



Shasta College

# TRIO *Works*

# SPRING 2020 NEWSLETTER

STUDENT SUPPORT SERVICES  
EDUCATIONAL TALENT SEARCH  
UPWARD BOUND



Shasta College



Shasta College

# TRIO *Programs*



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## Dear...

### Shasta College TRIO Students and Parents:

Welcome to our TRIO newsletter! Our plan is to produce these seasonally - spring, summer, fall, and winter! Each of the TRIO staff in all three of our TRIO Programs (Educational Talent Search, Upward Bound, and Student Support Services) will be creating articles, visuals, and other content for you in each newsletter.

We would WELCOME student submissions. Be it something you learned that you would like to pass on to other TRIO students, a review of a TRIO event you attended, pictures of you participating in TRIO activities, photos of you at school, at graduation, or as you leave to go to college! Send them to us with a caption!

You will be receiving this newsletter electronically and US mail. Please let us know when your email changes or your mailing address changes!

We look forward to sharing all our program ideas, activities, and successes! Please stay safe during this COVID-19 crisis. Also please reach out to your advisor if you need anything.



Take care!

### Sue Huizinga

Shasta College TRIO Programs Director

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Shasta College

TRIO

# SHASTA COLLEGE TRIO PROGRAMS: *What makes them unique?*

Hello to all our Shasta College TRIO Program Students and Parents. We are very lucky here at Shasta College because we have three TRIO Programs that provide services at different target schools and Shasta College, for students who are 6th grade through graduating high school and Shasta College and transferring from Shasta College to a four-year university. For a point of reference, below are the SC TRIO Programs.

## TRIO EDUCATIONAL TALENT SEARCH (ETS) – SERVING 500 6<sup>TH</sup> - 12<sup>TH</sup> GRADERS

Schools served: Anderson Middle, Happy Valley Elementary, Anderson High, West Valley High, Anderson New Tech, Hayfork Elementary, Hayfork High School, Trinity High School, Douglas City Elementary, Trinity Prep

## TRIO UPWARD BOUND (UB) – Serving 65 9<sup>th</sup> - 12<sup>th</sup> Graders

Schools served: Enterprise High and Central Valley High

## TRIO STUDENT SUPPORT SERVICES (SSS) – Serving 180 Shasta College Students

All SSS participants are planning to graduate from Shasta College and transfer to a four-year college or university.

Why does that make the Shasta College TRIO Program unique? Well, first let's define unique.

- Being the only one of its kind, unlike anything else.
- Being without a like or equal.
- Distinctively characteristic.

Many of the 3,000 TRIO programs in the United States are organized like our programs at Shasta College. All programs in one department, with one director. But even with this structure they operate separately of each other, in silos. That is not the case here at Shasta College.



Another beauty of TRIO is that even though there are 3,000 programs they all operate differently providing services to students that meet the need of their community. We may all do financial aid workshops but it is delivered in many different ways, this makes us all unique.

*continued on the next page...*



Submitted by Sue B. Huizinga  
Shasta College TRIO Programs Director  
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## SHASTA COLLEGE TRIO PROGRAMS: *What makes them unique?*

*(continued from page 3)*

### INFORMATION SHARING

The path to college graduation begins early. It is not too early to begin sharing information with 6th graders and reinforcing it over their middle school, high school, and college years. This is why as a TRIO staff we work together to design and provide updated and accurate information to our students in a meaningful way. So an example might be that Amanda our SSS (college) Counselor will tell us that students need to be better prepared in lab science coursework if they plan to go into any health field. Then our high school advisors (Patricia, Kelsey, Breanna, and Carol) will prepare curriculum, resources, websites, gather information from the community colleges, CSU's, UC's and other colleges and universities so that they have it available for our UB and ETS students. In addition, our middle school advisors (Jordan, Breanna, and Carol) will also share this information with the middle school students to ensure they have the foundation they need to be successful in high school and college. If we operate separately of each other this information may not have been so readily available.

### TRAINING

We as a Shasta College TRIO staff make an effort to participate in as much local, Shasta College, regional, and national training as possible. This may mean actually attending a conference or participating electronically. Once a staff member "attends" a conference they come back and share with staff members what they learned. This may mean that our college counselor is hearing about ways to reach out to middle school students or our middle school advisor may be hearing about support systems for adult students who have returned to college and are now part of TRIO SSS. Again, as above, everyone having this information ensures that we can all assist a student with their educational journey no matter where they are in it.

