

	2024-2025																										
	Αl	JG	US	Т 2	024	4	SEPTEMBER 2024				24	С)C1	101	3EI	R 2	202	4	NOVEMBER 2024				24				
S	М	т	W	т	F	S	S	Μ	т	w	т	F	S	S	М	т	W	т	F	s	S	Μ	т	W	т	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				Ν		27	28	29	30	31			24	25	26	27	28	29	30
DECEMBER 2024 JANUARY 2025 FEBRUARY 2025 MARC																											
D	EC	EM	BE	R	20	24	l		IUA	٩R	Y 2	202	5	F	EB	RU	AR	Y	202	25		MA	٩R	СН	20	25	
S	Μ	Т	W	Т	F	S	S	Μ	T	W	Т	F	S	- 8	Μ	Т	W	Т	F	S	S	М	Т	w	Т	F	S
		•							•							•			•	•	Ŭ	IVI		••	•	•	Ŭ
1	2	3	4	5	6	7		$\mathbf{\tilde{\mathbf{b}}}$		1	2	3	4			•				1	U	141			•		1
1 8	-	Ũ	•	5 12	-	7 14		6	7	1 8	Λ	3 10	•	2	3	4	5	6	7	1 8	2		4	5	6	7	1 8
1 8 15	9	10	11	-	13		5	6 13			9	10	11		3	•	Ũ	6 13	7 14	8	2	3	·	5 12	6 13	7	1 8
	9 16	10 17	11 18	12	13 20	21	5 12	7	14	15	9 16	10 17	11 18	9	3 10	11	12	-		8 15	2 9	3 10	11		6 13 20	7 14	1 8 15
22	9 16	10 17 24	11 18	12 19	13 20	21	5 12 19	13 20	14 21	15 22	9 16 23	10 17 24	11 18	9 16	3 10 17	11 18	12 19	13	21	8 15	2 9 16	3 10 17	11 18	19		7 14 21	1 8 15 22
22	9 16 23	10 17 24	11 18	12 19	13 20	21	5 12 19	13 20	14 21	15 22	9 16 23	10 17 24	11 18 25	9 16	3 10 17	11 18	12 19	13 20	21	8 15	2 9 16	3 10 17 24	11 18	19	20	7 14 21	1 8 15 22
22	9 16 23 30	10 17 24 31	11 18 25	12 19 26	13 20 27	21	5 12 19	13 20 27	14 21 28	15 22 29	9 16 23 30	10 17 24 31	11 18 25	9 16	3 10 17 24	11 18 25	12 19 26	13 20 27	21 28	8 15	2 9 16 23	3 10 17 24 31	11 18 25	19 26	20 27	7 14 21 28	1 8 15 22
22	9 16 23 30	10 17 24 31	11 18 25	12 19	13 20 27	21	5 12 19	13 20 27	14 21	15 22 29	9 16 23 30	10 17 24 31	11 18 25	9 16	3 10 17 24	11 18 25	12 19 26	13 20	21 28	8 15	2 9 16 23	3 10 17 24 31	11 18 25	19 26	20	7 14 21 28	1 8 15 22
22	9 16 23 30	10 17 24 31	11 18 25	12 19 26	13 20 27	21	5 12 19	13 20 27	14 21 28	15 22 29	9 16 23 30	10 17 24 31	11 18 25	9 16	3 10 17 24	11 18 25	12 19 26	13 20 27	21 28	8 15	2 9 16 23	3 10 17 24 31	11 18 25	19 26	20 27	7 14 21 28	1 8 15 22
22	9 16 23 30	10 17 24 31 PR	11 18 25	12 19 26	13 20 27 25	21 28	5 12 19 26	13 20 27	14 21 28	15 22 29	9 16 23 30	10 17 24 31 5	11 18 25	9 16 23	3 10 17 24	11 18 25	12 19 26	13 20 27	21 28	8 15 22	2 9 16 23 30	3 10 17 24 31 J	11 18 25	19 26	20 27	7 14 21 28	1 8 15 22 29
22	9 16 23 30	10 17 24 31 PR T	11 18 25 IL W	12 19 26 20 2 T 3	13 20 27 27 25 F	21 28 S 5	5 12 19 26	13 20 27	14 21 28	15 22 29	9 16 23 30 202 T	10 17 24 31 5 F	11 18 25 S	9 16 23 S	3 10 17 24 J M	11 18 25 UN T	12 19 26 E W 4	13 20 27 202 T	21 28 5 F 6	8 15 22 S 7	2 9 16 23 30	3 10 17 24 31 J	11 18 25 UL T	19 26 Y 2 W	20 27 202 T	7 14 21 28 5 F 4	1 8 15 22 29 S

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

Name _____

Phone _____

Inches	
IIICIICS	

TRIO AND YOU

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 college.

Career planning

As you plan for your future, TRIO can provide you with personalized guidance and support every step of the way.

Financial and economic literacy

Your TRIO program can help you improve your economic and financial literacy skills, and plan for your financial future.

