

TRIO PLANNER

2022-2023



Name _____

Phone _____

2022-2023

AUGUST 2022

S	M	T	W	T	F	S
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SEPTEMBER 2022

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OCTOBER 2022

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NOVEMBER 2022

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DECEMBER 2022

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JANUARY 2023

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FEBRUARY 2023

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MARCH 2023

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APRIL 2023

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MAY 2023

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JUNE 2023

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JULY 2023

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TRIO AND YOU



For more, 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 college.

▶ Career planning

As you plan for your future, TRIO can provide you with personalized guidance and support every step of the way.

▶ Financial and economic literacy

Your TRIO program can help you improve your economic and financial literacy skills, and plan for your financial future.

▶ Life skills and personal growth

TRIO can help you achieve your goals, get the most out of your college experience, 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 college graduates earn much more than high school graduates. In fact, four-year college graduates earn almost twice as much as high school graduates. Having a better income means that you'll have more money for the things that are important to you (e.g., entertainment, hobbies). The more you learn, the more you earn!

▶ 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.

MANAGE TASKS & TIME

Keeping track of what you need to do and having good time-management skills will not only make you a better student, it will help you succeed in your career and in life. Here are some tips to help you stay on top of all that you need to do.

Take this planner to every class and record the following:

- ▶ Daily assignments
- ▶ Tests and quizzes
- ▶ Large assignments
- ▶ Important dates
- ▶ Social activities
- ▶ Appointments
- ▶ To-do lists

Monday, September 12
✓ 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
John's birthday

Manage Your Time

Create a daily and weekly to-do list.

Write down the things you need to accomplish and rank them in order of importance. Focus on one task at a time. When that task is completed, cross it off and move on to the next.

Identify chunks of time that are wasted.

If you have time between classes, meet with a professor, run an errand, study, or just relax. The important thing is that you think about how you can best use the time you have.

Control time-wasters.

Social media, TV, and video games can take up a huge amount of time. Schedule small chunks of time for these activities, and stick to your schedule.

Don't overextend yourself.

If you never seem to have enough time, identify activities you can eliminate, shorten, or postpone. Don't sacrifice sleep or exercise to get everything done.

Schedule 90-minute study sessions.

Have a specific time to start studying, and silence your phone. During your study sessions, don't do anything else. Focus completely on your work.

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 biology 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 term. At the end of the term, set some new goals for the next term. Regularly check back here to remind yourself of your goals.

First-Term Goals

Academic goals:

Non-academic goals:

Second-Term Goals

Academic goals:

Non-academic goals:

AUGUST 2022

"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 can you do to get this year off to a good start?

Monday, August 1

Tuesday, August 2

Wednesday, August 3

Thursday, August 4

Friday, August 5

Sat/Sun, August 6-7

AUGUST

August

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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

September

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18	19	20	21	22	23	24
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Goals _____

Monday, August 8

Tuesday, August 9

Wednesday, August 10

Thursday, August 11

Friday, August 12

Sat/Sun, August 13-14

Notes / To Do

Raise Your Grades

Have a morning routine that includes getting up early enough to eat breakfast without being rushed.

Monday, August 15

Tuesday, August 16

Wednesday, August 17

Thursday, August 18

Friday, August 19

Sat/Sun, August 20-21

AUGUST

August

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	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			

September

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

Goals _____

Monday, August 22

Tuesday, August 23

Wednesday, August 24

Thursday, August 25

Friday, August 26

Sat/Sun, August 27-28

SEPTEMBER 2022

"Education is the most powerful weapon we can use to change the world."

Nelson Mandela

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	

AUG. - SEPT.

Goals _____

August

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21	22	23	24	25	26	27
28	29	30	31			

September

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

Monday, August 29

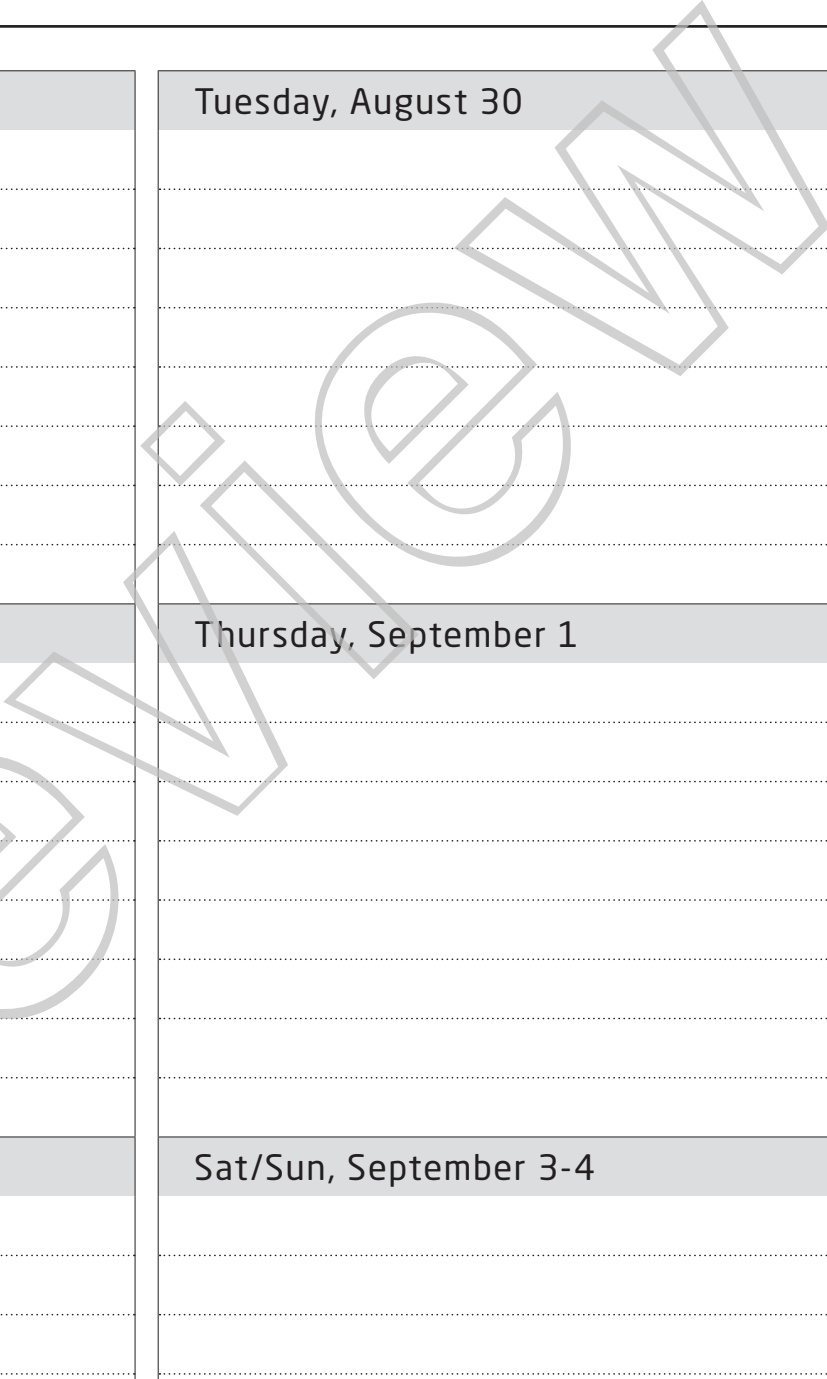
Tuesday, August 30

Wednesday, August 31

Thursday, September 1

Friday, September 2

Sat/Sun, September 3-4



Notes / To Do

TRIO Trivia

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

Monday, September 5

Labor Day

Wednesday, September 7

Friday, September 9

Tuesday, September 6

Thursday, September 8

Sat/Sun, September 10-11

SEPTEMBER

Goals _____

September

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

October

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23	24	25	26	27	28	29
30	31					

Monday, September 12

Tuesday, September 13

Wednesday, September 14

Thursday, September 15

Friday, September 16

Sat/Sun, September 17-18

Notes / To Do

Write & Reflect

What do you want to work on improving this year?

