



A Note from the Director - Dave Kamrad

Greetings!

Hope all is well. It has been nice to experience warmer days and the sun shining. Thoughts of springtime and summer days ahead fill our minds. As a result, whether you are finishing your first year of middle school or your last year of high school, the end of the school year is always the most difficult. Students contract “summer fever” as the end of the year approaches and begin to slack off and lose interest in school work. It is extremely important to finish the school year strong, so follow this list of 10 ways to accomplish this feat.

- 1. Set Goals:** Setting goals for yourself both personally and academically will help you stay on track. Whether your goal is to get straight A’s or pass a test, make your own goals and try your absolute best to achieve them. Ask for additional help, if needed, from teachers, tutors, and peers.
- 2. Stay Organized:** Staying organized will prevent you from losing or forgetting about assignments. Keep track of your assignments and test dates in a planner or calendar to stay organized and prepared for upcoming final projects and tests.
- 3. Don’t put off responsibilities:** Slacking and procrastinating are just ways of putting off responsibilities. Putting off school-related responsibilities will leave you scrambling and stressed at the last minute. Do what you need to do when you need to do it, and you will be well on your way to finishing strong!
- 4. Remember what you’ve worked for:** It may help to remind yourself of all the hard work you’ve put in this year. One bad performance on a final test or project could undo all of your efforts for a certain letter grade.
- 5. Get motivated;** It is time to get motivated! Whether you have to bribe yourself with rewards or create penalties for not trying your best, do whatever it takes to stay motivated and beat “summer fever!”
- 6. Take advantage of nice weather:** As the weather begins to get nicer, you don’t have to stay cooped up inside studying. Get creative by studying and doing homework outside instead!
- 7. Take a time out:** Don’t forget about taking time out of your day to regroup and simply have fun! This will help you stay focused. Giving yourself breaks for fun is

good for your sanity and attention span.

8. Adjust your attitude: What is your attitude right now? Are you feeling down? Can you not wait for school to end? Simply adjusting your attitude to be more positive can make an incredible difference!

9. Take care of yourself: Taking care of yourself by eating well, exercising and getting the proper amount of sleep will help you remain focused.

10. Focus on the finish line: Visualize your finish line and your goals and focus on that. The school year is almost over; you can do it! Start a countdown, and don’t worry the end of the school year will be here sooner than you think.

Finally, if we can help you in any way, please don’t hesitate to contact us about your upcoming studies or questions you may have over the summer. Remember, FINISH STRONG, then enjoy your summer vacation!

Take care,
Dave

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Welcoming New TRIO Pre College Staff

TRIO Pre College is happy to introduce its newest staff member, Frank Pergande. Frank joins the TRIO Upward Bound team as an Academic Coordinator.

Frank, a Negaunee, MI native, earned his Bachelors of Arts in English and his Master of Arts in Creative Writing from Northern Michigan University. He previously taught English courses at NMU, the Marquette Prison through Jackson College, as well as POSTECH University in Korea.

When asked what he was most looking forward to working with TRIO UB, he said, "I am looking forward to working with young people as they explore and prepare for the vast possibilities that higher education brings."

As a first-generation student himself, Frank knows the challenges of preparing for college and the importance of a support system in the college process. Frank describes himself as avuncular. His ability to relate to students combined with his knowledge make him a great addition to the TRIO Pre College team.



TRIO Pre College Hosts College & Career Fair

TRIO Pre-College Programs held a College & Career Fair on Friday, March 9 on Finlandia's campus.

More than forty students from CCISD Schools attended the event. The College & Career Fair was an optional event for 10th and 11th grade TRIO Pre-College participants, which focused on preparing students for college and understanding various careers within their desired career fields. All students participated in a question and answer session with college admissions representatives, as well as sessions based on their interested career paths. Presenters and admissions representatives were available to talk to students during lunch, catered by Kangas Café.