Life skills and personal growth

TRIO can help you set and achieve your goals, and get the most out of your college experience.

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.



For more on TRIO, watch this quick video.

MANAGE TASKS & TIME

Keeping track of what you need to do and having good time-management skills will not only make you a better student, it will help you succeed in your career and in life. Here are some tips to help you stay on top of all that you need to do.

Take this planner to every class and record the following:

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

Μ	onday, September 16
~	Work on English essay - Due Fri.
~	Calculus problems p. 25 - Due Wed.
*	Economics - Quiz on Chapter 3
~	Biology review questions - Due Wed.
~	Spanish - Vocabulary quiz Wed.
D	entist appt. 4:00
Ja	alen's birthday

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:

Manage Your Time

Create a daily and weekly to-do list.

Write down the things you need to accomplish and rank them in order of importance. Focus on one task at a time. When that task is completed, cross it off and move on to the next.

Identify chunks of time that are wasted.

If you have time between classes, meet with a professor, run an errand, study, or just relax. The important thing is that you think about how you can best use the time you have.

Control time-wasters.

Social media, TV, and video games can take up a huge amount of time. Schedule small chunks of time for these activities, and stick to your schedule.

Don't overextend yourself.

If you never seem to have enough time, identify activities you can eliminate, shorten, or postpone. Don't sacrifice sleep or exercise to get everything clone.

Schedule 90-minute study sessions.

Have a specific time to start studying, and silence your phone. During your study sessions, don't do anything else. Focus completely on your work.

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
					$\left(\right) \setminus$	\bigcirc
18	19	20	21	22	23	24
			$\langle \langle \cdot \rangle$			
25	26	27	28	29	30	31

Notes / To Do Monday, July 29 Wednesday, July 31 Friday, August 2

What career are you currently working toward? What attracted you to it?

Tuesday, July 30	
Thursday, August 1	
Sat/Sun, August 3-4	
L	



	S	М	т	w	т	F	S	er	S	М	т	w	т	F	S
St					1	2	3	Á	1	2	3	4	5	6	7
	4	5	6	7	8	9	10	E	8	9	10	11	12	13	14
August	11	12	13	14	15	16	17	te	15	16	17	18	19	20	21
A	18	19	20	21	22	23	24	eptem	22	23	24	25	26	27	28
	25	26	27	28	29	30	31	S	29	30					

Notes / To Do

Monday, August 5	Tuesday, August 6	Мо
Wednesday, August 7	Thursday, August 8	We
Friday, August 9	Sat/Sun, August 10-11	Frid
riddy, Adgust 5	Sur Sun, August 10 11	111

Monday, August 12			
\sim		 	
Wednesday, August	14		
· · · · · · · · · · · · · · · · · · ·		 	
/		 	
Friday, August 16			

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 whatever you don't need.

Tuesday, August	13
Thursday, August	: 15
Sat/Sun, August	17-18



	S	М	т	w	т	F	s	mber		s	М	т	w	т
St					1	2	3	þ		1	2	3	4	5
2	4	5	6	7	8	9	10	E		8	9	10	11	12
August	11	12	13	14	15	16	17	eptei		15	16	17	18	19
Ā	18	19	20	21	22	23	24	Р	:	22	23	24	25	26
	25	26	27	28	29	30	31	Ň	:	29	30			

F S

6 7

13 14

20 21 27 28

SEPTEMBER 2024

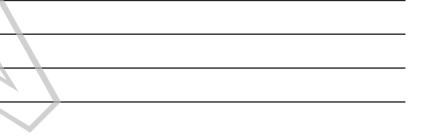
Monthly Goals ____

Monday, August 19	Tuesday, August 20				
		Sunday M	onday	Tuesday	Wed
			2	3	
Wednesday, August 21	Thursday, August 22	8	9	10	
		15	16	17	
Friday, August 23	Sat/Sun, August 24-25	22	23	24	
		29	30		

Goals _____



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



ednesday	Thursday	Friday	Saturday
4	5	6	7
11	12	13	14
18	19	20	21
25	26	27	28

AUG. - SEPT.

Goals _____

	S	М	т	w	т	F	S	е	S	М	т	w	т	F	S
st					1	2	3	Ą	1	2	3	4	5	6	7
E	4	5	6	7	8	9	10	E	8	9	10	11	12	13	14
August	11	12	13	14	15	16	17	ţ	15	16	17	18	19	20	21
A	18	19	20	21	22	23	24	eptemb	22	23	24	25	26	27	28
	25	26	27	28	29	30	31	Ň	29	30					

Notes / To Do

Monday, August 26	Tuesday, August 27		Monday, September 2
			Labor Day
		\bigcirc	
Wednesday, August 28	Thursday, August 29		Wednesday, September 4
Friday, August 30	Sat/Sun, August 31 - September 1		Friday, September 6

(ru)

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.

