



TRIO PLANNER

2023-2024

Name _____

Phone _____

2023-2024

AUGUST 2023

S	M	T	W	T	F	S
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SEPTEMBER 2023

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OCTOBER 2023

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NOVEMBER 2023

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DECEMBER 2023

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JANUARY 2024

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21	22	23	24	25	26	27
28	29	30	31			

FEBRUARY 2024

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MARCH 2024

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30	31					

APRIL 2024

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21	22	23	24	25	26	27
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MAY 2024

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JUNE 2024

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JULY 2024

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TRIO AND YOU



For more on TRIO,
watch this
quick video.

Since 1964, TRIO programs have made it possible for more students to attend, succeed in, and graduate from college. Funded by the federal government, TRIO programs provide support, services, and resources to nearly one million students nationwide—students like you!

What can TRIO do for you?

▶ Academic support

TRIO can offer academic assistance and support, as well as help you develop the study skills you need to succeed in school.

▶ Career counseling

From exploring your career options to choosing a college major, TRIO programs offer you personalized guidance every step of the way.

▶ College planning

TRIO programs can help you prepare for college entrance exams, fill out college applications, apply for financial aid, and more.

▶ Life skills and personal growth

TRIO can help you achieve your goals, improve your financial literacy, and much more.

Why is college important?

Here are just a few reasons why a college education is important.

▶ More career opportunities

A college education can open doors and prepare you for careers that are personally satisfying and financially rewarding. With a college degree, the sky is the limit!

▶ Greater income

Statistics show that two-year college graduates earn over \$10,000 more per year than high school graduates—and four-year college graduates earn almost twice as much!

▶ Opportunities to develop and grow

Going to college gives you the opportunity to study a variety of subjects, expand your skills and knowledge, and become more independent. Most importantly, college gives you the opportunity to become the person you aspire to be.

GET ORGANIZED

Being organized makes your day run more smoothly and saves you time. Being organized will not only make you a better student, it will help you succeed in your career and in life.

Use a planner

The best way to stay organized is to use a planner every day. Take this TRIO planner to each class and use it to record the following:

- ▶ daily assignments
- ▶ tests and quizzes
- ▶ large assignments
- ▶ important dates
- ▶ social activities
- ▶ appointments
- ▶ to-do lists

Monday, September 18
✓ Work on English essay - Due Fri.
✓ Calculus problems p. 25 - Due Wed.
★ Economics - Quiz on Chapter 3
✓ Biology review questions - Due Wed.
✓ Spanish - vocabulary quiz Wed.
Dentist appt. 4:00
Jalen's birthday

Stay organized

Create to-do lists.

If you have a lot to do, create a to-do list. Prioritize the items, putting the most important things at the top of the list. Focus on one task at a time, and cross things off as they get done.

Keep phone numbers.

Have a phone number for at least two students in each class. If you have a question or miss a class, you'll have someone to contact.

Organize your papers.

Your notes and class handouts are your most valuable resource when studying for tests. It is therefore very important that you have a system for keeping these organized.

Use a monthly calendar.

Use the monthly calendars in this planner to write in major events, project deadlines, vacations, and other important dates. You will then be able to see what's happening that month at a glance.

SET GOALS

Goals help you determine where you want to go and what you want to accomplish. They give you focus, direction, and purpose. While goals can be short-term (get a B on your history test) or long-term (graduate with a 3.0 GPA), every goal should be SMART: Specific, Measurable, Achievable, Relevant, and Time-bound.

Set Goals that are SMART

Specific – Specific goals are well-defined and clear-cut.

Measurable – Measurable goals make it easier to know how successful you are.

Achievable – Achievable goals are goals you can realistically accomplish.

Relevant – Setting relevant goals ensures you're working toward goals that are worthwhile.

Time-bound – Time-bound goals have a date when they are to be accomplished.

Set some academic and non-academic goals for first semester. At the end of the semester, set some new goals for the second semester. Regularly check back here to remind yourself of your goals.

First Semester Goals

Academic goals:

Non-academic goals:

Second Semester Goals

Academic goals:

Non-academic goals:

AUGUST 2023

"Success is a journey, not a destination." Arthur Ashe

Monthly Goals _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Notes / To Do

Write & Reflect

What are three things you're looking forward to this year?

Monday, July 31

Tuesday, August 1

Wednesday, August 2

Thursday, August 3

Friday, August 4

Sat/Sun, August 5-6

AUGUST

Goals _____

August

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27	28	29	30	31		

September

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Monday, August 7

Tuesday, August 8

Wednesday, August 9

Thursday, August 10

Friday, August 11

Sat/Sun, August 12-13

Notes / To Do

Raise Your Grades

Before you begin studying, decide what you want to get done and the order in which you're going to do it. Start with what's most important.

Monday, August 14

Tuesday, August 15

Wednesday, August 16

Thursday, August 17

Friday, August 18

Sat/Sun, August 19-20



AUGUST

Goals _____

August

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20	21	22	23	24	25	26
27	28	29	30	31		

September

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3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Monday, August 21

Tuesday, August 22

Wednesday, August 23

Thursday, August 24

Friday, August 25

Sat/Sun, August 26-27

SEPTEMBER 2023

"It's the person who has done nothing who is sure nothing can be done." Patrick Ewing

Monthly Goals _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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3	4	5	6	7	8	9
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17	18	19	20	21	22	23
24	25	26	27	28	29	30

AUG. - SEPT.

Goals _____

August

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20	21	22	23	24	25	26
27	28	29	30	31		

September

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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Monday, August 28

Tuesday, August 29

Wednesday, August 30

Thursday, August 31

Friday, September 1

Sat/Sun, September 2-3

Notes / To Do

TRIO Trivia

The name TRIO refers to the three original TRIO programs: Upward Bound, Talent Search, and Student Support Services. Today, TRIO has grown to include eight programs.

Monday, September 4

Labor Day

Tuesday, September 5

Wednesday, September 6

Thursday, September 7

Friday, September 8

Sat/Sun, September 9-10

SEPTEMBER

Goals _____

September

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17	18	19	20	21	22	23
24	25	26	27	28	29	30

October

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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Monday, September 11

Tuesday, September 12

Wednesday, September 13

Thursday, September 14

Friday, September 15

Sat/Sun, September 16-17

Notes / To Do

Write & Reflect
What is a career that interests you?

Monday, September 18

Tuesday, September 19

Wednesday, September 20

Thursday, September 21

Friday, September 22

Sat/Sun, September 23-24

SEPT. - OCT.

Goals _____

September

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24	25	26	27	28	29	30

October

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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Monday, September 25

Tuesday, September 26

Wednesday, September 27

Thursday, September 28

Friday, September 29

Sat/Sun, September 30-October 1

>>> The FAFSA opens October 1st



OCTOBER 2023

"We are infinite beings with infinite possibilities."

Bernard Harris

Monthly Goals _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

OCTOBER

Goals _____

October

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22	23	24	25	26	27	28
29	30	31				

November

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26	27	28	29	30			

Monday, October 2

Tuesday, October 3

Wednesday, October 4

Thursday, October 5

Friday, October 6

Sat/Sun, October 7-8

Notes / To Do

Raise Your Grades

When you have multiple essay questions to answer, start with the easiest one.



Want more testing tips? Check out this short video!



Monday, October 9

Columbus Day/Indigenous Peoples' Day

Tuesday, October 10

Wednesday, October 11

Thursday, October 12

Friday, October 13

Sat/Sun, October 14-15

OCTOBER

Goals _____

October

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22	23	24	25	26	27	28
29	30	31				

November

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19	20	21	22	23	24	25	
26	27	28	29	30			

Monday, October 16

Tuesday, October 17

Wednesday, October 18

Thursday, October 19

Friday, October 20

Sat/Sun, October 21-22

Notes / To Do

TRIO Trivia
Student Support Services is a TRIO program that supports college students and helps them succeed in college.