Monday, September 19

Tuesday, September 20

Wednesday, September 21

Thursday, September 22

Friday, September 23

Sat/Sun, September 24-25

Rosh Hashanah begins (Sunday)

SEPT. - OCT.

Goals _____

September

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October

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

Monday, September 26

Tuesday, September 27

Wednesday, September 28

Thursday, September 29

Friday, September 30

Sat/Sun, October 1-2

>>> The FAFSA opens October 1st



OCTOBER 2022

"If you don't like something, change it. If you can't change it, change your attitude."

Maya Angelou

Monthly Goals _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

OCTOBER

Goals _____

October

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23	24	25	26	27	28	29
30	31					

November

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

Monday, October 3

Tuesday, October 4

Yom Kippur begins

Wednesday, October 5

Thursday, October 6

Friday, October 7

Sat/Sun, October 8-9

Notes / To Do

Raise Your Grades

When doing homework, silence your phone and focus on one task at a time.



Want more study tips? Check out this short video!



Monday, October 10

Columbus Day

Tuesday, October 11

Wednesday, October 12

Thursday, October 13

Friday, October 14

Sat/Sun, October 15-16

OCTOBER

Goals _____

October

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23	24	25	26	27	28	29
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November

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20	21	22	23	24	25	26
27	28	29	30			

Monday, October 17

Tuesday, October 18

Wednesday, October 19

Thursday, October 20

Friday, October 21

Sat/Sun, October 22-23

Notes / To Do

TRIO Trivia

86% of Upward Bound participants enroll in college after high school.

Monday, October 24

Dotted lines for writing notes for Monday, October 24.

Tuesday, October 25

Dotted lines for writing notes for Tuesday, October 25.

Wednesday, October 26

Dotted lines for writing notes for Wednesday, October 26.

Thursday, October 27

Dotted lines for writing notes for Thursday, October 27.

Friday, October 28

Dotted lines for writing notes for Friday, October 28.

Sat/Sun, October 29-30

Dotted lines for writing notes for Saturday and Sunday, October 29-30.

NOVEMBER 2022

"Whether or not you reach your goals in life depends entirely on how well you prepare for them and how badly you want them."
Dr. Ronald E. McNair

Monthly Goals _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Notes / To Do

Write & Reflect

What calms you down when you are upset or stressed?

Monday, October 31

Halloween

Tuesday, November 1

Wednesday, November 2

Thursday, November 3

Friday, November 4

Sat/Sun, November 5-6

NOVEMBER

Goals _____

November

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20	21	22	23	24	25	26
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December

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



Are you a first-generation college student? Check out this short video!



Monday, November 7

Tuesday, November 8

>>> First-Generation College Student Day

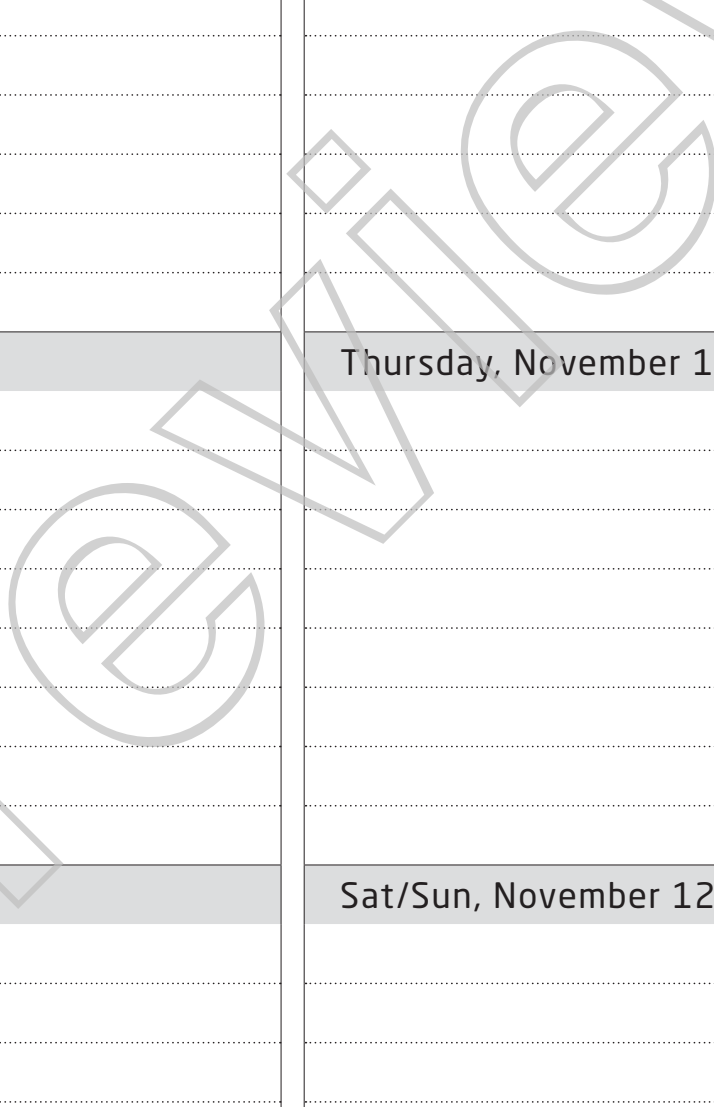
Wednesday, November 9

Thursday, November 10

Friday, November 11

Veterans Day

Sat/Sun, November 12-13



Notes / To Do

Raise Your Grades

Alternate types of homework.
For instance: 1) read biology;
2) do math; 3) read history.

Monday, November 14

Tuesday, November 15

Wednesday, November 16

Thursday, November 17

Friday, November 18

Sat/Sun, November 19-20

NOVEMBER

Goals _____

November

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20	21	22	23	24	25	26
27	28	29	30			

December

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

Monday, November 21

Tuesday, November 22

Wednesday, November 23

Thursday, November 24

Thanksgiving

Friday, November 25

Sat/Sun, November 26-27

DECEMBER 2022

"Intelligence plus character - that is the goal of true education." Martin Luther King, Jr.

Monthly Goals _____

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

Goals _____

November

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

December

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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Monday, November 28

Tuesday, November 29

Wednesday, November 30

Thursday, December 1

Friday, December 2

Sat/Sun, December 3-4

Notes / To Do

TRIO Trivia

Since 1964, TRIO programs have helped an estimated 2 million students get to and graduate from college.

Monday, December 5

Tuesday, December 6

Wednesday, December 7

Thursday, December 8

Friday, December 9

Sat/Sun, December 10-11

DECEMBER

Goals _____

December

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18	19	20	21	22	23	24
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January

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22	23	24	25	26	27	28
29	30	31				

Monday, December 12

Tuesday, December 13

Wednesday, December 14

Thursday, December 15

Friday, December 16

Sat/Sun, December 17-18

Hanukkah begins (Sunday)

Notes / To Do

Write & Reflect

What are you thankful for?

Monday, December 19

Tuesday, December 20

Wednesday, December 21

Thursday, December 22

Friday, December 23

Sat/Sun, December 24-25

Christmas Day (Sunday)

DEC. - JAN.

