

**EDUCATIONAL
TALENT SEARCH**
TRIO
TALENT SEARCH


Division of Undergraduate Academic Affairs

ACADEMIC OPPORTUNITY PROGRAMS

We're Recruiting!

Do you have a sibling or friend you think would love to join our program?



Send them this link to apply online:

<https://talentsearch.umbc.edu/become-a-participant/>



The sooner they join the sooner they will be able to participate in our free summer activities including STEM or Art programs. They will also be invited for future field trips, college tours, and workshops.

Class of 2021

Congratulations!

Your hard-work and perseverance paid off! ETS staff members are so proud of you and cannot wait to hear about your next adventures. For those of you who have already applied for college and FAFSA- Great work! Take some time to relax this summer before classes and college life begin.



Educational Talent Search Program
 1000 Hilltop Circle Math/Psychology Building Rm 010A
 Baltimore MD, 21250

<http://talentsearch.umbc.edu>
 talentsearch@umbc.edu @talent_umbc
 (443)580-9992 Office (410)455-1062 Fax

What **FREE** (ETS-sponsored) virtual activities are available this summer?

STEM DIY Kits- mailed directly to your house. Email talentsearch@umbc.edu by **June 11th** to Choose one of the following: (Limit one kit per program participant)







Basketball Catapult Screen Printing Animation Machine Hydraulic Claw Headphones

Virtual Summer Bridge for Rising 9th graders!

Join us virtually to create a vision board, learn about goal setting, talk about how to pick a college/career, get organized, and figure out how you can tackle stress. Sign up by **July 1st** for camp July 6-9 11am-12pm each day. Email talentsearch@umbc.edu or text (443)580-9992 to sign up.





Virtual Robotics programming with EDISON

Sign up to get a kit delivered to your door. Then, meet with ETS staff virtually to learn how to use barcode programming, program in scratch, and have some fun coding your own robot, Edison! Camp will run virtually from 11am-1pm the week of July 12- July 15 **OR** July 19- July 22. Email talentsearch@umbc.edu or text (443)580-9992 to sign up by **July 1st**.

Virtual Art Leadership Week

Join Art With a Heart teachers and ETS on Zoom to create two different projects: Color Wire Portraits and Abstract Mosaic Painting. August 2-5 from 12-1pm. Email talentsearch@umbc.edu or text (443)580-9992 to sign up by **July 14th**.

Wire Portrait



Mosaic Painting

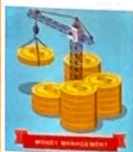


****Sign up as soon as possible. Limited quantities available****

Money Management

Why are we always talking about money management and financial literacy? At ETS, our goal is to help you get to and through college. A huge part of college is money management. We work to help you feel confident in your own ability to manage and save money so it's one less stressor once you are on campus.

Up for a challenge? Try one of these games!



<https://payoff.practicalmoneyskills.com/>

<https://www.financialfootball.com/>

<https://shadysam.com/>

<https://ig.ft.com/uber-game/>



How Do I Start Managing My Money?

1. Open a Bank Account



There are two main types of bank accounts that you can open: checking and savings. Choose the kind that is best suited to your needs. There can be fees associated with opening an account depending on the bank or credit union, so take a look at their websites before opening an account.

Once you have a complete picture of how much money you're spending and where it's going, evaluate how much you are spending versus how much income you have. Can you cut costs? Are your spending habits unsustainable? How do you expect them to change when you get to college? Budgeting apps like Mint can be helpful to figure it out.

2. Create a Budget and Track Spending



To begin, keep a record of every penny that you spend over the course of a month. How much do you spend when you go out? Do you buy stuff at school? What about recurring fees or monthly bills like your cell phone, or streaming services like Netflix and Spotify. Do your best to put a little bit of money into savings each month—invest in yourself first.

3. Ask for Help or Find Resources



If you feel overwhelmed, remember that everyone goes through this too. Ask for help from trusted friends, mentors, your parents, or ETS advisors. There are plenty of outside resources available. Check out books and go online to Khan Academy or 360 Degrees of Financial Literacy.



QUICK TIPS FOR SAVING MONEY



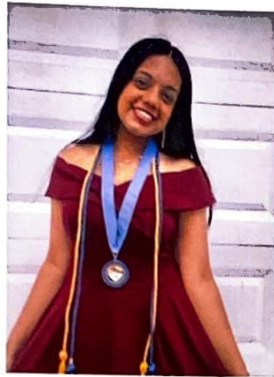
- Open a savings account
- Separate spending money from savings
- Track what you spend and where you can save
- Make a budget
- Get a summer job
- Buy things on sale and/or use coupons
- Decide if what you want to buy is a need or a want. Are you going to forget about it by next month? Skip it.