TRIO Pre-College Programs would like to thank the admissions teams from Finlandia University, Gogebic Community College, Michigan Tech & Northern Michigan University as well as the presenters from American Forest Management, Barbara Kettle Gundlach Center, Captive Legal Advisors PLC, CCISD Career & Technical Education, Finlandia ISAD, Finlandia School of Health Sciences, Koppers, L'Anse Manufacturing, Lexul, Michigan DNR, Michigan State Police – 8th District-Negaunee, Michigan Tech Civil Engineering Dept., Oriana Counseling, REMC1, River Valley Bank, Salon 1281, Superior National Bank, TV6 News, UP Engineers & Architects.

Spring Break

Students spend much of winter looking forward to their spring break, and coincidentally, so does the TRIO Pre College Staff. While the students look forward to exploring a world outside of Upper Michigan, the TRIO Pre College staff look forward to building deeper relationships with students.

The annual Spring Break Campus Tour trip is one that both students and staff alike look forward to. On March 28-30, TRIO Talent Search & Upward Bound students from the Copper Country Intermediate School District had the opportunity to tour Lake Superior State University, Saginaw State University, and Wayne State University. They also attended the NACAC College Fair in Novi, Michigan.

Due to inclement weather in the Lower Peninsula, the TRIO Talent Search Spring Break Campus Tour for students from the Gogebic-Ontonagon Intermediate School District and Forest Park High School had to be postponed. The trip has been rescheduled for May 16-18.



Alumni Spotlight

Miranda McClellan, 2017 alumni of Hancock Central High School, is currently completing her first year at Michigan Technological University studying Biological Sciences: Pre-Health Professions & Humanities.

Now being a college student, Miranda is thankful for her time in TRIO Talent Search. “I am so grateful to have been a part of TRIO-TS,” says Miranda. “They taught me so many things that I have found extremely helpful, not only in college, but in life. In college, I use the study habits and test taking skills we were taught. In life, I use the money management skills, such as how to balance a checkbook.”

Throughout this year, Miranda has learned valuable lessons that she feels would be helpful to current TRIO students. “Appreciate your high school teachers, as they are the best teachers you will have. Also, don’t be afraid to try new things that put you outside of your comfort zone. Another piece of advice I would give is apply for the smaller scholarships; they may not seem like a lot but they add up quick. Miranda is currently making plans for her future, both short term and long term. She will be taking classes at Michigan Tech this summer, as well as making final arrangements for her study abroad experience in the fall. After she has earned her Bachelor’s degree, Miranda plans to attend Veterinary school.



Students Attend Statewide Leadership Summit



Above: Jade Junkin, Erin Turner,
Brianna Stoyanoff & Hannah Schneider

student who went on to earn his bachelor's and two master's degrees, teach and be a principal the Battle Creek schools before becoming involved with politics. Mr. Todd encouraged the students to consider how their actions could affect their future, telling them that one mistake could have a heavy price. He also encouraged them to look past their present circumstances, to plan for a successful future, and never allow life's hurdles to stop you. "You are more than the place you were born," said Mr. Todd.

On Sunday morning, students were recognized for the leadership qualities they have shown in their respective programs. TRIO Pre-College was proud to honor four of our students. TRIO Talent Search honored Marcus Bierman from Ontonagon Area Schools and Brooke Perttu from Ewen Trout Creek. TRIO Upward Bound honored Tamara Adams from Jeffers High School and Hannah Schneider from Calumet High School.

Fourteen students from TRIO Pre College Programs attended the annual Student Leadership Summit hosted by MICAPP. This year's summit, themed "Rise Up. The Future is Here & Now," was held at the McCamly Plaza Hotel in Battle Creek, Michigan.

The Summit hosted a total of 270 TRIO students and staff from Michigan. At the Summit, students attended workshops and listened to plenary speakers who provided helpful tips, resources and encouragement for being a better leader.

Saturday morning's keynote speaker was Mr. Terris E. Todd, the Vice Chair of the Michigan Republican party. Mr. Todd shared his story as a low income, first generation



Above: Kiara DeWitt, Brooke Pertti & Selena Dix