Goals _____

December

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

January

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

Monday, December 26

Kwanzaa begins

Tuesday, December 27

Wednesday, December 28

Thursday, December 29

Friday, December 30

Sat/Sun, December 31-January 1

New Year's Day (Sunday)

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

February

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19	20	21	22	23	24	25	
26	27	28					

Monday, January 2

Tuesday, January 3

Wednesday, January 4

Thursday, January 5

Friday, January 6

Sat/Sun, January 7-8

Notes / To Do

Raise Your Grades

If you feel nervous before a test, take several deep breaths and visualize yourself doing well.



Want more test anxiety tips? Check out this short video!



Monday, January 9

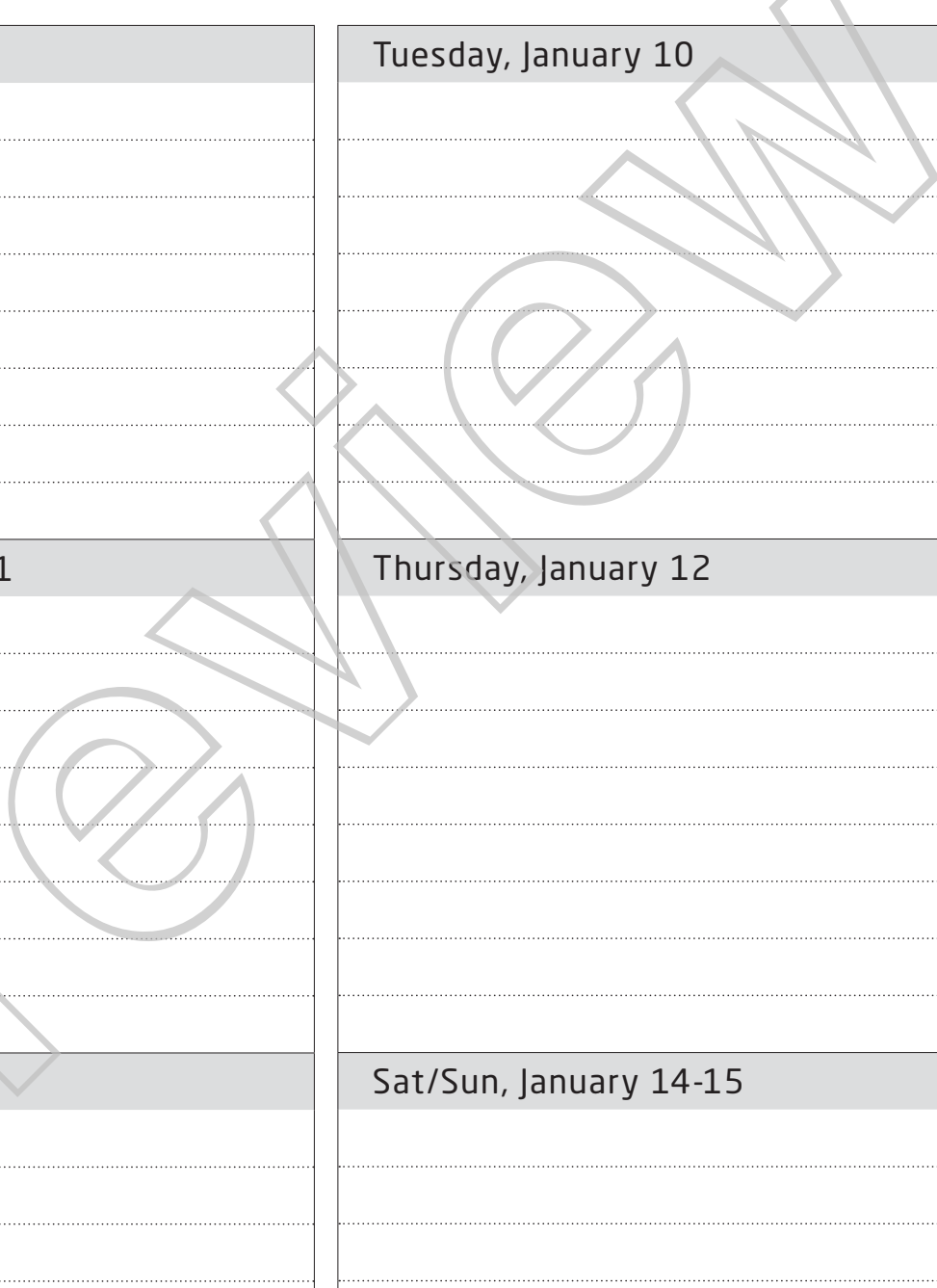
Tuesday, January 10

Wednesday, January 11

Thursday, January 12

Friday, January 13

Sat/Sun, January 14-15



JANUARY

Goals _____

January

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

February

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

Monday, January 16

Martin Luther King, Jr. Day

Tuesday, January 17

Wednesday, January 18

Thursday, January 19

Friday, January 20

Sat/Sun, January 21-22

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 23

Tuesday, January 24

Wednesday, January 25

Thursday, January 26

Friday, January 27

Sat/Sun, January 28-29

FEBRUARY 2023

"Education is our passport to the future, for tomorrow belongs to the people who prepare for it today." Malcolm X

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				

Notes / To Do

Write & Reflect

What are your New Years' resolutions?

Monday, January 30

Tuesday, January 31

Wednesday, February 1

Thursday, February 2

Friday, February 3

Sat/Sun, February 4-5

FEBRUARY

Goals _____

February

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			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				

March

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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Monday, February 6

Tuesday, February 7

Wednesday, February 8

Thursday, February 9

Friday, February 10

Sat/Sun, February 11-12

Notes / To Do

Raise Your Grades

In class, put away anything not directly related to that class.



Want more class success tips? Check out this short video!



Monday, February 13

Tuesday, February 14

Valentine's Day

Wednesday, February 15

Thursday, February 16

Friday, February 17

Sat/Sun, February 18-19

FEBRUARY

Goals _____

February

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				

March

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			1	2	3	4
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Monday, February 20

Presidents' Day

Tuesday, February 21

Wednesday, February 22

Thursday, February 23

Friday, February 24

Sat/Sun, February 25-26

➤➤➤ National TRIO Day (Saturday)

MARCH 2023

"One child, one teacher, one book, one pen can change the world." Malala Yousafzai

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	

FEB. - MAR.

Goals _____

February

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				

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 27

Tuesday, February 28

Wednesday, March 1

Thursday, March 2

Friday, March 3

Sat/Sun, March 4-5

Notes / To Do

TRIO Trivia

Oprah Winfrey was one of the earliest students selected for an Upward Bound program.