### ASSISTING STUDENTS

When a student walks through the door at the TRIO Office at Shasta College, or the Go Center at Anderson High School, or in their middle school classroom, any Shasta College staff member who is available will be available to assist the student with whatever they need.

# Meet...

## OUR AMAZING STAFF

I have had the opportunity in my career to meet many TRIO professionals. I can honestly say that our team here at Shasta College are some of the most dedicated, hardworking, student centered, individuals I know. I am proud to work side by side with them every day. – Sue Huizinga, TRIO Director



### ETS STAFF

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*Helpful...*

## HINTS AND TIPS TO BOOST YOUR WEEKS

### HAVING A ROUTINE IS IMPORTANT



By having a routine, you can reduce stress levels, maintain mental health, give yourself more time to relax with less anxiety.

### KEEP YOUR POSITUDE!



During this time, it is hard to not let your pessimistic side get the best of you. But, don't forget good times are ahead. Try to focus on what is good around you now. Even if it means not watching the news everyday.

### WE ARE IN THIS TOGETHER!



Don't forget, we are all going through this together. The TRIO staff is here to help you in any way you need.

*Submitted by Breanna Corp  
TRIO ETS Advisor  
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# TRIO MONTHLY CHALLENGE

## WEEK #1: *Music*

Listen to at least 30 minutes of different types of music each day. Rock and Roll, Latin/Salsa, Popular Hits, Musical Theatre, Jazz, Classical, and end the week with whatever you like the best.

## WEEK #2: *Positude*

When someone asks you how you are, instead of saying "good", "fine", "okay", or "tired", use a happy adjective such as "Wonderful" or "Fabulous" or "Awesome". Observe if you have change in your mood.

## WEEK #3:

### *Try A New Recipe*

Try cooking something you have never cooked before. Find a new recipe or come up with your own.

## WEEK #4: *Laugh*

Laughter is good for the soul and can be the best medicine to feel happy. This week, indulge on things that make you laugh. Look up a new joke and share it with a friend, watch a silly movie or think back to a funny experience you had.





# NETIQUETTE FOR DISTANCE LEARNING



## *Polite* BEHAVIOR IN CYBERSPACE

With the world turning to distance learning/work, there are several reminders we should keep in mind.

Regardless of the type of communication used:

- **Be respectful**
- **Think through before responding**
- **Be considerate of others**
- **Write clearly and concisely if using chat features**

But what about video conferencing? Teachers want to see me? What is Zoom? Google Hangouts, what? The following are tips to keep in mind when you check in with your teachers, classmates or TRIO advisor. Sometimes a phone call isn't enough, we want to see you!

**DON'T EAT DURING A ZOOM CALL** – but if we must, mute your microphone and try to be discrete.

**FOOD IN YOUR TEETH** – Check your teeth because sometimes we forget that we just ate and get food stuck on our teeth.

**CHANGE OUT OF YOUR PJ's** – Get up at your usual hour and changing out of your pj's and comb your hair. It will help you get ready for your day and your video meetings.

**WEAR A SHIRT** – Be sure to wear clothing, be respectful of your audience.

**PAY ATTENTION** – Its easy to try to multitask while video conferencing, but be mindful of the host and others attending.

**ACCIDENTAL VIDEO BOMBS!** – Make sure anyone who comes into the room has clothing on. Let your housemates/family know when you are online checking in with your classroom, teacher or TRIO advisor!

**MUTE YOURSELF WHEN YOU'RE NOT TALKING** – Sharing our “meeting space” with our family can get rather noisy. Use the mute option while video conferencing or wear headphones to keep the noise level down in a shared space.

**HAVE THE LIGHTING ON YOUR FACE** – Good lighting helps you not appear like a dark shadow.

**KEEP LAPTOP AT EYE LEVEL** – Stacking books can help raise your laptop so we don't have to look up your nose.

***We are here for you guys! Please reach out to your TRIO advisor even if just to say hi!***

\*adapted from 15 etiquette tips for Zoom video meetings. (2020, April 8). Mom Junky. <https://www.momjunky.com/etiquette-tips-for-zoom-video-meetings/#mute-yourself-when-youre-not-talking>

Submitted by Patricia Esparza  
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# Rumors...rumors...rumors...

