

DIRECTOR'S MESSAGE

.....



INSIDE

Student Spotlight: Yalitza	2
This is Only A Test	3
Embracing Change	3
Virtual Campus Visits 2020-21	4
Handling Stress	5
Calendar Events	6

As spring-like weather and longer days approach, the thought of being outdoors and enjoying the sunshine has a lot of people anticipating the end of a long and cold winter. Remember when mom or dad had to plead with the kids to get off of the computer and go outside? There's little pleading these days as students are chomping at the bit to get out of the house. It's funny to hear students say how much they appreciate school, the teachers, and administrators. The old saying "you never know how much someone means to you until they are gone" is so true today. Students should know that it works the same way for teachers and counselors as well.

Teachers are so ready for remote learning to be over because they want to see the beautiful faces that light up their day. The staff in TRiO Talent Search feel the exact same way. What a happy day it will be when schools are full once again and the staff can meet with students face to face. The day when that happens will be a joyous day indeed. Until then, the Talent Search counselors are making every effort to connect with students and tell them about all the wonderful opportunities Talent Search can provide to them during this difficult time.

The program is still providing most of its services (tutoring, campus visits, and college preparation workshops) and activities on a remote basis and will continue to do so until it is safe to have in-person interactions. Recently, several Talent Search students from USD 259 were selected by the program's counselors to attend the iDigTRiO Biological Sciences virtual conference sponsored by the University of Florida. It was a great experience for those who attended. Very soon, students will be selected for the Middle School Summer Enrichment Program that will also be held virtually. It promises to be another amazing scholastic experience for the students who get to participate. For more information on the summer program and other activities for high school and middle school students, please contact one of the staff listed on the back of this newsletter or visit us on the web. Good luck this spring and best wishes for a successful end to the school year!

Student Spotlight:

Yalitza Arroyo



- Sara Baltazar, Program Educational Advisor; Financial Literacy Coordinator

Yalitza Arroyo is a Senior at Wichita North High School. She has been incredibly involved during high school including, The National Honor Society, BioMed program, Leadership Club, and varsity sports. She made the Honor Roll all four years, while lettering for her academic achievements. Yalitza was also named to the All-State Team Honor Roll for wrestling. She is the Real Men, Real Heroes Teen Hero program vice president. Her future plans are to attend Friends University and major in either health science or biochemistry. She plans to continue athletics for Friends University's first women's wrestling team. After completing her undergraduate degree, she would like to go into an occupational therapist or physical therapist master's degree program.

This is Only A Test



- Vivian Pham, Program Educational Advisor; ACT/SAT Coordinator

The State of Kansas Department of Education provided free ACT tests again this year for all juniors across the state. Students reported to their designated high school and tested with adherence to social distancing guidelines. Yet in the midst of the pandemic, the College Board is continuing to redesign standardized testing. The SAT normally has two testing sections, one for math and the other for reading and writing. Since the 1960's, students have had the option of taking subject tests to show their strengths in history, languages, and chemistry. In 2005, the essay section was added to the SAT test, which was considered a drastic change at the time. Now, the College Board has decided to discontinue the subject tests and essay portion of the SAT test.

Many universities are following the trend of being test optional. Meaning, colleges will dismiss ACT/SAT test scores as admissions requirements for Fall 2021 and 2022. With the closing of testing centers and family concerns about health and safety, students can breathe easier, knowing that they do not have the pressure of providing test scores. However, graduating seniors with ACT test scores will have the advantage of qualifying for more scholarships. Also, a strong GPA helps to meet admissions requirements for colleges. Graduating seniors need to research test score requirements for admission to specific out-of-state universities.

Embracing Change

- Myron Richard, Program Educational Advisor; Mentoring and Career Coordinator

The coronavirus forced everyone into a world of online-learning, remote work, and social-distance living. This shift has brought unforeseen benefits. Distance learning has helped students to develop more self-discipline and focus. They have also gained more time in their day to complete homework assignments, and through remote learning, they have acquired technical skills that will benefit them in their professional careers. Digital professionals are in high demand and the need continues to rise.

