

A Note from the Director

Dave Kamrad



It is hard to believe that we are over half way through the academic year. Looking out of my office window, I am trying to convince myself that the white stuff will be gone in a few months, and warmer temperatures will be the norm. Until then, my staff and I have a variety of things planned with our students to keep us busy.

My staff and I have planned or will be planning a variety of educational opportunities for our students, include, participating in a leadership conference, visiting college campuses, and attending career/college presentations. If you are able to participate in any of our upcoming events I encourage you to do so. They are all designed to give you needed information to help you make better decisions both personally and academically.

I am sure you are all working hard to do well. With that in mind here are a few tips on how to stay motivated with learning this second semester:

1. Assess your learning to this point in the semester. Taking time to examine your performance on finished tests, quizzes, papers and projects will help you understand how to adjust your study for better performance.
2. Practice weekly calendar reviews and updates. On Sunday night review your upcoming assignments and calendar to be mindful of deadlines and approaching exams or papers.
3. Prioritize assignments. If you know that a major project is coming due, plan your time effectively. Divide large assignments into manageable parts and hold yourself to accomplishing each part in a timely way.
4. Develop alternative study places. Try to find a spot where you enjoy working that is free from distractions where you can study. Diffuse sunlight by a window can increase your energy.
5. Meet with fellow students to study. Working with your classmates can get you back on track to refocus on what is important and hold you accountable.

Remember, if you need assistance don't hesitate to contact a staff member. We are here to serve you and help you anyway we can.

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TRIO Pre College Staff Attend EOA Conference

The TRIO Pre College Program staff had the opportunity to attend the 43rd Annual Educational Opportunity Association (EOA) conference in Illinois. EOA, a regional chapter of TRIO, hosts the annual conference for the ten states within its jurisdiction.

The four-day conference proved to be a great time of professional development for the TRIO Pre College Staff.

The opening plenary speaker, Derek Greenfield, kicked off the conference, by asking every professional to put their hands up and reach as high as they could. He then said, "Now, reach higher." As everyone reached another centimeter higher, Greenfield reminded us of our purpose within TRIO. Students often hold to the limits they believe are put upon them, but when encouraged to go beyond, they stretch themselves a little bit further than they thought they could.



Pictured Above:

TRIO Pre College staff left to right: Kailee Laplander, Kim Gundlach, Dave Kamrad, Catherine Jordan, Emily Cibulka, Brian Irizarry & Marsha Salo.

Are you following us?

Did you know that two thirds of Americans utilize at least one form of social media? TRIO Pre College Programs are aware that social media use is increasing for all age groups, especially high school students, who utilize multiple platforms. To best reach our students, TRIO Pre College Programs can be found on most major platforms. Each platform provides unique content for students, families and schools.

You can find #MiddleSchoolMondays at the TRIO TS Facebook page. Each post provides a tip to get middle school students thinking about and preparing for college. #TRIO Tuesdays provides helpful information and resources for all TRIO students on the TRIO TS Facebook page, TRIO UB private group and TRIO Pre College Twitter page. #WordyWednesday on Instagram provides an easy way to broaden vocabulary for personal or SAT use. Finally, #FinancialAidFridays is a great way to gather financial aid tips and find scholarship opportunities at the TRIO Talent Search Facebook page and in the TRIO Upward Bound private Facebook group. We are also on Snap Chat and Pinterest!



TRIO Talent Search:
@KeweenawTrioETS
TRIO Upward Bound:
Private Group



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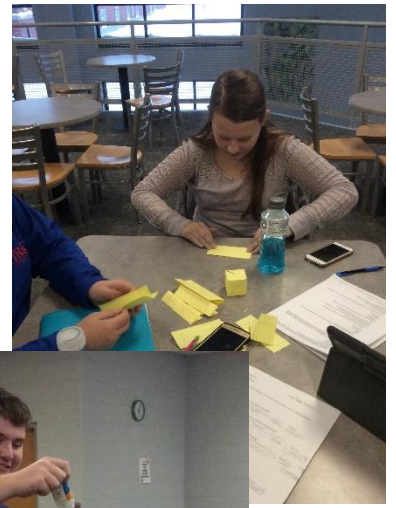
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Growing Through STEM

STEM, an acronym for science, technology, engineering and math, has become a buzzword in education circles, and with good reason. STEM careers are growing by 17%, while other occupations are growing by 9%.

