

Winter 2022

TSS NEWS

TRIO Talent Search-South Newsletter

Director's Message

For many, including the TRIO Talent Search-South executive director, this is a favorite time of the year. It is a time of thankfulness, goodwill, and resolution. The bright lights, winter weather, and (if lucky enough) snow complete the holiday spirit.

As 2022 comes to a close, everyone at TSS wants to wish all the students and their families a Happy New Year! The newness of another year is often what prompts people to make resolutions to improve self-care, to learn a new skill or hobby, to save money for something special, to get organized, or to study more.

Resolutions are similar to goals. They motivate people to strive to reach milestones. Usually, when people falter with their resolutions, it is due to a lack of planning. However, goals can be reached more readily if they are broken down into smaller steps. If becoming a better student means studying one hour more per night, don't try to make those changes all at once. Increase study time by five minutes and work up from there.

A resolution is a great idea, but having a plan to reach that resolution makes it an attainable, lasting goal. Talk with a TSS advisor for advice on goal-setting. They want to help. *Happy Holidays!*



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Student Spotlight:

ABIGAIL!

Abigail is a freshman at South High School. She first learned about TRIO as an 8th-grade AVID student at Truesdell Middle School. Abigail participated in the 2022 Summer Enrichment Program where she gained a plethora of knowledge and met fellow 8th-grade students. She feels that the program has a family-like comradery and enjoys speaking to her program educational advisor about school and life in general. Abigail loves to volunteer around the Wichita community. She loves to sing and enjoys her choir classes. She has her sights set on going to college to study vocal music.

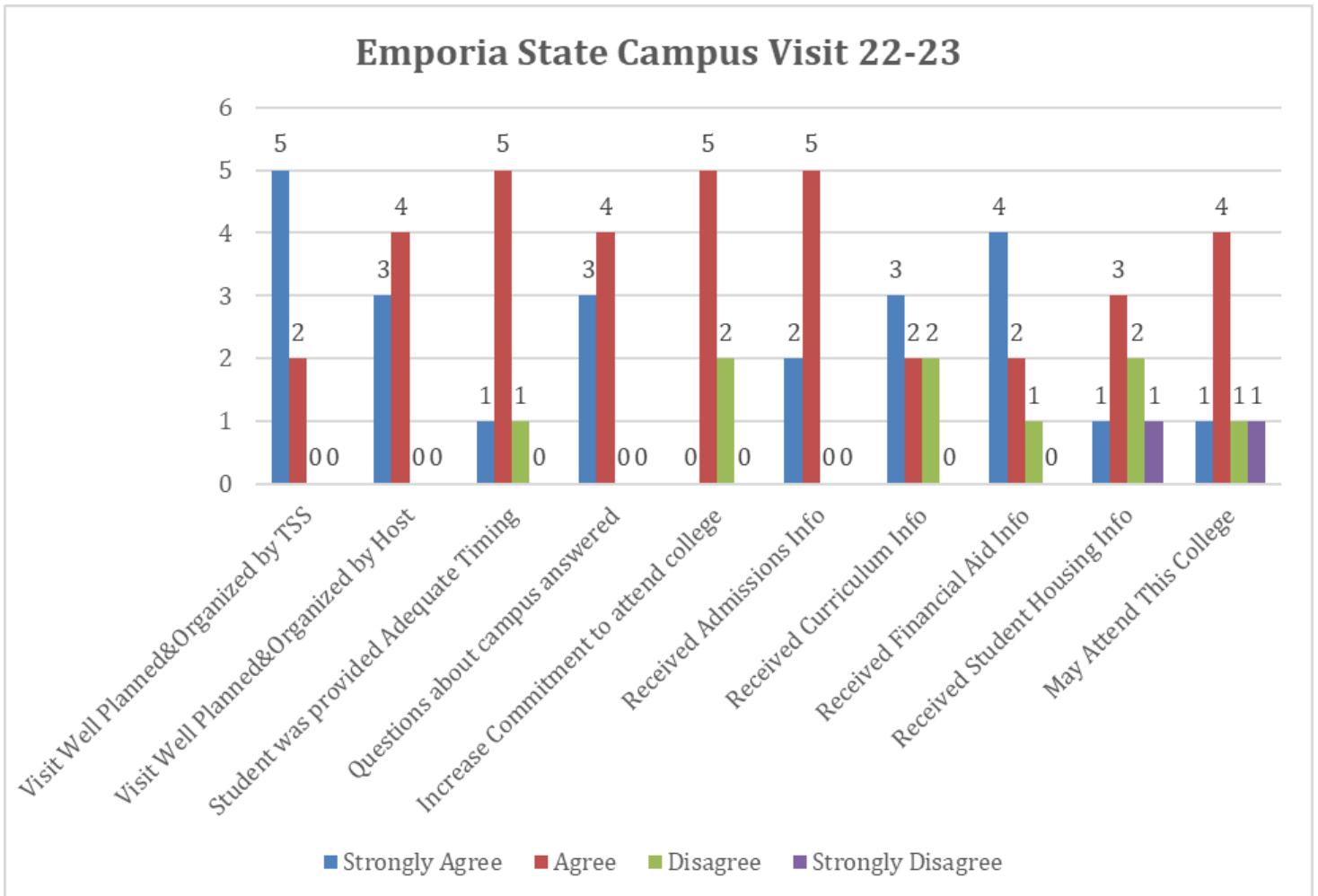
-- Mary Greenwood, Program Educational Advisor



