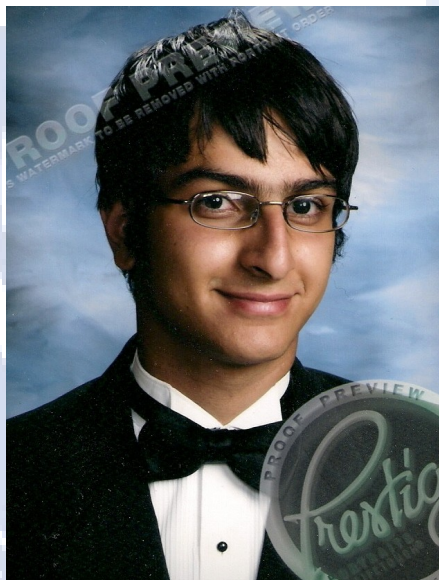


*The National Hispanic University: Pre-College Programs*

# TRiO Student heads to Harvard

As we celebrate the end of the school year, we celebrate the achievement of our students. This year we have selected a student who's hard work and dedication enabled him to reach his academic goal. Armin Pourshafeie graduated this month from Lincoln High School. He was born in Tehran, Iran. He moved to the United States with his family in March of 2006. Armin faced some challenges when he first arrived in the U.S. He had to deal with learning English and to some extent learn the culture in America. This however did not dampen his experience in any way. He was determined to have a great High School experience. He attended Willow Glen during his freshman year but then transferred to Lincoln where he completed the rest of his high school years. Armin, had a great high school experience. Armin was determined to get involved on campus and during his sophomore and junior year he joined a couple of school clubs. Armin also enrolled in the TRiO Program during his Sophomore year. His parents believed that TRiO could provide him with the necessary tools to succeed in high school and beyond.



*"I am looking forward to many things in college, freedom in choosing my classes and more independence."*

Armin will be the first in his family to attend college. There have been many people who supported Armin in making it to Harvard, among them were his family. ***"My family has made numerable sacrifices for me. Their love and support helped me make it this far. The TRiO Program was a great tool, they assisted me with any questions I had in regards to financial aid and scholarships."*** But he doesn't want to neglect the teachers at Lincoln High School, he wants to thank Mr. Pringle for writing his letter of recommendation, Ms. Steever and Mr. Cullison whom are awesome teachers and Ms. Sakamoto his senior counselor at Lincoln High School. ***"I am very excited about going to college. I enjoy cold weather so living in Massachusetts is something that I am looking forward to. I plan to major in Physics with a minor in Mathematics. I am excited to meet new people, I look forward to the freedom in choosing my own classes and more importantly, being independent. To my fellow high school peers I would like to say "Have Fun." Have fun doing what you love and you will be on the right track"*** says, Armin.

## Take a Look



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# Esperanza Educational Talent Search

It was a very exciting year for the Esperanza Educational Talent Search Program. The goal to provide excellent student support services continued at every one of our school sites. The relationship among our Academic Advisors and the school administrators, teachers, students and parents continued to grow.

Our Advisor, Jesus Angulo did an amazing job working with the students and staff at San Jose Academy High School. An after-school tutoring center was created to further assist our TRiO students with any of their academic needs. Academic workshops were set into place. Students learned about how to better their study habits, test taking skills, goal setting and many more workshops that provided them with the necessary tools to become excellent college students. A special thanks goes out to the Principal, Dr. Perez who believed and supported our program since the beginning.

Patricia Ahumada, also an Academic Advisor, worked closely with students from Lincoln and Mt. Pleasant High School providing them with weekly advising sessions and monthly workshops. The goal of the workshops were to make sure students were staying on track for graduation and fulfilling their requirements for college. Through the workshops, students learned different strategies that will assist them through high school. Ms. Brenda Reyes, counselor at Lincoln High School offered our program tremendous support. She assisted in our on-site workshops and participated in our parent meetings at the school. The TRiO Program will miss her at Lincoln. Ms. Lisa James, career tech at Mt. Pleasant High School was also a great supporter of our program. She made our stay at Mt. Pleasant High School a very welcoming one.