Monday, October 23

Dotted lines for writing notes.

Tuesday, October 24

Dotted lines for writing notes.

Wednesday, October 25

Dotted lines for writing notes.

Thursday, October 26

Dotted lines for writing notes.

Friday, October 27

Dotted lines for writing notes.

Sat/Sun, October 28-29

Dotted lines for writing notes.

NOVEMBER 2023

"I truly believe that the privilege of a lifetime is being who you are." Viola Davis

Monthly Goals _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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5	6	7	8	9	10	11
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19	20	21	22	23	24	25
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Notes / To Do

Write & Reflect

What are your plans once you finish high school?

Monday, October 30

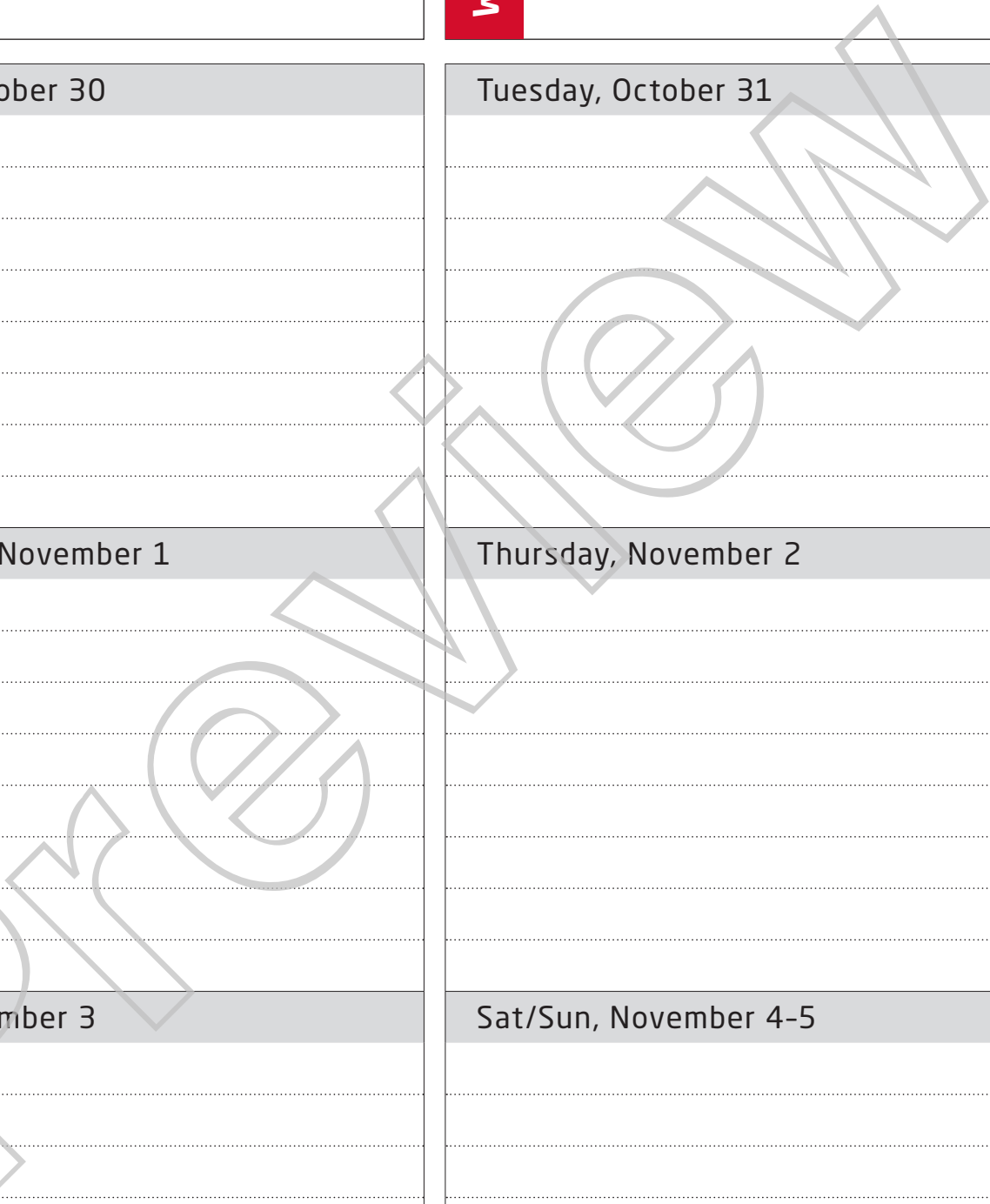
Tuesday, October 31

Wednesday, November 1

Thursday, November 2

Friday, November 3

Sat/Sun, November 4-5



NOVEMBER

Goals _____

November

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December

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31						

Monday, November 6

Tuesday, November 7

Wednesday, November 8

>>> First-Generation College Student Day

Thursday, November 9

Friday, November 10

Sat/Sun, November 11-12

Veterans Day (Saturday)

Notes / To Do

Raise Your Grades

Don't make excuses to avoid studying. Set a time to get started and stick to it.



Want more study tips? Check out this short video!



