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2010 *Shadow for a Day*—Jon Nguyen, Michael Troy (ND student), and Michael Schieber

SHADOW FOR A DAY

How ironic that TRiO middle and high school students will shadow a Notre Dame student on Halloween? On Monday, October 31st, 8th grade students in TRiO Talent Search and 10th grade students in TRiO Upward Bound will be matched with a Notre Dame student to see what life is like as a college student, in particular Notre Dame.

TRiO and Notre Dame students have been participating in “Shadow for a Day” since the early 90s. The idea behind “Shadow for a Day” was to give TRiO students a picture of the day in the life of a college student. The need came from many TRiO students not knowing what goes on in a college classroom, what a real dorm room looks like and the difference between a middle school/high school schedule and a college schedule. During the day Notre Dame student volunteers are called “hosts” and TRiO students are called “shadows”.

“Shadow for a Day” was featured in the South Bend Tribune in 2010. In that article current Riley High School sophomore, DaVohn Byrd (TRiO Talent Search) enjoyed going to Irish history, and

enforcement of business law. He also toured St. Edward’s Hall (male dorm), ate at South Dining Hall and watched crew members set up for the Bengal Bouts (boxing matches that raise funds for Holy Cross missions in Bangladesh). DaVohn said he was most surprised at how short his host’s day was.

This year plans to be an exciting one as it is the second time 10th graders will participate. During its inception, middle school students were the focus group, but with the need to expose more students to campus life, the idea was expanded to high school.

Notre Dame’s TRiO Programs get student volunteers in several ways. One is by recruiting Notre Dame students who attend Student Activities Night. Another is inviting students who participated in the past. Another way is by word of mouth and lastly from student organizations and campus departments. This year the Office of Athletics’ Student Development & Welfare, Student Activities, Shades of Ebony, The WABRUDA and the men of Morrissey Manor have offered the most help.

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TRiO

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FROM THE DIRECTOR'S DESK



Stephen Ponzillo

Welcome to the new TRiO TIMES! As you read through this edition, you'll notice a different look and feel to our newsletter—including this column—which offers me the chance to introduce myself as the new director of Notre Dame's TRiO Programs.

It's a tremendous honor to have the opportunity to steward the University's TRiO Programs going forward. In fact, it's a dream come true.

Growing up in a small, working-class town in upstate New York, I dreamed of being the first in my family to attend college. And from seventh grade on, Notre Dame was my dream school. Looking back now, I know that achieving this dream was only possible because of the educational opportunities afforded me and the caring adults who supported me along every step of my journey.

As a first-generation college graduate (and now a "Double Domer") education has played a pivotal role in my life, and I feel a personal responsibility to help others pursue their dreams. I'm blessed to now have the privilege of leading our team of Talent Search and Upward Bound staff, as we work to provide the right mix of encouragement, accountability, and support to every one of our TRiO students.

Going forward, I am committed to helping our team build upon the incredible experiences our TRiO Programs already offer—by partnering with parents, University staff, and community members to provide unsurpassed learning opportunities that help TRiO students and alumni realize their potential and achieve their dreams by excelling in school, work, and life.

Such learning opportunities will also extend within the pages of this newsletter. In this and future editions, we'll be sharing important tips on college readiness and other helpful hints, inspiring stories, recent memories, and upcoming events. We've also added a wonderful new, interactive section called "Advisor Q&A," in which Talent Search's Michael Harley and Upward Bound's Melissa Lindley will take your questions throughout the year.

The best news is that this newsletter is just the first of several new efforts aimed at enhancing what TRiO offers. In the months to come, we'll be launching a new website, expanding our use of social media, and even making upgrades to our computer lab and study center.

But rest assured, while we may introduce many new things that might change the look and feel of Talent Search and Upward Bound over time, the things that make Notre Dame's TRiO Programs so special will always stay the same: a never-ending commitment to the success of our students, and a deep appreciation for the important role you play in making their dreams come true.

Thank you for being part of our Notre Dame TRiO family.