Tuesday, September 3
Thursday, September 5
Sat/Sun, September 7-8

SEPTEMBER

Goals _____

ц а	S	м	т	w	т	F	S		S	м	т	w	т	F	s
Ā	1	2	3	4	5	6	7	a a			1	2	3	4	5
Ε	8	9	10	11	12	13	14	P	6	7	8	9	10	11	12
September	15	16	17	18	19	20	21	October	13	14	15	16	17	18	19
P D	22	23	24	25	26	27	28	ŏ	20	21	22	23	24	25	26
Ň	29	30							27	28	29	30	31		

Notes / To Do

Monday, September 9	Tuesday, September 10		Monday, September 16
		\diamond	
		$\langle \rangle$	
Wednesday, September 11	Thursday, September 12		Wednesday, September 18
		$\langle \rangle$	
		\checkmark	
Friday, September 13	Sat/Sun, September 14-15		Friday, September 20
			1

What is most challenging about being a college student? What is most rewarding?

T	luesday,	Septer	nber 1	7	
-	Thursday	. Sente	mher ´	19	
	marsaa	y, Jepie	mber .		
		C .		1	
-	Sat/Sun,	Septem	iber 2.	1-22	

SEPTEMBER

Goals _____

Ъ	5	5	М	т	w	т	F	S		s	М	т	w	т	F	S
Ā			2	3	4	5	6	7	Ъ			1	2	3	4	5
Ε	8	3	9	10	11	12	13	14	<u>À</u>	6	7	8	9	10	11	12
September	1	5	16	17	18	19	20	21	Octob	13	14	15	16	17	18	19
d d	2	2	23	24	25	26	27	28	ŏ	20	21	22	23	24	25	26
Š	2	9	30							27	28	29	30	31		

OCTOBER 2024

Monthly Goals _____

Monday, September 23 Tuesday, September 24 Tuesday Monday Sunday 🖉 1 Thursday, September 26 Wednesday, September 25 6 7 8 13 15 14 Friday, September 27 Sat/Sun, September 28-29 20 21 22 27 28 29



"Nothing will work unless you do." Maya Angelou

<u> </u>	<u> </u>		

Wednesday	Thursday	Friday	Saturday
2	3	4	5
9	10	11	12
16	17	18	19
23	24	25	26
30	31		

SEPT. - OCT.

Goals _____

	S	М	т	w	т	F	s	Ľ	S	;	м	т	w	т	F	S
Ъ			1	2	3	4	5	mbel							1	2
October	6	7	8	9	10	11	12	Ε	3		4	5	6	7	8	9
H	13	14	15	16	17	18	19	Nove	1	о [,]	11	12	13	14	15	16
ŏ	20	21	22	23	24	25	26	0	1	7 1	18	19	20	21	22	23
	27	28	29	30	31			2	2	4 2	25	26	27	28	29	30

Notes / To Do

Monday, September 30	Tuesday, October 1	Monday, October 7
	>>> The FAFSA opens October 1st	
Wednesday, October 2	Thursday, October 3	Wednesday, October 9
Friday, October 4	Sat/Sun, October 5-6	Friday, October 11

Ū
Ð
D
5
1
2
2
U
<u>.</u>
Ū
2

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



Want more reading tips? Check out this short video!



Tuesday, October	8
Thursday, Ostaba	- 10
Thursday, October	10
Sat/Sun, October	12-13

OCTOBER

_	S	М		W 2)er	S	м
Uctober	13 20	14 21	8 15 22	9 16 23 30	10 17 24	11 18	12 19	November	10 17	4 11 18 25

TWTFS 1 2 5 6 7 8 9 12 13 14 15 16 8 19 20 21 22 23 5 26 27 28 29 30

Notes / To Do

Monday, October 14	Tuesday, October 15		Monday, October 21
Columbus Day/Indigenous Peoples' Day			
		\diamond	
Wednesday, October 16	Thursday, October 17		Wednesday, October
Friday, October 19	Sat/Sup October 10 20		Friday, October 25
Friday, October 18	Sat/Sun, October 19-20		Fludy, October 25

nesday, October 23 y, October 25

Goals _____

TRIO Trivia

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

Tuesday, October 22
Thursday, October 24
Sat/Sun, October 26-27

NOVEMBER 2024

Monthly Goals _____

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

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 Monday, October 28 Wednesday, October 30 Friday, November 1

Who is one person who has affected your life in a positive way? How did they impact you?

Tuesday, October 29
Thursday, October 31
Sat/Sup Navamber 2.2
Sat/Sun, November 2-3

NOVEMBER

Goals _____

<u> </u>	S	М	т	w	т	F	s	<u> </u>	s	М	т	w	т	F	S
November						1	2	mbei	1	2	3	4	5	6	7
Ε	3	4	5	6	7	8	9	Ε	8	9	10	11	12	13	14
٩ ١	10	11	12	13	14	15	16	C B	15	16	17	18	19	20	21
0	17	18	19	20	21	22	23	Ð	22	23	24	25	26	27	28
Z	24	25	26	27	28	29	30	Ω	29	30	31				

Notes / To Do

Monday, November 4	Tuesday, November 5		Monday, November 11
			Veterans Day
			$\langle \rangle$
Wednesday, November 6	Thursday, November 7		Wednesday, November 13
		$ \neg $	
		1	
)	
Friday, November 8	Sat/Sun, November 9-10		Friday, November 15
>>> First-Generation College Celebration Day			

When you participate in class, you learn more and the time goes much faster.



