

2024  
2025

**TRIO**  
**PLANNER**

Name \_\_\_\_\_

Phone \_\_\_\_\_

# 2024-2025

AUGUST 2024							SEPTEMBER 2024							OCTOBER 2024							NOVEMBER 2024						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3	1	2	3	4	5	6	7				1	2	3	4	5					1	2
4	5	6	7	8	9	10	8	9	10	11	12	13	14	6	7	8	9	10	11	12	3	4	5	6	7	8	9
11	12	13	14	15	16	17	15	16	17	18	19	20	21	13	14	15	16	17	18	19	10	11	12	13	14	15	16
18	19	20	21	22	23	24	22	23	24	25	26	27	28	20	21	22	23	24	25	26	17	18	19	20	21	22	23
25	26	27	28	29	30	31	29	30						27	28	29	30	31			24	25	26	27	28	29	30

DECEMBER 2024							JANUARY 2025							FEBRUARY 2025							MARCH 2025						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7		1	2	3	4								1								1
8	9	10	11	12	13	14	5	6	7	8	9	10	11	2	3	4	5	6	7	8	2	3	4	5	6	7	8
15	16	17	18	19	20	21	12	13	14	15	16	17	18	9	10	11	12	13	14	15	9	10	11	12	13	14	15
22	23	24	25	26	27	28	19	20	21	22	23	24	25	16	17	18	19	20	21	22	16	17	18	19	20	21	22
29	30	31					26	27	28	29	30	31		23	24	25	26	27	28		23	24	25	26	27	28	29
																						30	31				

APRIL 2025							MAY 2025							JUNE 2025							JULY 2025						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2						1	2	3													
6	7	8	9	10	11	12	4	5	6	7	8	9	10	8	9	10	11	12	13	14	6	7	8	9	10	11	12
13	14	15	16	17	18	19	11	12	13	14	15	16	17	15	16	17	18	19	20	21	13	14	15	16	17	18	19
20	21	22	23	24	25	26	18	19	20	21	22	23	24	22	23	24	25	26	27	28	20	21	22	23	24	25	26
27	28	29	30				25	26	27	28	29	30	31	29	30						27	28	29	30	31		

# TRIO AND YOU



For more on TRIO,  
watch this  
quick video.

Since 1964, TRIO programs have made it possible for more students to attend, succeed in, and graduate from college. Funded by the federal government, TRIO programs provide support, services, and resources to nearly one million students nationwide—students like you!

## What can TRIO do for you?

### ▶ Academic support

TRIO can offer academic assistance and support, as well as help you develop the study skills you need to succeed in school.

### ▶ Career counseling

From exploring your career options to choosing a college major, TRIO programs offer you personalized guidance every step of the way.

### ▶ College planning

TRIO programs can help you prepare for college entrance exams, fill out college applications, apply for financial aid, and more.

### ▶ Life skills and personal growth

TRIO can help you achieve your goals, improve your financial literacy, and much more.

## Why is college important?

Here are just a few reasons why a college education is important.

### ▶ More career opportunities

A college education can open doors and prepare you for careers that are personally satisfying and financially rewarding. With a college degree, the sky is the limit!

### ▶ Greater income

Statistics show that two-year college graduates earn over \$10,000 more per year than high school graduates—and four-year college graduates earn almost twice as much!

### ▶ Opportunities to develop and grow

Going to college gives you the opportunity to study a variety of subjects, expand your skills and knowledge, and become more independent. Most importantly, college gives you the opportunity to become the person you aspire to be.

# GET ORGANIZED

Being organized makes your day run more smoothly and saves you time. Being organized will not only make you a better student, it will help you succeed in your career and in life.

## Use a planner

The best way to stay organized is to use a planner every day. Take this TRIO planner to each class and use it to record the following:

- ▶ daily assignments
- ▶ tests and quizzes
- ▶ large assignments
- ▶ important dates
- ▶ social activities
- ▶ appointments
- ▶ to-do lists

Monday, September 16
✓ Work on English essay - Due Fri.
✓ Algebra problems p. 25 - Due Wed.
★ History - Quiz on Chapter 3
✓ Biology review questions - Due Wed.
✓ Spanish - vocabulary quiz Wed.
Dentist appt. 4:00
Jalen's birthday

## Stay organized

### Create to-do lists.

If you have a lot to do, create a to-do list. Prioritize the items, putting the most important things at the top of the list. Focus on one task at a time, and cross things off as they get done.