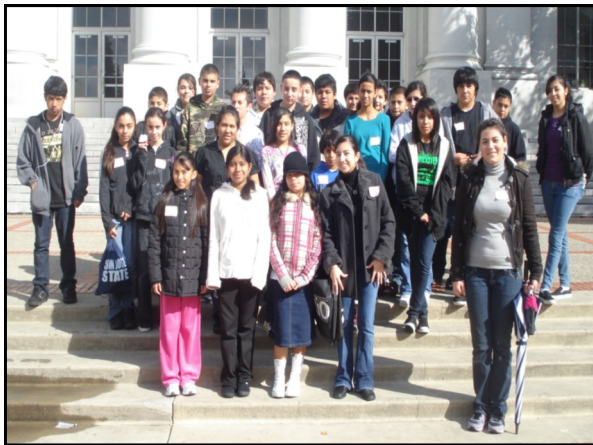
Students also participated in a TRiO Day at the National Hispanic University. TRiO Day was designed educate students and their families about the services and opportunities that TRiO has to offer. The day was exciting and full of energy. Parents were directed to a designated area where Maricela Alvarez, UB Academic Advisor, spoke to them about the opportunities their child has to get to college. Parents learned about the various type of financial aid, the different systems of higher education in California and high school graduation requirements. Students created a plan for high school and learned about the different options they have for post-secondary education. It was a day that ended with good food and great entertainment. TRiO is dedicated in making sure students and parents receive the necessary support and motivation in order to get to college.

## Middle School Does it Too!

The Middle School Program rocked this year! Lilian Zelaya, our middle school advisor is also an Alumni of the TRiO (3-1-3) program which guided her through the necessary steps to pursue higher education. Lilian understands how challenging it was to navigate through the process of pursuing college. As the middle school advisor she is able to assist and motivate middle school students who would be the first generation in their family to go to College. Students from our schools have participated in various workshops, such as Goal Setting, A-G Requirements and Four Systems of Higher Education. The goal of the workshops was to increase student knowledge on the necessary requirements for college, ease the transition from middle school to high school and provide the students with an opportunity to begin planning their futures. During one of the workshops students were able to learn the importance of setting short term and long term goals. Students also developed their own academic plan which would help them memorize the A-G Requirements, which are the classes needed in order to be eligible for a university. Students also participated in a workshop called **Reality Check: Connectiong Lifestyles to Career Exploration**. This workshop was designed

to help students identify the type of lifestyle they want to the type of career they can pursue in the future. Students worked on an interactive internet site where they picked the type of lifestyle they want and how this interconnects to pursuing higher education and getting into a career that will provide enough financial stability to fit the type of lifestyle. Aside from workshops, our middle schools have participated in the college tours, cultural field trips, and tutoring services. Thanks to the collaboration and support from our administrators and counselors, TRiO has been able to establish successful tutoring sites at Pala, Castillero and Hoover Middle Schools. A special thanks to Rigo Palacios and Emalie McGinnis, assistant principals at Hoover Middle

School. Gina Constanza, counselor at Hoover Middle School, Olga Fernandez, assistant principal at Castillero Middle School. Imee Almazan, principal at Pala Middle School, Rachel Gladstone, counselor at Pala Middle School, Dr. Orlando Ramos, principal at Lee Mathson Middle School and Ismael Candelas, site supervisor for the All-Stars program at Sheppard Middle School. Thank you for supporting our program.



### Mark your Calendars!!!

This summer, students will participate in various fun and interactive college readiness workshops. The workshops will cover various aspects from learning the top ten reasons why students should go to college as well as explore the process of going to a four-year university. Students will learn more about themselves and their interests and learn how different personality types relate to selecting a career. Students will also hear from a panel of professionals and current college students who will share their experiences of why they went to college and the advantages of going to college.