Check out this >>>> video for more class success tips!



Tuesday, November 12
Thursday, November 14
Thursday, November 14
Sat/Sun, November 16-17

NOVEMBER

Goals ____

-	S	м	т	w	т	F	S	<u> </u>	s	М	т	w	т	F	S
be						1	2	be	1	2	3	4	5	6	7
Ε	3	4	5	6	7	8	9	em	8	9	10	11	12	13	14
November	10	11	12	13	14	15	16	D	15	16	17	18	19	20	21
0	17	18	19	20	21	22	23	e e	22	23	24	25	26	27	28
Ζ	24	25	26	27	28	29	30	Ω	29	30	31				

DECEMBER 2024

Monthly Goals ____

Monday, November 18 Tuesday, November 19 Monday Tuesday Wedn Sunday З 1 Wednesday, November 20 Thursday, November 21 8 9 10 15 16 17 Sat/Sun, November 23-24 Friday, November 22 22 23 24 29 30 31



nesday	Thursday	Friday	Saturday
4	5	6	7
11	12	13	14
18	19	20	21
25	26	27	28



1	s	м	т	w	т	F	S	<u> </u>	s	М	т	w	т	F	s
p						1	2	þel	1	2	3	4	5	6	7
Ε	3	4	5	6	7	8	9	Ε	8	9	10	11	12	13	14
November	10	11	12	13	14	15	16	eceml	15	16	17	18	19	20	21
0	17	18	19	20	21	22	23	e B	22	23	24	25	26	27	28
Ζ	24	25	26	27	28	29	30	D	29	30	31				

Notes / To Do

Monday, November 25	Tuesday, November 26		Mc
		\diamond	
Jodnosday, Nayambar 27	Thursday, Nevember 20	$\langle \langle \rangle$	
Wednesday, November 27	Thursday, November 28 Thanksgiving	\square	We
Friday, November 29	Sat/Sun, November 30 - December 1		Fri

onday, December 2 ednesday, December 4 iday, December 6

Goals _____

TRIO Trivia

Students who participate in Student Support Services have a higher college completion rate than non-participants.

Tuesday, December 3
Thursday, December 5
Sat/Sun, December 7-8

DECEMBER

Goals _____

<u> </u>		s	м	т	w	т	F	S		s	М	т	w	т	F	s
December		1	2	3	4	5	6	7	ary				1	2	3	4
Ε		8	9	10	11	12	13	14	la	5	6	7	8	9	10	11
e	1	15	16	17	18	19	20	21	anu	12	13	14	15	16	17	18
e e	2	22	23	24	25	26	27	28	٩	19	20	21	22	23	24	25
Ω	2	29	30	31						26	27	28	29	30	31	

1 2 3 4 8 9 10 11 15 16 17 18 22 23 24 25

Notes / To Do

Monday, December 9	Tuesday, December 10	Monday, December 16
Wednesday, December 11	Thursday, December 12	Wednesday, December
Friday, December 13	Sat/Sun, December 14-15	Friday, December 20

esday, December 18

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

Tuesday, December 17
Thursday, December 19
Sat/Sun, December 21-22

DECEMBER

Goals ____

<u> </u>	S	м	т	w	т	F	s		s	М	т	w	т	F	S
bel	1	2	3	4	5	6	7	ary				1	2	3	4
cemł	8	9	10	11	12	13	14	P	5	6	7	8	9	10	11
B	15	16	17	18	19	20	21	nu	12	13	14	15	16	17	18
Deo	22	23	24	25	26	27	28	ש	19	20	21	22	23	24	25
	29	30	31						26	27	28	29	30	31	

JANUARY 2025

Monthly Goals ____

Monday, December 23 Tuesday, December 24 Tuesday Sunday Monday W 5 7 Wednesday, December 25 Thursday, December 26 6 Christmas Day 12 13 14 Friday, December 27 Sat/Sun, December 28-29 19 20 21 26 27 28



ednesday	Thursday	Friday	Saturday
1	2	3	4
8	9	10	11
15	16	17	18
22	23	24	25
29	30	31	



_	s	м	т	w	т	F	S	>	S	М	т	w	т	F	s	
Z				1	2	3	4								1	
	5	6	7	8	9	10	11	n	2	3	4	5	6	7	8	
Janua	12	13	14	15	16	17	18	February	9	10	11	12	13	14	15	
ש	19	20	21	22	23	24	25	O	16	17	18	19	20	21	22	
	26	27	28	29	30	31			23	24	25	26	27	28		

Notes / To Do

Monday, December 30	Tuesday, December 31	Monday, January 6
Wednesday, January 1	Thursday, January 2	Wednesday, January 8
New Year's Day		
Friday January 2	Sat/Sun, January 4-5	Friday, January 10
Friday, January 3	Sati Sull, January 4-5	Thuay, January 10

Raise Your Grades

You will write a lot of papers in college. Organization is key. Before you begin, prepare an outline of your paper or project. Use it to help you find and organize all of your sources.