Congratulations to MEAEOPP Scholarship Winner:



Kamal Kaur!



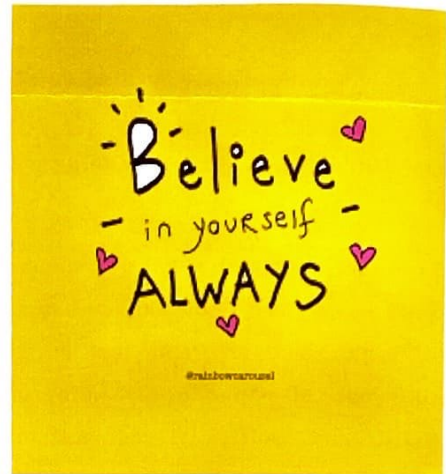
This year Educational Talent Search would like to congratulate Ms. Kamal Kaur for being awarded a competitive scholarship from The Mid-Eastern Association of Educational Opportunity Program Personnel (MEAEOPP). Kamal has been an ETS Program Participant for the last five years and attends every event, advising session, and workshop that fits into her super busy schedule.

She has also successfully maintained a 4.0 GPA while earning her Certified Nursing Assistant Certificate, advocating for climate change awareness, and interning with Johns Hopkins Hospital's Department of Immunology. This Fall, Kamal is headed off to Johns Hopkins University where she will major in Molecular and Cellular Biology with a minor in Public Health. Her ultimate goal is using her passion for science to build strong communities.

6 Ways to Feel Better About Yourself



1. **Hang out with people who make you feel good about yourself.** People who are negative and criticize you will only bring you down.
2. **Stop comparing yourself to others.** You're different than everyone else and you'll look like you look and work how you work.
3. **Set goals.** Instead of, "I'm going to be a better student", try "I'm going to study" or "I'm going to turn in all of my HW".
4. **Think realistically.** If you failed a test, you're not terrible at school, you just needed to study more, get tutoring, or ask for help.
5. **Give yourself some credit.** You're doing great things everyday, so take some time to notice. Did you get a good grade? Help out your family? Take a risk? Talk to someone new?
6. **You are already amazing!** We all have a few things we want to work on and they will only make you more amazing.



"Every time you're given a choice between disappointing someone else and disappointing yourself, your duty is to disappoint that someone else. Your job, throughout your entire life is to disappoint as many people as it takes to avoid disappointing yourself." - Glennon Doyle



Did you know that 80% of students reported feeling stressed last year?

What is Stress? Stress is the feeling of being overwhelmed or the body's response to pressure.

How do I manage Stress?

Exercise

Physical activity can help with improving sleep and mood. People who exercise also tend to feel less anxious and more positive about themselves. When your body feels good, your mind often follows.

Food Choice

A varied diet full of nutrients can lessen the effects of stress, build your immune system, improve mood, and lower blood pressure. Vitamin C, Magnesium, & Omega-3 fatty acids are nutrients that seem to help lessen the effects of stress.

Relaxing

Yoga, music, meditation, deep breathing, laugh or talk therapy, art (try making a vision board!), take a nap, hang out with your pet, or anything that helps you feel calm.

Try one of these Relaxation Apps:



Sleep

Lack of sleep can add to your stress level and lead you into a cycle of stress/sleeplessness. These sleep habits can help: 1. Set a sleep schedule, 2. Put away your electronics 30+ minutes before bed, and 3. Try meditation, yoga, journaling, quiet time, or anything you find calming.

"Be the change you wish to see in the world" - Gandhi



Vision Boards



Vision boards are collages (virtual or poster) of images, pictures, and affirmations of one's dreams and goals, designed to give inspiration and motivation to the maker.

4 steps to creating a vision board:

- **Step 1** - Define your goals

List topics that are important to you right now. What do you want to achieve? Maybe: family, college, jobs, hobbies, fitness, wellbeing, money.

- **Step 2** - Find your inspiration

Look for words and images that align with the goals identified in Step 1. Places for inspiration: postcards, stickers, magazines, wallpaper, fabric, ribbons, leaves/flowers, google, etc...

- **Step 3** - Map out your board

Start to put your images on your board, but wait to glue! This way you can arrange or re-arrange before you commit. When you're ready, start gluing the center of each item. Leave the edges without glue, so you can layer images. If virtual, copy images you find online and paste them into a google doc.