Monday, November 13

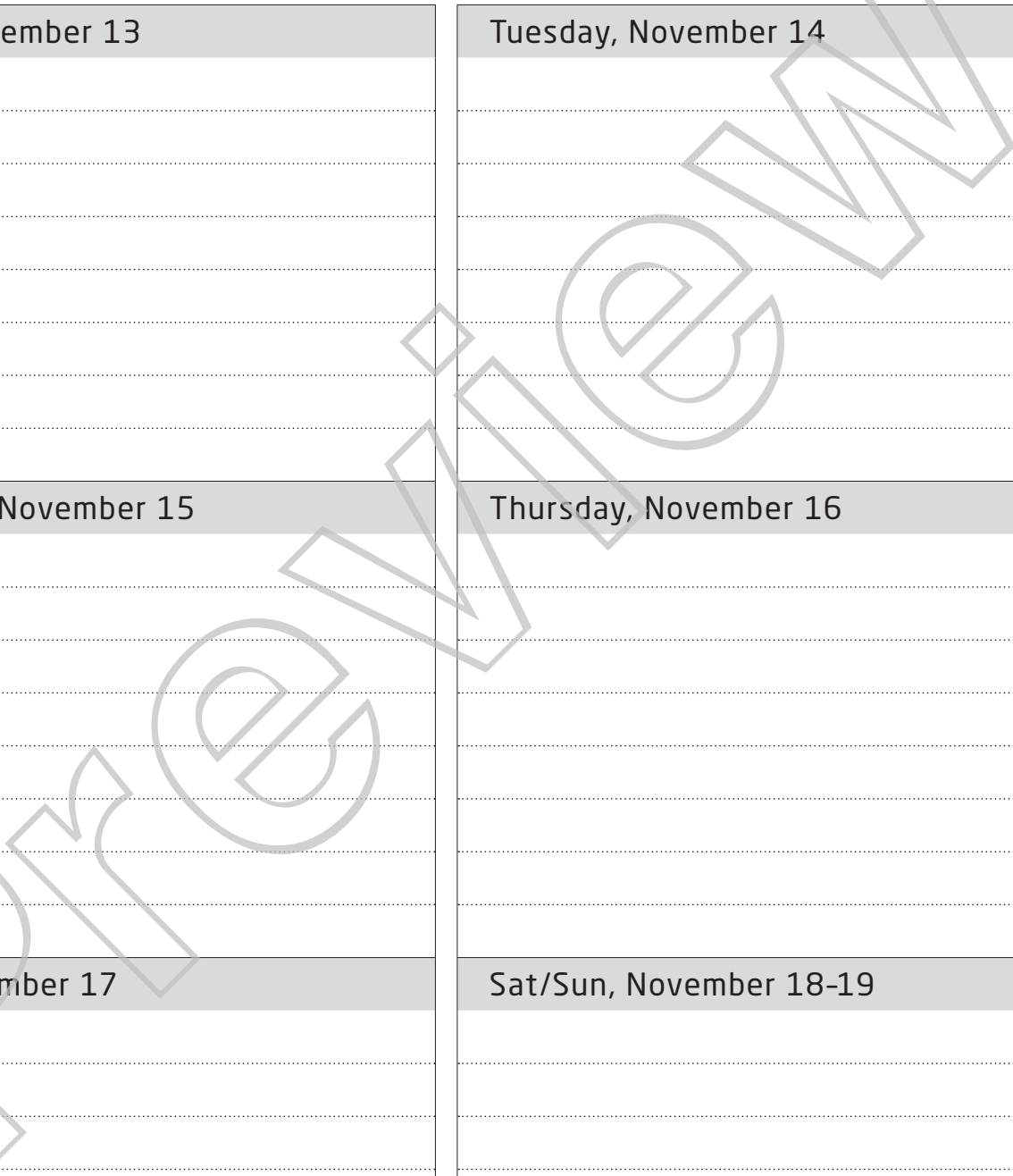
Tuesday, November 14

Wednesday, November 15

Thursday, November 16

Friday, November 17

Sat/Sun, November 18-19



NOVEMBER

Goals _____

November

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December

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31						

Monday, November 20

Tuesday, November 21

Wednesday, November 22

Thursday, November 23

Thanksgiving

Friday, November 24

Sat/Sun, November 25-26

DECEMBER 2023

"The greatest thing in this world is not so much where we are, but in what direction we are moving." Oliver Wendell Holmes

Monthly Goals _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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NOV. - DEC.

Goals _____

November

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26	27	28	29	30		

December

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24	25	26	27	28	29	30
31						

Monday, November 27

Tuesday, November 28

Wednesday, November 29

Thursday, November 30

Friday, December 1

Sat/Sun, December 2-3

Notes / To Do

TRIO Trivia

More than 7,000 students with disabilities and approximately 6,000 veterans are currently enrolled in TRIO programs.

Monday, December 4

Tuesday, December 5

Wednesday, December 6

Thursday, December 7

Friday, December 8

Sat/Sun, December 9-10

DECEMBER

Goals _____

December

S	M	T	W	T	F	S
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24	25	26	27	28	29	30
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January

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21	22	23	24	25	26	27
28	29	30	31			

Monday, December 11

Tuesday, December 12

Wednesday, December 13

Thursday, December 14

Friday, December 15

Sat/Sun, December 16-17

Notes / To Do

Write & Reflect
What are some holiday traditions that you look forward to?

Monday, December 18

Tuesday, December 19

Wednesday, December 20

Thursday, December 21

Friday, December 22

Sat/Sun, December 23-24

DECEMBER

Goals _____

December

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24	25	26	27	28	29	30
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January

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21	22	23	24	25	26	27
28	29	30	31			

Monday, December 25

Christmas Day

Tuesday, December 26

Wednesday, December 27

Thursday, December 28

Friday, December 29

Sat/Sun, December 30-31

JANUARY 2024

"When you walk with purpose,
you collide with destiny."

Bertice Berry

Monthly Goals _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

JANUARY

Goals _____

January

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21	22	23	24	25	26	27
28	29	30	31			

February

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18	19	20	21	22	23	24
25	26	27	28	29		

Monday, January 1

New Year's Day

Tuesday, January 2

Wednesday, January 3

Thursday, January 4

Friday, January 5

Sat/Sun, January 6-7

Notes / To Do

Raise Your Grades

When reading, pay extra attention to introductions and summaries.



Need more reading tips? Check out this short video!



Monday, January 8

Tuesday, January 9

Wednesday, January 10

Thursday, January 11

Friday, January 12

Sat/Sun, January 13-14

JANUARY

Goals _____

January

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21	22	23	24	25	26	27
28	29	30	31			

February

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4	5	6	7	8	9	10
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18	19	20	21	22	23	24
25	26	27	28	29		

Monday, January 15

Martin Luther King, Jr. Day

Tuesday, January 16

Wednesday, January 17

Thursday, January 18

Friday, January 19

Sat/Sun, January 20-21

Notes / To Do

TRIO Trivia

The McNair Scholars TRIO Program is named after Dr. Ronald E. McNair, the second African-American astronaut to go to space.

Monday, January 22

Tuesday, January 23

Wednesday, January 24

Thursday, January 25

Friday, January 26

Sat/Sun, January 27-28

FEBRUARY 2024

"Tough times don't last, but tough people do." A.C. Green

Monthly Goals _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

Notes / To Do

Write & Reflect

What are your goals for the new year?

Monday, January 29

Tuesday, January 30

Wednesday, January 31

Thursday, February 1

Friday, February 2

Sat/Sun, February 3-4

FEBRUARY

Goals _____

February

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18	19	20	21	22	23	24
25	26	27	28	29		

March

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31						

Monday, February 5

Tuesday, February 6

Wednesday, February 7

Thursday, February 8

Friday, February 9

Sat/Sun, February 10-11

Notes / To Do

Raise Your Grades

Participate in class discussions. It makes the class more interesting, keeps your mind focused, and helps the time pass more quickly.

Monday, February 12

Tuesday, February 13

Wednesday, February 14

Thursday, February 15

Friday, February 16

Sat/Sun, February 17-18

FEBRUARY

Goals _____

February

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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

March

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24	25	26	27	28	29	30
31						

Monday, February 19

Presidents' Day

Tuesday, February 20

Wednesday, February 21

Thursday, February 22

Friday, February 23

Sat/Sun, February 24-25

➤➤➤ National TRIO Day (Saturday)

MARCH 2024

"Don't settle for average. Bring your best to the moment." Angela Bassett

Monthly Goals _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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3	4	5	6	7	8	9
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17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

FEB. - MAR.

Goals _____

February

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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

March

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Monday, February 26

Tuesday, February 27

Wednesday, February 28

Thursday, February 29

Friday, March 1

Sat/Sun, March 2-3

Notes / To Do

TRIO Trivia

Upward Bound, which was established in 1964, was the first TRIO program.