## WHICH IS TRUE? HOW DO YOU FIND OUT?

During these unusual times living through the pandemic and with all the social distancing, it is easy to latch on to what you read on Instagram from friends or even items you may read on the news. "I'm a junior and my May SAT test was cancelled. But I heard I won't need to take the SAT anyway since the SAT test has been waived for Fall 2021 enrollees" (edsources.org)

"I'm a senior and I didn't take the SAT... but a recent abc30.com news article said Fall 2020 enrollees have the SAT test waived" (<https://abc30.com/governor-newsom-today-california-schools-closed-superintendent-tyon-thurmond-schoolclosures/6069078/>)

"I'm a sophomore and I heard that I don't really have to complete my schoolwork online while school is closed because Governor Newsom announced that all students will automatically be promoted to the next grade in the fall". (student rumor)

Is this true? How do you find out? Should you make a decision that may impact your future, based upon what you may hear from friends? Read in a news article?

In truth, there are a variety of official sources for information. You may find that the information is guidance and the final answer will be determined by your local school district or specific college or university you wish to attend. Research rumors before you act. Find a credible source such as the official government bulletins. Need help? Ask your counselor, your TRIO Advisor, your College Admissions department.

<https://www.covid19.ca.gov/education/#top>

<https://www.cde.ca.gov/ls/he/hn/gradegraduationfaq.asp>

*Submitted by Carol Minor  
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# Visiting...

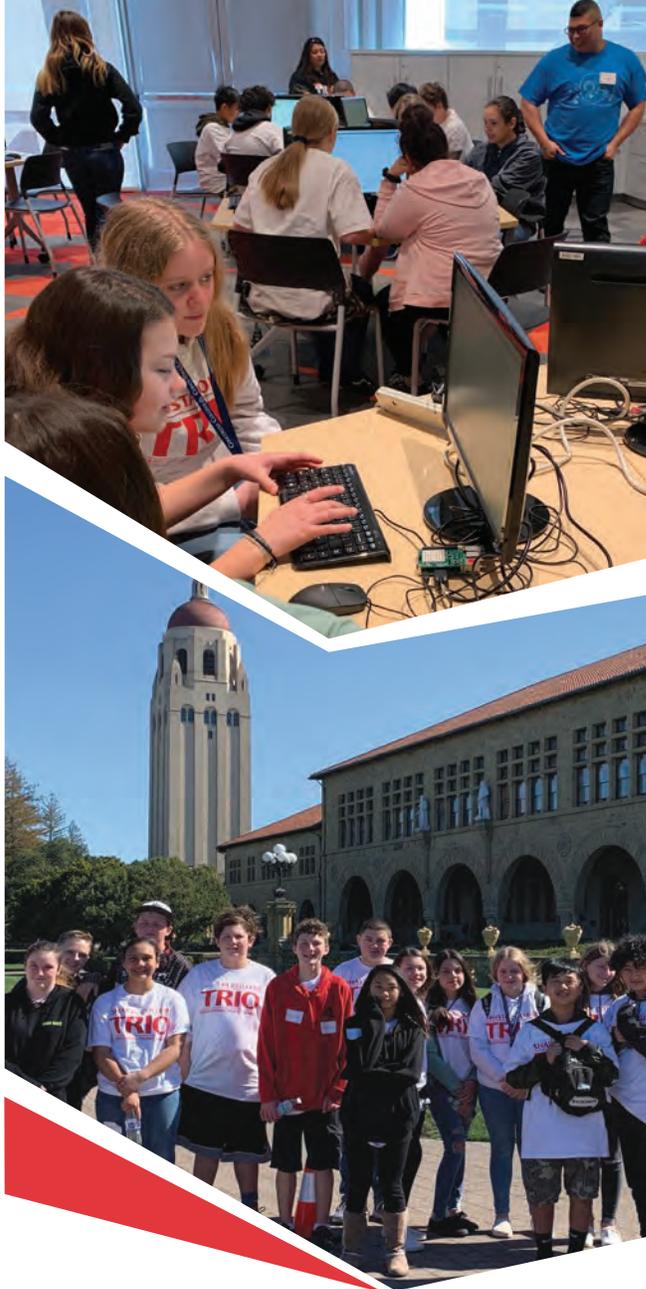
## THE COMPUTER HISTORY MUSEUM & STANFORD UNIVERSITY

One of the highlights for our middle school program is the fieldtrips! Getting out of school for the day, traveling on a charter bus, and getting to walk (and eat) on campus like a college student. These campus field trips allow our students to start thinking about the various postsecondary opportunities that can be available to them.

