



This fall the TRIO UB staff have been working hard recruiting new potential students at our four target schools, Patrick Henry (soon to be Camden), Edison, South and North. We are about to welcome a new class of 2027 as well as invite additional 10th graders to the class of 2026. We were also fortunate to be able to accept a couple new juniors to the program. Thank you to all the students, high school staff and community that helped these students and families get connected to TRIO services. We look forward to welcoming all our new students and their families to TRIO UB at New Student Orientation in January! #TRIOWorks!

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Winter Celebration

On December 13th TRIO students and staff gathered to celebrate their hard work during our annual Winter Celebration. Awards were presented to students who have earned 80%, 90%, and 100% performance in the program. We want to recognize and highlight these student accomplishments! TRIO UB staff; instructors, TA's, tutors and office assistants were also recognized for their dedicated work.

Students enjoyed a catered meal from Afro Deli and competed against each other in teams in a trivia contest hosted by Trivia Mafia! Questions were about pop culture and really put our student's knowledge to the test. The winners were team "TRIO Boys" (Musab, Hamze, Mohamud, and Jamil). This was a fun way to celebrate student accomplishments!



80% Achievers



90% Achievers



100% Achievers

TRIVIA hosted by Trivia Mafia



ACADEMIC HIGHLIGHTS

2023-2024 academic year had an amazing start. The Academic Coordinator hired five new Tutors/TA's with seven returning staff and one new Instructor to provide academic services to students this fall.

Class of 2024: College Planning

The 12th Grade College Planning class is led by TRIO advisors, Sam Parker and Max Marsland. Students kicked off the academic year by finalizing their resume, personal statement, and special circumstance essay. They then dove into scholarship applications and identified college fit, interests and majors. By the end of January, students will have finished applying to at least five colleges and some of the larger scholarships. Students are already hearing back from schools and are excited to continue planning for college!



Class of 2025: ACT Prep & Career Exploration

Instructor Cody, has the task of implementing our online curriculum, "ACT Success". This website offers videos, activities, and practice tests. Most students can expect to increase their ACT score by 1-5 points. The 11th grade class has been doing tremendous work and 90% of students performance is above 80%. In the spring 2024, the class will focus on career exploration to help students identify career pathways and opportunities.



Class of 2026: English Composition

Instructor, Erin G. returned from last year and has worked hard to be creative with writing prompts, which are designed to get students engaged in the topic and encourage them to reflect on current events. Our English Composition students have been learning about thesis statements, grammar, outlining, and peer reviewing. All in preparation for writing a strong persuasive essay. The Class of 2026 are a determined group of students who show up each week with thoughtful inquiry and are willing to put in the work to improve their writing skills. We are looking forward to the class expanding with new students as we begin our expository essay.

Tutoring



Tutoring is available weekly, Monday- Thursday, and has been well attended this fall. Tutors assist with various subjects such as, Math, English, History and foreign languages. Students have attended over 170 sessions of tutoring since the beginning of fall programming. Students who received a "C" or below, are required to attend to help learn healthy study habits. However, students can also voluntarily attend sessions when they want to get extra help in a class. Over 46 voluntary tutoring sessions have been attended this year! We encourage students who are struggling to come in and get help before the end of the quarter.

FALL ACADEMIC EVENTS

National College Fair

19 students between two cohorts attended this year's annual National College Fair at the Convention Center in Minneapolis. Students were encouraged to practice networking and time management skills. They were tasked to connect with at least five colleges. For many, this was their first exposure to college opportunities and the beginning of their post-secondary search. By the end of the evening students were excited to share with staff all they had learned and their favorite colleges to visit.



MEA College Tours: Southern Minnesota & Duluth

Southern Minnesota

Over MEA break this October, four TRIO students visited St. Olaf College and Minnesota State University Mankato. Their visit included a presentation giving an overview of both schools, and a tour of their campuses. Students really enjoyed hearing about the academic supports available at St. Olaf through TRIO SSS, and at Mankato students loved seeing what daily life is like for current college students. This was a great opportunity for TRIO UB students to explore different colleges and universities as they prepare to complete their college applications!



Duluth, Minnesota

10 TRIO UB juniors and seniors headed up north to Duluth, MN for two days for the opportunity to visit three colleges: University of Minnesota-Duluth, University of Wisconsin-Superior, and The College of St. Scholastica. All three college visits started with a presentation from admissions and the TRIO programs, followed by a campus tour. The campuses were beautiful and filled with high energy. The students learned about all the academic and campus resources these colleges have to offer. On Wednesday evening the students explored Canal Park in the very cold weather, followed by a delicious dinner at Angie's Cantina. The campus visits were beneficial and allowed students to explore new places they would like to apply!



FALL EVENTS CONTINUED

Family Educational Workshop

On November 18th, students from all cohorts, along with their parents and/or guardians attended TRIO Upward Bound's Family Education Workshop (FEW) #1.

