



Pictured Above: TRIO staff hard at work from their home offices. We love serving our students!

Message from Our Staff

Dear TRIO Students,

We love you and we miss you! It is important to be strong in these difficult times. Things will be changing for the remainder of this semester.

We are planning to provide all the services you expect from TRIO online. This is the first of what we plan to be a weekly newsletter to keep you updated on all of our online activities. We do not have an official start date just yet, we are all attending trainings and training ourselves for online services, but we hope to have your regular TRIO services available as soon as possible. For now, check out our resources page attached to this newsletter and our Instagram account (@mjc_trioworks).

Please do not hesitate to reach out to us. You know that we are here for you and are always happy to hear from you! Do not forget to spread love and kindness during these times. We all believe in you and this is what keeps us going.

Humbly yours,

TRIO Staff

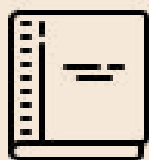
Coping with Social Distancing and Staying at Home

Strategies for Success

Going from being in school for six to eight hours a day to being stuck at home around the clock can be a jarring experience. When our familiar routine gets disrupted, it can wreak havoc on our mental, emotional and physical state if we don't come up with positive coping strategies. We asked our program representatives and students to share what helps them combat boredom during this new age of social distancing and this what they had to say:



TV and Film: Now is a great time to catch up on all of the shows and movies you've been waiting to watch. Some crowd favorites at the moment include Netflix's "Gentefied".



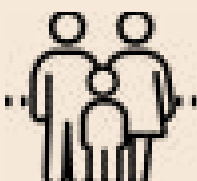
Reading: Tired of staring at a screen all day? Take some time to find a book you'll enjoy reading! Great books to start include **Black and White** by Paul Volponi and **The Hate U Give** by Angie Thomas.



Getting Active: Going to the gym isn't the only way to keep your body active! Go for a walk or run, ride your bike, work out at home. These are all great ways to stay active and provide stress relief.



Getting Creative: Is there a new hobby or skill you've been wanting to learn? Explore your creative interests! Try learning a new dance, developing your drawing skills or learning a new instrument.



Family: More than ever, we must take time to nurture the connections that we have with our loved ones. Spend some of your extra time connecting with your family members. Try a family game night or sitting down for a meal together.



Student Spotlights

Congratulations Seniors!

Our students exemplify hard work and resilience and we are so proud to be a part of their educational journeys. This week, we want to honor the dedication of our seniors who have worked so hard to earn their college admissions into the CSU and UC.

Congratulations to all of you!

Ceres High School

Cesar G. - UC, CSU
Elizabeth S. - UC, CSU
Elijah V. - UC, CSU

Modesto High School

Alan A. - CSU
Evelyn A. - CSU
Fatima A. - UC, CSU
Estefania C. - CSU
Jonathan M. - CSU
Valeria R. - UC, CSU
Mayra C. - CSU
Melany C. - CSU
Yaira C. - CSU
Stephanie C. - CSU
Robert D. - CSU
Michaela D. - UC, CSU
Vivica E. - CSU
Maribel E. - CSU
Erin F. - CSU
Mariela F. - CSU
Alexia G. - CSU
Kiara G. - CSU
Lupe G. - CSU
Jennyfer H. - CSU
Traneisia J. - CSU
Dalia M. - CSU
Ivan O. - CSU
Jobanna P. - CSU
Jullisa P. - CSU
Rafael R. - CSU
Neida R. - CSU

Jennifer S. - CSU

Natalia S. - CSU
Bethzaida S. - CSU
Andrea T. - CSU
Idaly V. - UC, CSU
Mariah W. - Out of State Privates

Patterson High School

Kahyla B. - UC, CSU
Jovana C. - UC, CSU
Stephanie C. - UC, CSU
Junior C. - UC, CSU
Andrea E. - UC, CSU
Isaiah G. - UC, CSU
Sheila M. - CSU
Adrian O. - UC, CSU
Jasmin T. - UC, CSU
Alexis Z. - UC, CSU

Peter Johansen High School

Keila A. - CSU
Gabriella A. - CSU
Fiorella B. - CSU
Alondra J. - CSU
Daisy P. - UC, CSU
Kristopher R. - UC, CSU

Riverbank High School

Miriam A. - UC, CSU
Brian C. - UC, CSU
Krystal C. - UC, CSU
Jonatan G. - UC, CSU
Casandra M. - UC, CSU
Kevin P. - UC, CSU
Brian R. - UC, CSU
Anastasia T. - UC, CSU
Juan V. - UC, CSU

Thomas Downey High School

Gisselle A. - CSU
Betsy A. - CSU
Xavier C. - CSU
Joanna G. - CSU
Laisha G. - CSU
Lisset G. - CSU
Daniel G. - CSU
Alicia L. - UC, CSU
Jasmine M. - CSU
Hailey M. - CSU
Vanessa O. - CSU
Lizbeth O. - CSU
Emily Q. - CSU
Luzlynet T. - CSU, UC
Mayra V. - CSU

#QuarantineCreativity

Each week we're going to be featuring original artwork submitted to us by our students! To have your artwork featured please email Alyssa at nelsona@yosemite.edu

This week's artwork done by: Andrea E., PHS 12





Resources Available

We understand that these are difficult times to be in and below we have gathered resources for you to take advantage of should you or your family need to. We will continue to update this list as more resources become known to us.

Our Office



Upward Bound Staff

Jorge Camarena - camarenaj@yosemite.edu

Maria Ramirez - ramirezma@yosemite.edu

Educational Talent Search Staff

Benjamin Cimoli - cimolib@yosemite.edu

Alyssa Nelson - nelsona@yosemite.edu

Yuliana Jimenez - jimenez@yosemite.edu

Administrative Staff

April Sanchez - sanchezm@yosemite.edu

Elena Bernal - bernale@yosemite.edu

Educational Resources

Internet Access

[Available Low Cost Programs](#)

Academic and Tutoring Resources

[Stanislaus County Library](#)

[MCS Distance Learning](#)

[Khan Academy](#)

Test Preparation

[College Board](#)

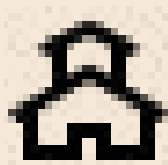
[ACT](#)

College Admissions

[University of California](#)

[California State University](#)

[Modesto Junior College](#)



Community Resources



Meal Pick Up for Students

[Ceres Unified School District](#)

[Modesto City Schools District](#)

([click here](#) for Spanish)

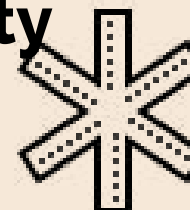
[Patterson Unified School District](#)

[Riverbank Unified School District](#)

Directory for Local Food Pantries

[Stanislaus County 211](#)

Health and Public Safety Information



[Center for Disease Control and Prevention](#)

[California Department of Public Health](#)

[Stanislaus County Public Health Services](#)

Central Valley Suicide Prevention Hotline

888.506.5991 (24-hour line)

Suicide Prevention & Crisis Services

800.273.8255 (24-hour line)

Text: "COURAGE" To: 741741

Free 24/7 and Confidential

[Stanislaus County Behavioral Health and Recovery Services Crisis Line](#)

209.558.4600; 888.376.6246 (24-hour line)