### Keep phone numbers.

Have a phone number for at least two students in each class. If you have a question or miss a class, you'll have someone to contact.

### Organize your papers.

Your notes and class handouts are your most valuable resource when studying for tests. It is therefore very important that you have a system for keeping these organized.

### Use a monthly calendar.

Use the monthly calendars in this planner to write in major events, project deadlines, vacations, and other important dates. You will then be able to see what's happening each month at a glance.

# SET GOALS

Goals help you determine where you want to go and what you want to accomplish. They give you focus, direction, and purpose. While goals can be short-term (get a B on your history test) or long-term (graduate with a 3.0 GPA), every goal should be SMART: Specific, Measurable, Achievable, Relevant, and Time-bound.

## Set Goals that are SMART

**Specific** – Specific goals are well-defined and clear-cut.

**Measurable** – Measurable goals make it easier to know how successful you are.

**Achievable** – Achievable goals are goals you can realistically accomplish.

**Relevant** – Setting relevant goals ensures you're working toward goals that are worthwhile.

**Time-bound** – Time-bound goals have a date when they are to be accomplished.

*Set some academic and non-academic goals for first semester. At the end of the semester, set some new goals for the second semester. Regularly check back here to remind yourself of your goals.*

## First Semester Goals

Academic goals:

Non-academic goals:

## Second Semester Goals

Academic goals:

Non-academic goals:

# AUGUST 2024

"Learning never exhausts the mind." Leonardo da Vinci

Monthly Goals \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## Notes / To Do

Monday, July 29

Wednesday, July 31

Friday, August 2

## Write & Reflect

What is a career you would love to have someday?

Tuesday, July 30

Thursday, August 1

Sat/Sun, August 3-4

# AUGUST

Goals \_\_\_\_\_

August

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

September

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Notes / To Do

Raise Your Grades

Get organized for the new school year. Use folders or binders to organize handouts and notes. Have a home file for anything you want to keep, and throw out what you don't need.

Monday, August 5

Tuesday, August 6

Wednesday, August 7

Thursday, August 8

Friday, August 9

Sat/Sun, August 10-11

Monday, August 12

Wednesday, August 14

Friday, August 16

Tuesday, August 13

Thursday, August 15

Sat/Sun, August 17-18

# AUGUST

August

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

September

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Goals \_\_\_\_\_

\_\_\_\_\_

Monday, August 19

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Tuesday, August 20

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Wednesday, August 21

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Thursday, August 22

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Friday, August 23

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Sat/Sun, August 24-25

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# SEPTEMBER 2024

"I am not afraid of storms, for I am learning how to sail my ship." Louisa May Alcott

Monthly Goals \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

# AUG. - SEPT.

Goals \_\_\_\_\_

<b>August</b>	S	M	T	W	T	F	S	<b>September</b>	S	M	T	W	T	F	S
					1	2	3		1	2	3	4	5	6	7
	4	5	6	7	8	9	10		8	9	10	11	12	13	14
	11	12	13	14	15	16	17		15	16	17	18	19	20	21
	18	19	20	21	22	23	24		22	23	24	25	26	27	28
	25	26	27	28	29	30	31		29	30					

Monday, August 26

Lined writing area for Monday, August 26.

Tuesday, August 27

Lined writing area for Tuesday, August 27.

Wednesday, August 28

Lined writing area for Wednesday, August 28.

Thursday, August 29

Lined writing area for Thursday, August 29.

Friday, August 30

Lined writing area for Friday, August 30.

Sat/Sun, August 31 - September 1

Lined writing area for Saturday and Sunday, August 31 - September 1.