# LCPA: College Readiness

This past academic year, the Educational Talent Search Program and The Latino College Preparatory Academy (LCPA) teamed up and provided college readiness classes for all seniors. The goal of the program was to ensure that all seniors at LCPA enrolled in a postsecondary institution. The program provided the students with workshops and classes that prepared them for their future college experience. The sessions took place every week Tuesday-Thursday during seventh period. Seniors were assisted in completing their college applications, applying for financial aid and scholarships, personal statements, preparation in resume writing, cover letters and the interviewing process. The TRiO program received tremendous support from the administration, faculty and staff at LCPA. A special thanks goes out to Principal Fuentes and Counselor Mora. Thank you for your support.



## Students Speak about TRiO

*My experience in TRiO was great and very helpful. I have learned many things about what I should expect in college. TRiO has helped me in so many ways. The advisors assisted me in completing my college applications and provided me all the necessary information in regards to the requirements. I also learned about what I should expect during my first year in college, what to expect in an interview and many other things that I will take with me into my future life. If I could say anything to my fellow TRiO peers is, not to take TRiO for granted because it really comes in handy. The advisors will provide you with as much insight and possibly become good friends.*

**Tracy Salazar**  
LCPA  
Senior

*Thanks to the TRiO Program I have had a fun and very helpful experience. There were many questions that I had about college and how to get there and thanks to the Advisors all my questions were answered. The TRiO Program assisted me in applying for college. They sat with me during the FAFSA and explained what I had to do. Our College Readiness teachers were a huge inspiration. They always encouraged us and told us that we could succeed. I just want to tell my fellow TRiO peers to take advantage of the support and opportunities that TRiO provides. All of the advisors have awesome personalities. They are fun, approachable, and great role models.*

**Jessica Trejo**  
LCPA  
Senior

## San Francisco Scavenger Hunt

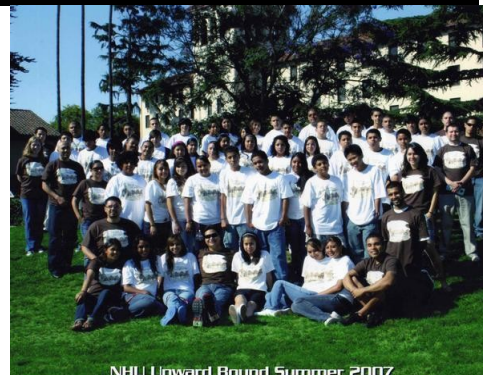


The TRiO Program and the Latino College Prep Academy partnered up to take the College Readiness Senior Class on a one-day scavenger hunt in the city of San Francisco. The goal was to get the students to use Public Transportation, Maps, and their sense of direction in order to locate some of San Francisco's most famous locations and historical landmarks.

# What's Happening in Upward Bound?

## Summer Residential

The 2009 Upward Bound Summer Residential Program (SRP) will be held at the National Hispanic University from June 29th– July 10th and at the University of California Santa Cruz from July 13th– August 7th. Forty-three high school students will participate in the six-week summer program that will encompass a commuter style college experience and an on-campus living college experience. The Summer Residential will include 2 academic classes; English and Math, enrichment courses, cultural, and recreational activities that are designed to enrich the students ability to succeed in college. College represents a very different and far more demanding lifestyle than high school, which the students needs to become familiar with before going to the next level. Coping with so many changes include adjusting to a new environment and meeting many rigorous academic expectations while balancing work, school and study schedules with personal and family commitments. During this six-week period the students will establish a personal support system by meeting new friends and members of University community that will empower them to achieve their higher education commitments.



## It's a Family Affair!

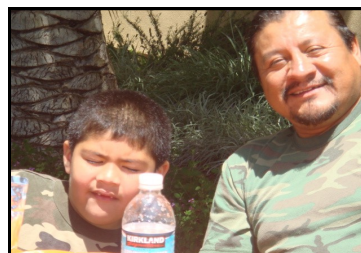
The Upward Bound Program is dedicated not only to it's participants but to their families as well. Upward Bound is more than just a program... we are a Family! This year Upward Bound created a Parent Advisory so that parents could remain involved in their children's activities. It was a way to educate them on the college-going culture. Parents met once a month on Tuesdays to discuss issues related to their child's progress in school, things that may be going on at home, and what they can do as parents to help their children succeed. Parent's also received professional development provided by the program. The Parent Advisory was a great resource for parents to support each other and learn from one another. It was a great year and we look forward to continue working with our parents.

