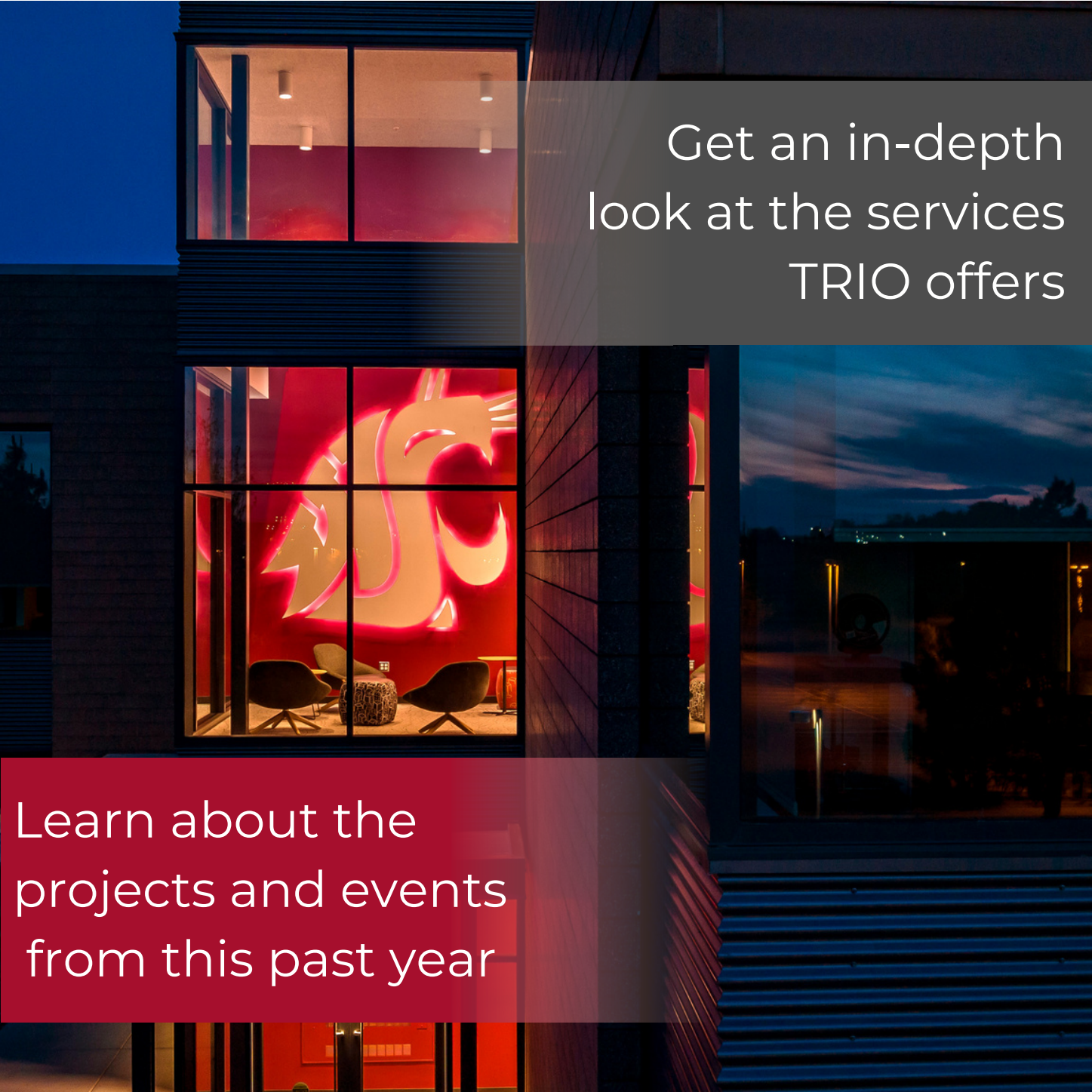


# TRIO

## STUDENT SUCCESS PROGRAMS



Get an in-depth  
look at the services  
TRIO offers

Learn about the  
projects and events  
from this past year

VOLUME 05 | FEBRUARY 2023

# TRIO proud!



## A Message from the TRIO Crew:

"We are so proud of all of you TRIO Cougs for pushing through this academic year and not giving up! We want to thank you for attending TRIO events, being engaged with us on social media, and using the resources that we provide. Go Cougs!"