Monday, March 6

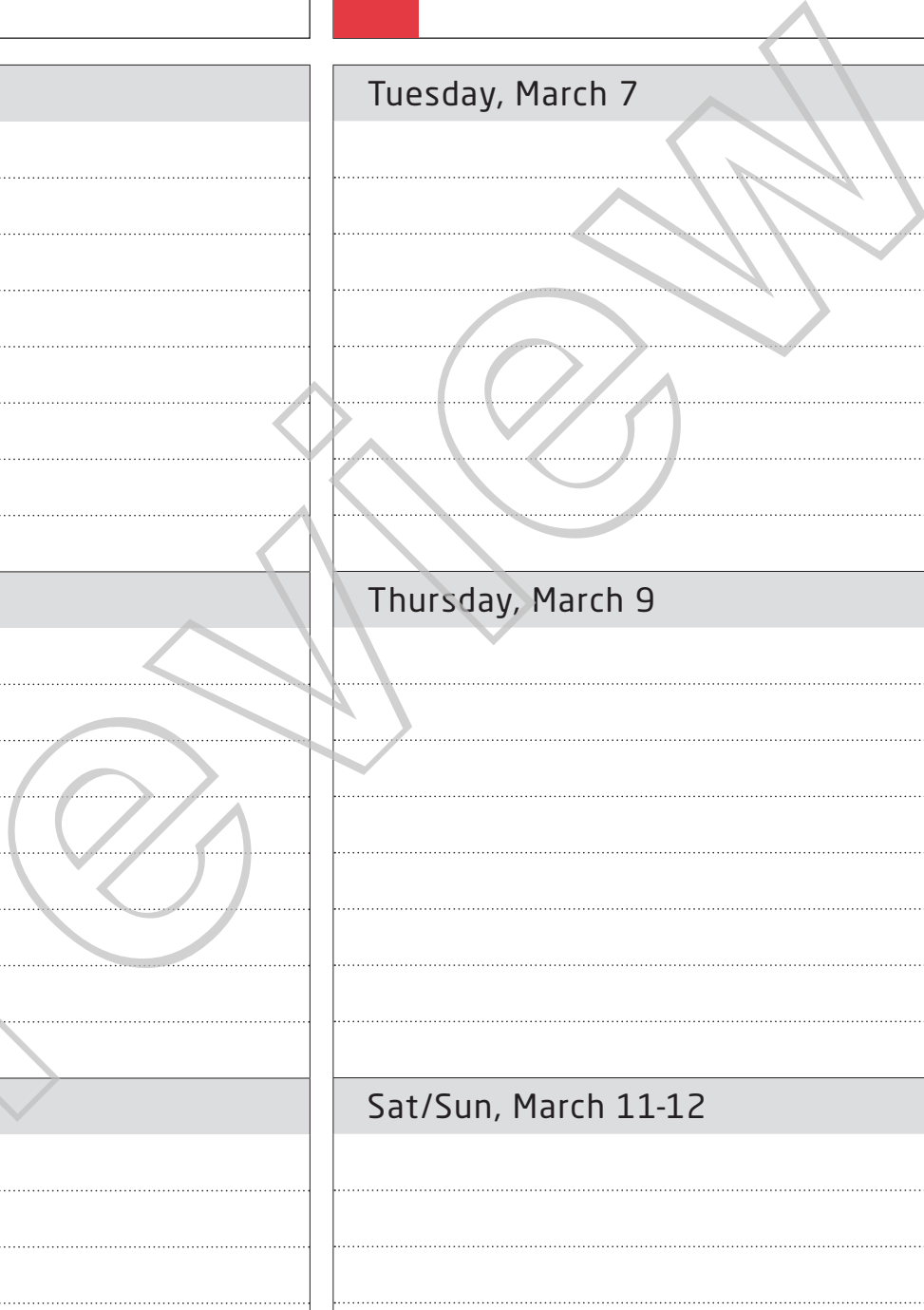
Tuesday, March 7

Wednesday, March 8

Thursday, March 9

Friday, March 10

Sat/Sun, March 11-12



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 13

Tuesday, March 14

Wednesday, March 15

Thursday, March 16

Friday, March 17

St. Patrick's Day

Sat/Sun, March 18-19

Notes / To Do

Write & Reflect

If you could travel anywhere in the world, where would you go?

Monday, March 20

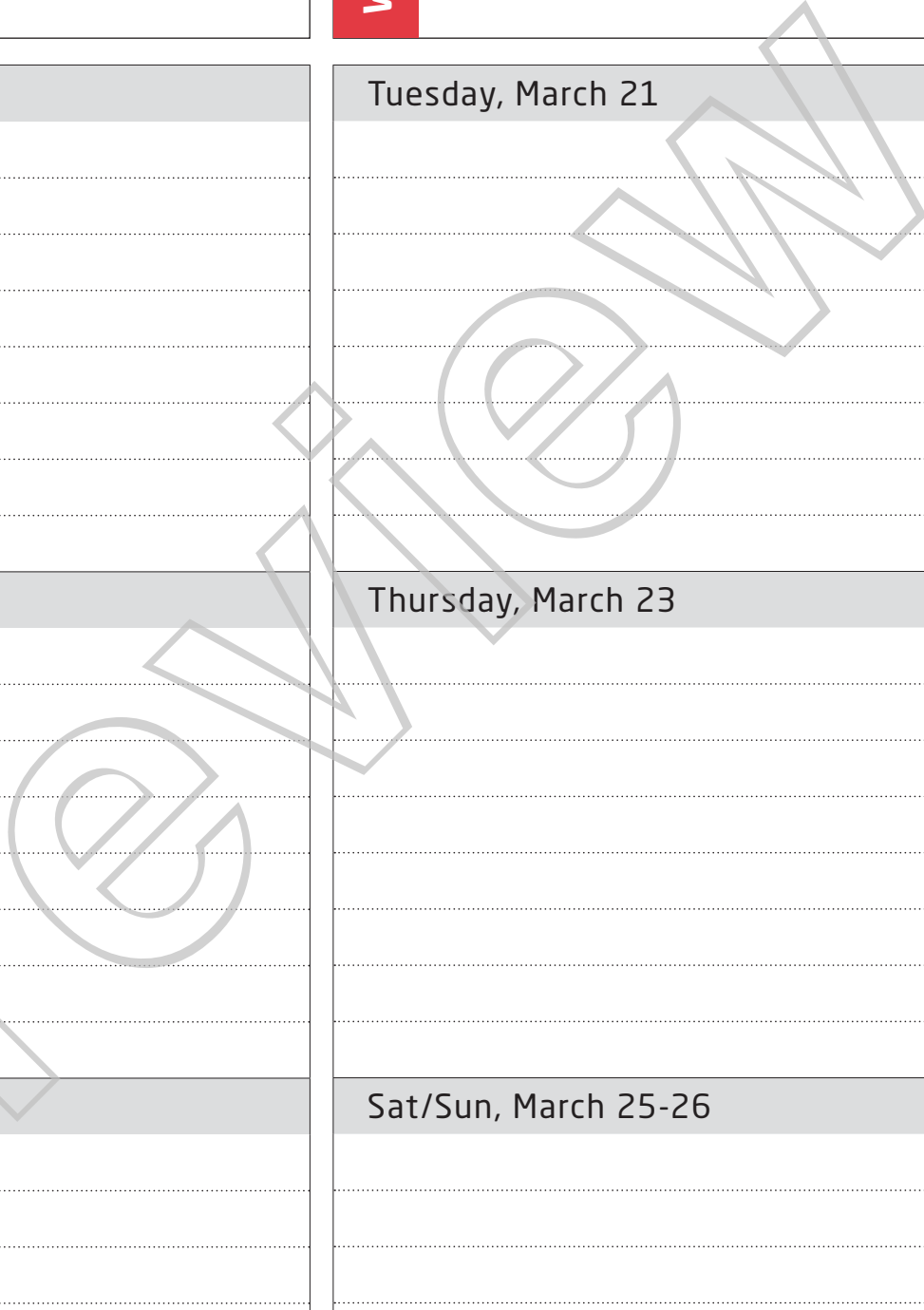
Tuesday, March 21

Wednesday, March 22

Thursday, March 23

Friday, March 24

Sat/Sun, March 25-26



MAR. - APR.

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 27

Tuesday, March 28

Wednesday, March 29

Thursday, March 30

Friday, March 31

Sat/Sun, April 1-2

APRIL 2023

"Live as if you were to die tomorrow. Learn as if you were to live forever."

