WELCOME TO THE TRIO COMMUNITY FOR THE 22-23 SCHOOL YEAR

A WORD FROM OUR TRIO DIRECTOR, DARCIE SPRouSe

Greetings TRIO Students and Families,

Welcome to another school year with Talent Search and Upward Bound! We have a lot of fun things planned this year and we are excited to continue working with you and your students(s) on their journey to college.

This school year, Talent Search and Upward Bound students will go on college visits, explore different careers, learn about financial aid, participate in STEM activities, get help with school work, and so much more. All our seniors will get help with college applications, filling out the FAFSA, applying for scholarships, and all the other tasks they need to complete before high school graduation!

We have over 1,200 students at 10 middle and high schools in the Talent Search and Upward Bound programs, and our advisors have already started meeting with students for their monthly meetings. Students are usually assigned a meeting time during the school day and their advisor will notify them when a meeting is coming up.

College visits and other activities are specific to each school, so be sure to check with the Talent Search or Upward Bound advisor at your school for a list of meeting dates and college visits.

Once again, welcome back! We look forward to working with you this year!
 Because you are in TRIO, you probably want to be an effective student. To do so, you need to learn how to study smarter, not harder. The more you advance in your education, the more you will realize there aren't enough hours in the day to accomplish the studying required for college classes. That is, only if you haven't learned how to study smarter. Here are skills you can start working on this school year!

**Be Consistent**
You will never learn everything in one night. One or two late-night cram sessions won't truly help you to learn. Instead, have regular and short study sessions.

**Create a Schedule**
It's hard to be consistent without a schedule to adhere to. Decide when you will study what subjects each day. Be specific with: what, who, where, and when.

**Create a Study Goal**
Following up on being specific with your schedule, you need to have a goal for each study session and be specific about what you want to focus on. For example, I will review 50 Biology Class vocabulary terms with flashcards for twenty minutes.

**Start With the Hardest Subject**
You're going to want to start with whatever area takes the most mental energy from you and work your way back from there. That way, you are at your sharpest when you need it most.
Take Good Notes
Do your best to listen attentively to your teacher and write down the key concepts of what they are saying. Check out this short video on tips for how to take good notes.

Review Your Notes
After you've taken good notes, be sure to review them before each assignment. This will help to remind you of the lesson and retain information.

Remove Distractions
It might not always be possible to remove every distraction when you study. But try to control what's controllable. This might mean unplugging from your phone or not having your favorite streaming service on in the background. Maybe you need to sit somewhere else in your home that you can designate as your "study spot." Figure out whatever the distraction is for you. Everyone has different needs for a study environment.

Don't Be Too Hard on Yourself
Studying is a refined skill that most everyone has to work on. Don't get discouraged or give up. Utilize the advice given here as well as the Tutoring service offered to TRIO students.
TRIO UPWARD BOUND SUMMER RESIDENTIAL PROGRAM

The Upward Bound Summer Trip is an opportunity for students to live on the Iowa State Campus & take classes sharpen their academic skills. Students are able to get a glimpse into what being a college student feels like.
TRIO UPWARD BOUND SUMMER TRIP:
SOUTH CAROLINA

UB STUDENTS WHO PARTICIPATE IN THE RESIDENTIAL PROGRAM AND ARE IN GOOD STANDING HAVE AN OPPORTUNITY TO TRAVEL ACROSS THE COUNTRY. THIS YEAR, STUDENTS WENT TO SOUTH CAROLINA.

VISIT HTTPS://TRIO.IASTATE.EDU/
TALENT SEARCH SUMMER FUN: MIDDLE SCHOOL

This summer, students took a tour of ISU, attended workshops, and visited the Des Moines Zoo and Science Center.
TRIO TALENT SEARCH SUMMER TRIP TO KANSAS CITY

Most summers, a select group of rising seniors are able to go on a summer trip where colleges and cultures are explored.

Visit https://trio.iastate.edu/
EVERY YEAR, A SELECT GROUP OF 11TH GRADE STUDENTS ARE ABLE TO TOUR PRIVATE COLLEGES IN IOWA. THIS YEAR, THEY WENT TO GRANDVIEW COLLEGE, MERCY COLLEGE OF HEALTH SCIENCES, SIMPSON COLLEGE, CENTRAL COLLEGE AND DRAKE. THEY ALSO PARTICIPATED IN PROBLEM SOLVING GAMES.

VISIT HTTPS://TRIO.IASTATE.EDU/
TRIO ALUMNI SPOTLIGHT

We know that TRIO works and are so excited to share the stories of our students and what they are up to now. We hope our current students can be inspired by them and know that one day this can be you, too.