The 10th grade cohort's workshop centered around time management and how to develop and implement this skill throughout their educational journey.



Class of 2026, Time Management Workshop



Class of 2025, VOBS Reflection

The 11th grade cohort reflected on their experience this past summer at Voyageur Outward Bound School (VOBS) and how their leadership and holistic skills have been implemented since trip. VOBS excursion leaders helped facilitate students and families during this 2 hour workshop.

Lastly, the 12th grade cohort engaged with an alumni panel from the class of 2023 to learn how their first semester of college has unfolded. Current seniors had the opportunity to learn from past TRIO UB students on how to best utilize their senior year and prepare for college.



Class of 2024, Alumni Panel

Winter Fun Day

On Monday, December 19th, seven students (Elijah, Abreham, Sabrin, Milani, Devid, Samira, and Jaeda) celebrated their hard earned UB percentages of 90% or above by battling it out at Roseville's, Sandbox V.R.! The group immersed themselves in the world of Squid Games to compete in challenges against one another but many times banded together to succeed. Two Teams were formed, "Top Five" and "The Best Ones", with students Sabrin and Abreham rising to victory in each team! Additionally, students were able to connect this fun and unique experience to career interests by learning how V.R. technology can be used beyond fun and games such as medic training, city development, and surgical training.



Farewell to Max Marland



We say farewell to Max, College Access Advisor. Max started his advisor role with TRIO Upward Bound in September and his last day will be February 2nd. Please take time to wish him well in his next endeavors!

Gadisa Ali, TRIO UB Class of 2019

What high school and year did you graduate from?

I graduated from the Minneapolis South high school in 2019.

What college (major) and year did you graduate from?

The University of Minnesota with a degree in Management Information systems (MIS) in May 2023.

Favorite class in high school?

My favorite high school class was physics.

Favorite class in college?

My favorite college class was intro to Python (coding class).

Least favorite class ever?

My least favorite class is Finance.

What are you currently doing?

I am currently employed with Tesla as an ADAS test operator.

What is a favorite memory while being in TRIO Upward Bound?

Some of my favorite moments while I was in the program was the college tours and the Bridge program.

What did you learn in TRIO UB that was helpful to you in college or life in general?

I learned the value of hard work and collaboration. I also learned when and how to ask for help in situations where I can not do it by myself.

What are your future goals?

My future goal is to be financially independent and give back to the community that brought me up to where I am today.

What is your favorite movie or tv series?

My favorite show is Fresh Prince of Bel Air.

What is a piece of advice you would give to current students in TRIO UB?

One piece of advice I would give to current students in TRIO UB is to learn how to improve time management and utilize the resources available.

What is a piece of advice you would give to current alumni still in college?

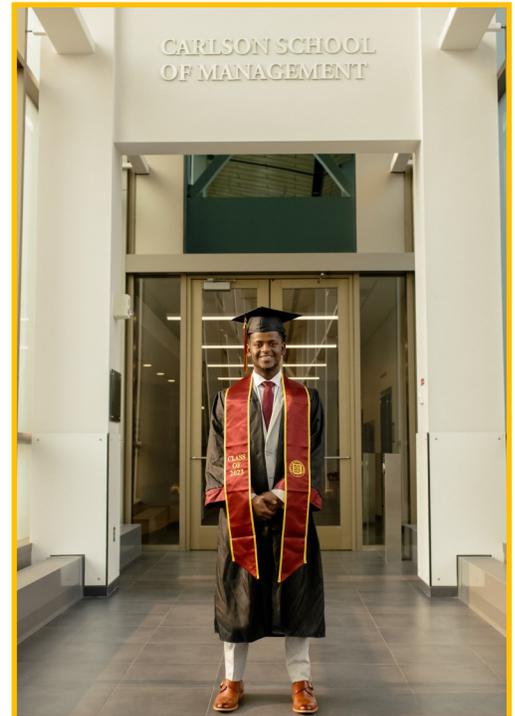
One piece of advice I would give is, to improve networking skills. I noticed that not many students understand the value of networking and how far it could take you in life.

What do you do for fun in your spare time?

Some of things I do for fun is working out, play video games, and spend time with family and friends.

What would you tell your 16 year old self today?

I would tell myself to never be afraid of asking for help.



UMN Graduation, May 2023



South High School Graduation, 2019



Regional College Tour, Class of 2019

STUDENT AND STAFF HIGHLIGHTS

Student Highlight: Devid Vang, Class of 2025**What high school do you attend?**

I attend Patrick Henry High School and am a junior.

What is your dream college?

My dream college is the University of Minnesota-Twin Cities or University of California, Los Angeles.

Favorite high school class?

My favorite high school class would be science and health.

What are your future goals?