Mahatma Gandhi

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

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			

Goals _____

Monday, April 3

Tuesday, April 4

Wednesday, April 5

Passover begins

Thursday, April 6

Friday, April 7

Sat/Sun, April 8-9

Easter (Sunday)

Notes / To Do

Raise Your Grades

As soon as you get a test, write anything you need to remember at the top.



Want more testing tips? Check out this short video!



Monday, April 10

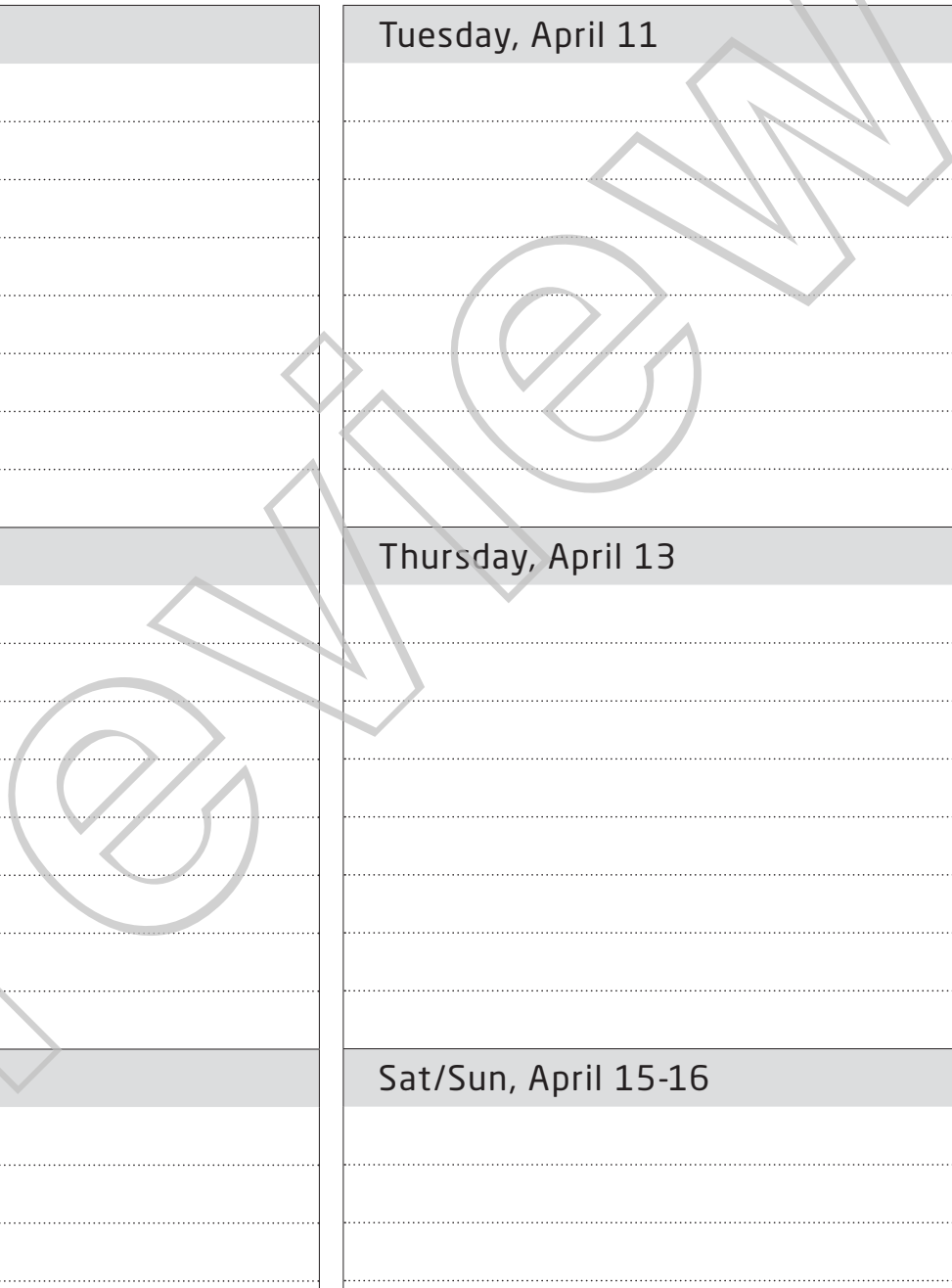
Tuesday, April 11

Wednesday, April 12

Thursday, April 13

Friday, April 14

Sat/Sun, April 15-16



APRIL

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			

Goals _____

Monday, April 17

Tuesday, April 18

Wednesday, April 19

Thursday, April 20

Friday, April 21

Sat/Sun, April 22-23

Earth Day (Saturday)

Notes / To Do

TRIO Trivia

Many famous athletes participated in TRIO programs, including Hall of Fame pro football player, Troy Polamalu.