Monday, March 4

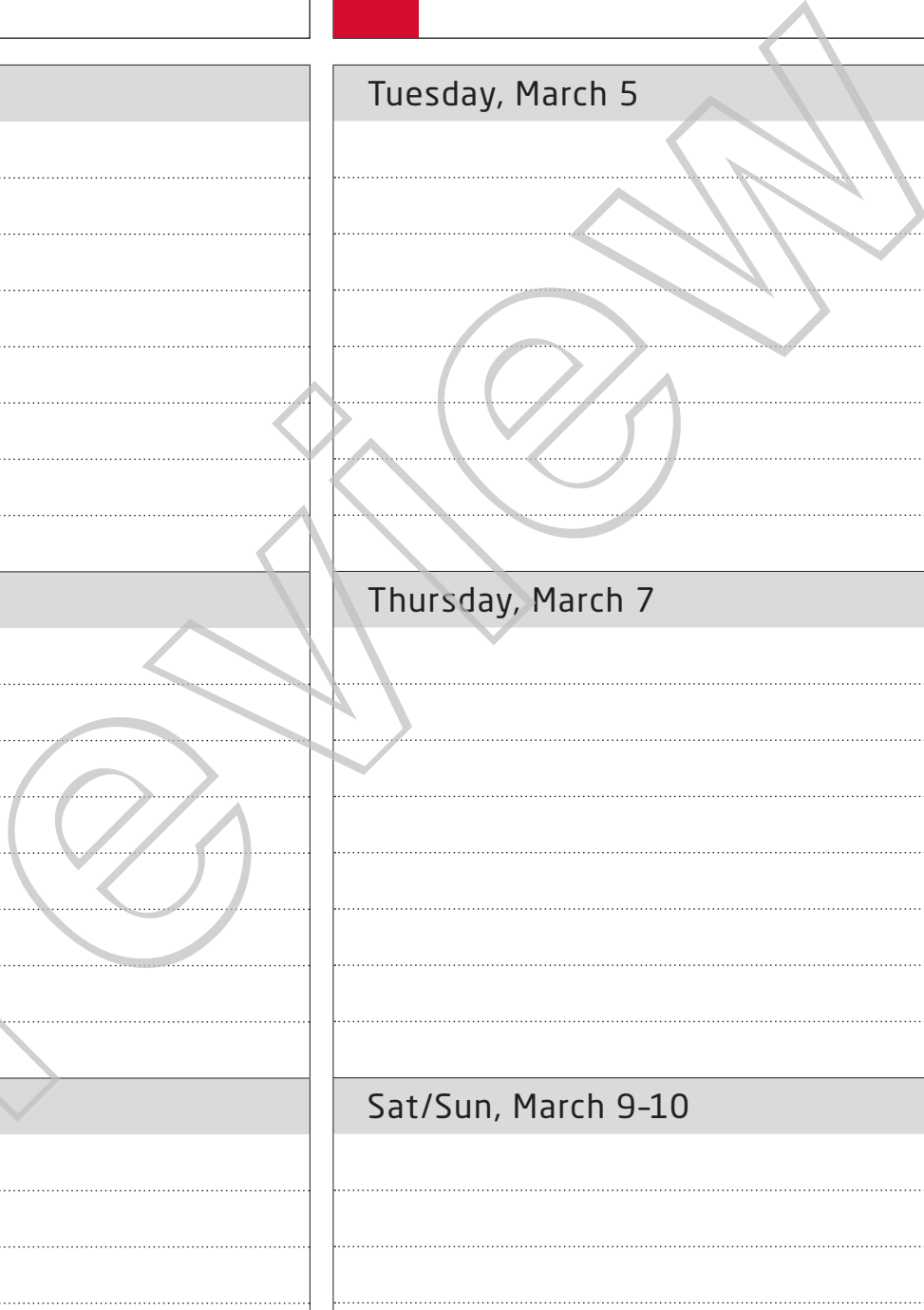
Tuesday, March 5

Wednesday, March 6

Thursday, March 7

Friday, March 8

Sat/Sun, March 9-10



MARCH

Goals _____

March

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

April

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Monday, March 11

Tuesday, March 12

Wednesday, March 13

Thursday, March 14

Friday, March 15

Sat/Sun, March 16-17

Notes / To Do

Write & Reflect

What three words would you use to describe your character?

Monday, March 18

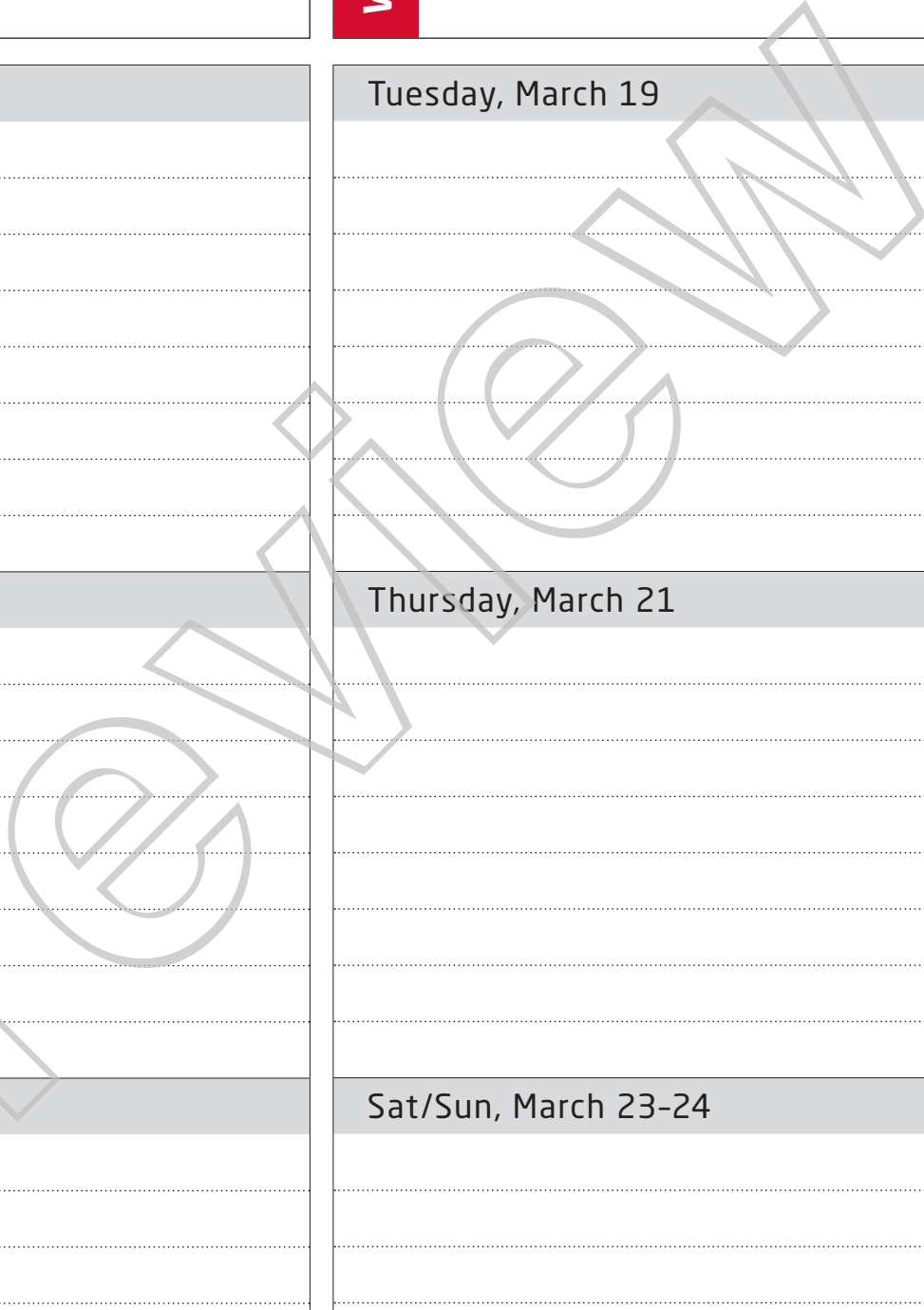
Tuesday, March 19

Wednesday, March 20

Thursday, March 21

Friday, March 22

Sat/Sun, March 23-24



MARCH

Goals _____

March

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

April

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Monday, March 25

Tuesday, March 26

Wednesday, March 27

Thursday, March 28

Friday, March 29

Sat/Sun, March 30-31

APRIL 2024

"It takes but one moment,
one person, one conviction to
start a ripple of change."

Donna Brazile

Monthly Goals _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

APRIL

Goals _____

April

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

May

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Monday, April 1

Tuesday, April 2

Wednesday, April 3

Thursday, April 4

Friday, April 5

Sat/Sun, April 6-7

Notes / To Do

Raise Your Grades

If you're feeling nervous before a test, practice deep breathing to calm your nerves.



Want more calming techniques? Check out this short video!