Araceli Santana is a freshman at Mt. Pleasant High School. She is completing her first year as an UB participant. Her experience has been awesome. She's says, ***"I have met a lot of friends, Upward Bound has given me more***

***information and that is something to be thankful for. It has helped me learn more about scholarships and how to prepare myself for college."*** Her mother, Jovita Suarez, has been very satisfied with everything that the program has provided to her daughter. ***"Upward Bound is a great program that educates parents on how to attain the information that will help our children succeed in college. The program has allowed us to meet other families. I would definitely recommend this program to other families. It is a great program that motivates students to continue their education."***

Miguel Martinez is a veteran student. He will soon enter his senior year at the Latino College Preparatory Academy and his final year as an Upward Bound Summer Residential participant. ***"This program has helped me experience life as a college student thanks to the summer residential program. It has been great! The program has also helped me during the Satur-***

***opportunity to be in Upward Bound because the experience is great. It helps you prepare for college,"*** says, Miguel. Maria Martinez, mother of Miguel Martinez has been actively involved with the program for almost four years. She says that she is very pleased with the program. The advisors have been very helpful. She believes that the Upward Bound Program allows the students to become more independent, they learn a lot, get a chance to experience many things thanks to what the program offers. The program is a stepping stone for college and every family should take advantage of all the opportunities that this program has to offer.





# TRiO College Center

The TRiO College Center was designed to assist students from both the Educational Talent Search Program and the Upward Bound Program with their academic needs. The College Center offers tutoring services, academic advising and resources on colleges and universities, financial aid, scholarships and college entrance exams.

The College Center is composed of Academic Advisors, our Project Director, Students and more importantly our PALS. The Peer Advisor for Learning Skills (also known as tutors) provide group and individual tutoring services. They advise students on how to improve their study skills: explain concepts, principles, and terminology. The Pre-College PALS are an intricate part of the pre-college experience. They serve as a liaison between students, parents, teachers, and advisors. They provide a fun and learning environment for

our participants. The TRiO College Center was also established at **San Jose Academy High School, Pala Middle School, Hoover Middle School and Castillero Middle School.** This service was extended to the schools to provide our participants that are unable to travel to NHU the academic support they need.

Jennifer Loera is a freshman at the Latino College Preparatory Academy and has been receiving tutorial services for the entire year. *"Coming to the TRiO Tutoring center has helped me, not only in my academics but also on a personal level. At first, I wasn't sure that I wanted to attend. I was a little scared, but the tutors always made me feel comfortable and always made sure that I understood my work. This made it easier for me*

*to ask questions if I had any."* Brandon De la Cruz is a sixth grade student. He was having trouble keeping up in class. He was failing to meet the school academic standards. His mother came in and asked for academic support. It was amazing to see how much Brandon has matured personally and academically. His mother is very grateful for all of the support that was given to Brandon. He really enjoyed working with Francisco Ruiz. *"He was the best tutor."* The TRiO College Center is a place where students learn academic and grow personally. We are pleased to have completed a very successful year. We look forward to continue working successfully with our participants.

## TUTORING SERVICES



*Monday - Thursday  
3:00 p.m. - 7:00 p.m.  
The National Hispanic University  
Pre-College Area*





# College Tours 2009

One of the greatest components of the Educational Talent Search (ETS) Program is our annual visits to colleges and universities. The goal of our college tours is to expose students to various college campuses and entrance to postsecondary institutions that are available to them. This year the Educational Talent Search Program and the Upward Bound Program worked together to provide the students with two days of exciting visits to various universities during their Winter Break in February. Despite the rain and bad weather, students arrived bright and early and excited about their trip. Our tours consisted of visits to:

- ⇒ *San Jose State University*
- ⇒ *University of California Berkeley*
- ⇒ *California State University Monterey Bay*
- ⇒ *California Polytechnic University San Luis Obispo*

During these visits, our participants had the opportunity to meet college students from each university. They learned about the various programs that are offered and the admission requirements for each school. They were all very excited and eager to learn more about college and how to get into college.