**Notes / To Do**

**TRIO Trivia**  
Upward Bound was the first of the three original TRIO programs. It was established in 1964, followed by Talent Search in 1965 and Student Support Services in 1968.

Monday, September 2

Lined writing area for Monday, September 2. Includes "Labor Day" text.

Tuesday, September 3

Lined writing area for Tuesday, September 3.

Wednesday, September 4

Lined writing area for Wednesday, September 4.

Thursday, September 5

Lined writing area for Thursday, September 5.

Friday, September 6

Lined writing area for Friday, September 6.

Sat/Sun, September 7-8

Lined writing area for Saturday and Sunday, September 7-8.



# SEPTEMBER

Goals \_\_\_\_\_

September

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

October

S	M	T	W	T	F	S
	1	2	3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Notes / To Do

Write & Reflect

What do you like the most about about being a TRIO student?

Monday, September 9

Tuesday, September 10

Monday, September 16

Tuesday, September 17

Wednesday, September 11

Thursday, September 12

Wednesday, September 18

Thursday, September 19

Friday, September 13

Sat/Sun, September 14-15

Friday, September 20

Sat/Sun, September 21-22

# SEPTEMBER

September

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

October

S	M	T	W	T	F	S
	1	2	3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Goals \_\_\_\_\_

Monday, September 23
Wednesday, September 25
Friday, September 27

Tuesday, September 24
Thursday, September 26
Sat/Sun, September 28-29

# OCTOBER 2024

"Nothing will work unless you do." Maya Angelou

Monthly Goals \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

# SEPT. - OCT.

Goals \_\_\_\_\_

October

S	M	T	W	T	F	S
	1	2	3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

November

S	M	T	W	T	F	S
				1	2	
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Notes / To Do

Raise Your Grades

SURVEY, READ, and REVIEW your reading assignments to retain as much information as possible.

>>> Want more reading tips? Check out this short video!



Monday, September 30

Tuesday, October 1

>>> The FAFSA opens October 1st



Wednesday, October 2

Thursday, October 3

Friday, October 4

Sat/Sun, October 5-6

Monday, October 7

Wednesday, October 9

Friday, October 11

Tuesday, October 8

Thursday, October 10

Sat/Sun, October 12-13

# OCTOBER

Goals \_\_\_\_\_

October

S	M	T	W	T	F	S
	1	2	3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

November

S	M	T	W	T	F	S
				1	2	
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Notes / To Do

TRIO Trivia

In 2021-2022, there were almost 3,000 TRIO project sites across all TRIO programs.

Monday, October 14

Columbus Day/Indigenous Peoples' Day

Tuesday, October 15

Wednesday, October 16

Thursday, October 17

Friday, October 18

Sat/Sun, October 19-20

Monday, October 21

Wednesday, October 23

Friday, October 25

Tuesday, October 22

Thursday, October 24

Sat/Sun, October 26-27

# NOVEMBER 2024

"Don't give up. Whatever comes up against you, cross over those hurdles." John Quiñones

Monthly Goals \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

**Notes / To Do**

**Write & Reflect**

Think of someone who has affected your life in a positive way. How did they impact you?

Monday, October 28

Tuesday, October 29

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Wednesday, October 30

Thursday, October 31

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Friday, November 1

Sat/Sun, November 2-3

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# NOVEMBER

Goals \_\_\_\_\_

November

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

December

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Notes / To Do

Raise Your Grades

When you participate in class, you learn more and the time goes by a lot faster.



Check out this video for more class success tips!