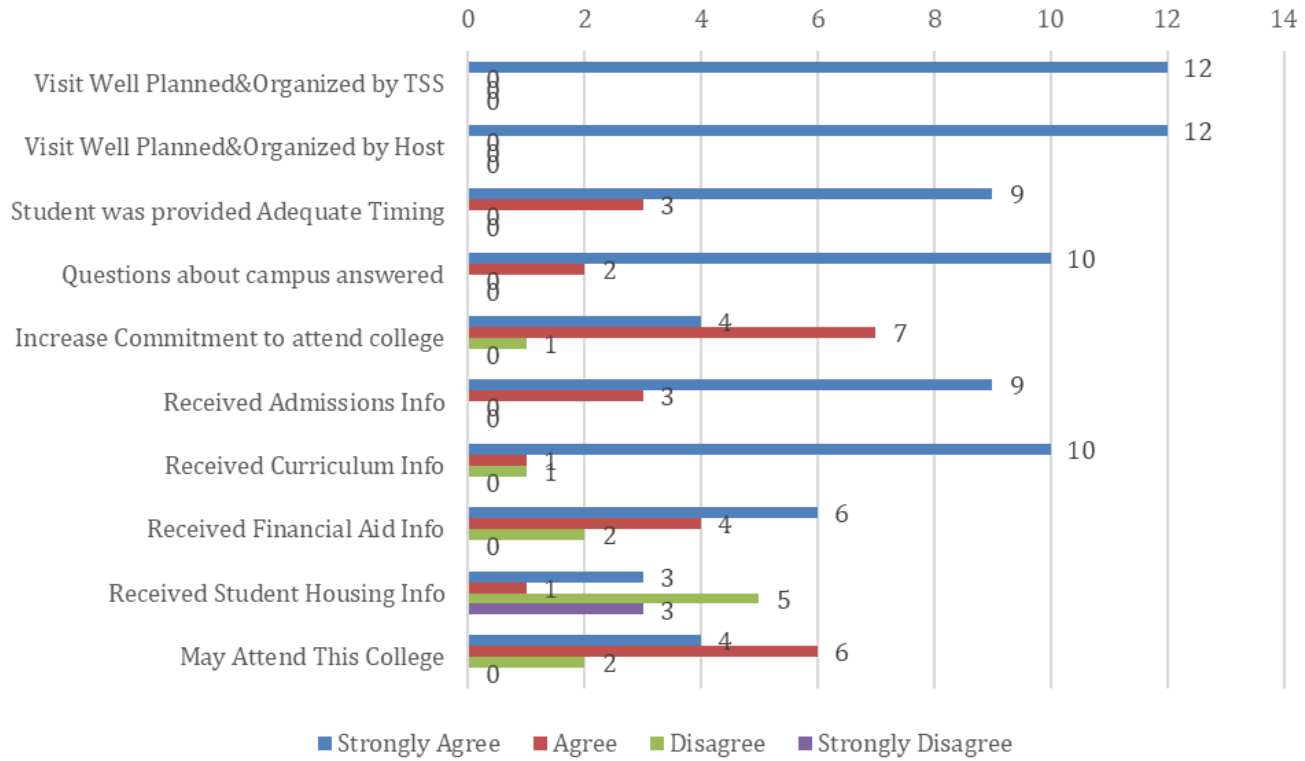
Fall Campus Visit Report 2022-2023

TS-South is pleased to report an increase in student attendance on campus visits. At the start of the academic school year, seven students from South High School participated in the visit to Emporia State University (ESU). After ESU, 12 students attended the campus visit to WSU Tech (NCAT & South campus locations). Sixteen students attended the campus visit to Kansas State University and KU had 20 students in attendance from South and from walk-in schools. Below are the graphs of the student evaluation results for each visit.

