

# TRIO

## STUDENT SUCCESS PROGRAMS



### LEARN ABOUT THE TRIO PROGRAM

GET A SNAPSHOT  
OF THE TRIO  
PROGRAM AND THE  
SERVICES OFFERED

### OUR PROJECTS AND EVENTS

INSIGHT ON HOW  
TRIO COLLABORATES  
TO SUPPORT  
STUDENTS

### WHERE WILL TRIO TAKE YOU?

READ TRIO STUDENT  
SUCCESS STORIES  
OF ALUMNI GRADS,  
AND CURRENT  
STUDENTS

**Exculsive Inside Look at TRIO**

# TRIO PROUD!



## A Message from the TRIO Crew

Our theme this year is Celebrating New Beginnings - TRIO Proud. It is important to celebrate the students' achievements and resiliency, especially during these tough, past 2 years. Change can bring uncertainty and our students have been brave, pushing through obstacles. TRIO is extremely proud of our students and feel it is time to celebrate! This is a major year for our graduates who have been in the program since the beginning of their undergraduate degree. We are TRIO proud and are so excited for the next steps of our graduates!

This year, we will be celebrating National TRIO Day to honor all the support we have received from the campus and community and to raise awareness around TRIO programs. This publication is a way to showcase the TRIO Programs and students over the past academic year and we hope you enjoy it!