Monday, April 24

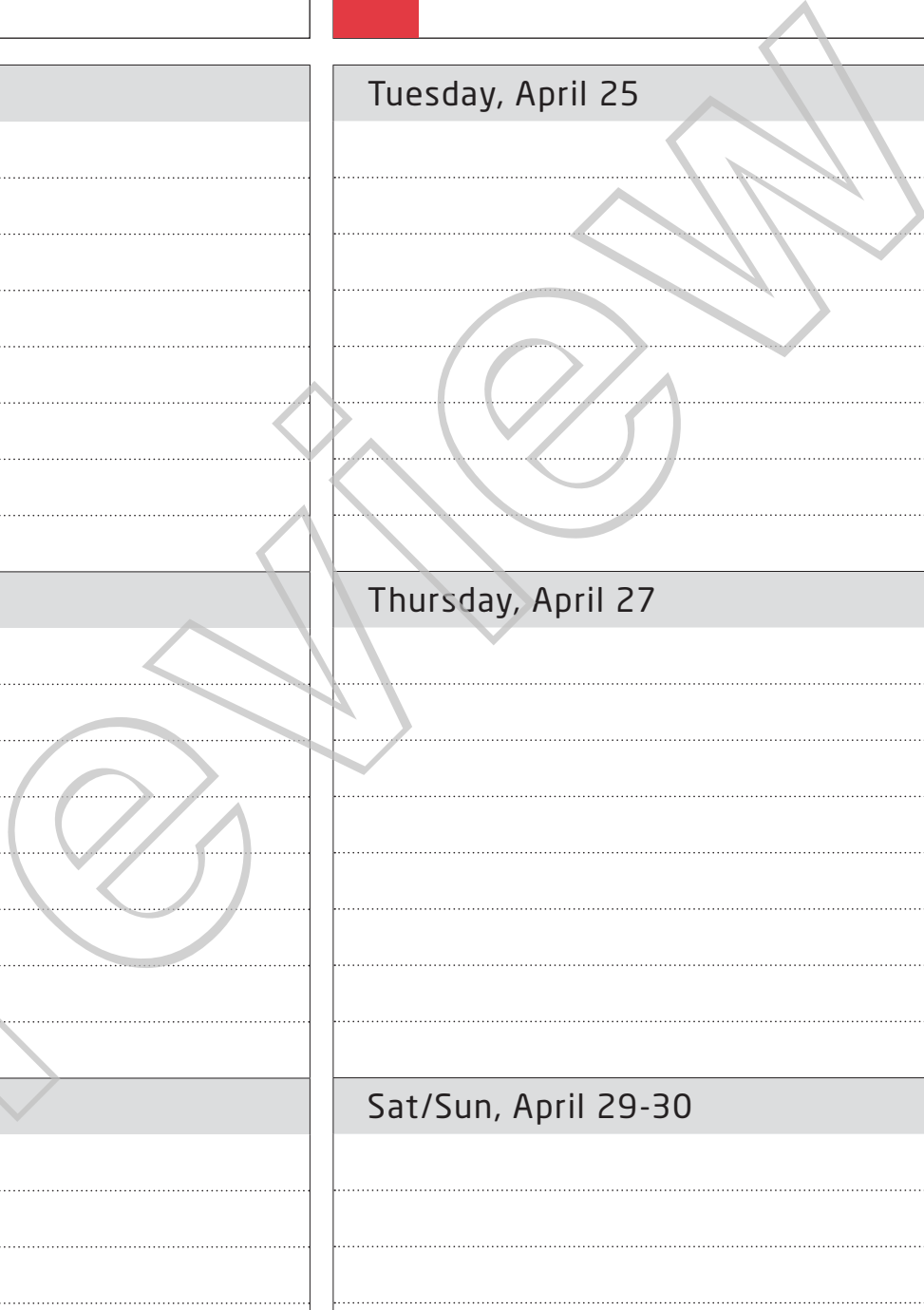
Tuesday, April 25

Wednesday, April 26

Thursday, April 27

Friday, April 28

Sat/Sun, April 29-30



MAY 2023

"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 do you like most about yourself?

Monday, May 1

Tuesday, May 2

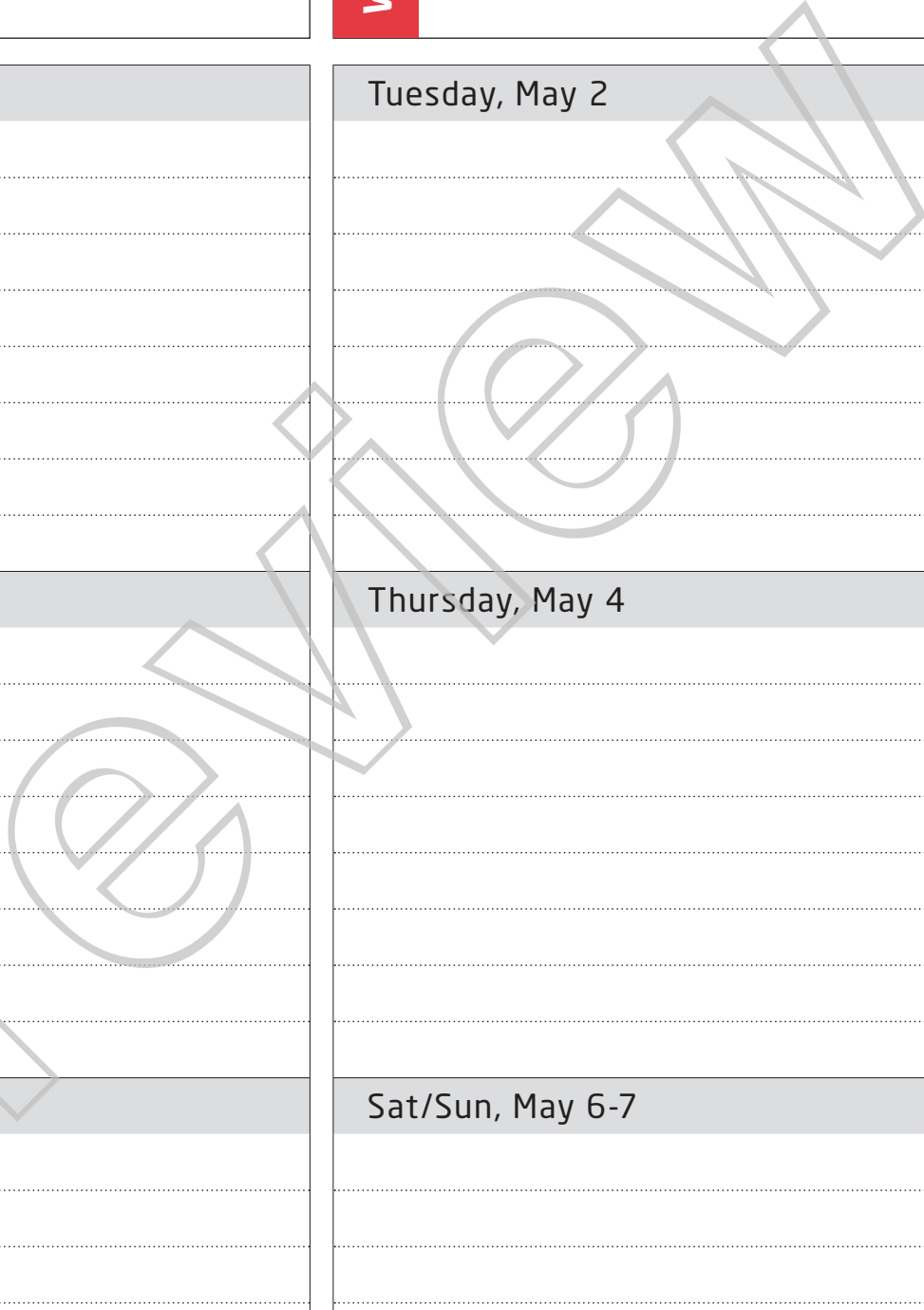
Wednesday, May 3

Thursday, May 4

Friday, May 5

Sat/Sun, May 6-7

Cinco de Mayo



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 8

Tuesday, May 9

Wednesday, May 10

Thursday, May 11

Friday, May 12

Sat/Sun, May 13-14

Mother's Day (Sunday)

Notes / To Do

Raise Your Grades

Don't procrastinate or wait until you're "in the mood" to do your homework. Set a time to start studying and stick to it.