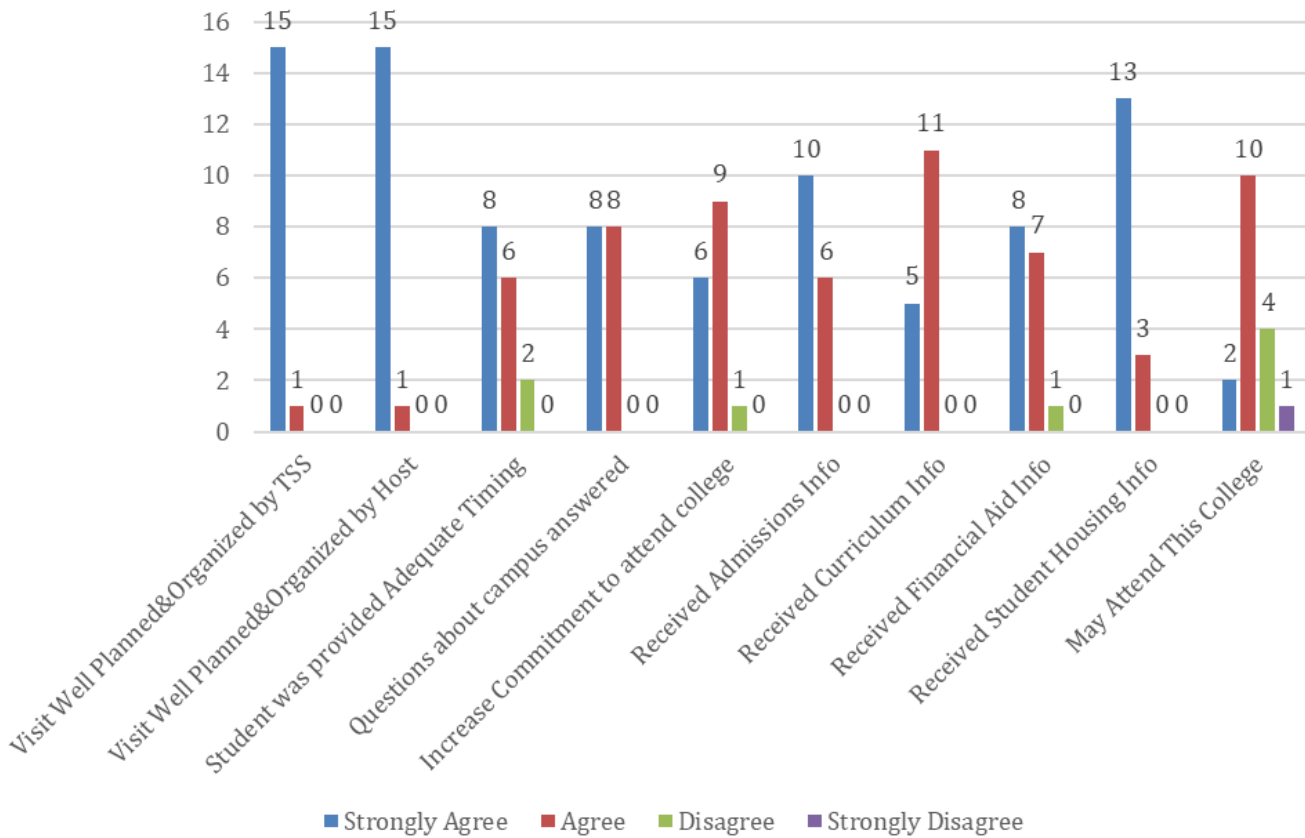
- Vivian Pham, Assistant Director/Statistician