Stephen Ponzillo

P.S. I would like to recognize the new student workers and interns, and tutors that have joined our TRiO family this fall. They include: Damek Mitchell, Louisville, KY; Joe Paggi, Poughkeepsie, NY; Megan Thedwell, Indianapolis, IN; Lucy Shi, Phoenix, AZ; Kathy Lee, Phoenix, AZ; Stephanie Lally, Chicago, IL; Emily Franz, Hanover, PA; Kristen Lasak, New York, NY; Will Peterson, La Jolla, CA; Bryanna Bocardo, South Bend, IN; Ellen Brandenberger, South Bend, IN; Hailey Cuomo, Plymouth, MA; John Deckert, Chicago, IL; Sabila Kadiruzzaman, New York, NY; Stephanie Lally, Chicago, IL; Emily Ly, Grand Rapids, MI; Samantha Mills, Valparaiso, IN; Lori Moore, South Bend, IN; Stephanie Perry, Placerville, CA; and Andrea Renfroe, Kirkland, WA; Jean Medin, Elkhart, IN; Meredith Rizzo, Grand Haven, MI.



BY THE NUMBERS



Continued from page 1

Although “Shadow for a Day” is full of first time experiences, eye-opening moments and memories to last a lifetime, the day is also stressful. Many TRiO students are nervous about who their host will be, what to experience in a classroom of people older than them and adjusting to the pace. This nervousness is also present in the ND hosts for many of the same reasons. Many ND hosts fear their schedule is too busy or slow for a shadow. In order to calm the hosts’ fears they are told it is all about the experience.

In order to participate in “Shadow for a Day” TRiO Upward Bound sophomores will be given instructions by Mr. Marin during “I-Connect”. TRiO Talent Search 8th graders will be mailed an invitation to participate and must return the enclosed permission slip as soon as possible because slots are limited due to the very large number of TRiO Talent Search students in relation to Notre Dame hosts.

This Halloween if someone asks a TRiO Student what he/she is going as for Halloween, he/she can say “a college student.” —by *Michael Harley*

2 Number of Department of Education TRiO Programs hosted by the University of Notre Dame (Talent Search and Upward Bound). Together, they have been essential to helping thousands of students lay the foundation for a lifetime of achievement.

4 Current number of target high schools Notre Dame’s TRiO Programs serve in South Bend (Washington, Adams, Riley and Clay). TRiO Talent Search also serves five additional intermediate centers.

7 Notre Dame is one of only seven schools in U.S. News & World Report’s Top 25 universities in the nation to host one or more of TRiO’s college access and preparatory programs. Joining Notre Dame are: Columbia, M.I.T., the University of Chicago, the University of Pennsylvania, Cal-Berkeley and U.S.C.

97 percentage of TRiO Talent Search participants who have graduated from high school since 2002.

98 percentage of TRiO Upward Bound participants who have enrolled at a college or university since 2002.

899 new number of TRiO Talent Search students to be served in South Bend (up from 800), as authorized in our newly-awarded grant from the U.S. Department of Education.

1966 year Rev. Theodore Hesburgh, C.S.C. launched Notre Dame’s TRiO Upward Bound program—one of the oldest and most successful college preparatory programs of its kind in the nation.

1980 year Notre Dame was first awarded a TRiO Talent Search grant for the South Bend community. Since then, Talent Search has annually assisted over 150 students in accessing postsecondary education and student financial aid.

2,000 number of TRiO Upward Bound students who have successfully graduated from high school and gone on to higher education since the program’s inception.

24,000 number of students between the ages of 12 and 27 who have received academic, career and financial counseling through Notre Dame’s TRiO Talent Search since 1980.



TRIO THROUGH THE YEARS

The Higher Education Act of 1965 passed by Congress included a newly minted program called, “Contracts to Encourage the Full Utilization of Educational Talent.” The CEFUET program was later called Talent Search. The Higher Education Act of 1965 was part of the War on Poverty declared by President Lyndon Baines Johnson. Part of this legislation also created a large pool of money for grants for low-income students to attend college. There was a concern, though, that there would be this large pool of money that most students and parents would not be able to tap into because they would not have the familiarity and experience with the forms and the system to access the grants. This concern ignited the creation of Talent Search. The original number of Talent Search programs was 45 and has now grown to 471. TRiO programs, including Talent Search, expanded in the 1970s. In 1980 the reauthorization of the Higher Education Act unveiled first generation (meaning neither parent had a bachelor’s degree), and prior performance as important parts of TRiO.