Tuesday, January 7
T I I I O
Thursday, January 9
Sat/Sun, January 11-12



	S	м	т	w	т	F	s			s	М	т	w	т	F
Ŋ				1	2	3	4								
ם	5	6	7	8	9	10	11		5	2	3	4	5	6	7
ЪС	12	13	14	15	16	17	18		DI Udi y	9	10	11	12	13	14
January	19	20	21	22	23	24	25	C	IJ	16	17	18	19	20	21
	26	27	28	29	30	31			-	23	24	25	26	27	28
	26	27	28	29	30	31				23	24	25	26	27	28

Notes / To Do

TWTFS

4 5 6 7 8

11 12 13 14 15

18 19 20 21 22

1

		1	
Monday, January 13	Tuesday, January 14		Monday, January 20
			Martin Luther King, Jr. Day
Wednesday, January 15	Thursday, January 16		Wednesday, January 22
Friday, January 17	Sat/Sun, January 18-19		Friday, January 24

January 22 ary 24

Goals _____

TRIO Trivia

The MCNAir Scholars TRIO Program helps assist and prepare current college students to attend graduate school.

Turaday, January 21
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
					\wedge	
				\neg		
16	17	18	19	20	21	22
					$\left \right\rangle$	
23	24	25	26	27	28	
				\searrow		

Notes / To Do Monday, January 27 Wednesday, January 29 Friday, January 31

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 _____

s	М	т	w	т	F	S		S	М	т	w	т	F	s	
						1	_							1	
2	3	4	5	6	7	8	ц.	2	3	4	5	6	7	8	
9	10	11	12	13	14	15	Ъ	9	10	11	12	13	14	15	
							Σ	16	17	18	19	20	21	22	
						22		23	24	25	26	27	28	29	
23	24	25	26	27	28			30	31						
	2 9 16	2 3 9 10 16 17	2 3 4 9 10 11 16 17 18	2 3 4 5 9 10 11 12 16 17 18 19	2 3 4 5 6 9 10 11 12 13 16 17 18 19 20	2 3 4 5 6 7 9 10 11 12 13 14	S M T W T F S 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	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22	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	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 1 2 3 9 10 16 17 23 24	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	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	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	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	1 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, February 3	Tuesday, February 4	Monday, February 10
Wednesday, February 5	Thursday, February 6	Wednesday, February
Friday, February 7	Sat/Sun, February 8-9	Friday, February 14

ednesday, February 12

Raise Your Grades

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

Check out this short video for more on growth mindset.



Tuesday, Febi	uary 11
Thursday, Fet	oruary 13
Sat/Sun, Febr	uary 15-16

FEBRUARY

Goals

V	S	М	т	w	т	F	S		S	М	т	
February	9 16	3 10 17 24	11 18	12 19	13 20	21		March	9 16 23	3 10 17 24 31	11 18	

WTFS

5 6 7 8

12 13 14 15 19 20 21 22

26 27 28 29

1

MARCH 2025

Monthly Goals ____

Monday, February 17 Tuesday, February 18 Presidents' Day Tuesday Monday Sunday 2 3 Wednesday, February 19 Thursday, February 20 9 10 16 17 Friday, February 21 Sat/Sun, February 22-23 >>> National TRIO Day (Saturday) 23 24 30 31



4

11

18

25

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

ednesday	Thursday	Friday	Saturday
			1
5	6	7	8
12	13	14	15
19	20	21	22
26	27	28	29



	s	;	м	т	w	т	F	S		S	М	т	w	т	F	s	
2								1	_							1	
פן	2		3	4	5	6	7	8	ц.	2	3	4	5	6	7	8	
February	0		10	11	12	13	14	15	March	9	10	11	12	13	14	15	
ð	-								Σ	16	17	18	19	20	21	22	
யீ		-			19			22		23	24	25	26	27	28	29	
	23	3	24	25	26	27	28			30	31						

Θ
.0
F
P N
+
0

Monday, February 24	Tuesday, February 25	Monday, March 3
Wednesday, February 26	Thursday, February 27	Wednesday, Marc
Friday, February 28	Sat/Sun, March 1-2	Friday, March 7

ednesday, March 5 iday, March 7

TRIO Trivia

Student Support Services serves approximately 200,000 college students nationwide.

