MAKE THE MOST OF YOUR SUMMER

WRITTEN BY TRIO STAFF

While summer should certainly be a time to relax, enjoy the sun and recharge, there are some simple steps you can take to solidify your success for the next school year and enjoy your break.

Volunteer: Volunteering is for everyone. Consider sharing your time and skillset with your community. Check-in with your local Chamber of Commerce for a list of places seeking help.

Read: Reading is so important to keep your mind sharp. Find a book at the local library that grabs your attention and be sure to read at least one book or two this summer.

Explore Future Careers: As a TRIO student you have a great resource called Virtual Job Shadow where you can research careers and take career quizzes. Ask your advisor for how to get access! Now is the time to find what really interests you.

Find a Job: Not only is a first job a good resume builder, it teaches you many skills that you will use the rest of your life. It can help you establish a great work ethic and learn how to work with people.

Refine Your Skills: Is there a hobby you’ve wanted to explore but don’t have the time during the school year? Look up local classes, watch some YouTube videos or contact your closest community college to see if they have ways to help you explore your passions.

Research Colleges: Use Virtual Job Shadow to find colleges with Majors you are interested in and compare your favorites. Share your findings with your advisor.
EMOTIONAL REGULATION ACTIVITY
5-4-3-2-1 GROUNDING

Directions: This exercise will help you calm down. Take deep breaths. Focus on filling in the lists below.

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TRIO STUDENTS ATTEND BUILD MY FUTURE EVENT

THE “BUILD MY FUTURE” EVENT WAS IN IOWA WITH 125 VENDORS THAT HELP STUDENTS CONNECT WITH POTENTIAL APPRENTICESHIP PROGRAMS, AND GIVE THEM AN IDEA OF THE DIFFERENT OPPORTUNITIES IN THE INDUSTRY.

Pathways offered:
- Manufacturing
- Healthcare/Nursing
- Law Enforcement & Emergency Services
- Military
- Culinary, Restaurant & Hospitality
- Agriculture
- Commercial & Residential Construction
- Heavy Equipment Operators
- Trucking/Driver
- Automotive
- IT & Cybersecurity
- Energy
- & more coming!

Gov. Kim Reynolds quoted by WHO13 News. “You can see so many other kids here too that are so fired up and excited about these careers and that they are not alone in doing this,” Reynolds said. “In 2021 we received in 181 new (apprenticeship) programs in our state, the most ever in a single year.”
TRIO STUDENTS ATTEND BUILD MY FUTURE EVENT

PICTURED: UB and TS students
Back row left to right: Alejandro Ibarra Rangel, Ryder Garrett, Brayan Angel, Emmanuel Hernandez, Taevis Fite, Hae Shee, Alexa Ortega, Roberto Almanza; Front left to right: Nayeli Martinez, Hser Paw, Esme Chavez Gomez

PICTURED: TS and UB students sitting in the safety debrief.

PICTURED: Ryder Garrett (red hat), TS, Taevis Fite (middle) UB, and Brayan Angel (far left) TS waiting in line for a demonstration

PICTURED: Alexa Ortega, Hae Shee, Nayeli Martinez, Esme Chavez Gomez (UB)
An important part of mental performance is being able to practice mindfulness. One way to attain this is to be mindful of how much time you spend on your devices. Here are some tips from Greg Graber on how to do that.

1. Try not to look at your smartphone first thing in the morning. Take your time waking up and let your mind wake up naturally.
2. Give yourself a tech-free hour before bed.
3. Have certain times a day where you power down and make it a habit.
4. Every now and then, intentionally leave your devices indoors when you go out to have fun.
5. Don't sleep next to your phone, charge it in another room or across the room if you can!
CAMPUS VISITS
FORT DODGE TO ISU

Explore Iowa State!
CAMPUS VISITS
Talent Search and UB at the University Iowa Campus

Explore the University of Iowa!
CAMPUS VISITS
Hampton Dumont Middle School 7th and 8th-grade to Wartburg College

Explore Wartburg College!
Washington D.C., June 11-16th, 2022– Iowa State University TRIO is proud to announce two of its students were selected to attend the leadership congress this summer. They were nominated by their Talent Search advisors and selected by the COE after their submission of an application and meeting appropriate academic standards. Students across the United States apply for this event.