Monday, November 4

Tuesday, November 5

Wednesday, November 6

Thursday, November 7

Friday, November 8

>>> First-Generation College Celebration Day

Sat/Sun, November 9-10

Monday, November 11

Veterans Day

Wednesday, November 13

Friday, November 15

Tuesday, November 12

Thursday, November 14

Sat/Sun, November 16-17

# NOVEMBER

Goals \_\_\_\_\_

November

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

December

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

# DECEMBER 2024

Monthly Goals \_\_\_\_\_

---



---



---



---

"Start where you are. Use what you have. Do what you can."  
Arthur Ashe

Monday, November 18

Tuesday, November 19

Wednesday, November 20

Thursday, November 21

Friday, November 22

Sat/Sun, November 23-24

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

# NOV. - DEC.

Goals \_\_\_\_\_

<b>November</b>	S	M	T	W	T	F	S
						1	2
	3	4	5	6	7	8	9
	10	11	12	13	14	15	16
	17	18	19	20	21	22	23
	24	25	26	27	28	29	30
<b>December</b>	S	M	T	W	T	F	S
	1	2	3	4	5	6	7
	8	9	10	11	12	13	14
	15	16	17	18	19	20	21
	22	23	24	25	26	27	28
	29	30	31				

Monday, November 25

Lined writing area for Monday, November 25.

Wednesday, November 27

Lined writing area for Wednesday, November 27.

Friday, November 29

Lined writing area for Friday, November 29.

Tuesday, November 26

Lined writing area for Tuesday, November 26.

Thursday, November 28

Thanksgiving  
Lined writing area for Thursday, November 28.

Sat/Sun, November 30 - December 1

Lined writing area for Saturday and Sunday, November 30 - December 1.

**Notes / To Do**

Monday, December 2

Lined writing area for Monday, December 2.

Wednesday, December 4

Lined writing area for Wednesday, December 4.

Friday, December 6

Lined writing area for Friday, December 6.

**TRIO Trivia**  
More than 1,000 colleges, universities, community colleges, and agencies now offer TRIO Programs in America, the Caribbean, and the Pacific Islands.

Tuesday, December 3

Lined writing area for Tuesday, December 3.

Thursday, December 5

Lined writing area for Thursday, December 5.

Sat/Sun, December 7-8

Lined writing area for Saturday and Sunday, December 7-8.



# DECEMBER

Goals \_\_\_\_\_

December

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

January

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Notes / To Do

Write & Reflect

What is a new skill you would like to master, or a topic you would like to learn more about?

Monday, December 9

Tuesday, December 10

Monday, December 16

Tuesday, December 17

Wednesday, December 11

Thursday, December 12

Wednesday, December 18

Thursday, December 19

Friday, December 13

Sat/Sun, December 14-15

Friday, December 20

Sat/Sun, December 21-22

# DECEMBER

Goals \_\_\_\_\_

December

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

January

S	M	T	W	T	F	S
	1	2	3	4		
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Monday, December 23

Tuesday, December 24

Wednesday, December 25

Christmas Day

Thursday, December 26

Friday, December 27

Sat/Sun, December 28-29

# JANUARY 2025

"Work hard in silence. Let your success be your noise."  
Anonymous

Monthly Goals \_\_\_\_\_

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

# DEC. - JAN.

Goals \_\_\_\_\_

## December

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

## January

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

## Notes / To Do

## Raise Your Grades

Did you know that your counselor can help you with almost any problem or question? Never be afraid to ask for help.



Watch this video to find out when to see your counselor.



### Monday, December 30

Lined writing area for Monday, December 30.

### Tuesday, December 31

Lined writing area for Tuesday, December 31.

### Wednesday, January 1

Lined writing area for Wednesday, January 1.

New Year's Day

### Thursday, January 2

Lined writing area for Thursday, January 2.

### Friday, January 3

Lined writing area for Friday, January 3.

### Sat/Sun, January 4-5

Lined writing area for Saturday and Sunday, January 4-5.

### Monday, January 6

Lined writing area for Monday, January 6.

### Wednesday, January 8

Lined writing area for Wednesday, January 8.

### Friday, January 10

Lined writing area for Friday, January 10.

### Tuesday, January 7

Lined writing area for Tuesday, January 7.

### Thursday, January 9

Lined writing area for Thursday, January 9.

### Sat/Sun, January 11-12

Lined writing area for Saturday and Sunday, January 11-12.

# JANUARY

Goals \_\_\_\_\_

January

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

February

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

Notes / To Do

TRIO Trivia

The McNair Scholars TRIO Program helps assist and prepare current college students to pursue a doctoral degree.