Tuesday, March 4
Thursday, March 6
Sat/Sun, March 8-9



	S	м	т	w	т	F	S		:	S	М	т	w	т
_							1					1	2	3
March	2	3	4	5	6	7	8	April	(6	7	8	9	10
ы	9	10	11	12	13	14	15	đ	1	3	14	15	16	17
Σ	16	17	18	19	20	21	22	A		-			23	
	23	24	25	26	27	28	29		_		- ·			24
	30	31							2	7	28	29	30	

0	
P	
otes	

FS

4 5

Monday, March 10	Tuesday, March 11	Monday, March 17
Wednesday, March 12	Thursday, March 13	Wednesday, March
Friday, March 14	Sat/Sun, March 15-16	Friday, March 21

Wedne	sday, Ma	arch 19	9	
Fridav,	March 2	21		
, ₍ ,				

	_
Tuesday, March 18	
rucsduy, march 10	
	1
Thursday, March 20	
That Sudy, That Cli 20	
	1
Sat/Sun, March 22-23	
	••••
	1

What are your current thoughts about the major you've chosen?

Μ	A	R		

	S	М	т	w	т	F	S		s	М	т	w
_							1				1	2
March	2	3	4	5	6	7	8	April	6	7	8	9
	9	10	11	12	13	14	15	đ	12	1/	15	16
5	16	17	18	19	20	21	22	A				
	23	24	25	26	27	28	29		20	21	22	23
	30	31							27	28	29	30

APRIL 2025

Goals	30 31	Monthl	y Goals _			<u> </u>			
				(\bigcirc				
Monday, March 24	Tuesday, March 25								
			unday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				8	1	2	3	4	5
Wednesday, March 26	Thursday, March 27		6	7	8	9	10	11	12
			13	14	15	16	17	18	19
Friday, March 28	Sat/Sun, March 29-30		20	21	22	23	24	25	26
			27	28	29	30			

TFS

3 4 5

10 11 12

17 18 19

24 25 26



"Memories of our lives, of our works and our deeds will continue in others." Rosa Parks

ednesday	Thursday	Friday	Saturday
2	3	4	5
9	10	11	12
16	17	18	19
23	24	25	26
30			

MAR. - APR.

Goals _____

	S	М	т	w	т	F	S		s	;	М	т	w	т	F	s
Ę	_	_		_		_	1					1	2	3	4	5
υ	2	3	4	5	6	7	8		6		7	8	9	10	11	12
March	9	10	11	12	13	14	15	April	1:	<u>ہ</u>	14	15	16	17	18	19
5	16	i 17	18	19	20	21	22	A		-						
	23	24	25	26	27	28	29		2) 2	21	22	23	24	25	26
	30) 31							2	7 2	28	29	30			

0
ă
.0
F
N
te
0

Monday, March 31	Tuesday, April 1		Monday, April 7
		~	
		$\langle \rangle$	
	-		
Wednesday, April 2	Thursday, April 3		Wednesday, Apr
		\sim	
		$ \neg $	
		1	
Friday, April 4	Sat/Sun, April 5-6		Friday, April 11
	·		

Wednesday,	Adril 9	
	· · · · · · · ·	
Friday, April	11	
·····,		

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!



Tuesday, April 8
Thursday, April 10
Sat/Sun, April 12-13



	S	М	т	w	т	F	s		S	м	т	w	т	F	S
			1	2	3	4	5						1	2	3
April	6	7	8	9	10	11	12	May	4	5	6	7	8	9	10
	13	14	15	16	17	18	19	Σ	11	12	13	14	15	16	17
	20	21	22	23	24	25	26		18	19	20	21	22	23	24
	27	28	29	30					25	26	27	28	29	30	31

0
ă
0
F
P N
Ţ
9

Monday, April 14	Tuesday, April 15
Wednesday, April 16	Thursday, April 17
	Sat/Sun, April 19-20
Friday, April 18	Satisali, April 15-20
	▼ T

Monday, April 21	
$\langle \rangle$	
	1
Wednesday, April 23	
Wednesday, April 25	
Friday, April 25	

TRIO Trivia

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

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

What is your proudest accomplishment this school year?

Tuesday, April 29
Thursday, May 1
Sat/Sun, May 3-4



SMTWTFS SMTWTFS 2 3 1 2 6 3 June May 7 8 9 10 4 5 6 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

0
2
e S
+
9

		-	
Monday, May 5	Tuesday, May 6		Monday, May 12
		\diamond	
Wednesday, May 7	Thursday, May 8		Wednesday, May
Friday, May 9	Sat/Sun, May 10-11		Friday, May 16
			<u>.</u>

nesday, May 14

Raise Your Grades

The end of the year can be overwhelming. Use your planner to keep track of everything, start studying early for finals, and most importantly—take care of your mental health!