In early March, our program was lucky enough to take a group of 8th grade students on our first ever overnight trip! If I'm being honest, I was a little nervous. However, looking back, I don't think we could have had a better first group. We traveled to San Jose, CA and spent the night at a hotel. The kids couldn't wait to jump in the pool! To their surprise, the "heated" pool and hot tub were actually ice cold, but they didn't let that stop them. While some students swam, others worked out, and then almost everyone bought out the hotel's gift shop of snacks and bedtime treats.

Day two started off with an early, all you can eat breakfast at the hotel. We then loaded the bus and headed to Mountain View, CA to visit the Computer History Museum. During our visit, we participated in hands-on activities such as learning how to operate Raspberry Pi (no, not the kind you eat). Using the Raspberry Pi programming, students wrote messages, adjusted the text color and speed, and they made it look easy! In addition, we explored the museum's exhibits and had a Computer History Scavenger Hunt. Students were engaged in learning about the history of computers and seeing how far technology has come.

Final stop, Stanford University! Truly one of the most beautiful campuses. Our tour guide was great. A sophomore student involved in her studies, campus organizations, and student life. During our tour we explored the various parts of campus, learned about Stanford's history, and heard a lot of fun facts about what it's like to be a student. Our tour ended with sound advice from our guide; She told us about her personal journey when it came time to choosing a college. First, GO VISIT! To truly get a feel for a college, go there for a tour, talk to the students, and get a feel for the environment. Second,



choose a college where you feel "at home" as this is where you will spend the next four or so years.

As middle school students, the idea of college may seem like eons away and they may roll their eyes when we say, "It'll be here before you know it." We hope that they attend these trips and remember them as positive experiences. For some, maybe these trips will introduce them to their dream school. We, as advisors and chaperones, can say we enjoyed this trip because of the students. Thanks to them being respectful and engaged, they made our jobs easy and we look forward to when we can plan future trips!

*Submitted by Jordan Hansen  
ETS Middle School Advisor  
Anderson Middle and Happy Valley Elementary*



# Letter of HOPE

DEDICATED  
TO THE CLASS OF  
2020

Dear Seniors,

I want to take this time to honor and recognize each one of you. We, the TRIO staff, empathize with this new harsh reality affecting your senior year experience. Our heartfelt sympathy truly goes out to you all, during this time.

However, I want to celebrate you, your courage and your resiliency in overcoming this roadblock and the difficult times it has created. There are approximately 3.7 million seniors in the U.S. who were equally excited about the culminating activities that their senior year usually celebrates, including the traditional activities such as the senior prom, sporting events, commencement ceremonies and sober grad. Just remember, however ever you are feeling at this time, know that you are not alone, and this experience will be shared by the class of 2020, forever.

This pandemic will certainly give you a better sense of appreciation of life and the joys it has to offer. Allow this experience to open your eyes to the things that really matter to us all...family, friends, events and all of the "little things" in life that we usually take for granted. I have faith in your ability to create new milestones and memories that will only make you stronger for the future.

I want to encourage you during this challenge in finding hope and the strength and to think of this time a little differently. This pandemic will now and forever be a part of YOUR story, a unique story that will be with you throughout college and into your future career, and will influence your families, both now as well as future generations. This pandemic will make you even more resilient and resourceful and will help shape and influence who you are in the future. I want to remind you, the class of 2020, that your accomplishments are most certainly worth celebrating, especially during today's turbulent times.

Just remember, life will give us obstacles that seem unfair, however it's up to you to determine if you let those obstacles stand in your way or find the courage and force to overcome them. During this time, please remember that "the tests we face in life's journey are not to reveal our weaknesses but to help us discover our inner strengths. We can only know how strong we are when we strive and thrive beyond the challenges we face." - Kemi Sogunle

Sincerely,

Kelsey Moynahan  
*TRIO UB Assistant Director*



# Academic

## RESOURCES & TUTORING FOR DISTANCE LEARNING

### **KHAN ACADEMY**

Offers practice exercises, instructional videos, and a personalized learning dashboard that empower learners to study at their own pace in and outside of the classroom. They tackle math, science, computer programming, history, art history, economics, and more. Provides 24/7 access to tutoring on all subjects, prescribed practice for the SAT.