Monday, April 8

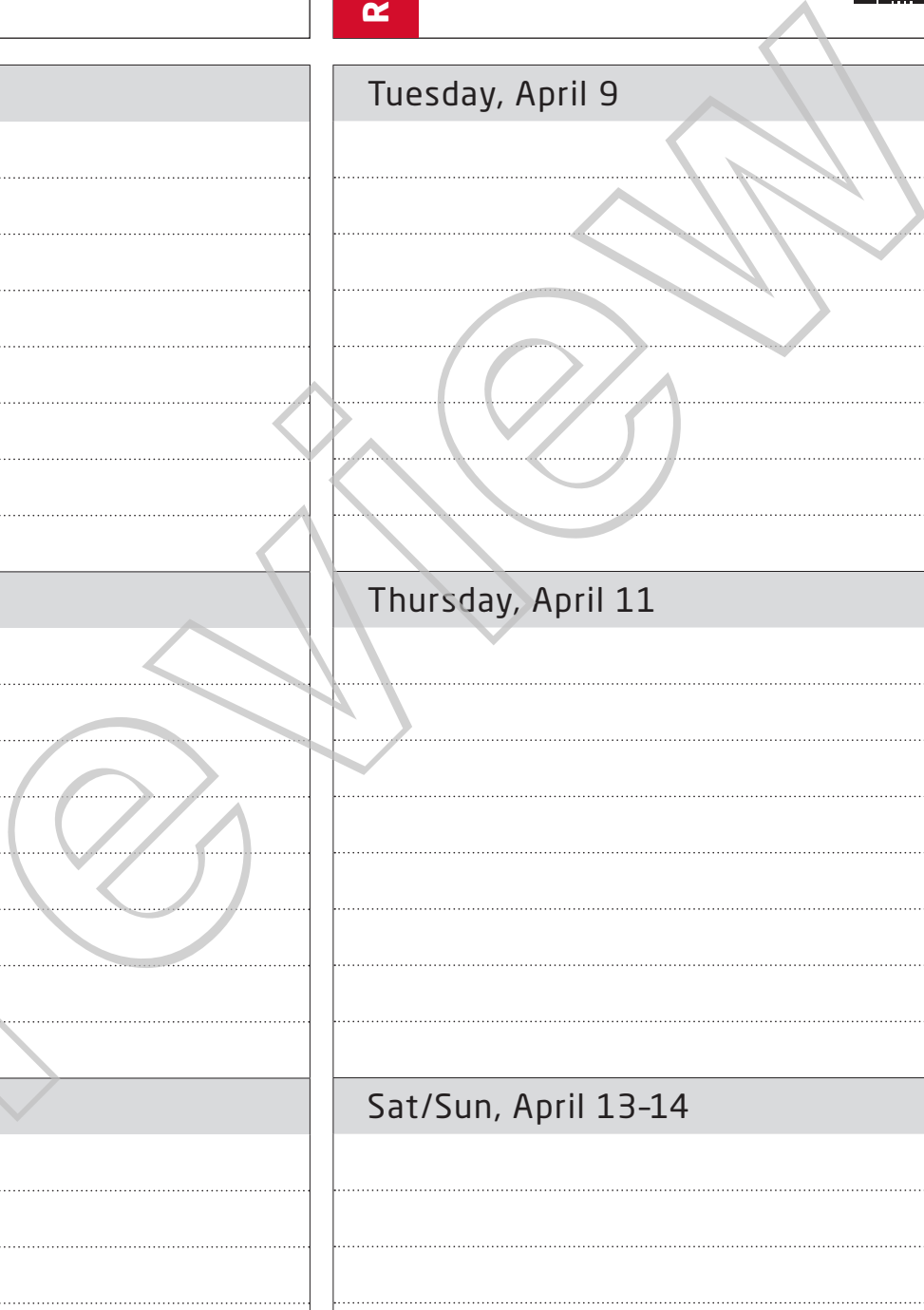
Tuesday, April 9

Wednesday, April 10

Thursday, April 11

Friday, April 12

Sat/Sun, April 13-14



APRIL

Goals _____

April

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

May

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Monday, April 15

Tuesday, April 16

Wednesday, April 17

Thursday, April 18

Friday, April 19

Sat/Sun, April 20-21

Notes / To Do

TRIO Trivia

Many famous athletes have participated in TRIO programs, including former professional basketball player A.C. Green.

Monday, April 22

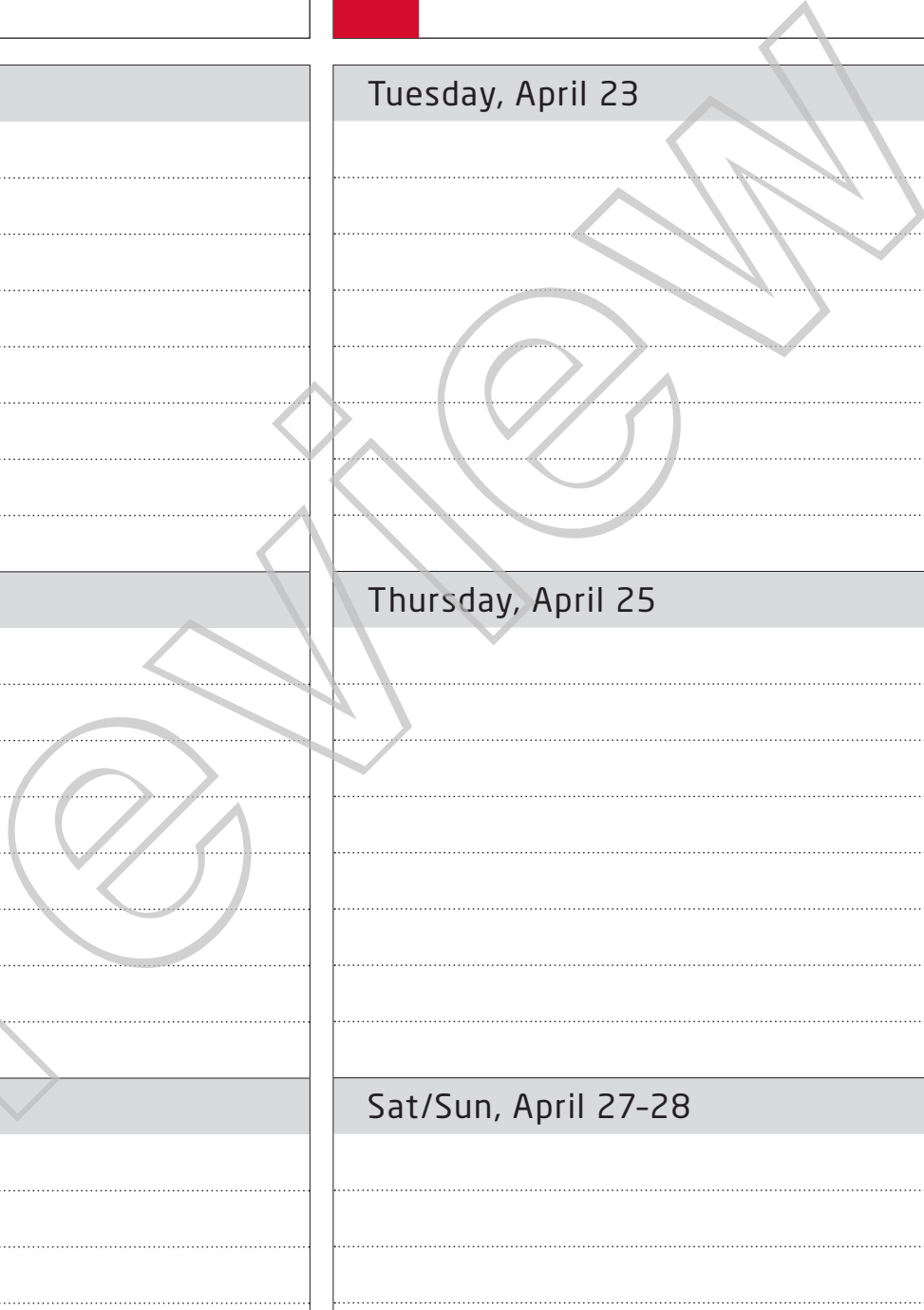
Tuesday, April 23

Wednesday, April 24

Thursday, April 25

Friday, April 26

Sat/Sun, April 27-28



MAY 2024

"Anytime you can squeeze out the opportunity to get better, you should." Troy Polamalu

Monthly Goals _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Notes / To Do

Write & Reflect

What was your proudest accomplishment this school year?