Monday, January 13

Tuesday, January 14

Wednesday, January 15

Thursday, January 16

Friday, January 17

Sat/Sun, January 18-19

Monday, January 20

Martin Luther King, Jr. Day

Wednesday, January 22

Friday, January 24

Tuesday, January 21

Thursday, January 23

Sat/Sun, January 25-26

# FEBRUARY 2025

"What do you want your life to be? What do you want your testimony to be? Go for it!"  
Viola Davis

Monthly Goals \_\_\_\_\_

---



---



---



---

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

**Notes / To Do**

Monday, January 27

Wednesday, January 29

Friday, January 31

**Write & Reflect**

What is one personal goal and one academic goal you have for the new year?

Tuesday, January 28

Thursday, January 30

Sat/Sun, February 1-2

# FEBRUARY

Goals \_\_\_\_\_

**February**

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

**March**


S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

**Notes / To Do**

**Raise Your Grades**

It's normal to struggle in some subjects. Having a growth mindset can help you improve your confidence and your grades.

Check out this short video for more on growth mindset.



Monday, February 3

Tuesday, February 4

Wednesday, February 5

Thursday, February 6

Friday, February 7

Sat/Sun, February 8-9

Monday, February 10

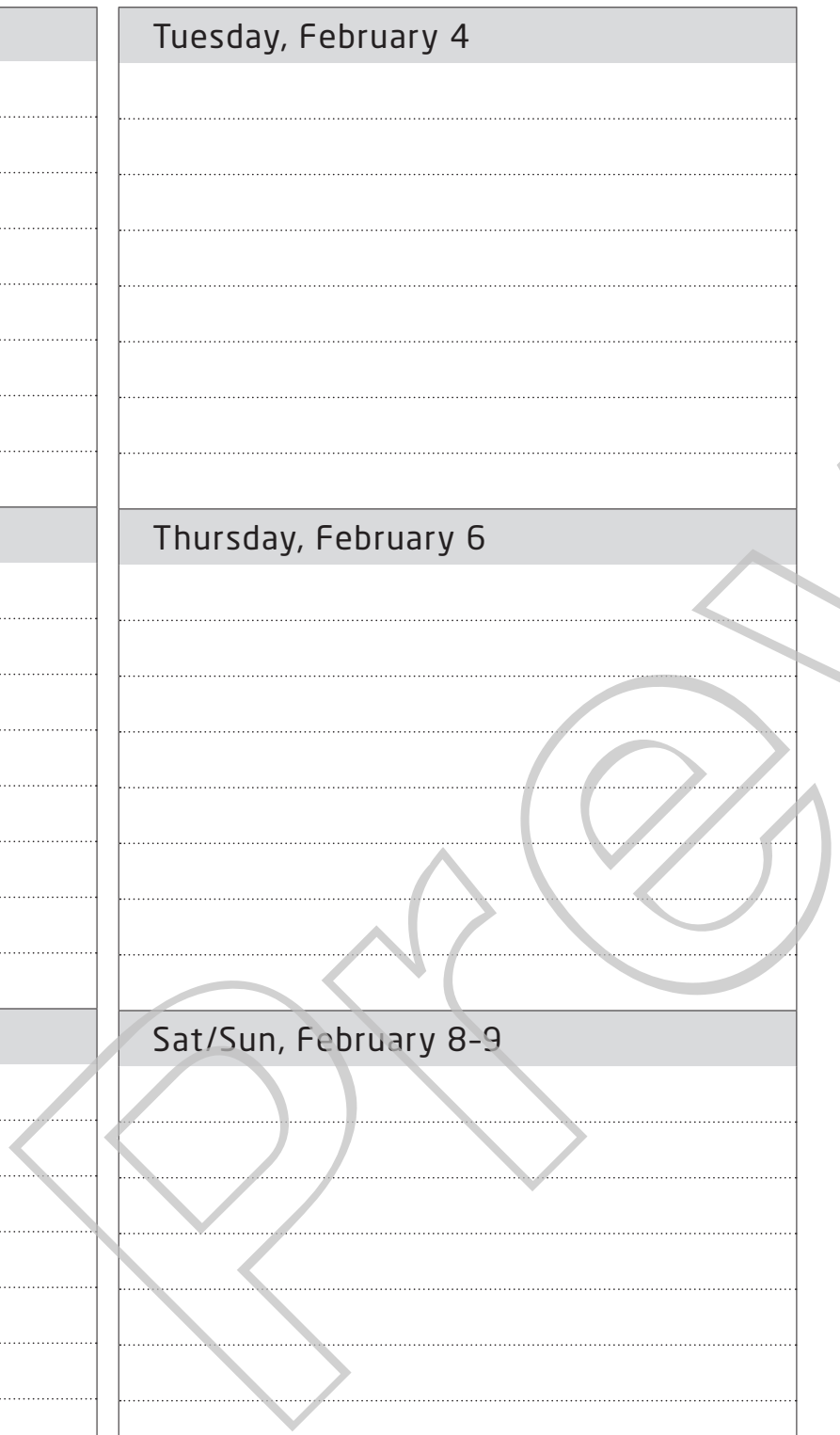
Wednesday, February 12

Friday, February 14

Tuesday, February 11

Thursday, February 13

Sat/Sun, February 15-16



# FEBRUARY

February

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

March

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Goals \_\_\_\_\_

Monday, February 17

Presidents' Day

Tuesday, February 18

Wednesday, February 19

Thursday, February 20

Friday, February 21

Sat/Sun, February 22-23

>>> National TRIO Day (Saturday)

# MARCH 2025

"True courage comes in enduring...persevering, the preparation and believing in oneself." Dr. Ronald E. McNair

Monthly Goals \_\_\_\_\_

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

# FEB. - MAR.

Goals \_\_\_\_\_

February

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

March

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Notes / To Do

TRIO Trivia

