



## Message from Executive Director Larry Ramos

With summer in plain view, the program staff understands that June, July, and August are busy months, especially for high school graduates. Talent Search counselors will be identifying all the seniors who signed up for program services to help them finalize their postsecondary plans.

Students who are enrolling for college in the fall need to make sure all the necessary steps are checked off to ensure a smooth transition. Step one is money. Did the student complete and submit the FAFSA? If not, Talent Search counselors can assist students and their parents with filling out this important application.

Other items to consider are housing, course selection, and freshman orientation. Most colleges require students to complete orientation before they sign up for classes. Contact the college admissions office for more information on registering for orientation.

At any step along the way, Talent Search counselors are available to help. Students can drop by the office Monday through Friday from 8 a.m.-5 p.m. throughout the summer months. Don't delay! Fall will be here soon. Best wishes for a productive summer!

### Upcoming Events

#### June

- 06/01 SAT Test Online
- 06/03 Middle School Summer Enrichment Program (SEP) Begins
- 06/07 ACT Registration Deadline
- 06/08 ACT Test
- 06/19 Juneteenth/No SEP

#### July

- 07/04 Independence Day/No SEP
- 07/12 SEP Classes End; SEP Academic Awards & Showcase
- 07/13 ACT Test
- 07/15 SEP 6th & 7th Grade Road Trip
- 07/16-18 SEP 8th Grade Road Trip

#### August

- 08/09 ACT registration deadline
- 08/14 First day of School



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## Student Spotlight: Brianalee

Stephanie Haynes, Middle School Director



**TRIO** Works!

A Blueprint for a Lifetime of Success

Stephanie Haynes had the pleasure of meeting Brianalee as a seventh-grade AVID student at Brooks STEM and the Arts Magnet Middle School. From the very first meeting, Haynes knew that Brianalee was a bright young lady with an outstanding future ahead. Brianalee is currently an eighth-grade AVID student at Brooks. She enjoys being involved in AVID and orchestra. She first participated in the TRIO Summer Enrichment Program (SEP) last summer and will be joining it again this summer.

Brianalee is the oldest of four siblings: two sisters and one brother. Next year, she will attend East High School's IB program. In her free time, Brianalee likes cooking, baking, drawing, gardening, and playing the viola. She also likes volunteering in community programs and school events (choir concerts, band, and robotics tournaments).

In the future, Brianalee would like to attend either UCLA, Kansas State University, Texas A&M University, or Cornell University and study computer science, atmospheric science, and environmental science. As a first-generation college student, she would love to have a career as a meteorologist. Way to go Brianalee!



# Staff Professional Development

## Manivone Souriya, Associate Director/Statistician

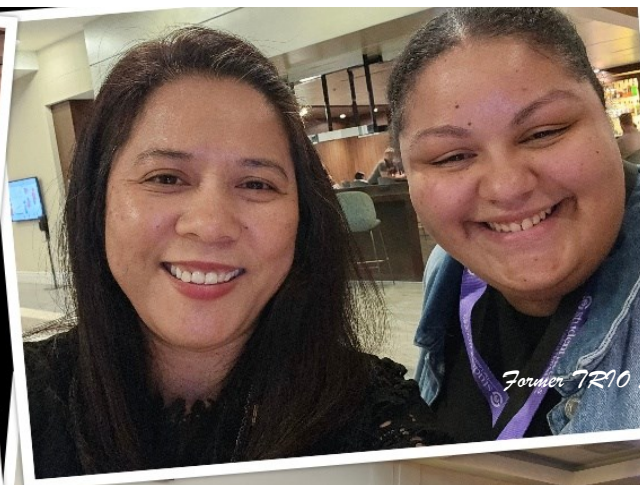
Professional development is essential for staff to succeed in Talent Search. It helps them to keep up with the latest best practices and trends. It improves job performance, job satisfaction and prepares them for career advancement. It especially benefits employees who are new to the field as well as seasoned staff who want to sharpen their skills on new strategies and trends in the field.

In April, Mani Souriya attended the 46th Annual MO-KAN-NE Conference: Be Brave. Be Bold. Believe. Talent Search Program Educational Advisor Emily Roets-Estevez and other TRIO/GEAR UP colleagues from Wichita State University were a part of the 200 in attendance. The conference was held at the Marriott Country Club Plaza in Kansas City, Missouri.