Monday, May 15

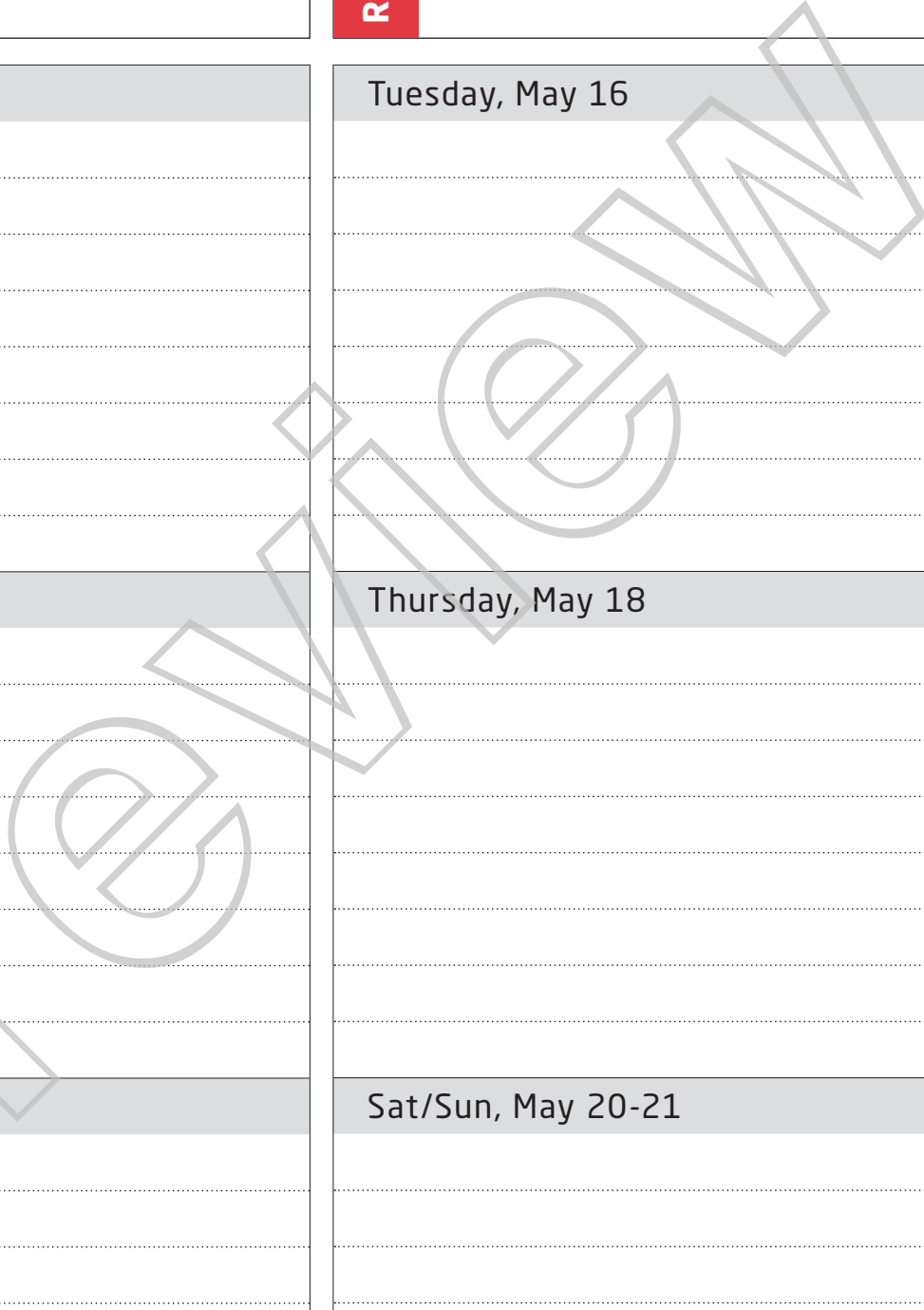
Tuesday, May 16

Wednesday, May 17

Thursday, May 18

Friday, May 19

Sat/Sun, May 20-21



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 22

Tuesday, May 23

Wednesday, May 24

Thursday, May 25

Friday, May 26

Sat/Sun, May 27-28

JUNE 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
				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

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 29

Memorial Day

Tuesday, May 30

Wednesday, May 31

Thursday, June 1

Friday, June 2

Sat/Sun, June 3-4

Notes / To Do

TRIO Trivia

Former NBA players Patrick Ewing and A.C. Green were TRIO participants.

Monday, June 5

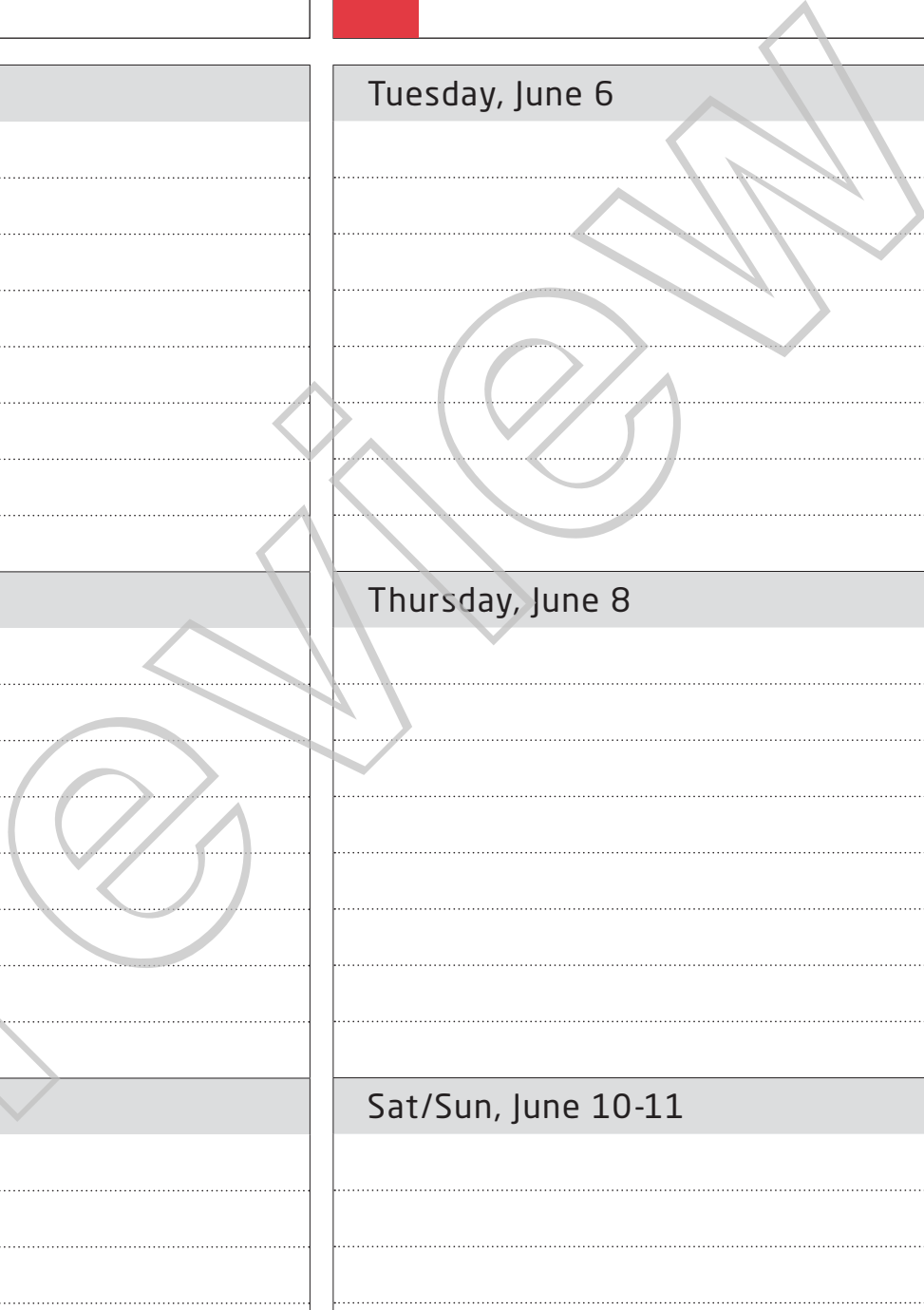
Tuesday, June 6

Wednesday, June 7

Thursday, June 8

Friday, June 9

Sat/Sun, June 10-11



JUNE

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					

Goals _____

Monday, June 12

Tuesday, June 13

Wednesday, June 14

Thursday, June 15

Friday, June 16

Sat/Sun, June 17-18

Father's Day (Sunday)

Notes / To Do

Write & Reflect

What have you learned about yourself this year?

Monday, June 19

Juneteenth

Tuesday, June 20

Wednesday, June 21

Thursday, June 22

Friday, June 23

Sat/Sun, June 24-25

JUNE - JULY

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 26

Tuesday, June 27

Wednesday, June 28

Thursday, June 29

Friday, June 30

Sat/Sun, July 1-2

JULY 2023

"Never stop learning, because life never stops teaching."