During Spring Break in April, our ETS middle school and high school students participated in another series of College Tours.

On Wednesday, April 15, 2009 we visited:

- ⇒ *San Francisco State University*
- ⇒ *University of San Francisco*

On Thursday, April 16, 2009 we visited:

- ⇒ *University of California Santa Cruz*

It was an exciting two days. The students learned the difference between a California State University, University of California and a Private. They learned about the various academic programs, cost of attendance and financial assistance that each university offers. Semani Yehdego is a freshman at Lincoln High School. She attended the tour with her twin brother Wael and older brother Nathaniel also students at Lincoln High School. She said, ***"My favorite part of the tour was the visiting UC Santa Cruz. I liked the location and the uniqueness of the school. I had no idea that universities could be composed of different colleges within one college."***

***The walks up the hills were tough but very exciting."*** Nathaniel Berhane a junior at LHS says that ***Santa Cruz is definitely a school he will be applying to.***

The entire trip was great and full of energy not only from the students, but from the staff, volunteers, and tour guides.



Top: Students board the buses and get ready for day one of their college tours. Bottom: Despite the rain, TRIO Students enjoyed the tour at San Jose State.



Top: Our TRIO Middle School students enjoyed their visit to UC Berkeley.

# Summer Jam 2009 hosted by: NHU



The high energy TRiO Pre-College staff is excited to host "Summer Jam" this year. Summer Jam is an annual event in which TRiO students from Northern & Central California come together to participate in fun-filled activities that consist of academic and sporting events. This year's event will be a 1 day event that will take place @ The National Hispanic University on June 26th, 2009. See you there!



# Congratulations!!! Class of 2009

Seniors!!! Congratulations on graduating. You are officially adults. Now is the time to begin your future and take the next step into your life. As you put away your cap and gowns and celebrate with your family and friends you might begin to ask yourself these questions... what will life without high school be like? Am I prepared for what the future has in store for me? The Educational Talent Search Pre-College Program is here to answer any questions and concerns that you may have about your first year in college. We want to help make your transition from high school to college as smooth and possible. We are proud to have been able to serve you and assist you on your road to college. The ETS Pre-College Program would like to wish you great success in your life and in your future. Congratulations to you and your families for all your hard work in achieving your goals. We knew you could do it!!!



## Survival Tips for Incoming College Freshmen

By: Brian Walker

Leaving home for the first time and moving off to college can be a daunting task for any 18-year-old. The prospect of living on your own, away from the watchful eyes of mom and dad is both frightening and exciting.

Everyone will have a different experience during their first year in college, but there are certain steps you can take to ensure that you make the most of this new period in your life without sacrificing the grades.

**Live in a dorm-** One of the most important things any freshman student can do is make an attempt to live in an on-campus dorm for his or her first year. They will most likely be old, smelly and have communal bathrooms that never seem to be clean or have hot water, but it will be the best time of your life.

**Set up your schedule with care-** Setting up when you take your classes can be just as important as what classes you take. Every college will pair incoming freshmen with advisers to make sure you get started out taking the correct courses, but most of the time the student is given some flexibility to choose course times.

**Figure out Professors expectations-** Once the time rolls around to actually jump into the semester, it's vital to know what each professor expects of you. As we rely more on technology, the traditional paper syllabus and worksheets

that used to outline the course schedule and objectives are disappearing. These days, professors have information online, and some universities have their own site for students to log in and see updates in coursework and schedule changes. The professor will expect you to keep up with this information and turn in assignments when they are due.

**Enjoy yourself!**- Don't let all this talk of classes and grades overwhelm you. Above all else, have fun! If you go to a school known for sports, make time to attend the big games. Make friends and join them for parties (even in the middle of the week sometimes). Pull an all-nighter at least once your freshman year; it's a staple of college life, and everyone should see just what it takes to cram for an exam into the wee hours.

