

# Welcome

## TRIO EDUCATIONAL TALENT SEARCH

Website: [www.talentsearch.umbc.edu](http://www.talentsearch.umbc.edu)  
Office Phone: 410-455-2901



Division of Undergraduate Academic Affairs  
**ACADEMIC OPPORTUNITY PROGRAMS**

## Greetings from the Director:

Reconnecting with Our School Community!

Greetings to all our students, parents, school liaisons/counselors, teachers, staff, and administrators! It has been more than a year since we last reached out to you through a newsletter. This edition is packed with information primarily for parents and older students, but there's something fun for all levels.

Warm regards,  
Katrina Concholar



## Meet Our New Staff:



**Academic  
Coordinator**

**Jennifer (Jen) Appleby** grew up in Clovis, California, located in the beautiful Central Valley. Jen proudly attended California State University Fresno, (Go, Dogs!), where she earned a Bachelor's degree in Music Education and later, her Master's degree in Conducting. She worked as a K-12 educator for 16 years in California and Texas. Jen is passionate about helping students achieve their goals and is very excited to be joining the team at Educational Talent Search UMBC. She looks forward to working with the students in the Dundalk and Lansdowne communities!



**Academic  
Coordinator**

**Tanaj Mogase** is thrilled to be part of the UMBC TRIO Educational Talent Search team! She is dedicated to helping high school students navigate and excel in their educational goals beyond high school. Growing up in Buffalo, NY, she learned firsthand from her parents, who were first-generation college students, how crucial a good education is. Ms. Mogase later earned a Bachelor's degree in Biology and obtained her teacher certification. For over 15 years, she has taught high school science to students within the Baltimore County Public School System and overseas in South Africa.

Now, as Academic Coordinator she is encouraged to keep the momentum going and continue empowering middle and high school students on their academic journeys.



## Did You Know?

It is exciting to announce that the UMBC ETS Program is now in its third year in the Lansdowne area- primarily Lansdowne High, Lansdowne Middle and Arbutus Middle Schools. UMBC received an addition of the U.S. Department of Education TRIO Talent Search Grant for schools in this area. Also, UMBC was awarded a continuation of the TRIO Talent Search Grant for the Dundalk area schools.



# Program Information

In preparation for the end of the school year. This means if you have a 5th Grade Brother or Sister, they can join the UMBC ETS Program and participate in most of the Summer Activities! You can go to the Counseling/ Guidance office for an application-return it by June 14!

If you have a friend in 6th to 11th grade who is not in our Program yet, they can join NOW! Let your friend know that UMBC ETS Applications are in the Counseling office, and they can join you for most of the school year and summer activities! Remember to return it to your Counseling office!

Follow our Instagram for program updates on upcoming workshops and field trips!

## JOIN US



**Instagram**  
Please scan the QR Code to follow us....



## BCPS CONSENT FORMS

If you filled out an ETS digital application and **Never** submitted a separate

**BCPS Consent for Release of Student Records Form,**

you will get, via mail, a BCPS Form to fill out and return to the ETS Program along with a postage paid envelope.

If your child is currently a participant of ETS Program, there is no need to fill out a second ETS application. They are considered in our program until they graduate high school.

## Meet Our Assistants:



**Graduate Assistant**

**Harshali Narkhede** is originally from India, and is currently studying for her Master of Professional Studies in Data Science while working as a Graduate Assistant for the Educational Talent Search Program. She is great at addressing any needs that arise in our mission to help young people on their path to college or trade school.



**Graduate Assistant**

**Gaurav Singh** is a graduate student from India, currently pursuing his Master's degree in Data Science at UMBC. As an international student, working with ETS has been an incredible experience. It's been worthwhile to help kids from low-income backgrounds access higher education.

**Vaishnavi Vishwas Mane** is graduate student from India pursuing her Masters in Data Science. One of her favorite program memories is seeing the excitement and awe on students' faces as they explore campuses and envision their own futures; reaffirming the profound impact the Talent Search TRIO program has on shaping tomorrow's leaders.