TRIO is not an acronym. The word "trio" means "three," and the name TRIO was chosen to represent the original three programs.

Monday, February 24

Tuesday, February 25

Wednesday, February 26

Thursday, February 27

Friday, February 28

Sat/Sun, March 1-2

Monday, March 3

Wednesday, March 5

Friday, March 7

Tuesday, March 4

Thursday, March 6

Sat/Sun, March 8-9



# MARCH

March

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

April

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Goals \_\_\_\_\_

Notes / To Do

Write & Reflect

How do you feel about going to college?

Monday, March 10

Tuesday, March 11

Monday, March 17

Tuesday, March 18

Wednesday, March 12

Thursday, March 13

Wednesday, March 19

Thursday, March 20

Friday, March 14

Sat/Sun, March 15-16

Friday, March 21

Sat/Sun, March 22-23



# MAR. - APR.

Goals \_\_\_\_\_

March

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					


April

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Notes / To Do

Raise Your Grades

Setting academic goals can help you maintain and improve your grades, and keep you on the path to success.

 For more on SMART goals, check out this short video!



Monday, March 31

Tuesday, April 1

Wednesday, April 2

Thursday, April 3

Friday, April 4

Sat/Sun, April 5-6

Monday, April 7

Wednesday, April 9

Friday, April 11

Tuesday, April 8

Thursday, April 10

Sat/Sun, April 12-13

# APRIL

Goals \_\_\_\_\_

April

S	M	T	W	T	F	S
	1	2	3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

May

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Notes / To Do

TRIO Trivia

Some famous TRIO alumni include Viola Davis, Patrick Ewing, Angela Bassett, Oprah Winfrey, A.C. Green, and Troy Polamalu.

Monday, April 14

Tuesday, April 15

Wednesday, April 16

Thursday, April 17

Friday, April 18

Sat/Sun, April 19-20

Monday, April 21

Wednesday, April 23

Friday, April 25

Tuesday, April 22

Thursday, April 24

Sat/Sun, April 26-27

# MAY 2025

"You must be the change you wish to see in the world."  
Mahatma Gandhi

Monthly Goals \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## Notes / To Do

Monday, April 28

Wednesday, April 30

Friday, May 2

## Write & Reflect

What was your proudest accomplishment this school year?