- **Step 4** - Bring your vision board to life!

When you're finished with your vision board, find a special place for it. Put it somewhere you'll be able to see it on a daily basis, or make it your computer background. When you look at this vision, remember that you embody it now as you are already making it a reality.

Peer Pressure

What is it?

A feeling that you have to do the same things as your friends or people your age.

C S W N G B O A R D G A M E S B H L C J L V L M
 P F W T I L W G B X J D X M W J T T H L M O Q M
 X G O S S C L N B K H W Z P F H B C S N B W U E
 E E O S Z Z E I T E X E R C I S E S U C H Z M M
 J A D L V S U K R G C X H S I R U H U J M A G E
 O E F G F A Y O V Y B W I B H B G R G I X V W M
 U O H V S I T O L U R M K G D P U I F X K U T C
 R W Q Z H R N C A M P I N G I L F L J I T X H X
 N A G K G P F G M N O I I P I A W T H L N V I G
 A L N V N H B M L C G U T P X Y M C I I Y G C K
 L K I V I P Y Z I N X S T R K I Z X Y H K H V M
 I I W X D N C T I J Y N I E F N W M C Y F I U M
 N N A V A X H S R U Z Z N A C G N I L W O B N M
 G G R Z L R E C D A P N G D V C N I C Z S F H G
 K I D E B N P Z D U V Q Z I D A W P C C W B Z A
 R K K Z R O A F T H F E C N L R U W W H J G B X
 E E Y B E I C P U P V I L G H D B L Y B U Z B I
 Y L K O L T R A P M S G S I R S B M Z D P R C U
 S A W Z L A U I D K P A I H N W G N I K A Y A K
 P B Z L O T M N L F O U S Q I G I M V P I K V Y
 C R M N R I O T U S R Y J P R N U V D D O L R O
 G T U L Z D F I X C T W D G X S G T Y U Z U F G
 G C J B M E G N B C S I O S I U N K U Q X Q T A
 Z V L G M M H G M G T S S C C M H N V F T I H M

Two Types: Positive and Negative

Examples of **positive** peer pressure:

- Joining a club, group, sport, or team
- Creating a study group
- Speaking up about bullying or gossip.
- Helping others, volunteering



Examples of **negative** peer pressure:

- Cheating or letting others copy your work.
- Engaging in bullying or cyberbullying; leaving people out of activities.
- Taking dangerous risks like using drugs/alcohol or shoplifting/stealing.



How do I deal with it?

- Pay attention. If something doesn't *feel* right about a situation, it probably *isn't* right.
- Plan ahead. What can you say if someone tries to get you to do something you don't want to do?
- Tell the person pressuring to stop.
- Create a secret code to let your parents know that you need to get out of a situation.
- Give an excuse. It's always ok to say "no" without explaining, but it might be easier to say no if you have a reason ready.
- Be friends with people who have similar values and beliefs.

- | | | | |
|----------------|-----------|---------------|-------------|
| golfing | traveling | playing cards | board games |
| singing | music | journaling | drawing |
| sports | knitting | kayaking | surfing |
| roller blading | bowling | camping | cooking |
| hiking | fishing | meditation | yoga |
| painting | exercise | reading | walking |

Where can I get help?

- Parents, guardians, and family members
- Guidance Counselors, school social workers, and trusted teachers
- Counseling or support groups outside of school

The Pros and Cons of Social Media



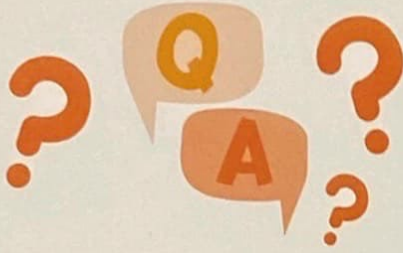
Pros

- Meet people and make friends
- Network for professional opportunities
- Self-expression, entertainment
- Find a job
- Stay up-to-date on current events.

Cons

- False information, scammers, cat-fishing
- Posting info like address & phone #
- It can be addicting and take up a lot of time
- Cyberbullying

Remember social media is forever, copyable, & searchable. Use it wisely.



You asked, we answered:

Q: I missed the Maryland FAFSA deadline—what do I do?

A: Apply ASAP- there's still a good chance that some federal grants or loans are available.

Q: I didn't apply, but I want to go to college—what now?

