



Pictured Above: TRIO staff held Zoom training sessions all week to prepare for online services!

Message from Our Staff

Dear TRIO Students,

Another week has gone by and we are so excited to be able to share with you exciting news and updates!

Our program representatives and tutors have been working hard to ensure that you all still have access to the support you need to succeed academically. We are facing unique challenges right now but do not let that keep you from pushing forward towards your goals. You are all capable. You are resourceful. Most importantly, you are not alone! We as a staff, every one of your program reps and tutors, believe in you and it is this belief that pushes us forward. **You** are our inspiration and if you need help, we are here to assist in any way we can.

We look forward to seeing you all during our online sessions in the next coming weeks. Continue to spread love, kindness and positivity. Stay happy. Stay healthy. Stay at home!

Humbly yours,

TRIO Staff

Shifting to Online Services: What Our Students Need to Succeed

As our students now face the realities of distance learning, it is crucial that we continue to provide the same level of academic support they received in a normal school setting. Last Thursday, we were happy to announce on our Instagram page (@mjc_trioworks) that, starting Monday, April 13th, we would be conducting all of our services online for the remainder of the Spring 2020 semester. It took several meetings, a number of brainstorming sessions and critical input for us to create an outline of how we as a program would execute this plan and begin to answer the question:

What exactly does shifting TRIO online look like for our students?



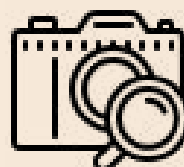
Academic Advising: You can send an email, call, message us through Remind or set up a one-on-one Zoom video session to get your academic questions answered. We want to check in with you so don't hesitate to reach out in whatever way is most comfortable for you!



Tutoring: For all of our high school students, days and times for tutoring will remain the same online as they were in person. For our middle school students, the days will remain the same for each school, but we will have a morning and an afternoon session.



Saturday Academy: Upward Bound students are still expected to attend their Saturday Academy courses. Your program advisor will send out information with dates and times for you to log in so be sure to check in with them.



Workshops and Field Trips: Just because we can't leave our houses doesn't mean we can't experience the world around us! Expect to tour colleges, experience cultural activities and explore new careers from the comfort of your couches (or beds, no judgement here). If you have any ideas for workshops, let us know! We love your suggestions and feedback.



Student Spotlights

“Music was my refuge. I could crawl into the space between the notes and curl my back to loneliness.” - Maya Angelou

SHUFFLE PLAY

- Japanese Denim ...
↓ Daniel Caesar
- Adiemus ...
↓ Adiemus, Karl Jenkins
- Lose My Mind ...
↓ Jai Wolf feat Mr. Gabriel
- Shake It Off ...
↓ Taylor Swift
- No One ...
↓ Alicia Keys
- Pretty Girl ...
↓ NB Ridaz
- Daydreaming ...
↓ Corrine Bailey Rae
- El Color de Tus Ojos ...
↓ Banda Sinaloense MS de Sergio Lizarr...
- Proud of U ...
↓ EARTHGANG feat Young Thug
- Blinding Lights ...
↓ The Weeknd
- Cardiac Arrest ...
↓ Bad Suns
- La Puerta Negra ...
↓ Los Tigres del Norte
- Vultures ...
↓ John Mayer
- Peripeteia ...
↓ Milky Chance
- Good Day ...
↓ Surfaces
- Love Theory ...
↓ Kirk Franklin
- Dreams ...
↓ Fleetwood Mac
- La Escuela No Me Gustó ...
↓ Adriel Favela
- Funkytown ...
↓ Lipps, Inc.
- El Güero ...
↓ Grupo Firme

In need of some good music for quarantine listening?



This week we reached out to our students to let us know what music was currently getting them through their stays at home and they shared with us the songs they currently have on repeat.

Grab your headphones and kick back with our student-curated quarantine playlist!

THE GRIND NEVER STOPS ... NEITHER DO WE!



Some of our Johansen High UB students had a Zoom session with their program advisor, Maria, to complete their dual enrollment applications to take college classes at MJC this summer.



Our seniors attended the first of our online Zoom workshops where our Patterson and Riverbank high advisor Jorge went over the basics of financial aid. They learned about understanding their financial aid packages, differences in gift aid and got to ask questions about paying for college.

We're so proud of our students when they continue to show up and put the work in!

#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: Erik C., Hanshaw 8





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

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Educational Talent Search Staff

Benjamin Cimoli - cimolib@yosemite.edu

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Administrative Staff

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Educational Resources

Internet Access

[Available Low Cost Programs](#)

Academic and Tutoring Resources

[Setting Up Zoom](#)

[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

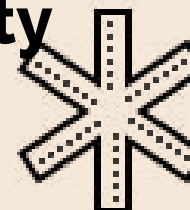
[Stanislaus County 211](#)

Community Agencies

[Love Our Neighbors](#)

[United Way of Stanislaus County](#)

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)

