



THE ACHIEVER

MJC TRIO Pre-College Programs Quarterly Newsletter

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Message From Our Staff

Dear TRIO Family,

We are excited to welcome you to a new school year with our TRIO Programs. We are aware and understand the significance of the uncertainty this school year brings, but we are ready to face our ever-changing circumstances alongside all of you. Together we will continue to strive for academic excellence, value our mental health, harness and develop our personal strengths, and give respect to our community and family. Please do not forget that your TRIO programs are here for you.

Our plan for this school year is to return all of our services back to in-person operation, if possible, while still offering some services online. Although this is our current plan, the pandemic has taught us that we must be flexible and that we must be ready to adjust to any changes that may come our way. If need be, we are prepared to return any of our services to a remote format.

We wish you all the best for this upcoming fall semester and look forward to serving all of you! We believe in you, we miss you and we are grateful to have you in our programs.

Humbly Yours,
TRIO Staff

In-person tutoring services will start on September 13th!

As we return to in-person services at our school sites, please be aware that we will be following all of our school and county health guidelines to ensure a safe environment for all students and staff.

Educational Talent Search

Downey High - Career Center
Tues/Thur: 2:10-4:10 PM

Modesto High - Room 7
Mon/Wed: 2:10-4:10 PM
Collab Day: 12:50-2:50 PM

Hanshaw - Library
Tues/Thur: 3:00-5:00 PM

Mark Twain - Cafeteria
Mon/Wed: 3:00-5:00 PM
Collab Day: 1:50-3:50 PM

Upward Bound

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

Johansen - Library
Thur: 2:10-4:10 PM

Modesto High - Room 7
Tues: 2:10-4:10 PM

Patterson High - Room 106
Tues: 3:00-4:30 PM

Riverbank High - Room 310
Mon: 3:00 - 4:30 PM

Tips and Tricks for a Successful School Year

After spending over a year learning to deal with online school during the pandemic, the transition back to being in person can be hard to deal with. We understand that it takes time to get back into the rhythm of school and so we've gathered some tips to help as we readjust to being back in the new normal of our school environments.

Remember, these are just general tips and may or may not work for you. Try some of these out, but if they don't work for you then try to find other methods that will!

Set Short and Long Term Goals

Setting goals for yourself can help you direct your focus and energy on what's really important to you. Take the time to consider what you want to get done and be realistic about what you can achieve at this point in time.

Work on Time Management Skills

This can be accomplished in many different ways. You can try keeping a calendar (paper or digital) or an app that helps you prioritize your tasks and set reminders. When you're at school, try to be on time to all of your classes so you don't miss out on important information.

Manage Your Study Space

Find a place where you can be productive. In class, that could mean sitting away from your friends. Attend after school-tutoring so we can help you stay on track with your work! If you study at home too, try to stay away from screens or other distractions.

Prioritize Your Health

Make sure you're getting as much sleep as possible and eating well for your health. Regular sleep and proper nutrition help keep your immune system strong and gives you more energy to get through the day. Your mental health is just as important - build and use a support network who you can go to when you're feeling stressed or overwhelmed. Remember, at TRIO we are here for you!

I admire Maria greatly as an advisor and will miss her! She always made staff and students comfortable and brought positivity to every situation. I'll also miss trying to teach her dances during our office breaks! -Alyssa

Maria always brings a positive and inspiring presence. She does such an amazing job of bringing out the best in her students and team. She is a true advocate for student success and embodies what TRIO is all about. -Ben

As some of you may have heard, this year Maria Ramirez will not be returning as one of our Upward Bound advisors. We want to thank Maria for all of the hard work and dedication she showed to our program and her students - you will be missed Maria!

Thank you Maria for all you have given to our students, their families, and our programs. Your impact is immeasurable and your energy will be missed by all of us. I wish you the best in your new endeavors! - Jorge

I have so many fun and great memories with Maria! She is an amazing coworker and friend. She's a role model to follow, especially for our students. I'm going to miss her but I wish her all the best in her career and life! - Yuli

I have a lot of fun memories with Maria! Like the first time I pranked her by covering her office in Emergen-C packets! - April

Below we have gathered resources for students and families to take advantage of including: school related information and links to FAQs, community agencies and resources, public health information, mental health and self care information and social justice resources.

We will continue to update this page as more resources are made known to us.

Our Office

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Educational Resources

Internet Access

[Available Low Cost Programs](#)

College Admissions

[College Preparation Checklist](#)

[University of California](#)

[California State University](#)

[Modesto Junior College](#)

[Common App](#)

Test Preparation

[College Board](#)

[ACT](#)

[Khan Academy](#)

Financial Aid Resources

[FinAid.Org](#)

[StudentAid.Gov](#) (for FSA ID & FAFSA)

[Cal Grant](#)

[FAFSA Checklist](#)

Financial Literacy Resources

[Consumer Financial Protection Bureau](#)

[CashCourse.Org](#)

[Practical Money Skills](#)

Scholarship Resources

[Stanislaus Community Foundation](#)

[Stanislaus County Office of Education](#)

[Going Merry](#)

[Scholarships.com](#)

[Fastweb.com](#)

[Unigo.com](#)

[Cappex.com](#)

[Niche.com](#)

Resources for Undocumented Students and Families

[California Dream Act Application](#)

[Free Immigration Legal Services for MJC Students](#)

[MJC Undocumented Student Resources](#)

[UC Undocumented Resources](#)

[UC Immigrant Legal Services Center](#)

[CSU Undocumented Student Resources](#)

[Immigrants Rising](#)

[MALDEF](#)

[TheDream.US](#)

[El Concilio](#)

Mental Health and Self Care Resources

Mental Health Conditions

[Learn](#) about the different mental health conditions that can and are being triggered as a result of coronavirus, the economy and repeated racist incidents and deaths.