Monday, April 29

Tuesday, April 30

Wednesday, May 1

Thursday, May 2

Friday, May 3

Sat/Sun, May 4-5

MAY

Goals _____

May

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

June

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Monday, May 6

Tuesday, May 7

Wednesday, May 8

Thursday, May 9

Friday, May 10

Sat/Sun, May 11-12

Notes/To Do

Raise Your Grades

The end of the year means lots of tests and exams. Start studying early and spread your studying out.

Monday, May 13

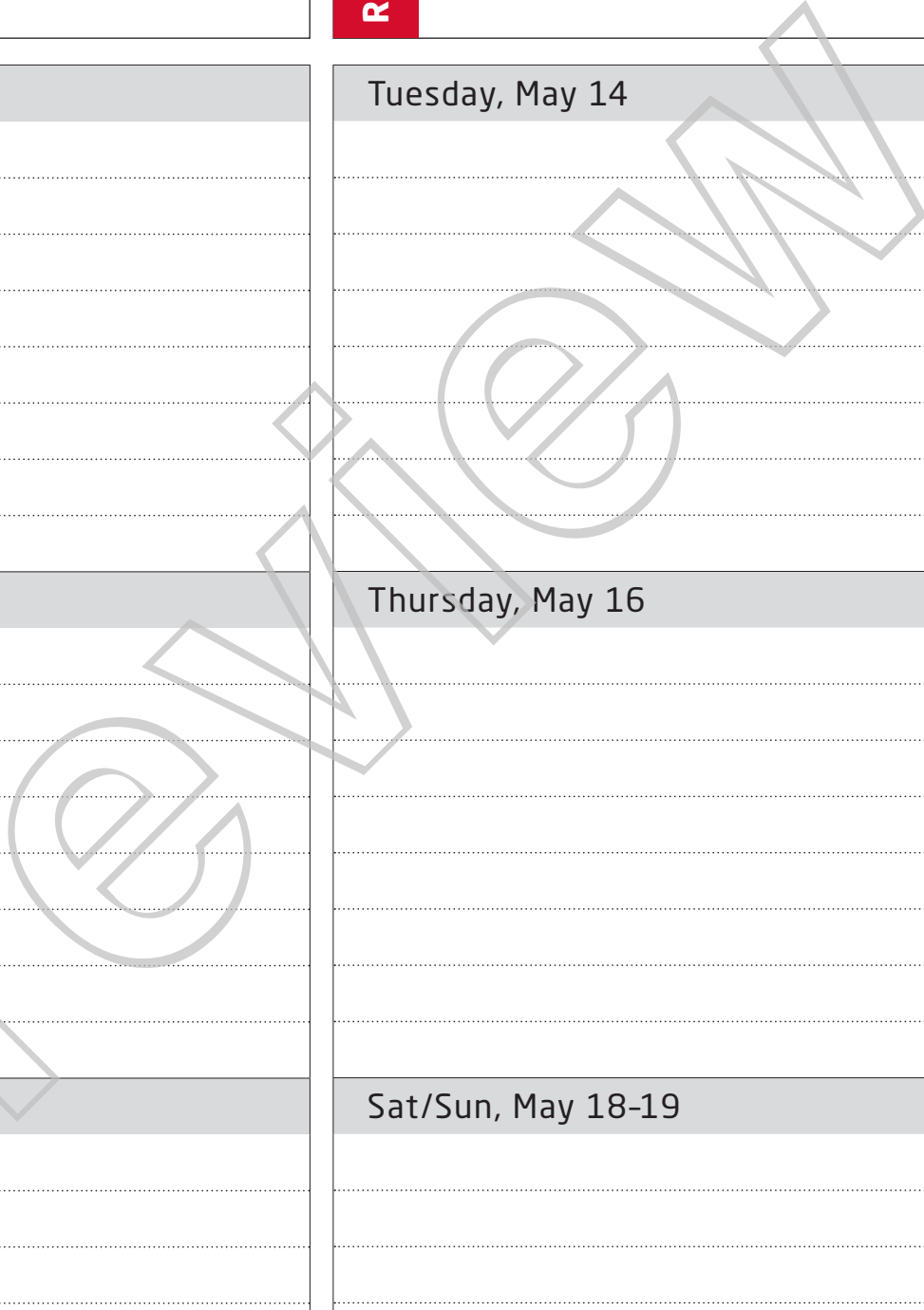
Tuesday, May 14

Wednesday, May 15

Thursday, May 16

Friday, May 17

Sat/Sun, May 18-19



MAY

May

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

June

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Goals _____

Monday, May 20

Tuesday, May 21

Wednesday, May 22

Thursday, May 23

Friday, May 24

Sat/Sun, May 25-26

JUNE 2024

"The beautiful thing about learning is that no one can take it away from you." B.B. King

Monthly Goals _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

MAY - JUNE

Goals _____

May

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

June

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Monday, May 27

Memorial Day

Tuesday, May 28

Wednesday, May 29

Thursday, May 30

Friday, May 31

Sat/Sun, June 1-2

Notes / To Do

TRIO Trivia

Approximately 80% of Upward Bound participants go on to attend either a 2-year or 4-year college.