Listed below are the top 8 careers many students and working professionals are interested in.

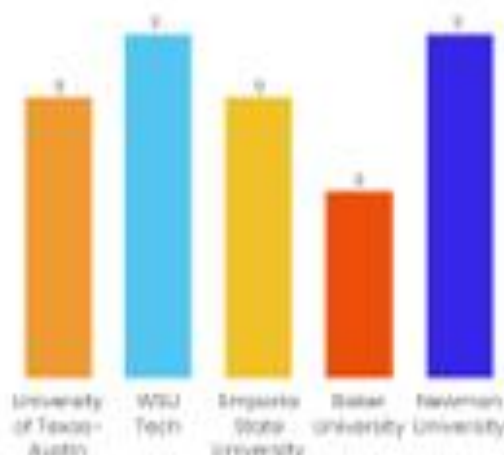
1. Chief Marketing Officer (CMO)
2. Web Analytics Manager
3. Creative Director
4. UX Specialist (Coding)
5. Mobile App Developer
6. Interactive Marketing Manager
7. Head of Digital
8. Chief Experience Officer



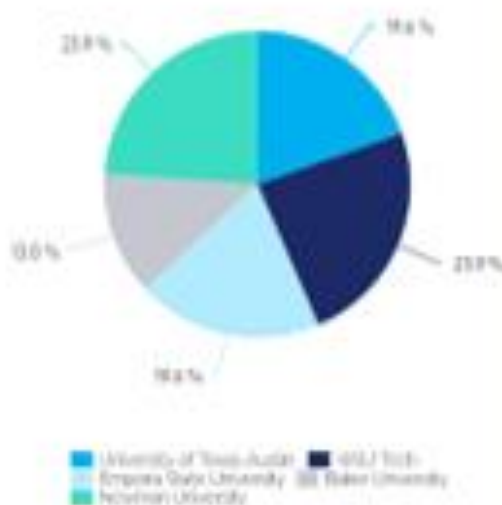
For more information on any of these careers or other career-related questions, don't hesitate to call 316-978-3127 or email Myron.richard@wichita.edu.

Virtual Campus Visits 2020-2021

Mari Sourya, Associate Director/Coordinator



Despite the COVID-19 pandemic, Talent Search continues to provide students with the best experience of an interactive virtual visit from several colleges which included the University of Texas-Austin, WSU Tech, Emporia State University, Baker University and Newman University. Students were able to ask tough questions verbally and in the chat box using the Zoom platform. Future visits include Langston University, Wichita State University, Fort Hays State University, and Kansas State University which will occur during the months of March and April. So far, a total of 40 students have participated this year's virtual campus visits which is illustrated on the graph to the left. The numbers of students participated in the virtual visits are also broken down into percentages in the lower left hand corner.



Upcoming Virtual Visit	Date	Time	Platform
Langston University	March 19, 2021	1-2 pm	Zoom
Wichita State University	March 24, 2021	2-3 pm	Zoom
Fort Hays State University	April 1, 2021	1-2 pm	Zoom
Kansas State University	April 1, 2021	3-4 pm	Zoom

Interested in attending a virtual campus visit?

To register for a visit, contact Mari Sourya at 316-925-4057 or visit our website www.wichita.edu/talentsearch.

Handling Stress

- Stephanie Haynes, Middle School Director; Summer Enrichment Program Coordinator



Many students are struggling with stress due to the COVID-19 pandemic. Stress is a part of life for everyone, however, too much stress can have a negative impact on life. What is stress? **Stress** is a feeling of emotional or physical tension. It can come from an event or thought which generates feelings of frustration, anger, or nervousness. **Stress** is the body's reaction to a challenge or demand.