That same year of 1980 saw the University of Notre Dame Talent Search Program come into existence. During the initial launch Notre Dame Talent Search provided services to eight target schools. These were the public schools in South Bend and Elkhart. In 1984 the program expanded its target area to include Niles, Mich. In 1990 the Department of Education issued grants to 50 Talent Search programs to deliver services to middle school students. Notre Dame Talent Search was one of the 50 chosen. This time period saw the implementation of some new programming such as “Shadow for a Day” and our trip to Chicago to visit a college, museum, and attend an NBA game. New programming continued through the years with the addition of a summer program for middle school students, an annual award banquet, a week-long spring break trip visiting college campuses, and a financial aid assistance program with several sites.

The original location for Talent Search was in the Holy Cross Annex on the Notre Dame campus. In 1991 the office moved to a location on Ironwood Circle until 1995. In spring of 1995 Talent Search moved to the Charles Martin Youth Center on Lincoln Way West in South Bend. In September 2010 Talent Search moved back on campus in the ITC Annex where it currently is housed.

—by James Desits

TRIO ACHIEVER



Bryanna Bocardo at her high school graduation

Throughout the past six years I have had a lot of great experiences with the TRiO programs. Not only was it a way to meet other students in the Talent Search program, it helped me get to college. I started out in the 9th grade in the Talent Search program where we started to learn about colleges. I have always known that I wanted to go to college; I just didn’t know what steps I needed to take to get there. As high school progressed I learned from Talent Search about the many aspects of college and how to get there. I learned about financial aid, grants versus loans, in-state tuition and out-of-state tuition, and the many factors you need to consider when choosing a college for you.

What I learned from the Talent Search program was that I needed to be a well-rounded student, focusing not only on academics but being a good person as well. In high school I maintained a 3.9 GPA, but I also was a cheerleader, volunteered over 200 hours of community service, and worked part time. I think that all of those things helped me get into the University of Notre Dame. Last year, my sophomore year, I really wanted to get involved with students in the South Bend community where I grew up. I wanted to help them achieve the things I have achieved or much more, and have found that opportunity with Upward Bound. I am currently a tutor for high school students from the South Bend area. I get the chance to not only help them in the subjects they are struggling in, but also give advice about college and how to get the most out of their time with the TRiO programs. All in all, I think that the TRiO programs have been very influential in my life; their programs were the stepping stones to getting me to where I am today—a junior at the University of Notre Dame. —by Bryanna Bocardo



PHOTO ALBUM

Notre Dame's TRiO Programs proudly hosted its second annual gala on Saturday, July 30th at the DeBartolo Performing Arts Center.



Chaired by Mr. Tracy Graham of Graham Allen Partners, 100 attendees joined us for this year's gala—which featured dinner, wonderful music, live and silent auctions and testimonials from current and past TRiO students.



The evening was a terrific success thanks to the generous support of all who attended!



TIPS FROM OUR STAFF - SAT PREP



Thousands of high school students take the SAT each year. Many hope their scores will open Ivy League doors, and others pray to “break 1200.” Based on information our students have received during some of the college visits our programs have taken, most schools typically look at students’ academic achievement first—grades, class rank, and the types of courses they have taken, and then they examine the students’ “non-academic profiles”—their extracurricular activities and acts of citizenship. Each school uses the SAT scores differently, so the best way to find out how the school you want to attend for college is going to use your SAT scores is by contacting them and find out more about how they do it.

How much do you know about the SAT? Well, here are some quick facts that may be helpful to you as you learn more about the SAT.

- The SAT is a nationally recognized college entrance exam that tests students’ ability to reason logically.
- The full name of the SAT I is SAT Reasoning Test.
- Through the assessment of reading, writing, and mathematics abilities, each student receives a score. This score is considered “scaled” and based on the performance of other students on the same test in the same testing period. Each of the three sections is scored independently on a scale of 200-800, 800 being the top score. Thus, the highest cumulative score you could hope to earn is a perfect 2400.
- The SAT is administered seven times a year in the United States and six times a year overseas.
- The mean total score on the SAT (out of 2400) is about 1520.
- The total length of the SAT Reasoning Test is three hours and 45 minutes.

We at the TRiO programs are planning to have SAT-Prep sessions to help prepare juniors and/or seniors for the SAT this year or the next.