Monday, June 3

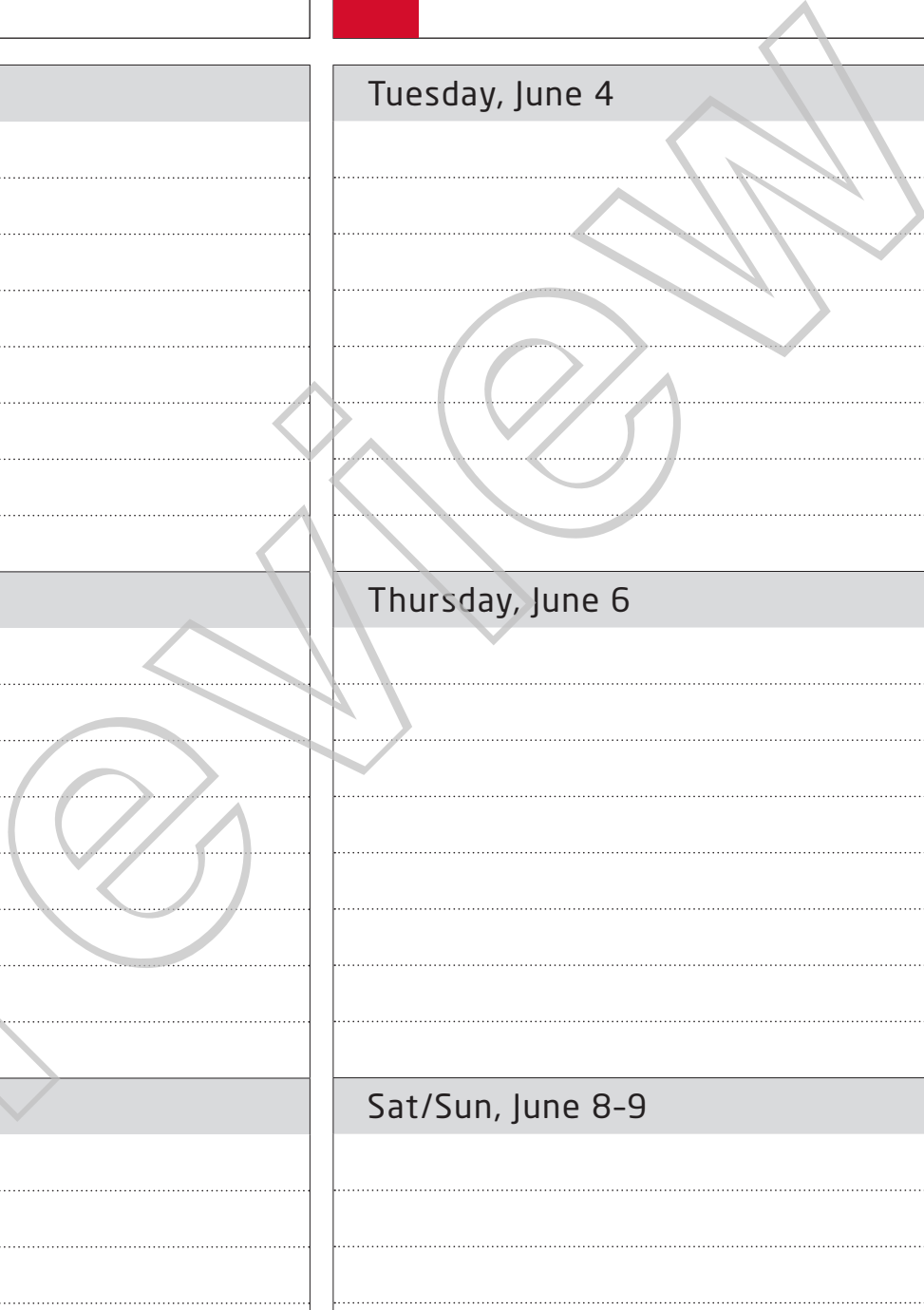
Tuesday, June 4

Wednesday, June 5

Thursday, June 6

Friday, June 7

Sat/Sun, June 8-9



JUNE

Goals _____

June

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

July

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Monday, June 10

Tuesday, June 11

Wednesday, June 12

Thursday, June 13

Friday, June 14

Sat/Sun, June 15-16

Notes / To Do

Write & Reflect

What are some goals you have for the next school year?

Monday, June 17

Tuesday, June 18

Wednesday, June 19

Thursday, June 20

Juneteenth

Friday, June 21

Sat/Sun, June 22-23

JUNE

Goals _____

June

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

July

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Monday, June 24

Tuesday, June 25

Wednesday, June 26

Thursday, June 27

Friday, June 28

Sat/Sun, June 29-30

JULY 2024

"If there is no struggle,
there is no progress."
Frederick Douglass

Monthly Goals _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

JULY

Goals _____

July

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

August

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Monday, July 1

Tuesday, July 2

Wednesday, July 3

Thursday, July 4

Independence Day

Friday, July 5

Sat/Sun, July 6-7

Notes / To Do

Raise Your Grades

In your spare time this summer, enjoy reading some books for fun. Try several different book genres (such as fiction, nonfiction, mystery, biography, and science fiction).

Monday, July 8

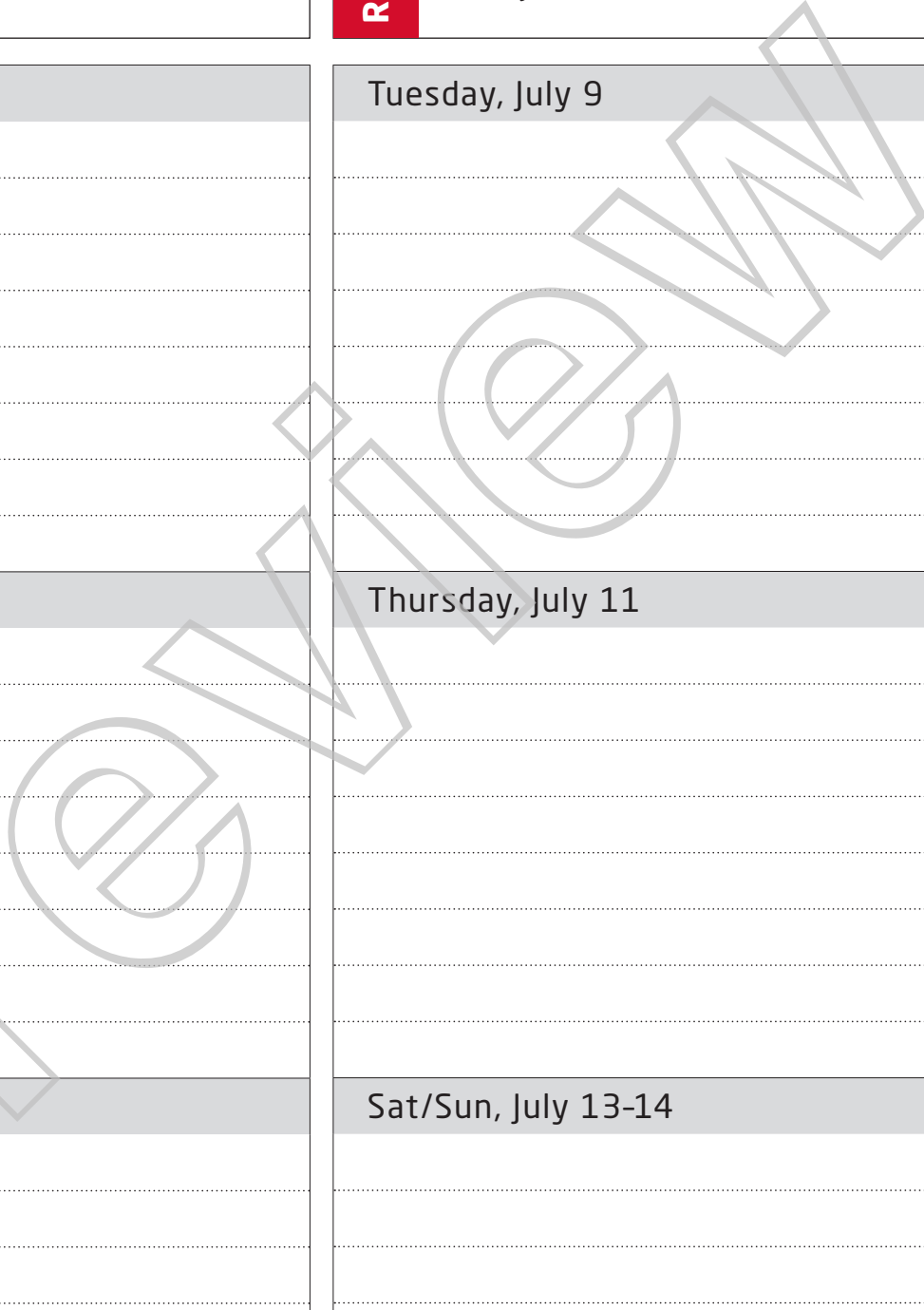
Tuesday, July 9

Wednesday, July 10

Thursday, July 11

Friday, July 12

Sat/Sun, July 13-14



JULY

Goals _____

July

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

August

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Monday, July 15

Tuesday, July 16

Wednesday, July 17

Thursday, July 18

Friday, July 19

Sat/Sun, July 20-21

Notes / To Do

TRIO Trivia

Rep. Gwen Moore, a TRIO alumna, was the first African-American woman from the state of Wisconsin to be elected to Congress. She has been serving since 2004.

