



Message from Our Staff

Dear TRIO Students,

First and foremost, we hope this message finds you and your loved ones well. We hope that you all had a great first week of virtual learning. As we adjust to its challenges, we're sure we will all appreciate the chance to continue our education. With that being said, we were happy to see you all attend our first week of online tutoring! Great job, thank you for participating, and let's keep up the good work.

We are also excited to share that we will be having our very first TRIO SPIRIT WEEK! We are looking forward to seeing you representing with pride! If you are unable to attend our online tutoring and would still like to participate, post a picture with your spirit wear and tag us on Instagram @mjc_trioworks #triospiritweek

Together we can move forward, stay the course, and continue to work towards our goals. As always, continue to spread love, kindness, and positivity.

Stay safe, stay active, stay goal-oriented.

Humbly yours,

TRIO Staff

Keeping Up the Momentum

Balancing school work and home responsibilities can be a tricky adjustment and it's easy to get burnt out or overwhelmed with so many changes to confront. We've gathered some tips to help you adjust to distance learning keep you on course with your academic goals.



Set Clear Boundaries: Do you have rowdy siblings that make concentrating difficult? Chores or other family responsibilities that take up time? Have a discussion with your parent or guardian to establish a space and time for you to complete your school work with minimal distractions.



Schedule Breaks: Schedule your work in blocks to make it more manageable. After finishing a lesson, take a five minute break before moving on to the next one. Make sure to add in free time, a lunch break, and time for some physical activity to keep your body focused and alert.



Make time for Creativity: Creativity doesn't just mean drawing or painting. Try out a new experiment, or play a game with family members or have a virtual meet up with friends.



Remember Setbacks are Temporary: The definition of student is "someone actively engaged in learning", which means it is okay to not immediately understand new concepts you're learning. Keeping a positive, growth-oriented mindset will help you deal with the new challenges of daily life. Recognize your failures as learning opportunities and don't let them discourage you!

If you find yourself truly stuck, reach out to someone you feel comfortable asking for help.



Student Spotlights

TUTORING

Webcams, mics, action! Monday we started our online Zoom tutoring sessions and we were so happy to see students coming in with homework questions and dropping in to talk. Thank you to all of the students that took time out of their day to attend a session (especially those of you who were technically on Spring Break)! If you didn't get the chance to join us for a Zoom session last week, it's not too late!

Students, remember that this is the perfect opportunity to make up any low grades in your classes! Keep checking Schoology and checking in with your teacher. If you have any questions, please let us know how we can help!

Upward Bound Tutoring

Ceres High School
Wed: 2:40-4:40 PM

Johansen High School
Thu: 2:00-4:00 PM

Modesto High School
Tues: 2:00-4:00 PM

Patterson High School
Tues: 3:00-4:30 PM

Riverbank High School
Mon: 3:00-4:30 PM

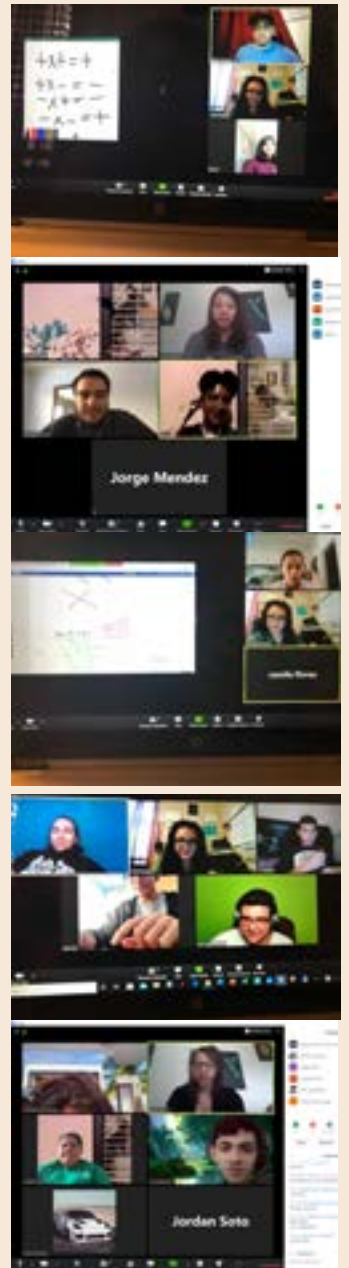
Educational Talent Search Tutoring

Modesto High School
Mon & Wed: 2:00-4:00 PM

Thomas Downey High School
Tues & Thu: 2:00-4:00 PM

Mark Twain Junior High School
Mon & Wed
11:00 AM-1:00 PM ; 3:00-5:00 PM

Evelyn Hanshaw Middle School
Tues & Thu
11:00 AM-1:00 PM ; 3:00-5:00 PM



Poll results are in! We wanted to see what's keeping you connected and motivated while doing your work from home. We reached out to you on Instagram and these were the responses with the highest votes:

WHAT MOTIVATES YOU TO STAY CONNECTED TO TRIO?

MEETING NEW PEOPLE AND MAKING NEW FRIENDS

Me trying to make new friends
Play it cool, don't make it awkward



Me: k I'll start studying at 7
Me to me at 7:01- you missed your chance...start at 8



WHAT HELPS YOU GET YOUR SCHOOL WORK DONE?

WANTING TO GET GOOD GRADES

WHAT'S SOMETHING YOU'VE STARTED WHILE AT HOME?

WORKING OUT

WEWORKING OUT



OR NAH?

#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: April S.





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

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Educational Resources

Internet Access

[Available Low Cost Programs](#)

Academic and Tutoring Resources

[Stanislaus County Library](#)

[MCS Distance Learning](#)

[Khan Academy](#)

Test Preparation

[College Board](#)

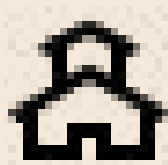
[ACT](#)

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)

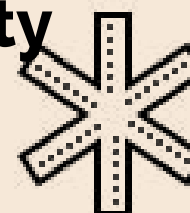
[Patterson Unified School District](#)

[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)

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)