With much TRIO love,

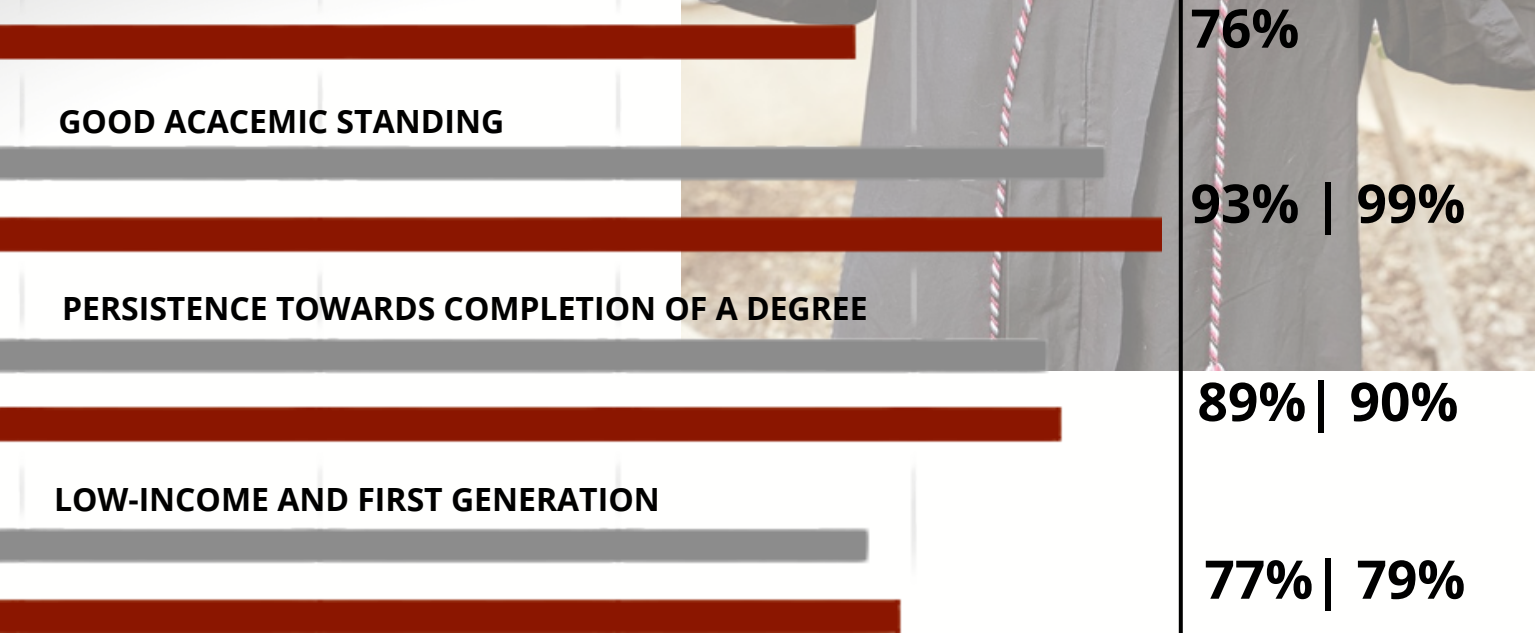
**The TRIO Crew**

# TRIO AT A GLANCE

REPORTED PARTICIPANTS SERVED IN 2020 - 2021: 237



GRADUATION RATE (6-Year Cohort) \*



*\*Since STEM is a new grant, a 6 year cohort has not been established*



# TRIO SERVICES

## TRIO Advising

All TRIO students have an assigned TRIO Advisor that will help them review schedules and course selection, while assisting with meeting program graduation requirements. Students receive coaching through a tiered process, where they are challenged to relate their personal and/or professional goals to their academic goals.

## Academic Specialists

Academic Specialists are current graduate students pursuing Masters or Doctoral degrees, or have a graduate background. Specialists provide holistic support from tutoring and mentoring to useful study and organizational strategies. Sessions are in the Learning Commons and are small group or one-one.

## STEM Support/ Research

TRIO focuses on supporting students pursuing STEM and Health Science Degrees. TRIO provides opportunities to attend Research Symposiums and STEM based workshops. Through the UNIV 199 course, students learn about how to get involved with research and connect with faculty to work on projects. The goal is to have students apply their STEM skills and gain hands on experience before graduating.

## Career Development & Leadership

TRIO Advisors help students create resumes and cover letters that are aligned with jobs and internships they are applying for. TRIO provides leadership opportunities and hands on learning to strengthen skills and experience for their resume. TRIO provides mock interviews and full rounded feedback so that students are successful in their career pursuits.



# ACADEMIC SPECIALISTS



**LAUREN NIRIDER**

lauren.nirider@wsu.edu

**SUBJECTS:**

HUMANITIES, ENGLISH,  
ANTHROPOLOGY, SPANISH



**NUR SYEDA**

nurafsa.syeda@wsu.edu

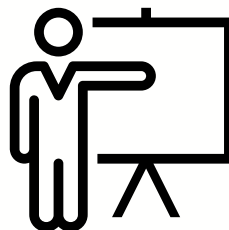
**SUBJECTS:**

MATH, STATS,  
COMPUTER SCIENCE

**Need Support for  
Your Courses?**

TRIO provides Academic Specialists to students needing additional support in targeted subjects. Our academic specialists can assist you online and in person!

*Schedule an appointment with an academic specialist via email or stop by the WSU Learning Commons to get help!*



**CHRISTOPHER GUTIERREZ**

c.gutierrez@wsu.edu

**SUBJECTS:**

BIOLOGY, WINE SCIENCE,  
ENVIRONMENTAL SCIENCE



**TIM HANSHAW**

thanshaw@wsu.edu

**SUBJECTS:**

ENGINEERING, PHYSICS

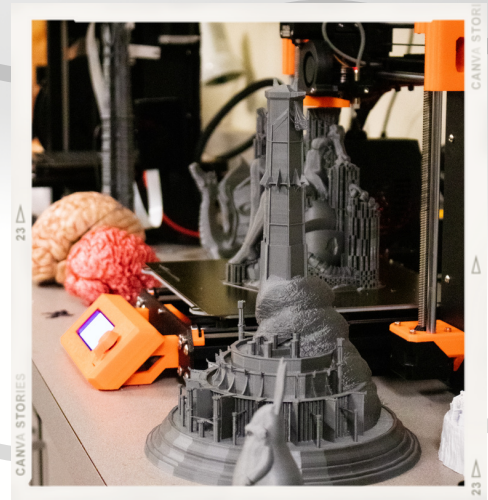
# CAREER ACADEMY



**ABOUT:** *TRIO developed the Career Academy to help students strengthen skills needed for their intended careers. Collaborating with campus staff and faculty helped the program to be a great success.*