The attendees shared opinions, thoughts, and suggestions on TRIO programming and how to serve eligible students most effectively. This year, Wichita State University received several awards including the Institution of the Year. Linda Rhone, Ph.D., director of Student Support Services, earned the Chapter's Achiever's Award, and Corinne Nilsen, interim assistant vice president for Retention and College Readiness, was named the Best Professional of the year.

MKN is the tri-state chapter of the Educational Opportunity Association (EOA), one of the 10 regional associations in the United States that form the Council for Opportunity in Education (COE). The Council represents TRIO interests nationwide. There are approximately 137 TRIO programs in the MKN region with approximately \$39M going to programs that serve over 43,000 participants.

The MKN Conference is just one of many professional development conferences and trainings that are offered throughout the year. Staff also participate in on-campus training, TRIO priority training, SkillPath seminars, webinars, and more.



# ACT Test

## Thip Phichith, PEA/ACT Coordinator

The ACT is the used by most colleges and universities in determining admissions qualifications. It contains four sections of multiple-choice questions, including English, math, reading, and science.

Students who are currently enrolled in 10th, 11th or 12th grade can take the ACT which is about three hours long. It offers a college admissions test, college course placement, and a career planning component.

Taking the ACT makes students more visible to colleges and is an important factor for merit-based scholarship competitions that depend on academic achievement.

TRIO Talent Search can provide up to four fee waivers for eligible students. Fee waivers (\$50-70 value) cover registration and late fees for either the ACT test with a writing test or the one without writing.

For more information, visit [www.wichita.edu/talentsearch](http://www.wichita.edu/talentsearch), call 316.978.6754 or email [thip.phichith@wichita.edu](mailto:thip.phichith@wichita.edu).

Test Date	Registration Deadline	Late Fee Required
June 8, 2024	May 3	May 19
July 13, 2024*	June 7	June 21
September 14, 2024	August 9	August 25
October 26, 2024	September 20	October 7
December 14, 2024	November 8	November 22

## Summer Tips for A Productive Senior Year (Advice to Juniors)

### Suresh Menon, PEA/Mentoring & Career Coordinator

- 1 Set clear goals for senior year and beyond. This may include academic or college goals, career goals, or personal development goals. Clear goals provide direction and motivation. Aligning personal interests, things enjoyed, with a career increases the chance of achieving success and staying motivated. It also helps to align coursework, internships, and extracurricular activities with career goals.
- 2 Practice creating a daily routine. Each day, set time aside for studying, doing homework, extracurricular activities, relaxation, and sleep. This will help channel energy and maintain focus on what is important in the moment. Learn to set time blocks for each activity in order to fully utilize the day.
- 3 Get organized. Use a planner or digital tools to keep track of assignments, deadlines, and important dates.

- 4 Prioritize self-care for physical and mental well-being. Get enough sleep, eat healthy, exercise regularly, and make time for activities that relieve stress and boosts positive energy. This aids in concentration and a more balanced mood.
- 5 Seek Support. Never shy away from asking for help when needed. Whether it is from teachers, counselors, family, or friends, a strong support system can make a big difference in one's progress.
- 6 Self-Challenge: Move away from the comfort zone and take on challenges that promote growth and skill development. Enroll in advanced courses, participate in competitions, or pursue leadership roles in extracurricular activities. This could lead to discovering new talents and abilities previously unknown.
- 7 Develop good study habits whether it's creating flashcards, forming study groups, or using recording devices. Consistent and effective studying helps students to succeed academically.
- 8 Stay engaged by getting involved in extracurricular activities that align with interests and goals. This helps to develop valuable, marketable skills and experiences that can aid in applying for scholarships, jobs, or colleges.
- 9 Start researching colleges, scholarships, and career options early within senior year. Retake the ACT if the previous scores were unsatisfactory. Research career interests. Create a plan for what comes after high school and take steps to work towards those goals.
- 10 Reflect and adjust: Regularly reflect on progress, use a checklist, and cross off each activity when completed, celebrate achievements, and learn from setbacks. Be willing to adjust goals and strategies as needed to stay on track towards success.

Hopefully, students will practice these tips over the summer. By staying committed to the goals, juniors can have a productive senior year and build habits that will lay a strong foundation for future success. Best wishes students!