**Graduate Assistant**



# So You Want to Attend College?

## Tips for College Acceptance!

1. Get the best grades you can and work to improve them a little at a time.
2. Take academically rigorous courses during high school; college prep, AP, honors, GT, or ECAP.
3. Take courses most colleges require for admission:
4. Foreign Language classes, any math above Algebra II, 4 science courses, and two technology courses.
5. Take the ACT and SAT.
6. Practice writing your college application essays.
7. Get Involved Participate in school activities (sports, clubs, groups).
8. Volunteer in your community or school!
9. Serve in a leadership position in your school or job.
10. Ask for references; or people that can speak to all your accomplishments.
11. Create a "brag sheet" to highlight your accomplishments, athletics, and activities.

## Top 5 Skills to Develop

1. Time management
2. Critical /Creative thinking
3. Goal setting (and reaching!)
4. Note-taking
5. Self-motivation

## HOW HAS BEING IN THE PROGRAM HELPED YOU?

ETS Program has inspired me to look towards my future path & find a good career for me that will be both profitable and enjoyable.



Corey S.

## What You Can Do Now!

**Middle school:** Talk to your teachers, guidance counselor, and the AVID team. Figure out what you like to do and apply for high school magnet programs. Take high school-level courses like Algebra and Foreign Languages.

**9th grade:** Start researching colleges, take the PSAT, make sure you are taking college prep courses, and get involved in activities, leadership roles, or volunteer.

**10th grade:** Be sure you are taking the most challenging courses possible (Honors, AP, GT, Pre-College). Take the PSAT. Keep up with your extracurricular activities, start investigating admissions requirements for colleges, and ask for help with tutoring studying, etc. if needed.

**11th grade:** Tour colleges virtually or in person, start taking career and interest surveys, and take the PSATs, SATs, or ACTs (be sure to prepare with Khan Academy for free!). Make a list of colleges and note your most important criteria. Keep up those extracurriculars. Attend college info sessions, request brochures, and plan for your senior year. During the summer start your applications and essays.

**12th grade:** Request letters of recommendation and submit your applications. Fill out the FAFSA. Once you start receiving acceptance letters, refer to your college criteria list and compare financial aid packages. Commit to school and pay the deposit.



# More College Tips

## College Application Timeline

**11th Grade & the summer before senior year:** Research your college choices, go on tours, and take career surveys like Traitify. Choose dates and register for the ACT and SAT. Search for scholarships and apply by the deadlines.

**September:** Have a Teacher/Counselor review application essays. Take SAT and ACT. Ask for recommendations early because many students will be submitting college applications at the same time. Submit scholarship applications.

**November:** Gather paper recommendation letters or send links to Teacher/Counselor. Start submitting college applications. Complete before Thanksgiving break.

**February:** Be prepared for interviews. Some schools may invite you for an in-person interview or conduct a follow-up phone call or zoom session.

**April:** Select the college you'll attend from your acceptance and award letters. Review and accept your financial aid. Determine if you're going to live on campus or commute.



## Upcoming Spring and Summertime Events...

Over the Spring and Summer, the UMBC ETS Program will offer many opportunities for engagement. During the school year we have several single-day field trips planned, which may include a NYC Trip, Franklin Institute on Philadelphia, DC Smithsonian Museums (middle school students), and an overnight NYC trip (11th and 12th grades). In the summer will will have an overnight Multi-day College Tour; an 8th – 9th Grade Summer Bridge Daytime Mini-Camp; and much more!

Make sure we have your correct Cell Phone Numbers – both parents and students – because we will send out Text Messages for events and Permission Slips. If you need to call us to verify your information, use the office number of 410-455-2901.

The UMBC Educational Talent Search Programs are funded 100% by the US Department of Education with two grants in the combined amount of \$554,740.

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### HOW HAS BEING IN THE PROGRAM HELPED YOU?

ETS Program has helped me towards achieving my goals by expanding my options on what colleges I would be interested in. My goal is to decide what major I have to choose.

Luz M.