A: Start at CCBC for a year or two years, then transfer. Apply online, then sign-up to take all of your Accuplacer placement tests.

Q: What does ETS do again?

A: We support students in 6th-12th grade on their way to college. We host workshops about topics like money skills and learning styles. We go on tours of Colleges and Universities in Maryland and surrounding states. We offer fun activities and field trips to places like Skyzone, museums, and Broadway shows. We also offer advising sessions, tutoring, summer activities, and so much more!

Q: When are we going on field trips again?

A: Right now we have to follow lots of rules, so we probably will not have any field trips until after the Fall. However, we are offering several online and DIY activities this summer. Questions? Email or text: talentsearch@umbc.edu - (443)580-9992

Want Tutoring?



- 1) **Khan Academy** is an excellent free resource for quick and easy tutoring—on demand and on the go.
- 2) **Tutor.com** is a subscription-based service that ETS pays for and offers to students who want the extra support.

For questions and/or assistance with either of these programs, email talentsearch@umbc.edu.

SAT & ACT Administration Dates and Deadlines
For up to date information visit:

<https://collegereadiness.collegeboard.org/sat/register/dates-deadlines>
<https://www.act.org/content/act/en.html>



POSITIVE COPING SKILLS

Z U Y H U D D T S B I R E T T E L A E T I R W E
 Q L W G D U V G S Y O S A W T T H L V Y D C I G
 N S O E D I V Y N N U F H C T A W A E C K Q R
 I F A M V T H C T A W V U H V R K N O Z I U Y G
 H F Y A P L A Y S P O R T S Q T S R Y J N K E D
 U B J G T W E C N X H X O P A U T U K W H A L U
 G W C A U A T O A Q V T E V H V Y O X A S H Q D
 A U R Y S R K C K V I U O S W M M J I R I X J B
 P Z C A U D E P F N X V E T N G I A F N T M D Y
 I X Q L O G P A U C M A L E H L T N H B A D Q J
 L G J P Z T U M X L R A P W U C F I L A L A W L
 L C S O K R C M H S O F E W Z G K E G W K N R U
 O C O D R D E X C E R C I S E J I T K E T C E Q
 W Y U F J P R N E E L L Q G J B H I I D O E A L
 B B M N A R E V B O L G D G B H J R E F S S D V
 Y F T D V R O L O C P I E K J A H W I A O Z A G
 G P A E P L A Y V I D E O G A M E S Z D M B G D
 U B K R B J D O A P U Z Z L E Y W T P V E D O Y
 D Q E F U U M T M Q D B A Y N Q S A T P O E O C
 Q F A U M T Z X P W Q Q U O P L G N I S N E D S
 T U W U L E K I B A E D I R A H L Q T Q E L B N
 H X A M L Z O J B F I G T P O T K K O O C R O J
 P I L B Q C S A Y K E O R Z L R B X S G F T O T
 W X K O Y A S E E A M O V I E O P N S Q N I K E

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|--|--|--|--|
| COLOR
DRAW
PLAY SPORTS
SEE A MOVIE
WATCH FUNNY
VIDEOS | COOK
EXERCISE
PLAY VIDEO GAMES
SING
WATCH TV | DANCE
HUG A PILLOW
READ A GOOD BOOK
TAKE A WALK
WRITE A LETTER | DO A PUZZLE
PLAY A GAME
RIDE A BIKE
TALK TO SOMEONE
WRITE IN A JOURNAL |
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Division of Undergraduate Academic Affairs

ACADEMIC OPPORTUNITY PROGRAMS

Educational Talent Search Program

University of Maryland, Baltimore County

1000 Hilltop Circle Math/Psychology Building Rm 010A

Baltimore MD, 21250

Spotlight on TRIO Alumni

BERNARD A. HARRIS JR.



Dr. Bernard Harris was a TRIO participant and the first African American NASA astronaut to perform a spacewalk! He was born in Temple, Texas and, while in college, participated in the TRIO - Ronald E. McNair Postbaccalaureate Achievement Program. He earned his Medical Degree (MD) from Texas Tech University and completed his residency in internal medicine at the Mayo Clinic. Dr. Harris went on to complete a Fellowship at NASA's Ames Research Center. He was involved in the construction of the space rovers. He is also a licensed pilot and certified scuba diver.

THE UMBC EDUCATIONAL TALENT SEARCH PROGRAM IS FUNDED 100% BY THE US DEPARTMENT OF EDUCATION WITH A GRANT IN THE AMOUNT OF \$277,375