Lin Perrille

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

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		

Goals _____

Monday, July 3

Tuesday, July 4

Independence Day

Wednesday, July 5

Thursday, July 6

Friday, July 7

Sat/Sun, July 8-9

Notes / To Do

Raise Your Grades

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

Monday, July 10

Tuesday, July 11

Wednesday, July 12

Thursday, July 13

Friday, July 14

Sat/Sun, July 15-16

JULY

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		

Goals _____

Monday, July 17

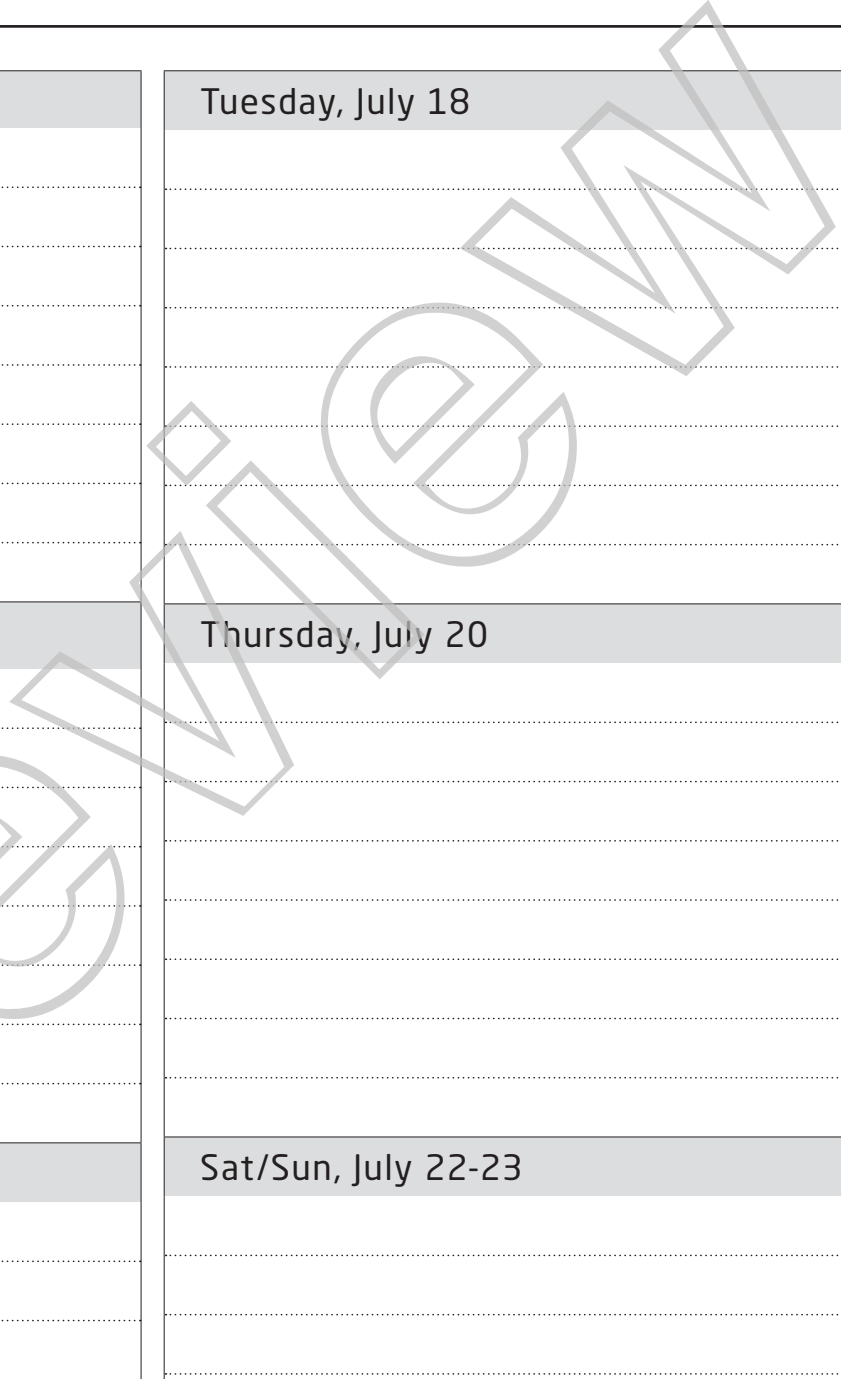
Tuesday, July 18

Wednesday, July 19

Thursday, July 20

Friday, July 21

Sat/Sun, July 22-23



Notes / To Do

TRIO Trivia

Franklin Chang Diaz, a TRIO participant, was the first Latin American immigrant astronaut to go into space.

Monday, July 24

Tuesday, July 25

Wednesday, July 26

Thursday, July 27

Friday, July 28

Sat/Sun, July 29-30

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 31

Tuesday, August 1

Wednesday, August 2

Thursday, August 3

Friday, August 4

Sat/Sun, August 5-6

AUGUST 2023

"Before you can make a dream come true, you must 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		

EXPERIENCE COLLEGE

Succeeding in your classes must be your highest priority; however, your life outside of the classroom is also an important component of your college experience.

Participate in organizations.

There is no better way to meet other students and develop a sense of belonging than by participating in student organizations. You'll meet students who share your interests and passions, gain teamwork and leadership skills, and have some fun in the process.

Take advantage of services.

Your college most likely offers a variety of services (career services, rec centers, advisors, learning centers). These services are voluntary, so it's up to you to take advantage of them. Check your college's website for a full list of student services.

Work on campus.

Campus jobs are typically arranged around your class schedule, and they eliminate the cost and inconvenience of commuting to work. They also give you the opportunity to interact with faculty and to work with fellow students.

Limit your time online.

Social media, blogging, music, gaming, and videos all have their place, but consider the college activities you may be missing while you're online.

Socialize in moderation.

Doing things with friends is an important part of college life. But behavior like partying and skipping class can undermine your academic success—and have long-term, negative consequences. Give yourself permission to turn down social invitations when other priorities need to take precedence.

Strive for balance.

Work hard in your classes, enjoy time with your friends, and get regular exercise. Be sure to also take time to relax and rejuvenate.

TRIO is here to help you have the best college experience possible.

Take advantage of all your TRIO program has to offer!

BE SMART WITH MONEY

With the high cost of a college education, you need to be a savvy consumer on and off campus. Here are some tips to help you be smart with your money.

Check out textbook options.

Comparison shop for textbooks and consider your options—rent vs buy, print vs electronic, used vs new. Resell unwanted books immediately after final exams.

Be a smart spender.

Think about the things you spend your money on and differentiate between wants and needs. To have more money for the things you want, find ways to reduce the costs of the things you need. For example, don't pay extra for a cell phone plan or streaming service you don't use. Spend your money on things that are truly important to you.

Be careful with your plastic.

A debit card is a much better option than a credit card. It will prevent you from overspending, and you won't get hit with high interest rate payments. If you do use a credit card, choose one with a low limit and make every effort to pay your bill in full each month.

Have a budget.

Create a worksheet or use an app to help you stay within your budget. (A variety of college budget worksheets and apps are available online.) Every time you make a purchase, withdraw cash, or deposit a check, you simply enter it in the app or worksheet. Use these tools to keep track of fixed expenses (e.g., your phone bill) and of variable expenses (e.g., food and entertainment).

Cut college costs.

College is expensive; there's no way around it. But there are a number of ways to save money that can really add up. Take advantage of free campus events and activities, work on or off campus, and shorten the time you're in college by taking more credit hours each term and/or going to summer school. These are just a few of the ways you can cut college costs. If you need help paying for college, be sure to visit your college's financial aid office to see if you qualify for financial aid.

STAY MOTIVATED

We all get stuck sometimes. After all, college 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 in our lives 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. 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 consider your work less than stellar. Remember that all feedback (even when it's less than encouraging) 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

"Success is the sum of small efforts,
repeated day in and day out." Robert Collier