# Setting Up for Financial Success Over the Summer

**Emily Roets-Estevez, PEA/Financial Literacy Coordinator**

It is never too early to prepare for paying for college or trade school. Even though school is out and many major scholarship competitions have ended, there are still ways to prepare for financial success over the summer break. Whether preparing for senior year or entering college in the fall, students can do these three things over the summer to relieve the financial stress of going to college. Remember, TRIO Talent Search advisors are available all summer to answer any questions. Don't be afraid to reach out any time to prepare for next year and set up for financial success.

## Open a Savings Account or 529 Education Plan

Even high school students can open a savings account with a bank. Different from checking accounts, savings accounts do not come with debit cards and have a limit on the number of times money can be withdrawn each month. This makes it less likely for the money to be spent. When choosing where to open an account, look for banks that offer high interest rates on savings accounts to earn some extra cash off of the money already in the account.

529 Education Plans are tax-advantaged investment accounts that can only be used on education after high school. These funds can cover tuition, fees, books, equipment, and student housing. This is an investment account, so the amount of money earned or lost can fluctuate. However, the investor can choose the amount of risk associated with their account by selecting their investment portfolio type. Learn more here ([link](#)).

## Get Work or Volunteer Hours

Many scholarships ask about part-time jobs and time spent volunteering. The summer is a great time to work a few extra hours to put more money into a savings account and build up volunteer hours for a résumé. Scholarships want to see that a student is involved in their school and/or community and participates in extra-curricular activities outside of the classroom. Use the United Way Volunteer Center to look for volunteer opportunities around Wichita ([link](#)).

## Create A Résumé, Activity Chart, and Personal Essay

A résumé should include any work experience, extracurricular activities, leadership positions, sports, and volunteer work a student has. Some scholarships ask for this information to be organized as an activity chart instead of a formal résumé. Check out this sample activity chart from the North High CCC page ([link](#)).

Scholarship committees include counselors, teachers, and community members who look over an applicant's résumé and personal essay. This essay is a chance for the student to describe their motivations and explain any difficult circumstances they may have gone through. If a student has a few bad grades or has a short résumé, they can explain their situation in their personal essay. Since many students have similar grades and volunteer experience, this essay is a chance to put a personal touch on the scholarship application describing how a student is different from all the other applicants.

# Graduating Class of 2024

Sharon K. Robertson, Administrative Specialist



Congratulations on your achievement and best wishes for the next chapter of your academic story. Remember to stay connected with TRIO by completing the TRIO Alumni profile at <https://trio-alumni.hivebrite.com/> and check to see if college-level TRIO programs, such as Student Support Services or McNair, are offered at the college or university selected. College-level TRIO programs can help with career advice, course selection, financial aid options, tutoring services, and success skill development.



All high school graduates of the TRIO Talent Search Program can become official members of the National TRIO Alumni Association (NTAA) or the MO-KAN-NE TRIO Alumni group. The national alumni network provides support, resources, TRIO news, events, and valuable opportunities for networking with peers in the work industry who share similar interests. Learn more at <https://trio-alumni.hivebrite.com/>. Talent Search graduates are the lamp light of the future and the testament that TRIO works!

## CALLING MO-KAN-NE TRIO ALUMNI!



Complete the MO-KAN-NE Alumni Directory Info form. by scanning the QR Code or by going to [bit.ly/3iDNpor](https://bit.ly/3iDNpor)

Encourage other TRIO Alumni from a Missouri, Kansas, or Nebraska TRIO program to complete the form.



Contact Eden Tullis ([etullis@emporia.edu](mailto:etullis@emporia.edu)) with any questions.

## TRIO ALUMNI DIRECTORY

### Membership Benefits



- TRIO alumni initiatives and COE updates sent via newsletter
- Discounted/free registration for TRIO state & regional events
- Opportunity to be featured via MKN SM networks
- Opportunity to be selected for TRIO state & regional awards
- Participate in quarterly academic/professional development webinars
- Become a mentor to current TRIO students
- Become an advocacy ambassador for TRIO

### How often? What purposes?

- Seek to reach out to alumni once a month
- Alumni can connect through MO-KAN-NE social groups, i.e. LinkedIn, Facebook
- Access to alumni information
  - MO-KAN-NE leaders & alumni committee members
  - Regional & state officers & directors
  - National TRIO Alumni Association