Tuesday, April 29

Thursday, May 1

Sat/Sun, May 3-4

# MAY

Goals \_\_\_\_\_

May

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

June

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Notes/To Do

Raise Your Grades

The end of the year can be overwhelming. Use your planner to keep track of everything, start studying early for tests and exams, and most importantly—take time to relax!

Monday, May 5

Tuesday, May 6

Monday, May 12

Tuesday, May 13

Wednesday, May 7

Thursday, May 8

Wednesday, May 14

Thursday, May 15

Friday, May 9

Sat/Sun, May 10-11

Friday, May 16

Sat/Sun, May 17-18

# MAY

May

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

June

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Goals \_\_\_\_\_

---



---



---

Monday, May 19

Tuesday, May 20

---



---



---



---



---



---



---



---



---



---



---



---



---



---



---



---

Wednesday, May 21

Thursday, May 22

---



---



---



---



---



---



---



---



---



---



---



---



---



---



---



---

Friday, May 23

Sat/Sun, May 24-25

---



---



---



---



---



---



---



---



---



---



---



---



---



---



---



---

# JUNE 2025

"Never give up, for that is just the place and time that the tide will turn."  
Harriet Beecher Stowe

Monthly Goals \_\_\_\_\_

---



---



---



---



---

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

# MAY - JUNE

Goals \_\_\_\_\_

May

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

June

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Notes / To Do

TRIO Trivia

Approximately 80% of Upward Bound and Talent Search participants go on to attend either a 2-year or 4-year college.

Monday, May 26

Memorial Day

Tuesday, May 27

Wednesday, May 28

Thursday, May 29

Friday, May 30

Sat/Sun, May 31 - June 1

Monday, June 2

Wednesday, June 4

Friday, June 6

Tuesday, June 3

Thursday, June 5

Sat/Sun, June 7-8



# JUNE

Goals \_\_\_\_\_

June

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

July

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Notes / To Do

Write & Reflect

What are some goals you have for the next school year?

Monday, June 9

Tuesday, June 10

Monday, June 16

Tuesday, June 17

Wednesday, June 11

Thursday, June 12

Wednesday, June 18

Thursday, June 19

Juneteenth

Friday, June 13

Sat/Sun, June 14-15

Friday, June 20

Sat/Sun, June 21-22



# JUNE - JULY

Goals \_\_\_\_\_

June

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

July

S	M	T	W	T	F	S
	1	2	3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Notes / To Do

Raise Your Grades

What is your favorite book genre? Choose three books from that genre that you have not read and set a goal to read them this summer.

Monday, June 30

Tuesday, July 1

Monday, July 7

Tuesday, July 8

Wednesday, July 2

Thursday, July 3

Wednesday, July 9

Thursday, July 10

Friday, July 4

Sat/Sun, July 5-6

Friday, July 11

Sat/Sun, July 12-13

Independence Day

# JULY

Goals \_\_\_\_\_

July

S	M	T	W	T	F	S
	1	2	3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

August

S	M	T	W	T	F	S
						1 2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Notes / To Do

TRIO Trivia

Hector Balderas, Jr., a lawyer and TRIO alum, was the youngest person ever elected to state government. He eventually went on to serve as New Mexico's attorney general.

Monday, July 14

Tuesday, July 15

Wednesday, July 16

Thursday, July 17

Friday, July 18

Sat/Sun, July 19-20

Monday, July 21

Wednesday, July 23

Friday, July 25

Tuesday, July 22

Thursday, July 24

Sat/Sun, July 26-27



# PREPARE FOR COLLEGE

A college education will open doors and provide you with a wide range of career choices and opportunities. Going to college, however, takes planning and preparation. Your TRIO program is here to help you.

## Preparing for college – year by year

### 9th Grade

- ▶ Work hard to get good grades. Your freshman grades will be on your permanent high school record and used to calculate your GPA.
- ▶ Get involved in at least one or two school activities.

### 10th Grade

- ▶ Take college prep courses and do your best in all of your classes.
- ▶ Increase your involvement in activities and develop your talents and skills.