Т	uesdag	v. M	lav	13
	ucsuu,	ייצ	ruy	10

Thursday, May 15

Sat/Sun, May 17-18



s	М	т	w	т	F	s			S	М	т	w	т	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						
	4 11 18	4 5 11 12 18 19	4 5 6 11 12 13 18 19 20	4 5 6 7 11 12 13 14 18 19 20 21	1 4 5 6 7 8 11 12 13 14 15 18 19 20 21 22	1 2 4 5 6 7 8 9 11 12 13 14 15 16 18 19 20 21 22 23	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	$\begin{array}{rrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrr$	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 1 1 1 2 2 2 1 2 2	1 2 3 1 2 4 5 6 7 8 9 10 8 9 11 12 13 14 15 16 17 15 16 18 19 20 21 22 23 24 22 23	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 24	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 24 25	1 2 3 1 2 3 4 5 4 5 6 7 8 9 10 11 12 11 12 13 14 15 16 17 15 16 17 18 19 20 21 22 23 24 25 26	1 2 3 1 2 3 4 5 6 4 5 6 7 8 9 10 11 12 13 11 12 13 14 15 16 17 15 16 17 18 19 20 21 22 23 24 25 26 27	1 2 3 1 2 3 4 5 6 7 4 5 6 7 8 9 10 11 12 13 14 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28

JUNE 2025

Monthly Goals ____

Tuesday, May 20 Monday, May 19 Monday Tuesday Wedn Sunday 3 1 Thursday, May 22 Wednesday, May 21 9 10 8 15 16 17 Sat/Sun, May 24-25 Friday, May 23 22 23 24 29 30



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

nesday	Thursday	Friday	Saturday
4	5	6	7
11	12	13	14
18	19	20	21
25	26	27	28

MAY - JUNE

	S	М	т	w	т	F	S		S	М	т	w	т	F	S
					1	2	3		1	2	3	4	5	6	7
N	4	5	6	7	8	9	10	Ð	8	9	10	11	12	13	14
May	11	12	13	14	15	16	17	June	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					

0
0
P S
<u> </u>
0

Monday, May 26	Tuesday, May 27		Monday, June 2
Memorial Day			5.5
		<	
Wednesday, May 28	Thursday, May 29		Wednesday, Jun
		\sim	
		A	
		,	
Friday, May 30	Sat/Sun, May 31 - June 1		Friday, June 6
rinduy, ridy 50			

		Δ	
Modporday	201		
Wednesday, Jur	ie 4		
Friday, June 6			
riddy, jane o			

Goals _____

TRIO Trivia

The McNair Scholars TRIO Program is named after Dr. Ronald E. McNair, the second African-American astronaut to go to space.

Tuesday, June 3

Thursday, June 5

Sat/Sun, June 7-8



SMTWTFS SMTWTFS 4 5 1 2 6 7 2 3 5 4 June 8 9 10 11 12 13 14 15 16 17 18 19 20 21 July 6 7 8 10 11 12 9 13 14 15 16 17 18 19 22 23 24 25 26 27 28 20 21 22 23 24 25 26 29 30 27 28 29 30 31

Notes / To Do

Monday, June 9	Tuesday, June 10		Monday, June 16
		×	
Wednesday, June 11	Thursday, June 12		Wednesday, June
		1	
Friday, June 13	Sat/Sun, June 14-15		Friday, June 20

Inesday, June 18

Write & Reflect

What are some goals you have for the next school year? If you're graduating, what are your plans for the future?

Tuesday, June 17
Thursday, June 19
Juneteenth
Sat/Sun, June 21-22
······



	S	М	т	w	т	F	s		S	М	т	w	т	F	s
	1	2	3	4	5	6	7				1	2	3	4	5
Ð	8	9	10	11	12	13	14	λ	6	7	8	9	10	11	12
June	15	16	17	18	19	20	21	July	13	14	15	16	17	18	19
	22	23	24	25	26	27	28		20	21	22	23	24	25	26
	29	30							27	28	29	30	31		

JULY 2025

Monthly Goals ____

Tuesday, June 24 Monday, June 23 Monday Tuesday Sunday We 1 Thursday, June 26 Wednesday, June 25 6 7 8 13 14 15 Sat/Sun, June 28-29 Friday, June 27 20 21 22 27 28 29



"I've failed over and over again in my life, and that is why I succeed." Michael Jordan

ednesday	Thursday	Friday	Saturday
2	3	4	5
9	10	11	12
16	17	18	19
23	24	25	26
30	31		

JUNE - JULY

Goals _____

	S	М	т	w	т	F	s		S	Μ	т	W	т
	1	2	3	4	5	6	7				1	2	3
June	8	9	10	11	12	13	14	N	6	7	8	9	10
n	15	16	17	18	19	20	21	July	13	14	15	16	17
-	22	23	24	25	26	27	28		20	21	22	23	24
	29	30							27	28	29	30	31

FS 4 5

11 12 18 19

25 26

Monday, June 30	Tuesday, July 1
Wednesday, July 2	Thursday, July 3
Friday, July 4	Sat/Sun, July 5-6
Independence Day	

Notes / To D				
Mor	nday, July	7		
Wed	inesday, J	July 9		
	•		 	
Frid	ay, July 1	1		

Whether you take summer classes, do community service, or get a job, make sure you put your time this summer to good use.