### **GEOGEBRA**

A free, downloadable program that graphs functions and relations, draws geometric figures dynamically, and allows students to explore mathematical relationships. Suggested for middle school and high school students, particularly students taking Algebra, Trigonometry, and Calculus.

### **HIPPOCAMPUS.ORG**

Multimedia tutorials to help students succeed in Algebra as well as higher math subjects like Calculus. Geared towards high school math students.

### **MATH.COM**

Short lessons geared to parents for Pre-Algebra, Algebra I, and Geometry.

### **SAT QUESTION OF THE DAY**

A daily SAT question in either math or English. Perfect for high school students thinking about college.

### **CLIFFNOTES.COM**

Provides information for grades 7 and up on many subjects, including basic French, Spanish, and 10 sciences. Those looking for ready-to-go review sheets before exams will appreciate the site's "Cheat Sheets," which contain basic formulas and data on a wide variety of topics.

*Submitted by Kelsey Moynahan  
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# *Fires...* **AND POWER OUTAGES CAN'T STOP TRIO**

On October 26, 2019, twenty-five students from Anderson, West Valley, Anderson New Technology, Central Valley and Enterprise high school in Shasta County headed south to spend a day touring Cal State Maritime and the USS Hornet, well...that was the intention.

Our first planned stop was visiting the USS Hornet. Many students were surprised to see such a large ship. We had a guided tour from volunteer Vietnam Pilot Veterans. We not only got to tour a war ship, but also learned about the USS Hornet playing a vital role in the Apollo NASA missions as well as a history lesson from our guide on what it was like to be on the ship during the war.

After our tour, our guides ate lunch with us and continued to provide insight into their life on the ship and their personal experiences. The TRIO students were excited to see all the relics of the old ship and enjoyed the tour.

*Submitted by Patricia Esparza  
TRIO ETS Assistant Director  
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After lunch, we headed off to Cal Maritime. We were about 30 minutes from the campus, when our tour leader received a call that the tour had been cancelled. There were high winds that day and the campus had been notified of a planned power outage due to a nearby fire. So what did we do??? We improvised! We contacted UC Davis to see if they would be willing to provide a tour. The UC Davis Welcome Center was not able to accommodate us on such short notice, so our advisors took it upon themselves to provide a self-guided tour. The students ended up having a blast and were grateful that we added an additional campus to look at, even if it was a fast stop.

The importance of college campus tours are critical for students. They must envision themselves in a different culture, a different world. TRIO offers this possibility. TRIO works!



# TAKE *Care* OF YOUR BOAT

I recently read a statement about what the world is experiencing with COVID-19 and it really had me thinking about how we can handle the changes. The statement referred to how we in society are not all in the same boat as some people would say, but we are all in the same storm. It is important to remember that we are all experiencing this unprecedented time differently and it has impacted all of us at different levels and in different ways. In thinking about this concept, I thought it was important to give suggestions on how we can do our best to handle how our personal boats handle the storm.

## **BE KIND AND HAVE GRACE**

This goes for yourself as much as it does for others. Again, we don't know what others are going through, so always be kind. Also, give yourself grace and understand that these circumstances are new and you have to know that it is okay to not be okay.

## **DO YOUR BEST TO STAY IN THE MOMENT**

With so much unknown try not to project too far into the future. Try to stay present in each day focus on what you can complete any given day. Remember that these are temporary measures and you are not alone.

## **CREATE A ROUTINE**

It is a good idea to change out of your pajamas, shower and make a to-do of all the things you want to achieve each day to create a sense of normality and productivity.

## **BREAK UP YOUR DAY**

Find tasks to break up your day and, where possible, change your environment for different activities. Having your home be the same place you work, do school work, relax, workout and spend time makes it really hard to compartmentalize each activity. Try your best to separate your activities so that each can get the attention it needs while also being okay stepping away from a different activity. Failing to do so could cause you to burn out.

## **TAKE CARE OF YOUR BODY**

Eat healthy, get plenty of sleep and exercise daily. That could include conducting indoor workout classes, stretching and practicing meditation. Try to avoid those boredom walks to the pantry or refrigerator. Also, try some of the workout challenges that are on social media.

