INFORMATION FOR JUNIORS

Our TRIO ETS juniors have been busy prepping for the ACT this year! On February 19<sup>th</sup> TRIO ETS Community of Peace Academy juniors participated in a practice ACT test with ETS Academic Advisors. On March 7<sup>th</sup> TRIO ETS Humboldt High School juniors attended a strategies and basic info session for the ACT test with ETS Academic Advisors. Later in March all Humboldt High School juniors participated in a school-wide ACT testing day.

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 ETS Advisors. You've got this, juniors!

Tips on what to do before testing:

- **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? Visit:

<http://testprep.about.com/od/tipsfortesting/tp/Day-Of-The-Test.htm>

## ACT Test Dates and Locations

### Minneapolis

#### **Breck School**

**Center Code: 192780**

- Test Dates:
- June 10th, 2023

#### **DeLaSalle High School**

**Center Code: 204220**

- Test Dates:
- June 10th, 2023

#### **Washburn High School**

**Center Code: 196910**

- Test Dates:
- June 10th, 2023
- July 15th, 2023

### St Paul

#### **Bethel University**

**Center Code: 020880**

- Test Dates:
- June 10th, 2023
- July 15th, 2023



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**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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