Monday, July 22

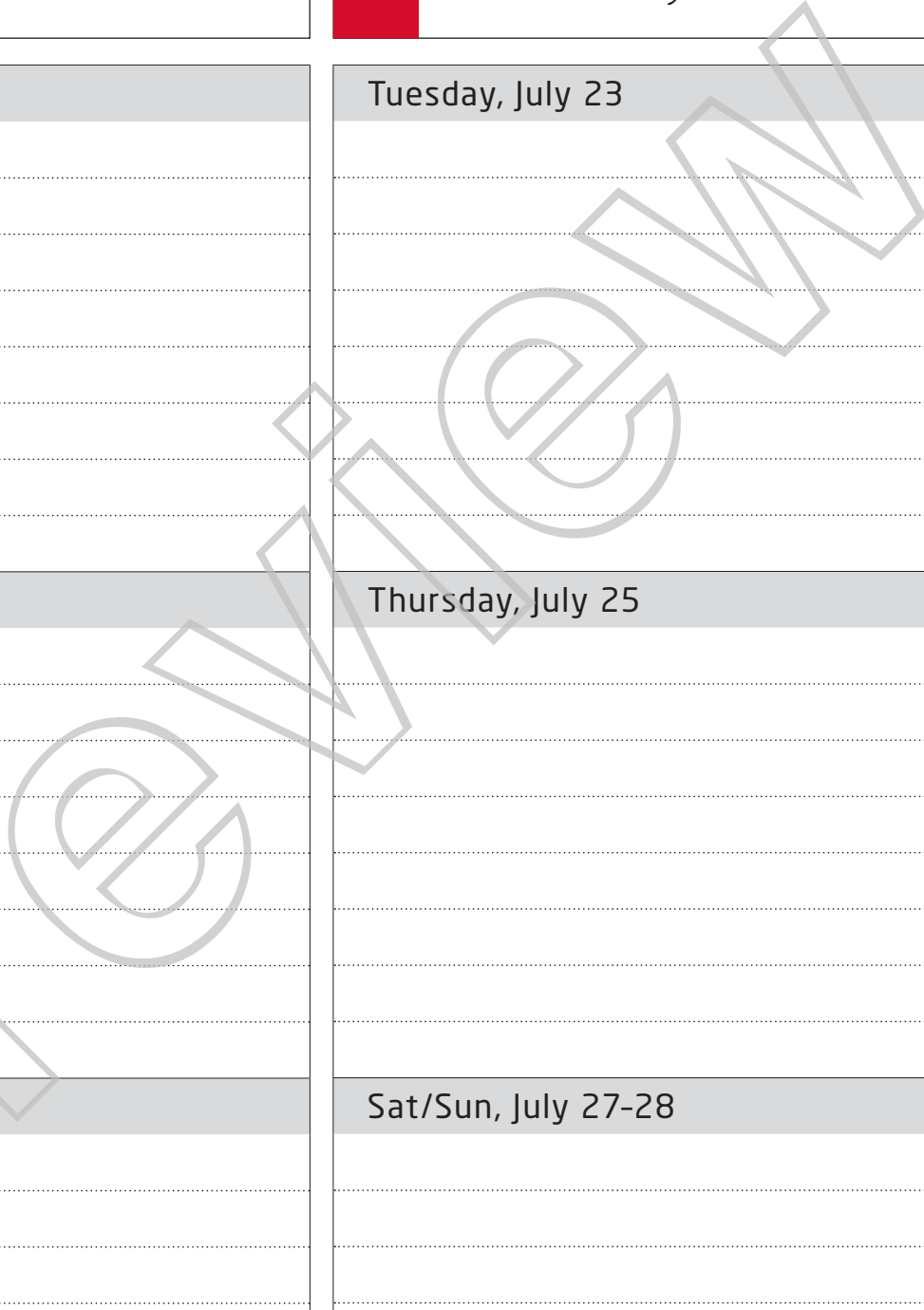
Tuesday, July 23

Wednesday, July 24

Thursday, July 25

Friday, July 26

Sat/Sun, July 27-28



JULY - AUG.

Goals _____

July

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

August

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Monday, July 29

Tuesday, July 30

Wednesday, July 31

Thursday, August 1

Friday, August 2

Sat/Sun, August 3-4

AUGUST 2024

"Before you can make a dream come true, you must first have one." Dr. Ronald E. McNair

Monthly Goals _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

PREPARE FOR COLLEGE

A college education will open doors and provide you with a wide range of career choices and opportunities. Going to college, however, takes planning and preparation. Your TRIO program is here to help you.

Preparing for college - year by year

9th Grade

- ▶ Work hard to get good grades. Your freshman grades will be on your permanent high school record and used to figure your GPA.
- ▶ Get involved in at least one or two school activities.

10th Grade

- ▶ Take college prep courses and do your best in all of your classes.
- ▶ Increase your involvement in activities and develop your talents and skills.

11th Grade

- ▶ Start checking out your college options.
- ▶ Take the PSAT/NMSQT in October.
- ▶ Take the ACT and/or SAT in the spring.
- ▶ Meet with your counselor to review your academic record and discuss your college plans.
- ▶ Make college visits in the spring and summer.

12th Grade

- ▶ Take the ACT or SAT in the fall, if necessary.
- ▶ Complete college applications.
- ▶ If you need help paying for college, complete the FAFSA. For information, visit fafsa.gov.

Take college prep classes in high school

Most 4-year colleges recommend that students take the following courses:

- ▶ 4 years of English
- ▶ 2 - 3 years of the same foreign language
- ▶ 3 - 4 years of math
- ▶ 3 years of social studies
- ▶ 3 years of science
- ▶ 1 year of fine or performing arts

TOP 10 SUCCESS TIPS

These 10 tips will help you have an awesome school year!

- 1. Be in school every day.** Attendance is the #1 school success factor. Be in school, on time, every day.
- 2. Be engaged in your classes.** When you're in class, ask and answer questions, and participate in discussions. You'll learn more, get better grades, and the time will go a lot faster.
- 3. Be organized.** Use a planner every day to record assignments, tests, and anything else you need to remember. Have a specific place for each of your papers (class notes, handouts, homework) and keep your backpack, locker, and study area neat, clean, and organized.
- 4. Manage your time well.** Look for chunks of time during the day that are wasted, use any extra time in school to start on your homework, and limit time-wasters such as social media, TV, and video games.
- 5. Do all of your homework.** When you've done your homework, you get more out of your classes, you do better on tests, and you get better grades.
- 6. Set goals.** Goals give you direction, focus, and purpose. Regularly set academic and personal goals to work toward.
- 7. Get involved in school activities.** Studies show that students who are involved in school activities tend to do better academically. Being involved in activities is also a great way to make friends, learn new skills, and have fun.
- 8. Make smart choices.** Think about your goals and values, and decide what activities you will and won't get involved in. Say no to tobacco, drugs, and alcohol, and never post anything mean, offensive, or embarrassing on social media.
- 9. Get help when you need it.** Everyone needs help from time to time. If you are having a problem in a particular class, talk to the teacher. If you're having problems in several classes, or if there's a problem that's making it difficult for you to succeed in school, talk to your TRIO advisor or see your counselor.
- 10. Plan and prepare for your future.** Think about your interests, abilities, and values, and consider which careers and college majors might be a good fit for you.

STAY MOTIVATED

We all get stuck sometimes. After all, school can be tough—and maintaining the focus and effort necessary to succeed can be difficult. Here are some things you can do to help you keep going when you're feeling stressed out, discouraged, or overwhelmed.

Surround yourself with positive people.

We come across all kinds of people in life. Some are positive influences and some are not. Avoid people who are negative or critical. Instead, choose to be around people who support and encourage you. These are the people who will help you achieve your goals and realize your dreams.

Practice positive self-talk.

We all have an inner voice, and when things aren't going well, that voice can be negative and critical. You can help yourself stay positive just by changing your self-talk. For example, replace *"I'm terrible at math"* with *"I'm smart – I can do this."*

Focus on your strengths.

While it's good to work on your shortcomings and weaknesses, your strengths are where your future lies. Pursue your interests, and look for ways to develop your talents and strengths.

Learn to accept negative feedback.

Whether it's a bad grade on a paper or a low test score, it can be tough to accept that others think your work is less than stellar. Remember that all feedback (even when it's discouraging) is an opportunity to grow.

Use motivating "self-notes."

Write motivating words, ideas, and/or quotes on sticky notes. Put these notes anywhere you're likely to see them.

Figure out what motivates you.

Turn what competes with your schoolwork into a motivator. For example, get a paper done early so you can hang out with friends, or reward yourself with video game time once your homework is done.

Preview

"It isn't where you came from.
It's where you're going that counts." Ella Fitzgerald