The students selected are as follows: 11th Grader Katelynn Pentico of Perry High School and 10th Grader Natalie Vianey Andrade of Marshalltown High School.

Megan Averill, Katelynn’s TRIO Talent Search advisor states why she chose her for nomination.

“She is kindhearted, dependable, and motivated. I can always count on her to be at our meetings and get things done. She works hard and does well in her classes. She can make easy conversation with just about anyone. She is a role model, a true leader, and really wants to help others and make a positive change/impact. I think this conference will be great for her and help her home in on some of these skills even more.”

Bri Laughlin, Natalie’s TRIO Talent Search Advisor, states:

“I nominated Natalie because she is intentional in all that she does. She values hard work, commitment, and perseverance. She has a passion for creating positive and meaningful change within her community; she is always thinking about the bigger picture and what she can do to contribute to that picture. I want to see her grow in her ability to impact her peers and community while continuing to build on her confidence and her ability to lead.”
MEET OUR LEADERSHIP CONGRESS STUDENTS

Natalie Vianey Andrade

School: Marshalltown High School  
Grade: 10th  
Dream Job: State Legislature  
Hobbies: Soccer, Afterschool clubs (Al Exito and Mujeres) Co-Founder of a student-lead club (Mujeres)  
Favorite Thing to Learn About: I enjoy learning from community leaders. Many of the times they have provided the support, and resources I needed. With their guidance, I have been able to build on my achievements and continue finding opportunities like these.  
What are you looking forward to in DC?  
I am excited to learn more about the legislative process and meet congress members. As well as, very thankful to Trio Talent Search and Brianna Laughlin for making this trip possible.

Katelynn Pentico

School: Perry High School  
Grade: 11th  
Dream Job: General health care or pediatrics  
Hobbies: Being outside, camping, and kayaking  
Favorite Thing to Learn About: Health  
What are you looking forward to in DC?  
Meeting new people and seeing how a mock congress works
WHAT'S ON YOUR SHELF?
ISU TRIO BOOK REVIEW

BOOK REVIEW FROM LIVVY

TITLE: MARCH BOOK 1
AUTHOR: JOHN LEWIS

This book is captivating. It’s a graphic novel that makes you feel like you are sitting on a couch in John Lewis’ office having a one on one conversation about his lived history. This is book one in a three-part series. You will learn a lot from this book.

March is a vivid first-hand account of John Lewis’ lifelong struggle for civil and human rights, meditating in the modern age on the distance traveled since the days of Jim Crow and segregation. Rooted in Lewis’ personal story, it also reflects on the highs and lows of the broader civil rights movement.

REQUEST YOUR FREE COPY OF THIS BOOK HERE:
SUMMER PHOTO CHALLENGE
SCAVENGER HUNT STYLE

Join in on a fun photo scavenger hunt this summer. For every item you find, post a picture of it on social media with the hashtag, #ISUTRIO

- Something that makes you smile
- Flower
- Painted rock
- College or university
- Something that makes you feel safe
- A book that makes you happy
- Your hobby
- A person that makes you happy
- Someone doing your dream job
- Tree
- A body of water
- A bug
- Your favorite food
- Something your favorite color
- Something that makes a beautiful sound
- Something you want to learn more about
TRIO UPWARD BOUND

The Upward Bound program provides fundamental support to participants in their preparation for college entrance. The program provides opportunities for participants to succeed in pre-college performance and ultimately in higher education pursuits.

The goal of Upward Bound is to increase the rates at which participants enroll in and graduate from institutions of post-secondary education.

TRIO TALENT SEARCH

The goal of Talent Search is to increase the likelihood that participants graduate from high school and enroll in college.

This goal is accomplished by providing participants with academic support, financial aid resources, and personal counseling through monthly school visits. Talent Search advisers work with school counselors and teachers to identify qualified youth who have the potential for success in college.

As a TRIO student, you now have access to Virtual Job Shadow and PhotoStudy. Ask your advisor about how to sign in and start using these great FREE resources for tutoring and career exploration!

ADVISORS

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