High School: Hampton-Dumont

College: University of Northern Iowa

When did you start with TRIO?: Sophomore Year of High School

Do you feel that TRIO helped to prepare you for college? If so, in what way?:
For sure! Being a first-generation student TRIO helped guide me through the process of the unknowns going into college, as well as helped me find the right college for me!

What has been the biggest challenge in college so far?
The first couple weeks of each semester are the hardest part for me. Getting into a new routine is difficult, but once you get it down it’s smooth sailing!

How have you overcome challenges in college?
I have had to navigate life away from home a bit more, realizing that things aren’t always going to be perfect, but you can do it!

What activities/organizations do you participate in?
I am the president of the UNI Student Literacy Association, apart of the Honors Student Advisory Board, and active in Chi Alpha campus ministry.

What advice do you have for high school students?
Don’t be afraid to go for your goals. You will never know the outcome of something if you never take the chance.

VISIT HTTPS://TRIO.IASTATE.EDU/
WHAT'S ON YOUR SHELF?
ISU TRIO BOOK REVIEW

BOOK SUGGESTION
TITLE: HOME IS NOT A COUNTRY
AUTHOR: SAFIA ELHILLO

This book has been described by NPR Book Critic as "A love letter to anyone who has ever been an outsider, or searched to understand their history, no matter where they come from."

Nima doesn't feel understood. By her mother, who grew up far away in a different land. Her suburban town, makes her feel too much like an outsider to fit in and not enough like an outsider to feel like she belongs somewhere else. At least she has her childhood friend Haitham, with whom she can let her guard down and be herself. Until she doesn't.

As the ground is pulled out from under her, Nima must grapple with the phantom of a life not chosen, the name her parents didn't give her at birth: Yasmeen. But that other name, that other girl, might just be more real than Nima knows. And more hungry. And the life Nima has, the one she keeps wishing were someone else's...she might have to fight for it with a fierceness she never knew she had.

REQUEST YOUR FREE COPY OF THIS BOOK BY NOVEMBER 31ST HERE:

VISIT HTTPS://TRIO.IASTATE.EDU/
### UPCOMING EVENTS

Don't miss out on TRIO events! You can also stay up to date on TRIO related activities via Facebook, TikTok and Instagram!

<table>
<thead>
<tr>
<th>EVENT</th>
<th>DATE</th>
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<tbody>
<tr>
<td>All Iowa Opportunity Scholarship Opens</td>
<td>October 1</td>
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<tr>
<td>FAFSA Opens for 2022-2023 School Year</td>
<td>October 1</td>
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<tr>
<td>Iowa TRIO Student Leadership Conference</td>
<td>October 3</td>
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<td>FAFSA Learning Day - Iowa College Aid</td>
<td>October 11</td>
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<td>ACT Test Date</td>
<td>October 22</td>
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<tr>
<td>Go Further Girls STEM Conference @ ISU Grades 8th-10th</td>
<td>October 27</td>
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<tr>
<td>Go Further Girls STEM Conference @ ISU Grades 8th-10th</td>
<td>November 1</td>
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<tr>
<td>Registration deadline for December ACT test</td>
<td>November 4</td>
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<tr>
<td>Iowa TRIO First Gen Celebration via Zoom 5:30pm-6:30pm</td>
<td>November 7</td>
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<tr>
<td>National TRIO Day</td>
<td>November 7</td>
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<tr>
<td>FAFSA Priority Deadline for U of Iowa (Date may change)</td>
<td>December 1</td>
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<tr>
<td>ACT Test Date</td>
<td>December 10</td>
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**FOLLOW US ON TIKTOK, INSTAGRAM AND FACEBOOK @ ISUTRIO**
BEST EVER POPCORN BALLS RECIPE

"Sweet, crunchy balls of popcorn."

Ingredients
3/4 cup light corn syrup
1/4 cup margarine
2 teaspoons cold water
2 5/8 cups confectioners' sugar
1 cup marshmallows
5 quarts of plain popped popcorn

Directions
1. In a saucepan over medium heat, combine the corn syrup, margarine, cold water, confectioners' sugar and marshmallows. Heat and stir until the mixture comes to a boil. Carefully combine the hot mixture with the popcorn, coating each kernel.
2. Grease hands with vegetable shortening and quickly shape the coated popcorn into balls before it cools.
3. Wrap with cellophane or plastic wrap and store at room temperature.
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.

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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