Read this article on [traumatic stress](#).

Read this article that describes [Racial Battle Fatigue](#)

[Video] [Race, Ethnicity and Toxic Stress](#)

Self Care Resources

[Latinx Therapy Resources](#)

[Being Latinx: Mental Health and Self-Care](#)

[Black Emotional and Mental Health](#)

[Collective \(BEAM\)](#)

[Black Mental Health Alliance](#)

[Black Mental Wellness](#)

[POC Online Classroom](#)

[The Steve Fund](#)

[The Aakoma Project](#)

[14 Small Self-Care Tips](#)

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)

Community Resources

Directory for Local Food Pantries

[Stanislaus County 211](#)

[MJC Pirates' Pantry](#)

Community Agencies

[Love Stanislaus County](#)

[United Way of Stanislaus County](#)

Health and Public Safety

[Center for Disease Control and Prevention](#)

[California Department of Public Health](#)

[Stanislaus County Public Health Services](#)



Educational Resources on Racism and Inequality

Understanding the Context of Racism & Current Events

[Let's Get to the Root of Racial Injustice](#)
[Racism and the Reactions to George Floyd and Others](#)
[How Anti-Racism Hurts Black People](#)
["Who Gets to Be Afraid in America?"](#)
["White Privilege: Unpacking the Invisible Knapsack"](#)

Ways to Take Action as an Ally or Champion For People of Color

[How to Be an Ally if You are a Person with Privilege](#)
[How Not to be an Ally](#)
[Building Allies Anti-Racism Resources](#)
[Additional List of Anti-Racism Resources](#)
[UNC Chapel Hill Anti-Racism Resources](#)

Books and Articles to Read

On Anti-Racism and Inequality

- Love Your Enemies by Arthur C. Brooks
- White Fragility: Why It's So Hard for White People to Talk About Racism by Robin DiAngelo, PhD
- [John McWhorter's Review of White Fragility](#)
- [Orlando Patterson's Review of 'Please Stop Helping Us' and 'Shame'](#)
- How To Be An Antiracist by Dr. Ibram X. Kendi
- Talking to Strangers by Malcom Gladwell
- David and Goliath by Malcom Gladwell
- Heavy: An American Memoir by Kiese Laymon
- Eloquent Rage: A Black Feminist Discovers Her Superpower by Dr. Brittney Cooper
- A Monument to Our Shared Purpose by Allen C. Guelzo and James Hankins
- Just Mercy by Bryan Stevenson
- The Fire Next Time by James Baldwin
- Me and White Supremacy by Layla F. Saad
- So You Want to Talk About Race by Ijeoma Oluo
- The Content of Our Character by Shelby Steele

- The New Jim Crow: Mass Incarceration in the Age of Colorblindness by Michelle Alexander
- The Next American Revolution: Sustainable Activism for the Twenty-First Century by Grace Lee Boggs
- When Affirmative Action Was White: An Untold History of Racial Inequality in Twentieth-Century America by Ira Katznelson
- The Warmth of Other Suns by Isabel Wilkerson
- How to Be Less Stupid About Race: On Racism, White Supremacy, and the Racial Divide by Crystal Fleming
- Racism Without Racists by Eduardo Bonilla-Silva
- Race Talk and the Conspiracy of Silence by Derald Wing Sue
- The Racial Healing Handbook by Anneliese A. Singh
- Everyday Antiracism edited by Mica Pollock
- Martin Luther King Jr. "I Have a Dream" "Letter From Birmingham Jail" Stride Toward Freedom
- Blackthink by Jesse Owens
- I Have Changed by Jesse Owens
- Warriors Don't Cry: The Searing Memoir of the Battle to Integrate Little Rock's Central High by Melba Beals
- The Color of Water: A Black Man's Tribute to His White Mother by James McBride
- [How It Feels to Be Colored Me](#) by Zora Neale Hurston

Literature and Stories Written by and About People of Color

- I Know Why the Caged Bird Sings by Maya Angelou
- Letter to My Daughter by Maya Angelou
- Go Tell It on the Mountain by James Baldwin
- The Mother by Gwendolyn Brooks
- We Real Cool by Gwendolyn Brooks
- A Lesson Before Dying by Ernest Gaines
- The Sky is Grey by Ernest Gaines
- The Hate U Give by Angie Thomas

- The Blind Side by Michael Lewis
- The Pursuit of Happyness by Chris Gardner
- Love War Stories by Ivelisse Rodriguez
- Native Country of My Heart by Cherrie Moraga
- Retablos: Stories from a Life Lived Along the Border by Octavio Solis
- My Time Among the Whites: Notes from an Unfinished Education by Jennine Capó Crucet
- Carver [Geo Washington]: A Life in Poems by Marilyn Nelson
- Dominicana: A Novel by Angie Cruz
- Barely Missing Everything by Matt Mendez
- Well-Read Black Girl: Finding Our Stories, Discovering Ourselves edited by Glory Edim
- Caucasia by Danzy Senna
- Native Son by Richard Wright
- Sula by Toni Morrison
- Homegoing by Yaa Gyasi

Film and Television

- The Blind Side
- The Pursuit of Happyness
- The Hate U Give
- Just Mercy
- Selma
- The Help
- Bleeding Blue
- I Am Not Your Negro
- Black-ish
- Walkout
- Stand and Deliver
- Freedom Writers