Upward Bound is going to include SAT-Prep sessions during the iConnect and Tutoring components; we will provide assistance for both the English and mathematics segments. We will use an online program to get access to lessons, reviews, and practice tests, and we will also have one-on-one sessions for students who want to work individually with a tutor. These services are primarily for sophomores and juniors, or any senior who wants to give it another try at an early SAT test we will have someone available to work with them.

Talent Search will also have an online program for 25 juniors who want to experience and start preparing for the SAT. Students will have access to a laptop and work individually or as a group with the guidance of a tutor. These opportunities are provided so when you take the SAT you are better prepared. For additional questions, call us, or visit: collegeboard.org. —*by Rafael Marin*



SKIP THE WEATHER BLUES



TIPS TO AVOID THE FLU AND SEASONAL COLDS, AND STAY WARM IN THE COLD WEATHER.

▪ DRINK MORE WATER.

Dry central heating systems can rob your body of moisture and can give you a sore/dry throat.

▪ IF YOU ARE SICK, STAY HOME FROM SCHOOL AND WORK.

Stifle a cough/sneeze in a tissue. Drink lots of fluid and rest.

▪ IF YOU AREN'T SICK, STAY THAT WAY! TAKE VITAMINS.

Get a flu vaccination. The Centers for Disease Control recently expanded their recommendation on who should get a flu vaccine to everyone six months old and older. It's not just for kids and the elderly anymore. Wash hands often. Use hand sanitizer.

▪ DON'T GET CAUGHT UNPREPARED IN THE FALL COLD, WIND, AND RAIN.

In Indiana, the weather can go up and down again fairly quickly. The answer is to dress in layers, layers, layers! You can always take something off if it warms up mid-afternoon.

▪ KEEP ACTIVE.

Just because it's cold doesn't mean you should hibernate! Keep exercising and eating right, which boosts your immune system strength, and also increases your mood. (See "Fall Fun Tips.")
—by *Melissa Lindley*

HAVE FUN THIS FALL

FIVE TIPS TO KEEP LIVING LIFE, REGARDLESS OF THE WEATHER. IF YOU LIVE IN INDIANA, THEN YOU'RE USED TO THE INEVITABLE SLIDE OF THE TEMPERATURES THAT COMES IN OCTOBER. OFTEN, YOUNG PEOPLE RETREAT INSIDE TO VIDEO GAMES AND TV. HOWEVER, LIFE DOES NOT HAVE TO TAKE AN INTERMISSION FOR SIX MONTHS EVERY YEAR!

▪ START A CLUB OR GROUP

You could do this at school, church, or just among your own group of friends. Chances are if there is something you are really interested in, like babysitting, chess, books, or Mexican food, there are others out there yearning to know more and connect with you.

▪ VISIT COLLEGES

Often colleges and universities have special "visit days" in the fall where they offer students and families free meals, free transportation, a night in the dorm, a day to shadow a student, etc. Just look on college websites under "admissions" or "visit campus" for information. Often preregistration is required. Just remember your hat and gloves for the tour!

▪ LEARN A NEW SKILL

Maybe you've always wanted to take a self-defense class, learn to mix music, or practice Tai Chi. Maybe you want to learn how to make Mom's famous chili. Now is the time.

▪ WALK, HIKE, OR BIKE

Fall offers up some pretty colorful scenery, and the cooler weather prevents uncomfortable humidity and sweating. There are plenty of state parks with hiking trails in this area. Get outside while you still can!

▪ VOLUNTEER

Find something you love. For example, if you love cats, you can spend an hour playing with them at an animal shelter. Or, make blankets for the kids at the homeless shelter. You'll be glad you did it.

▪ AND, WHEN THE SNOW FINALLY COMES ...

Try a winter sport. Downhill and cross country skiing are two of the highest calorie burners (approximately 408 calories per hour). Most places that offer skiing also offer beginner's classes. And no need to buy—you can rent the equipment. Ice skating, sledding, and snowball fights are also fun favorites. —by *Melissa Lindley*





TRIO EVENTS

UPWARD BOUND TUTORING AVAILABLE

TRiO Office

Weekly: Mondays & Wednesday from 3:30 p.m.–5:00 p.m.
(other days by appt.)