### 11th Grade

- ▶ Start checking out your college options.
- ▶ Take the PSAT/NMSQT in October.
- ▶ Take the ACT and/or SAT in the spring.
- ▶ Meet with your counselor to review your academic record and discuss your college plans.
- ▶ Make college visits in the spring and summer.

### 12th Grade

- ▶ Take the ACT or SAT in the fall, if necessary.
- ▶ Complete college applications.
- ▶ If you need help paying for college, complete the Free Application for Federal Student Aid (FAFSA). The application opens October 1st for the following school year. For information, visit [fafsa.gov](http://fafsa.gov).

## Take college prep classes in high school

Most 4-year colleges recommend that students take the following courses:

- ▶ 4 years of English
- ▶ 3–4 years of math
- ▶ 3 years of science
- ▶ 2–3 years of a world language
- ▶ 3 years of social studies
- ▶ 1 year of fine or performing arts

# TOP 10 SUCCESS TIPS

These 10 tips will help you have an awesome school year!

- 1. Be in school every day.** Attendance is the #1 school success factor. Be in school on time, every day.
- 2. Be engaged in your classes.** When you're in class, ask and answer questions and participate in discussions. You'll learn more, get better grades, and the time will pass more quickly.
- 3. Be organized.** Use a planner every day to record assignments, tests, and anything else you need to remember. Have a specific place for each of your papers (class notes, handouts, homework) and keep your backpack, locker, and study area neat, clean, and organized.
- 4. Manage your time well.** Look for chunks of time during the day that are wasted, use any extra time in school to start on your homework, and limit time-wasters such as social media, TV, and video games.
- 5. Do all of your homework.** When you've done your homework, you get more out of your classes, do better on tests, and get better grades.
- 6. Set goals.** Goals give you direction, focus, and purpose. Regularly set academic and personal goals to work toward.
- 7. Get involved in school activities.** Studies show that students who are involved in school activities tend to do better academically. Being involved in activities is also a great way to make friends, learn new skills, and have fun.
- 8. Make smart choices.** Think about your goals and values, and decide what activities you will and won't get involved in. Say no to tobacco, drugs, and alcohol, and never post anything mean, offensive, or embarrassing on social media.
- 9. Get help when you need it.** Everyone needs help from time to time. If you are having a problem in a particular class, talk to the teacher. If you're having problems in several classes, or if there's a problem that's making it difficult for you to succeed in school, talk to your TRIO advisor or see your counselor.
- 10. Plan and prepare for your future.** Think about your interests, abilities, and values, and consider which careers and college majors might be a good fit for you.

# STAY MOTIVATED

We all get stuck sometimes. After all, school can be tough—and maintaining the focus and effort necessary to succeed can be difficult. Here are some things you can do to help you keep going when you're feeling stressed out, discouraged, or overwhelmed.

## **Surround yourself with positive people.**

We come across all kinds of people in life. Some are positive influences and some are not. Avoid people who are negative or critical. Instead, choose to be around people who support and encourage you. These are the people who will help you achieve your goals and realize your dreams.

## **Practice positive self-talk.**

We all have an inner voice, and when things aren't going well, that voice can be negative and critical. You can help yourself stay positive just by changing your self-talk. For example, replace *"I'm terrible at math"* with *"I'm smart—I can do this."*

## **Focus on your strengths.**

While it's good to work on your shortcomings and weaknesses, your strengths are where your future lies. Pursue your interests, and look for ways to develop your talents and strengths.

## **Learn to accept negative feedback.**

Whether it's a bad grade on a paper or a low test score, it can be tough to accept that others think your work is less than stellar. Remember that all feedback (even when it's discouraging) is an opportunity to grow.

## **Use motivating "self-notes."**

Write motivating words, ideas, and/or quotes on sticky notes. Put these notes anywhere you're likely to see them.

## **Figure out what motivates you.**

Turn what competes with your schoolwork into a motivator. For example, get a paper done early so you can hang out with friends, or reward yourself with video game time once your homework is done.

Preview

"Everything you can imagine is real." Pablo Picasso