## Mental Wellness Project

TRIO students had the opportunity to work with Sylvia Van Breda Vresman, WSU Tri-Cities Counselor, and learn about burnout with strategies on how to cope. Students developed a presentation for students on mental burnout and how to apply the strategies into their personal lives.



## Key Collaborators



**Sylvia van Breda Vriesman, LMFT**  
Counselor & Coordinator  
tricities.counselingservices@wsu.edu  
Floyd 269K



**Dr. Luis De La Torre, Assistant Professor**  
Computer Science  
luis.delatorre@wsu.edu  
Floyd 128

## 3-D Printing Project

TRIO students had the opportunity to work with Dr. Luis De La Torre, Computer Science Faculty, to code 3-D models. TRIO students had the hands on experience of creating the 3-D objects they designed and present their creations with peers.



# TRIO Grad Lands Job with Google



**VALENTIN MOLINA**

**B.S. COMPUTER SCIENCE MAY 2022**

## **SUCCESS STORY**

Over the years TRIO has given me a solid stepping stone for my career. They have given me many opportunities to expand my skills as a software developer and even for others who are looking for any opportunity to start somewhere. I made sure to attend any resume workshops before applying to internships and jobs. I also wanted to make sure I included my experience with helping TRIO create a mobile app.

Having the opportunity to be working for Google as a Software Engineer is something I thought would be impossible, but TRIO helped me set that foundation for practicing my skills in software development. I am grateful for this opportunity, I have always wanted to help my family, especially my dad who works very hard, this job at Google will help me give back to my family quicker. My biggest advice to everyone is to take advantage of the opportunities TRIO can provide for you, it's all there, you just have to take it. Also, join clubs and programs that will help you expand your skills and build your network.





# TRIO SUCCESS



“TRIO supported me throughout my 4 years, Stassia was always the one ready to help me even when applying for grad school. I never had an internship but Stassia introduced me to SARC where I am currently working at. I am really happy about my job because not anybody would get a position like this but because of all the help I had to fix my resume, I was lucky enough to get it. As a first-gen student I had struggles but I always had everyone in TRIO to help even now as an alumni. My advice to everyone is to listen to Stassia and to continue your networking even after graduating.”

**Marisol Cervantes**

**B.A. - Social Sciences May 2020**

Prevention Specialist at SARC

“When I applied for Handford site, I went to TRIO for a mock interview before the actual interview. Doing the mock interview helped me address any mistakes and do better. I did apply to other places but this was the job that reached out. I am first-gen and it was difficult finding resources but being a part of programs like TRIO helped a lot. This internship was an example of that, it helped me take that step forward, it was also good to have a mentor. I was a mentor for TRIO and it gave me confidence being someone's help. My advice is to be more connected to programs and people, you never know who can help you in the future.”

**Moamel Abdali**

**B.S. - Electrical Engineering May 2022**

Co-op Civil Engineer Intern at Hanford





# STORIES!



“

TRIO helped me set up my student disability and get in contact with individuals. They also helped me edit my resume and submit my application on Handshake. I got many offers including my current internship. I asked TRIO for a mock interview so I could be prepared and I ended up hearing back from Handford Nuclear electrical utilities. I get to do a lot of drafting, design projects, and even go and meet with contractors. The TRIO team has helped me along the way from printing, to lending me a calculator, and even giving me a space to study. My advice is, to put yourself out there and get help from TRIO if you need it.