Tuesday, July 8

Thursday, July 10

Sat/Sun, July 12-13



SMTWTFS SMTWTFS August 2 4 5 3 3 4 5 7 8 9 AD 6 7 8 9 10 11 12 13 14 15 16 17 18 19 6 10 11 12 13 14 15 16 17 18 19 20 21 22 23 20 21 22 23 24 25 26 24 25 26 27 28 29 30 27 28 29 30 31 31

Notes / To Do

1 2

Monday, July 14	Tuesday, July 15		Monday, July 21
Wednesday, July 16	Thursday, July 17		Wednesday, July 23
		\sim	
		A	
Friday, July 18	Sat/Sun, July 19-20		Friday, July 25
rinday, july 10	5665667, july 15 16		

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.

Tuesday,	July	22
J.	5 5	

Sat/Sun, July 26-27

JULY - AUG.

	S	М	т	w	т	F	S		S	М	т	w	т	F	S
			1	2	3	4	5							1	2
<u>></u>	6	7	8	9	10	11	12	SL	3	4	5	6	7	8	9
Ξ	-		-	16				gust	10	11	12	13	14	15	16
—				23				Au	17	18	19	20	21	22	23
		- ·				25	20	4	24	25	26	27	28	29	30
	27	28	29	30	31				31						
									-						

AUGUST 2025

Goals _____ Monthly Goals ____ Monday, July 28 Tuesday, July 29 Tuesday Monday Sunday 3 5 4 Thursday, July 31 Wednesday, July 30 10 11 12 17 18 19 Sat/Sun, August 2-3 Friday, August 1 25 26 24 31



"Education is the key to unlocking the world-a passport to freedom." Oprah Winfrey

ednesday	Thursday	Friday	Saturday						
		1	2						
6	7	8	9						
13	14	15	16						
20	21	22	23						
27	28	29	30						

EXPERIENCE COLLEGE

Succeeding in your classes must be your highest priority; however, your life outside of the classroom is also an important component of your college experience.

Participate in organizations.

There is no better way to meet other students and develop a sense of belonging than by participating in student organizations. You'll meet students who share your interests and passions, gain teamwork and leadership skills, and have some fun in the process.

Take advantage of services.

Your college most likely offers a variety of services (career services, rec centers, advisors, learning centers). These services are voluntary, so it's up to you to take advantage of them. Check your college's website for a full list of student services.

Work on campus.

Campus jobs (including work-study) are typically arranged around your class schedule, and they eliminate the cost and inconvenience of commuting to work. They also give you the opportunity to interact with faculty and to work with fellow students.

Limit your time online.

Social media, blogging, music, gaming, and videos all have their p ace, but consider the college activities you may be missing while you're on ine.

Socialize in moderation.

Doing things with friends is an important part of college life, but behavior like partying and skipping class can undermine your academic success—and have long-term, negative consequences. Give yourself permission to turn down social invitations when other priorities need to take precedence.

Strive for balance.

Work hard in your classes, enjoy time with your friends, and get regular exercise. Be sure to also take time to relax and rejuvenate.

SSS is here to help you have the best college experience possible. Take advantage of all your program has to offer!

BE SMART WITH MONEY

With the high cost of a college education, you need to be a savvy consumer on and off campus. Here are some tips to help you be smart with your money.

Check out textbook options.

Comparison shop for textbooks and consider your options—rent vs. buy, print vs. electronic, used vs. new. Resell unwanted books immediately after final exams.

Be a smart spender.

Think about the things you spend your money on and differentiate between wants and needs. To have more money for the things you want, find ways to reduce the costs of the things you need. For example, don't pay extra for a cell phone plan or streaming service you don't use. Spend your money on things that are truly important to you.

Be careful with your plastic.

A debit card is a much better option than a credit card. It will prevent you from overspending, and you won't get hit with high interest rate payments. If you do use a credit card, choose one with a low limit, don't spend more than half of your limit, and make every effort to pay your bill in full each month.

Have a budget.

Create a budget and use a worksheet or an app to help you stay within your budget. (A variety of college budget worksheets and apps are available online and on your phone.) Every time you make a purchase, withdraw cash, or deposit a check, you simply enter it in the app or worksheet. Use these tools to keep track of fixed expenses (such as your phone bill) and of variable expenses (such as food and entertainment).

Cut college costs.

College is expensive; there's no way around it. But there are a number of ways to save money. Take advantage of free campus events and activities, work on or off campus, and shorten the time you're in college by taking summer classes and/or more credit hours each term. These are just a few of the ways you can cut college costs. If you need help paying for college, be sure to visit your college's financial aid office.

R D D Л **UCCES** GUDE

STAY MOTIVATED

We all get stuck sometimes. After all, college 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 shortcornings 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 studying is done.

"Everything you can imagine is real." Pablo Picasso