My future goal is to become a doctor or businessman.

What are your hobbies?

My hobbies are going out and enjoying nature, but the most important thing is reading and writing.

What is your favorite book? Why do you like it?

The Rich Dad Poor Dad by Robert T. Kiyosaki because it teaches about life and money, that will help me become a better person. It also teaches me about a person who has an education and another person who doesn't have an education.

What is your favorite food?

Egg Rolls and Sushi.

What is your favorite quote and why?

My favorite quote is from an anime show that goes like this, "Human strength lies in the ability to change yourself." –Saitama, One Punch Man. Because it tells me that no matter where you are or who you are, you have to change yourself to become the best version of yourself in the world.

**Staff Highlight: Ariana Salguero****What school do you attend, what major, and what year?**

I am a third-year undergraduate student majoring in Developmental Psychology at the University of Minnesota, Twin Cities.

What was your favorite class in college?

College has offered so many experiences and opportunities for learning that it becomes hard to pin one specific course as my favorite. However, Infant Development was the class that helped me realize the passion I had for psychology, specifically developmental— which led to my decision of my major!

What were some of your biggest challenges during college?

While college comes with amazing experiences, it also comes with a few challenges. One of my biggest challenges thus far is managing my stress. We often hear about the importance of managing your time wisely, but we often forget that stress can be a huge part of this academic journey. I continue to work towards managing the stress that comes with being a full-time student and also a part-time worker.

What do you enjoy doing when you're not working?

As a busy student and worker, I try to take advantage of my free time as much as I can. I've learned to appreciate the small things such as a simple movie night. It has become a tradition for my friends and I to go to the movies every Tuesday night!

What is your favorite quote and why?

"You never know what you can do until you try". As basic as this quote is, it has been a constant reminder that life is about taking risks and getting out of those comfort zones. Sometimes fear can stop us from taking the steps we need, so this quote reminds me that life is about trying!

Can you share a little bit about your future goals?

After graduation, I hope and plan to continue my education in the major and obtain a Master's degree. Overall, I hope to work with children and their families. While I am still not completely sure what life after college will look like exactly, I have been interested in areas such as a behavioral therapist or a program coordinator.

What advice would you give to the new high school students who are joining TRIO UB in January?

A piece of advice I would give the incoming students joining TRIO UB would be to remember that hard work pays off. Sometimes it can be hard to find the motivation to keep moving forward whether that is in education or other aspects of life. However, one should always remember that everything that they do for themselves will pay off sooner or later!



IMPORTANT DATES

2024 Spring Program Schedule

FEBRUARY				
Mon-Tue	2/19-20	NO TRIO UB (No School-Presidents Day/Conferences)	ALL	N/A
Tues	2/20	Student Development Day	Class of 2027 & 2026	9:00am-3:00pm
Thu	2/29	Grade Monitoring Forms due (mid quarter 3)	ALL	5:30pm
MARCH				
Thu	3/29	MPS Quarter 3 ends	ALL	N/A
Sun-Fri	3/31-4/4	College Tour & Cultural Trip (optional)	Selected Students	8:00am
APRIL				
Sat	TBD	MN TRIO Student Leadership Conference	Class of 2027, 2026, 2025	8:00am – 3:00pm
Mon-Fri	4/1-5	NO TRIO UB Program (MPS spring break)	ALL	N/A
Sat	4/13	Required national ACT Test	Class of 2025	8:00am
Sat	4/20	Family Educational Workshops #2	All Students + P/G	10:00am-12:00pm
MAY				
Thu	5/2	Last Day of AY Program	All Students	N/A
Mon	5/6	Bridge Orientation & Exit Interviews	Class of 2024	4:00pm
Mon	5/13	Senior Appreciation Dinner	Class of 2024	4:00pm
JUNE (tentative)				
Sat	6/15	Summer Student & Parent Orientation #1	All Students + P/G	10:00am-12:00pm
Wed	6/19	Summer Student & Parent Orientation #2	All Students + P/G	6:00-8:00pm
Sun	6/23	Bridge Residential Move In	Bridge Students	6:00pm
Mon	6/24	Bridge class begins	Bridge Students	9:00am
Mon	6/24	Summer classes start & Commute Week	All students	9:00am

**All dates and times are subject to change*

HAPPY BIRTHDAY UB STUDENTS!

January

Muna Abdi
Musab Abdisalan
Shukri Abdullahi
Amira Mohamed
Samira Mohammed
Nejma Muhumed
Hamze Mursal



February

Hayate Abajifar
Mohamud Hassan
Jalen Mosby
Hluna Yang



March

Sahra Ahmed
Kerubel Alemayehu
Jamil Rabio
Jaeda Swanigan-Wright
Milani Ware



April

Marquawn Ambers
Naima Daley
Lupita Sanchez Beltran



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