”

**Felipe Magana**

**B.S. Electrical Engineering May 2023**

Electrical Utilities Intern at Hanford

“

TRIO has helped me prepare for interviews, which is why I felt prepared to go into my internship interview. I took the feedback they gave me and applied it to my PNNL interview. I got my internship after 2 weeks. It is challenging, but the team always communicates. Being a first-gen student is difficult and I never thought I'd make it this far in my career. My advice to people is don't be scared to apply for internships, you could be the only one who applied and you will miss the shot you don't take.

”

**Vanessa Meras**

**B.S. - Mechanical Engineering May 2022**

Technical Student Intern at PNNL



# LATINX

## PROFESSIONAL PANEL

TRIO collaborated with the MOSAIC Center of Student Inclusion to welcome First-Generation, local Latinx professionals. The panelists discussed their identity and experiences in the workplace. The panel was then followed by an open Q&A with students.



**Learn more about the MOSAIC Center of Inclusion**

Kauser Gwaduri, MOSAIC Coordinator  
[kauser.gwaduri@wsu.edu](mailto:kauser.gwaduri@wsu.edu)  
[tricity.wsu.edu/mosaic-center](http://tricity.wsu.edu/mosaic-center)





# TRUE COLORS PERSONALITY TEST

Take the test to see what type of leader you are!

**Directions:** - Reading across in ROWS, rank the group of words on a scale of 1 - 4.

**1 = least likely to describe you and 4 = most likely to describe you.**

When all rows are complete, add up the numbers in each COLUMN to get your color score!

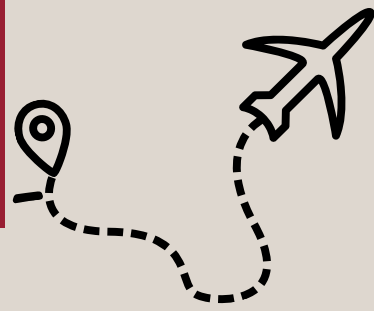
The highest numbers match your COLOR below.

Active Opportunistic Spontaneous	<input type="text"/>	Parental Traditional Responsible	<input type="text"/>	Authentic Harmonious Compassionate	<input type="text"/>	Versatile Inventive Competent	<input type="text"/>
Competitive Impetuous Impactful	<input type="text"/>	Practical Sensible Dependable	<input type="text"/>	Unique Empathetic Communicative	<input type="text"/>	Curious Conceptual Knowledgeable	<input type="text"/>
Realistic Open-Minded Adventuresome	<input type="text"/>	Loyal Conservative Organized	<input type="text"/>	Devoted Warm Poetic	<input type="text"/>	Theoretical Seeking Ingenuous	<input type="text"/>
Daring Impulsive Fun	<input type="text"/>	Concerned Procedural Cooperative	<input type="text"/>	Tender Inspirational Dramatic	<input type="text"/>	Determined Complex Composed	<input type="text"/>
Exciting Courageous Skillful	<input type="text"/>	Orderly Conventional Caring	<input type="text"/>	Vivacious Affectionate Sympathetic	<input type="text"/>	Philosophical Principled Rational	<input type="text"/>
Total Orange	<input type="text"/>	Total Gold	<input type="text"/>	Total Blue	<input type="text"/>	Total Green	<input type="text"/>

Based on your highest number - see what type of color leader you are!

<b>Blue</b> Emotionally driven Seeks harmony in groups Enthusiatic Creative Sympathetic	<b>Gold</b> Loyalty driven Respects rules & authority Responsible Organized Appreciative	<b>Orange</b> Short-term driven Welcomes change & variety Adventurous Competitive Impulsive	<b>Green</b> Logically driven Independent thinker Focused Efficient Analytical
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# TRIO Goes Abroad



TRIO assists our students to explore their education beyond the local community. TRIO SSP has helped encourage students to apply for the WSU 1st Gen Study Abroad Program. We are proud to announce, that two of our TRIO student's have been accepted into the program and will be studying in Sevilla, Spain with local instructors this June 2022.