TRIO Upward Bound's December after school study labs focused on hands-on STEM activities like physics, creating 3D geometric shapes and coding. Brian led the charge of learning and teaching Scratch, a coding language for gamers, to the students. Using a basic template built by Brian, students then coded to add characters, buildings and geographic landmarks.

Catherine brought STEM to the sessions with an entertaining lesson on physics, focusing on surface area and air pressure. Students were provided with containers of various sizes filled with water and ping-pong balls in the mouth of the container. When the students slowly turned the containers upside-down, over Brian's head, students were able to see how the ping-pong ball suctions to the bottle, creating a barrier for the water.



Alumni Spotlight



Brooke Tienhaara is a first year student at Michigan Tech in Houghton, MI. She is also an alumna of Calumet High School and TRIO Upward Bound.

As a student, Brooke is enjoying the independence and personal responsibility college provides. "When I do well on an exam or assignment, it's because of the work I put into it," says Brooke. Her hard work shows. Brooke made the Dean's list for the fall 2017 semester in the 3.5-3.99 range.

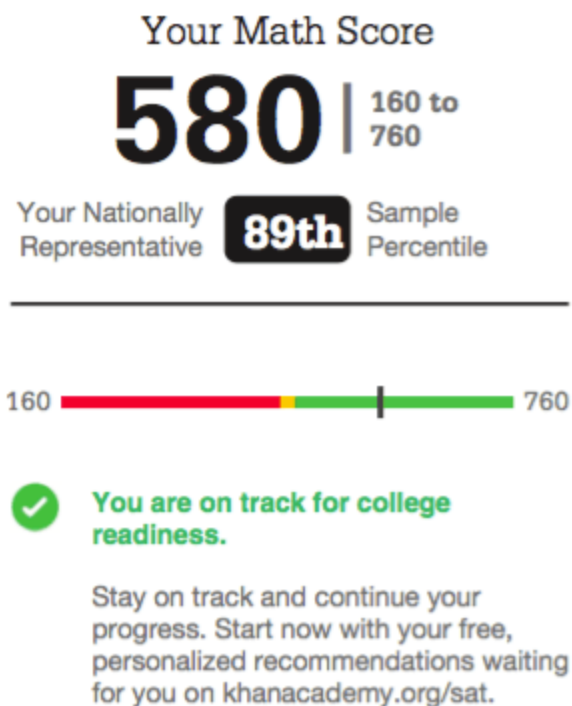
Brooke says that the most valuable support TRIO Upward Bound gave her was assistance with scholarship applications. "Before turning in an essay for a scholarship, I would have 1-2 one-on-one meetings with a TRIO UB staff member to revise and discuss each application. These meetings are a big part of why I received the scholarships that I did."

Yes, You Khan!

If you mention the SAT to an eleventh grade student, the likely response is one of dread. No student wants to take a four-hour test, much less one that has a heavy value when it comes to college admission and financial aid.

TRIO Talent Search has been working with our partnered school systems to help students utilize the best resource for SAT preparation, Khan Academy. Khan Academy was created by Salman Khan in 2008 with the purpose of providing free education resources to students anywhere in the world. In 2016, Khan collaborated with College Board, who owns the SAT, to create the best SAT preparation tool there is.

What makes Khan Academy the leading SAT tool? Khan offers students personalized preparation based on their PSAT scores or practice tests. They provide tutorial videos, practice problems and additional assistance to help the student understand the concept.



They break down scores based on skill sets, and provide the student a list of areas they should improve on before the SAT test date. Each area is assigned a color: red, yellow or green. Green signifies college readiness for that skill. Yellow indicates the student is close to college readiness, but still needs to strengthen the skill. Finally, a skill in red signifies a need to improve this skill. TRIO TS advisors suggest students start with their red level skill and work on them until they are yellow. After they have increased all scores to the yellow-level, students should then continue to work as many skill sets into the green area as possible.

In addition to free tutorials and practice options, Khan Academy can also create a personalized practice schedule. Khan uses the amount of days until the test date and the amount of skills that need improving to create a calendar that is easy to follow.

TRIO Talent Search advisors have been busy assisting students with their SAT preparation. Through hands-on workshops, students in sixteen Western UP schools have connected their PSAT scores to their new Khan Academy accounts, and started preparing for their upcoming SAT.