UPWARD BOUND ICONNECT

TRiO Office

Weekly: Mondays & Wednesday from 5:00 p.m.–7:45 p.m.
(Mondays Sophomores & Wednesdays Juniors)

TALENT SEARCH CULTURAL EVENT: A RAISIN IN THE SUN

IUSB Campus auditorium – Northside Hall
Saturday October 15 at 2:00 p.m.

UPWARD BOUND CULTURAL EVENT: A RAISIN IN THE SUN

IUSB Campus auditorium – Northside Hall
Sunday October 16 at 2:00 p.m.

NOTRE DAME FALL BREAK

Monday October 17–Friday 21
(no tutoring or iConnect)

COMMUNITY SERVICE PROJECT - UPWARD BOUND

Near Northwest Neighborhood Cleanup
Saturday October 22 from 8:45a.m.–11:30a.m.
(Sophomores & Juniors)

TALENT SEARCH: TUTORING BEGINS

Starting October 25
TRiO Office
Weekly: Tuesdays & Thursdays from 6:00 p.m.–7:00 p.m.
(Tuesdays 8th Graders & Thursday 9th Graders)

TALENT SEARCH: MAEOPP STUDENT LEADERS CONFERENCE

St. Charles, IL
Friday October 28–Sunday October 30

SHADOW FOR A DAY

University of Notre Dame
Monday October 31 from 9:00a.m.–4:00p.m.

For more information on how to participate in one or more of these events, please call the TRiO Office at 574-631-5669.

NOTRE DAME EVENTS



All of the events listed below are free and open to the public. For more information, visit the ND Event Calendar at: calendar.nd.edu.

ED VASTA READING IN TRIBUTE TO RICHARD SULLIVAN

Hammes Bookstore
Oct. 12 at 7:30 p.m.

LECTURE: "CAN PLANNING SAVE THE CITY: FACING CHALLENGES OF URBAN AMERICA"

Bond Hall
Oct. 26 at 4:30 p.m.

ALLEN FISHER READING

Hammes Bookstore
Oct. 27 at 7:30 p.m.

PANEL DISCUSSION: ANDY WARHOL AND MERCE CUNNINGHAM COLLABORATIONS

Snite Museum of Art
Nov. 9 at 5:00 p.m.

NATHANIEL PERRY READING POETRY

Hammes Notre Dame Bookstore
Nov. 9 at 7:30 p.m.

READING BY ALEXANDER MACLEOD

Hammes Notre Dame Bookstore
Nov. 30 at 7:30 p.m.



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TRiO TIMES

TRIO TALENT SEARCH AND TRIO
 UPWARD BOUND PROGRAMS AT
 THE UNIVERSITY OF NOTRE DAME

OUR VISION

Through tutoring, mentoring, academic counseling, career exploration, cultural enrichment, and community service, Notre Dame's TRiO Programs will be recognized as a national leader—offering unsurpassed learning opportunities that help students overcome social, cultural, economic, and educational barriers to higher education.



ADVISOR Q&A



Have you ever heard of “Dear Abby” or “Ask Dr. Oz”? Well, the TRiO Times is starting a new feature called “Ask an Advisor.” If you ever have a question about high school, college admissions, financial aid, college life, careers, or anything else normally covered in a Talent Search or Upward Bound workshop, this is your time to ask.

You may wonder, “What is the purpose of this?” Sometimes students may not feel comfortable asking questions in front of others or a student may have missed a meeting or workshop that covered the question. In either case, this scenario is what this column is for.

All you need to do is email us. The email address is: askndtrio@gmail.com. We will keep your

name anonymous and answer your question in the following newsletter. The next newsletter will be published in February 2012.

Don't hesitate to ask a question, because chances are your peers have the same question. Not only will you find the answer but you will help someone else as well. If you are not sure what type of questions to ask, here are some ideas: When should I start applying for scholarships? How important are my SAT/ACT scores in my admissions application? Is it okay if I work on my degree online? What do I need to do in order to play Division I sports? Should I live in an apartment when I go to college? What is the CSS Profile? Who should write a letter of recommendation for me? Does TRiO offer scholarships? Will Talent Search or Upward Bound help me when I go off to college?

Questions like these would be ideal to ask. Think about your question and email us by Jan. 20. You will remain anonymous (we will not print your name). —*by Michael Harley and Melissa Lindley*