



Message from Our Staff

Dear TRIO Students,

We continue to hope for the health and well-being of you and your loved ones. As we continue to learn and work from home, it is still important to find time to do things you enjoy or try something you have not before!

While it can be difficult to think past today in our current times, we should continue to look forward to the horizon and seek out new opportunities! We encourage TRIO students to speak with their advisors about the possibilities that are available with us.

We would also like to offer seniors a reminder that their admission decision deadlines are approaching and if you need help with accepting admission, understanding your financial aid or submitting forms to your schools, please let us know so we can help!

To all TRIO Students, we hope that you recognize the strength that exists in each of you and know that whatever the storm may bring, you will overcome.

Humbly yours,
TRIO Staff

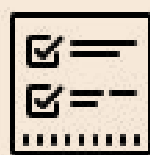
Finding the Right Fit

This Friday, May 1st, seniors who plan to attend a four-year college or university must submit their admission decisions to their school of choice. Understanding that many of our seniors will also be the first in their families to attend a four-year institution, we know that many factors go into committing to a school. This is not an easy decision for any student to make but there are steps to help you make an informed choice that you are comfortable with.



Start with Who You Are and Why You're Going:

Choosing the right college starts with examining your personal motivation for going. What are you really hoping to get out of your education? Are you self-sufficient or do you feel more comfortable around family? What are your strengths and weaknesses and how would those impact you in a college setting? Talk with your parents, friends, and counselors about these questions. People that know you well can provide useful insight.

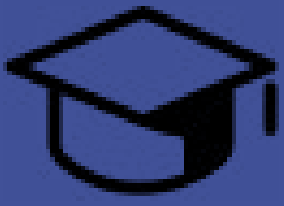


Rank Your Priorities: Aside from having the major that you want to pursue, what else are you hoping to get out of your college experience? Make a list of your wants and needs and then see how each school compares. **Be realistic;** don't expect each school to have exactly what you want but use this as a measure of where you might fit in comfortably.



Consider Your Finances: By now, every senior should have received their financial aid offers from each school. Our program advisors are here to help you make sure you understand exactly what each school is offering you. Think about your financial end game. Is one school expecting you to take on a large amount of student loans? Can you afford housing in that area? What exactly are you comfortable with and how will that impact you at the end of your four years at that school?

Most importantly, remember that it's okay to not have all of the answers and it is okay to be uncertain. That is why we are here to help you!



Student Spotlights



#triospiritweek

Last week it was so fun having our students and staff participate in our TRIO spirit week through Instagram and during our tutoring sessions! It was a great way to connect with each other from home and we hope that you all will continue to show us your TRIO spirit as we come to the last month of the school year.

Seniors - What Are Your Next Steps?

Graduation is fast approaching and we know that looking ahead to your future can be equally exciting and intimidating.

We want to hear from you!

- What are your post-grad plans (MJC, CSU, UC)? What are you planning to major in?
- What are you most looking forward to about college? What are you most concerned about?
- What is advice that you would give to rising seniors?

Click [here](#) to take our survey or scan the QR code below!



#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: Anonymous





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

[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

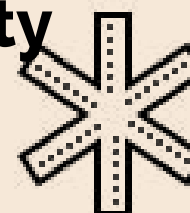
[Stanislaus County 211](#)

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)

Crisis Text 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)