“

*I wanted to take this opportunity to explore the world even after COVID-19, I realized I wanted to experience more. I am taking two classes in Spain, Sevilla, and getting to know the culture. TRIO was an influence because they have previously mentioned it before COVID and now I have the ability to do it. I look forward to learning about the country and the people when studying abroad.*

**Charlie Farias**  
**Psychology 2022**

”

“

*Traveling has always been a dream of mine and now I have the opportunity to fulfill it. I will be taking two classes that will be covering my graduation requirements. Thanks to TRIO, I learned about the Study Abroad Program and they have given me the motivation to step out of my comfort zone. I am excited to learn about Spain and take on this new journey.*

**Angelica Vargas**  
**Computer Science 2024**

”



**Learn More About 1st Gen Abroad : [firstabroad.wsu.edu](https://firstabroad.wsu.edu)**



# THRIVE with TRIO

Trust-Honesty-Resiliency-Innovation-Values-Encourage



TRIO Ambassadors have the opportunity to establish lasting relationships, be a peer mentor and strengthen their leadership skills. Ambassadors are assigned up to 6 new TRIO students for every academic year. Their role is to develop and maintain rapport with other TRIO students by meeting face-to-face, texting to check-in and keep students updated on campus events. They become the go-to person to help eliminate barriers new students may have coming into college for the first time.

**If any TRIO students want to be connected with an Ambassador for extra help or interested in becoming an Ambassador**

**Reach out to Jenny: [j.silva-gutierrez@wsu.edu](mailto:j.silva-gutierrez@wsu.edu) or Nicole: [nicole.ponce1@wsu.edu](mailto:nicole.ponce1@wsu.edu)**

**THRIVE** >>>  
#YourSuccessIsOurCommitment

# DON'T MISS A TRIO EVENT!

## **\*HAPO Financial Literacy Series**

Come learn about financial literacy and get  
your questions answered.

**March 3rd - Banking 101**

**March 8th - Credit 101**

**March 10th - Budgeting**



## **\*UW McNair Research Symposium**

Travel to University of Washington  
for a Graduate School and  
Research Conference  
**April 18th -20th**



## **\*End of Year Celebration**

Celebrate TRIO Grads and  
current student  
accomplishments with TRIO  
**April 29th**



*\*Note, most events are for TRIO students only. .*

## **Follow Us On Social Media!**



**@trio\_wsutc**

[https://www.instagram.com/trio\\_wsutc/](https://www.instagram.com/trio_wsutc/)

**Learn More About our Upcoming  
Events and Workshops**

# MEET THE TRIO TEAM

## STAFF



STASSIA FELTES  
**DIRECTOR**



JENNIFER SILVA-GUTIERREZ  
**TRIO CLASSIC ADVISOR**



NICOLE PONCE  
**TRIO STEM ADVISOR**

## STUDENT STAFF



ALMA RANGEL  
**OFFICE ASSISTANT**



ROCHELLE DE LA CRUZ  
**MARKETING AND PUBLIC  
RELATIONS**



ERIKA ESPINOZA  
**ALUMNI CLASSIC  
PEER ADVISOR**



CHARLIE FARIAS  
**RECRUITMENT COORDINATOR**



AYA SWEIDAN  
**CLASSIC PEER ADVISOR**



Angelica Vargas  
**STEM PEER ADVISOR**



# YOUR SUCCESS IS OUR COMMITMENT!



WASHINGTON STATE UNIVERSITY  
TRI-CITIES



***INTERESTED in being a TRIO participant?***

**Apply Online Now!**

*[tricies.wsu.edu/trio/apply-now](https://tricies.wsu.edu/trio/apply-now)*

**Scan to  
learn more**



[tricies.wsu.edu/trio](https://tricies.wsu.edu/trio)