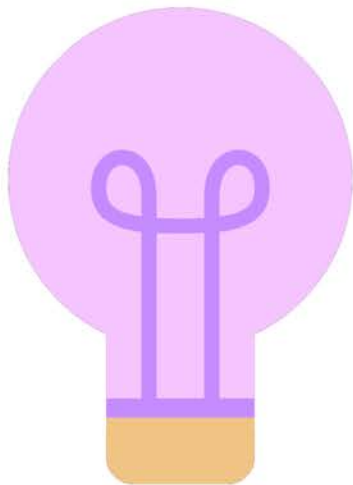
# Keep Your Grades Up!

## Students Hard at Work!

Our students have been working hard to improve their grades.  
Here is what they said!



- Coaching class, staying after school, asking for help, and talking to teachers.
- Turning in work on time, doing more work, redoing work, asking for extra credit, and finishing missing work.
- Double-checking work and finishing work at home.
- Pay attention, study, and focus.
- Get a tutor and show up on time.
- Managing my time working hard, and not procrastinating.
- Not talking to friends during class.
- Taking notes and going over them.



## Need to Improve Your Grade?

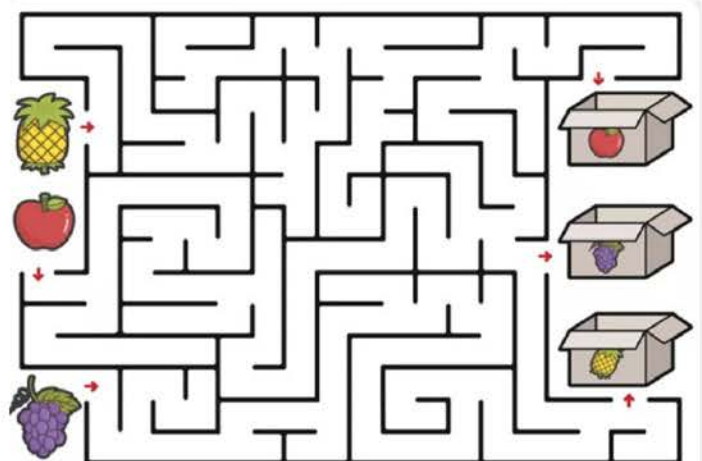
- Create study spaces.
- Use a virtual calendar or planner.
- Create an organizational system.
- Create a daily routine.
- Do your best.
- Remove distractions when needed.
- Finish your work at school.
- Study often and with your friends. Do extra credit.
- Accept that you will fail sometime.

### HOW HAS BEING IN THE PROGRAM HELPED YOU?

The ETS Program helped me towards achieving my goals by getting me ready for college and my future career. My goal is to go to college, study biology and be a cardiologist.

Tasnim A.

## Maze Game





# Stress Management

## 7 Effective Stress Management Techniques to Improve Your Well-Being

Stress is a common experience among students, which can stem from academic pressure, social interactions, and personal issues. Although stress is a natural response to challenges, it can become overwhelming if not addressed.

### Identify Your Stressors

By identifying what is causing stress, you can start taking steps to manage it. This involves reflecting on situations, people, or tasks that may be contributing to stress.

### Practice relaxation techniques:

Relaxation techniques like deep breathing, meditation, or yoga can be effective for lowering stress levels and promoting a sense of calm. Regularly practicing these techniques can be beneficial, so it is recommended to set aside time each day to do so.

### Practice time management:

Proper time management is crucial for minimizing stress as a student. Prioritizing tasks, using a planner or calendar to schedule time, and avoiding procrastination can all contribute to better time management and lower stress levels.

### Reach out for support

Speaking with a friend, family member, or counselor can provide emotional support and alleviate stress. Sharing your feelings with someone can be helpful in gaining perspective and finding ways to cope with stress.

### Make a to-do list

Developing a to-do list can assist in organizing tasks and prioritizing responsibilities. This can help alleviate feelings of being overwhelmed and boost your sense of control.

### Practice self-care

Self-care is crucial for stress management and includes getting adequate sleep, eating a balanced diet, exercising regularly, and participating in activities that bring happiness and relaxation. Prioritizing these activities can help reduce stress and promote overall well-being.