### Info Collected

- First and Last Name
- Personal Email
- Phone Number
- Current City/State
- TRIO Alumni Institution(s) & Program Affiliation(s)
- Company and Job Title
- Recommended Alumni Referral





# Yearbook Pictures 2023-2024



Brooks Panther Partners



College Jump Start



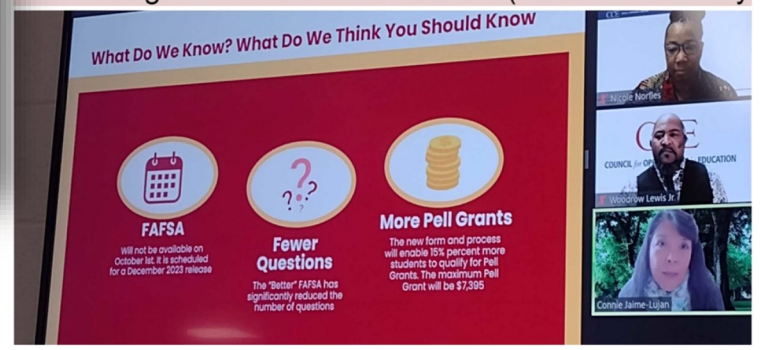
Why Apply to College Campaign



MO-KAN-NE Annual Conference (KC, MO)



FAFSA Nights and FAFSA Webinars (Financial Literacy)



*Enjoy the summer!*





*Had a blast! Thanks for an exciting year!*



National TRIO Day Community Service- Local Free Little Library Book Donations



National TRIO Day Community Service Kansas Food Bank Fruit Inspection



BALCR D 122

**CIRQUE MUSICA**  
CIRQUE MUSICA HOLIDAY WONDERLAND  
Mon Dec 18 2023 07:30 PM

Music Theater Productions

**Community partners rock!!!**



Welcome to TRIO/GEAR UP Day 2024!

We will now take a 10-minute break. The program will resume at 10:00 AM for esteemed guest speaker Hoan Do.

Hoan Do is an award-winning inspirational speaker, author of *Creating Momentum in Your Life*, and city finalist in NBC's hit show *American Ninja Warrior*.

Hoan's engaging style and ability to share important life lessons in a way that resonates with people has earned him the Verizon Wireless Motivator Award.

College can be one of the biggest and best investments in your life!

Project Shire's Estelle, Ph.D.

National TRIO Day Woolsey Hall Celebration: TRIO/GEAR UP Day at WSU

Helpful apps

- Insight Timer (Free)
  - Over 8000 guided meditations, timer, and ambient sounds for personal meditation.
- Simple Habit
  - 5, 10, 20 minute guided meditations and daily reminders
- Personal Zen
  - Reduce stress by playing a game and redirecting your focus.
- Virtual Hope Box
  - Build a personalized virtual "toolkit" to help with coping, relaxation, and positive thinking.



Crisis Information

- Examples of a mental health crisis include: safety emergencies including immediate threat to self or others, victim of recent assault, seeing or hearing things that are not real.
- You can also seek help 24 hours a day via the Suicide Prevention Lifeline at 1-800-273-8255 or 988 and the Crisis Text Line at 741-741.

Importance of good mental health

- Life is full of ups and downs. Just like having a good physical health has benefits, so does a good mental health.
- They go hand-in-hand as they influence one another.
- What do you think is a benefit of good mental health?
  - Stronger ability to cope w/ life's stressors
  - Positive outlook on self
  - Healthier relationships
  - Better quality of life.

Have an Honest Attitude

- Acknowledge how you feel (don't ignore)
- Gain perspective
- Decide what you want and take action to move forward

BECAUSE I'M GOOD ENOUGH, I'M SMART ENOUGH, AND DOGGONE IT, PEOPLE LIKE ME!



### Mission Statement

The mission of the TRIO Talent Search program is to identify, encourage, and assist low income and potential first generation college students to complete a secondary education, enroll in post-secondary education, and complete a post-secondary program.



### Program Staff

Larry Ramos, Executive Director | Mani Souriya, Associate Director & Statistician

Emily Roets-Estevez, Program Educational Advisor & Financial Literacy Coordinator

Stephanie Haynes, Middle School Director | Thip Phichith, Program Educational Advisor & ACT-SAT Coordinator

Suresh Menon, Program Educational Advisor & Mentoring/Career Coordinator

Sharon K. Robertson, Administrative Specialist

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