*continued on the next page...*

# Take Care...

## OF YOUR BOAT *(continued from page 13)*

### GET OUTSIDE

We are fortunate to live in an area that has great weather most of the year. If you can, take a walk outside to get fresh air, some vitamin D and some exercise.

### HELP OTHERS

If you're not under strict isolation rules yourself, and you're in a position to do so, find ways to support those in need by offering to run errands and collect supplies for them.

### STAY CONNECTED

Make the most of technology and stay in touch with colleagues, friends and family via phone calls, texts, social media and video conferencing such as FaceTime, Skype or Zoom.

### LIMIT MEDIA INTAKE

While it is important to stay informed about the situation make sure that it is from a reliable source. However, it is recommended that you limit your news and social media intake to avoid feeling overwhelmed.

*Submitted by Amanda Henderson  
TRIO SSS Counselor  
ahenderson@shastacollege.edu*

### FIGHT BOREDOM

Make the most of catching up TV series, reading and exploring projects you have been putting off to beat boredom and stay mentally active.

### FOCUS ON THE POSITIVES

Amplify good news stories and honor caregivers working tirelessly to resolve the situation. Focus on what you can control in the moment and celebrate your accomplishments.

Remember that this storm is temporary and one day it will calm down and we can start to return to normal. I have a feeling that our new normal will be different for everyone. We are all learning and growing in ways we didn't know were possible. Please take the time to focus on you and your mental health, keeping your boat afloat and headed into the direction of growth.



# Tips...

## FOR COLLEGE SUCCESS FROM A TRIO ALUMNI

College can be an overwhelming, crazy, whirlwind of an adventure. It can feel even crazier if you are a First-Generation college student like myself, and many other TRIO students. My parents had never gone to college, and they didn't know anything about where to start. I had to navigate college on my own, so I had to gather a set of tips and tricks for success as I went and I am here to share what I have learned along the way.

### TOP 10 TIPS FOR COLLEGE SUCCESS

- It's okay if you don't know what you want to do yet! Most people change their major at least once in college anyway. Your counselors are there to help you figure out your path every step of the way. Make sure to make appointments to see them often.
- Applying for Financial Aid can be one of the most confusing parts of college, so make sure to ask for help whenever you need it. College financial aid offices are incredibly helpful and willing to help with any issue you find yourself in.
- Apply for as many scholarships as you can! You might not get all of them, but it's always worth a shot! Also, writing the scholarship essays are always good practice for college admissions essays!
- Your college portal is a very helpful and useful tool! Use it to check the status of your financial aid, apply for classes, and much more.
- Educate yourself on all the resources your college offers, and then apply for all of the ones you qualify for! Each program is unique and can help you in different ways. TRIO, EOPS, PACE, SCI\*FI, just to name a few at Shasta College.
- College is a great opportunity to meet new people and make new friends, campus clubs are a great way to make new friends and get involved on your campus. Most of the new friends you make are going to be friends for life.
- Make sure you have a good support system, whether its friends, family, staff on campus, etc. College is overwhelming enough, you shouldn't have to deal with that on your own.
- As tedious as it might sound, STUDY, STUDY, STUDY! What's the point in failing a course that you have to pay for?
- Seek help if you don't understand your coursework! Whether it's using your teacher's office hours, asking extra questions in class, getting together with classmates in study groups or using spaces like the Writing Center and Math Lab.
- Make sure to add classes that you enjoy into your schedule whenever you can – whether it's a yoga class, an art class, music, or even a science class, studying things you enjoy can make studying the things you don't feel a little less stressful!

College is an adventure from the very beginning to the very end. Make sure that you make the most of it. As long as you apply yourself, act responsibly, and make it fun, you can survive the rollercoaster ride!

*Submitted by Samatha Vultaggio  
TRIO Senior Staff Secretary  
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**Shasta  
College**

**TRIO** *Congratulates...*

the following students for receiving the  
McConnell Foundation Scholarship:

**Michael  
Ward**

TRIO  
Upward Bound

**Jennifer  
Lopez-Diaz**

TRIO  
Upward Bound

**Rose  
Matthews**

Educational  
Talent Search

**Raychel  
Norton**

Student Support  
Services



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