Just don't let any of the fun get in the way of grades. In the end, the school doesn't care how many football games you attend in one season if your transcript has D's and F's all over it.

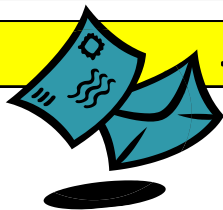
If you can maintain a manageable course load and keep in touch with professors to ensure you're doing well throughout the semester, you'll find that not only will your first year of college life be much less stressful.



## Esperanza and Upward Bound Pre-College TRIO Programs

The mission of the Pre-College Programs is to improve educational experience of under-represented students by promoting success based academic and social development activities that will coordinate home and school efforts to impact poor retention of low-income, first generation college students in the United States in post-secondary education.

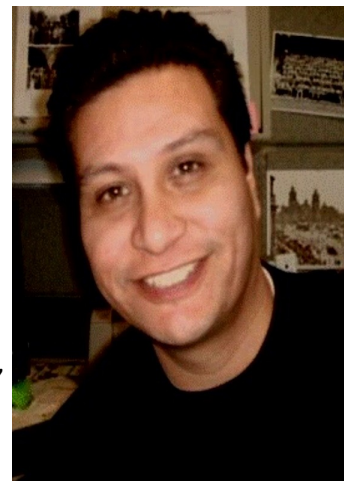
The National Hispanic University currently hosts two pre-college programs; the Esperanza Educational Talent Search (EETS) and Upward Bound (UB) Programs. The EETS program is designed to prepare and assist low-income and first generation middle school and high school students for college. The program provides academic, career, and financial advising. EETS serves over 1,200 students from the San Jose Unified, East Union High School and Alum Rock Union School Districts. The Upward Bound Program offers intensive academic assistance and college preparation to 64 high school students from low-income and first generation families. The program offers academic advising, Saturday academy and a Summer Residential Program.



## A Message from our Director:

Another academic  
year has come to

an end and our team celebrated our graduating Seniors. As we said our good-byes and congratulated our graduates I was reminded that we are in fact not saying goodbye, but more like, "See you later". Yes, we will miss our weekly and sometimes daily interaction with them; their energy, their passion and excitement, all of which created perfect synergy that allowed our TRiO programs to soar. What I'm sure our graduates won't miss are the hours spent on college applications and navigating the entire financial aid process. I am certain they will not miss waking up early to attend Saturday school and or the number of workshops required. Their off, to explore the next chapter of their lives. They, like other TRiO Alumni will again fill the seats at our Local and not so local colleges and Universities. They will attend their first college class confidently and with a sense of familiarity. So, see you later Seniors, we will be here as you register and enroll each year at your respective colleges. You're all going to do great and wonderful things. For those of our students who have yet to finish high school, take note. Your friends have worked hard and never removed their eyes from the prize. You're next! I want to personally thank Dr. Ana Lomas at ESUHS, our parents, supportive administration, faculty and staff at our TRiO High Schools and TRiO team. Together Everyone did Achieve More! Gracias TEAM!



-Candelario Franco

## Contact your Academic Advisor!

### Educational Talent Search

- Patricia Ahumada, 408-273-2678  
(Lincoln, Mt. Pleasant, James Lick)
- Jesus Angulo, 408-729-2212  
(San Jose Academy, Overfelt)
- Lilian Zelaya, 408-729-2212  
(Hoover, Castillero, Pala, Lee Mathson)

### Upward Bound

- Mike Osorio, 408-273-2679  
(James Lick, LCPC)
- Maricela Alvarez, 408-273-2736  
(Yerba Buena, Lincoln, Overfelt)

### LCPC Academic Coordinator

- Mike Osorio, 408-273-2679

**Become a  
Pre-College Student today!  
and take advantage  
of all our wonderful services.  
Now accepting applications!**

To apply visit our Pre-College Office located at  
The National Hispanic University  
14271 Story Road  
San Jose, CA. 95127  
[www.nhu.edu](http://www.nhu.edu)