Students who feel overwhelmed, frustrated, nervous or angry; experience headaches, stomach aches, and have trouble sleeping or relaxing and often eat too much or too little, displaying signs of being stressed out. Here are six simple tips for students to help ease stress:

- 1.** Relax and Meditate – Close both eyes and think of something relaxing. Stop and take a deep breath, count to four, and exhale. Repeat the exercise until relaxed.
- 2.** Apply Self-Care - Take care of the mind and body. Get the recommended amount of sleep (8 to 12 hours). Eat healthy and exercise.
- 3.** Set Aside “Me-Time” – Each day, do something for about 30 minutes that has nothing to do with school, work, or other commitments. Listen to music, read a good book, go for a walk, or do something that’s calming.
- 4.** Get Support – If feeling stressed, tell someone. Telling someone is healthier than trying to handle it alone. Speak to a parent, teacher, friend, Talent Search advisor, school counselor or a trusted person.
- 5.** Learn to Let Go – If the situation is beyond control, let it go! Make changes where possible, but do not take on more than can be handled.
- 6.** Confront the Stressors – Recognize the triggers that ignite stress and decide how to better manage each of them to minimize or alleviate the tension.

Source:

<https://medlineplus.gov/ency/article/003211.htm#:~:text=Stress%20is%20a%20feeling%20of,danger%20or%20meet%20a%20deadline.>

MISSION STATEMENT

The mission of the TRIO Talent Search program is to identify, encourage, and assist low income and potential first generation college students to complete a secondary education, enroll in post-secondary education, and complete a postsecondary program.

TRIO Talent Search

Wichita State University
Division of Strategic
Engagement and Planning
1845 Fairmount, Campus Box 96
Wichita, KS 67260-0096
Office: 316.978.3127 | Fax: 316.978.3527
<https://www.wichita.edu/talentsearch>

Notice of Nondiscrimination:

Wichita State University does not discriminate in its employment practices, educational programs or activities on the basis of age (40 years or older), ancestry, color, disability, gender, gender expression, gender identity, genetic information, marital status, national origin, political affiliation, pregnancy, race, religion, sex, sexual orientation, or status as a veteran. Retaliation against an individual filing or cooperating in a complaint process is also prohibited. Sexual misconduct, relationship violence and stalking are forms of sex discrimination and are prohibited under Title IX of the Education Amendments Act of 1972. Complaints or concerns related to alleged discrimination may be directed to the Director of Equal Opportunity or the Title IX Coordinator, Wichita State University, 1845 Fairmount, Wichita, KS 67260, telephone 316-978-3187.

Notice of Funding:

TRIO Talent Search is 100% funded by the United States Department of Education and is hosted by WSU. Funding for 2020-2021 is \$646,284.

Calendar Events

March 2021

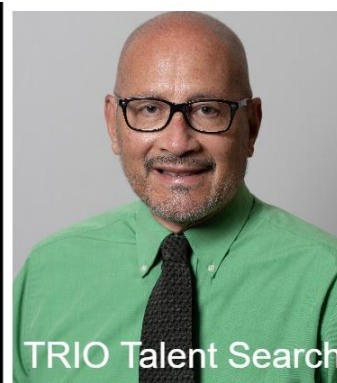
3/12 | SAT and ACT
Registration Deadline
3/13 | SAT Test
3/19 | Langston University
Virtual Campus Visit
3/19-3/26 | No School
(Spring Break)
3/22 | VSEP Applications
Available

April 2021

4/2 | Fort Hays State University
Virtual Campus Visit
4/2-4/5 | No School
4/4 | Easter Sunday
4/8 | SAT Registration Deadline
4/15 | Paradigm Shift: Financial
Planning Webinar
4/17 | ACT Test
4/30 | VSEP Application Deadline

May 2021

5/6 | SAT Registration Deadline
5/7 | ACT Registration Deadline
5/8 | SAT Test
5/18 | Paradigm Shift: College
Readiness Webinar
5/22 | Virtual Summer Enrichment
Program Parent Meeting
5/31 | Memorial Day Observed



Program Staff

Clockwise: Stephanie Haynes, Middle School Director, **Larry Ramos**, Program Director, **Sharon K. Robertson**, Senior Administrative Assistant, **Vivian Pham**, Program Educational Advisor/ACT-SAT Coordinator, **Mani Souriya**, Associate Director/Statistician, **Myron Richard**, Program Educational Advisor/Mentoring Coordinator, **Sara Baltazar**, Program Educational Advisor/Financial Literacy Coordinator