### Take breaks

Taking regular breaks during the day can be an effective way to recharge and decrease stress level. Simple activities like walking, stretching, reading, or listening to music can help you relax and refocus.



# Wellness



## 6 Tips to Avoid Burnout

**Burnout is a feeling of exhaustion caused by being stressed, overwhelmed, or behind on schoolwork.**

1. **Schedule time for fun, friends, and family.** Humans are social, so make time to have fun with friends and family to destress.
2. **Prioritize your tasks and do the most immediate ones first.** If you have an assignment that is due tomorrow and one due at 12 am. Set a time limit and make sure you get in a week's, start, and finish the assignment for tomorrow first so you feel less stressed.
3. **Spend time outside and get moving!** Science has shown that just sitting outside helps us feel better. To make more of an impact, try going for a walk, playing some games, or doing something fun.
4. **Talk to someone who will listen.** A guidance counselor, trusted adult or friend are all options to share your stress.
5. **Set and make small goals.** Reward yourself when you reach them. EX: Give yourself a break after each chapter read or have a gummy bear every time you finish a page.
6. **Get some sleep!** It's so easy for pointless scrolling until 3 am. Set a time limit and make sure you get your ZZZ.

## WHAT DO YOU LIKE ABOUT THE TALENT SEARCH PROGRAM?

**Honestly everything! you guys care as if we are your own; treat us with respect, make us have fun & feel safe too. It's just an amazing Program.**

Diana J

## The Power of Positive Thinking: How a Smile Can Change Your Day

Have you ever had a day where everything seemed to go wrong? Maybe you woke up late, spilled coffee on your shirt, and missed the bus. It's easy to get caught up in the negativity of those moments, but what if there was a simple way to turn your day around?

That's where the power of positive thinking comes in. It may sound cheesy, but research has shown that a positive mindset can have a significant impact on our well-being and success.



One simple way to cultivate positivity is by smiling. Did you know that the act of smiling can actually boost your mood and reduce stress? That's right, even if you don't feel happy at the moment, the physical act of smiling can trick your brain into releasing feel-good chemicals like dopamine and serotonin.

But don't just take our word for it. Next time you're having a rough day, try this experiment: force yourself to smile for a full minute, even if it feels fake at first. Notice how your mood shifts and your perspective changes. Suddenly, that missed bus doesn't seem like such a big deal after all.

Of course, positive thinking is more than just smiling. It's about cultivating a mindset of gratitude, optimism, and resilience. It's about focusing on the good in every situation and finding ways to learn and grow from challenges.

So next time you're feeling down, remember the power of positive thinking. Take a deep breath, smile, and remind yourself that this too shall pass. With a little bit of optimism and a lot of resilience, you can turn any bad day into a great one.



**Educational Talent Search Program**  
**Office of Academic Opportunity Programs**  
**University of Maryland, Baltimore County**  
**1000 Hilltop Circle M/P Bldg. Rm. 010A**  
**Baltimore, MD 21250**

## SPOTLIGHT ON TRIO ALUMNI



**PATRICK EWING**

Patrick Ewing Served Six Years as Head Coach at Georgetown University! He was born in Kingston, Jamaica, and later moved to the United States. In high school, he worked diligently with Upward Bound to ensure his collegiate future while playing basketball. Ewing was accepted to Georgetown University where he played NCAA basketball and earned a B.A. in Fine Arts. He played in the NBA for 17 years! He won Olympic gold medals as a member of the 1984 and 1992 United States Men Olympic Basketball Team.



**CANDICE GLOVER**

Candice Glover is an American R&B Singer who won the 12th season of American Idol! Glover was born in Beaufort, South Carolina, and has six siblings. She was eliminated from the ninth and eleventh seasons of American Idol. In addition to singing, she is an actress. She released her first album, Music Speaks in February 2014. Glover is a former participant of Student Support Services Program at the Technical College of the Low Country in Beaufort. She completed a Bachelor of Fine Arts.