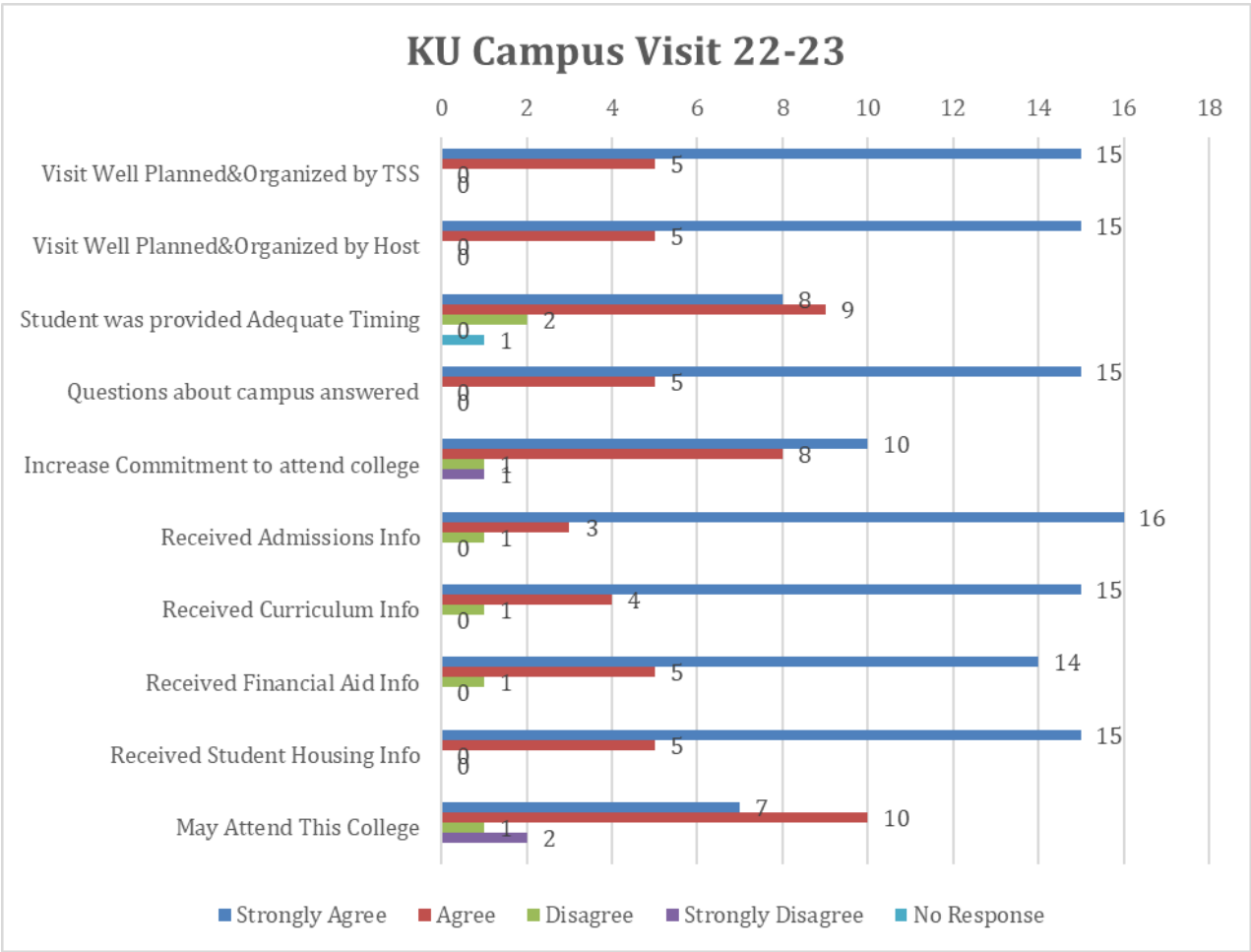


WSU Tech Campus Visit 22-23



K-State Campus Visit 22-23





The holidays are coming up and for some, this can be a time of stress, depression, and anxiety. But it does not have to be. Choose self-care by relaxing and reflecting. For every positive, there is a negative. Rather than focusing on the negative, choose the positive. Practice mindfulness. Be present in the current moment, owning whatever feelings or thoughts come up, paying attention to how it affects the body. Breathe deeply and release any negative tension. Do something that generates happiness. Play music, paint, or do something else artistic or athletic. Be mindful of what is eaten, exercise, and get plenty of rest. Socialize with people that stimulate the mind and leave a positive effect on the experience. Above all, remember that what is going on around a person cannot necessarily be controlled, but the person can control how they choose to respond to what is happening. Tailor the response to what works for the good. Be safe and be well.

- Sharon K. Robertson, Administrative Specialist

Events Calendar



December

- 12/01 | Newman Campus Visit
- 12/11 | ACT Test
- 12/16-1/03 | USD 259 Winter Recess (NO SCHOOL)
- 12/25 | Christmas Day
- 12/31 | New Year's Eve

January

- 1/04 | USD 259 Reopens
- 1/16 | Martin Luther King, Jr. Day (NO SCHOOL)

February

- 2/11 | ACT Test
- 2/14 | Valentine's Day
- 2/17 | District Inservice Day (NO SCHOOL)
- 2/20 | President's Day (NO SCHOOL)

MISSION

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

TRIO TALENT SEARCH-SOUTH

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