# TRIO AT A GLANCE

## PARTICIPANTS SERVED IN 2021-2022

TRIO CLASSIC



TRIO STEM



GRADUATION RATE (6 year cohort)\*



60%

PERSISTENCE TOWARDS  
COMPLETION OF A DEGREE



83% | 88%

GOOD ACADEMIC STANDING



89% | 82%

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



# MEET OUR TEAM!

## STAFF



**STASSIA FELTES**  
Director



**PAOLA RUIZ**  
Program Coordinator

## STUDENT STAFF



**ANGELICA VARGAS**  
STEM Peer Advisor



**TIFFANY CEDILLO**  
Classic Peer Advisor



**XIANG LI**  
STEM Career Coordinator



**MARLENY GARZON**  
Office Assistant



**KATIE SHEETS**  
Marketing & PR



**HOLLY REYNOLDS**  
Recruitment Coordinator



# NEED ACADEMIC SUPPORT?

Scan here to schedule an appointment with our academic specialists!



NUR AFSA SYEDA



ZARRYN DUONG



SUH-JANE LEE



## SUBJECTS:

Statistics,  
Mathematics, &  
Computer Science

## CONTACT INFO:

nurafsa.syeda@wsu.edu

## SUBJECTS:

Biology,  
Anatomy

## CONTACT INFO:

zarryn.duong@wsu.edu

## SUBJECT:

Chemistry

## CONTACT INFO:

suh-jane.lee@wsu.edu



# DEVELOP | EMPOWER | ACHIEVE

# TRIO Resources

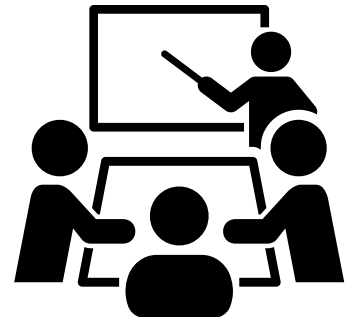
## Academic Advising



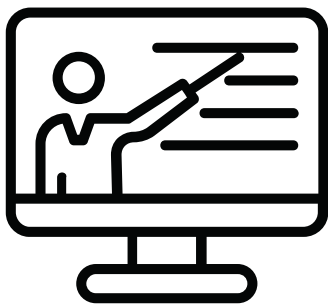
Every TRIO student gets assigned to a TRIO academic advisor, along with their regular WSU advisor. TRIO advisors offer additional support with choosing classes, creating resumes and cover letters, meeting graduation requirements, applying for FAFSFA and scholarships, and preparing for grad school.

## Academic Specialists

Academic Specialists are TRIO instructors who are either currently in grad school or have earned their graduate/doctoral degrees already. They provide both group and one-on-one study sessions.



## TutorMe



TRIO provides 24/7 online tutoring in over 300 subjects through the website TutorMe. This service is free to all TRIO students. To sign up, go to [www.tutorme.com](http://www.tutorme.com) and sign in using your WSU login information. You will be able to connect with a live tutor in under 30 seconds, as well as submit a paper to get reviewed.

## Online Tutoring

## Cultural Enrichment

TRIO provides students with opportunities to expand their knowledge of other cultures. Last year, TRIO advisors took students on educational trips to Pullman and Seattle where they learned about grad school and professional development, while also taking trips to museums where they learned about different cultures.





# HOW DO I JOIN TRIO?

- 1) Go to our website using the link below or scan this QR code:



<https://tricity.wsu.edu/trio/> 🔍

- 2) Click "Apply Now" and then choose which program you want to apply for, TRIO STEM or TRIO Classic.

APPLY TO TRIO CLASSIC

APPLY TO TRIO STEM

- 3) It will then take you to the TRIO application where you will need to fill out your personal information.

The application should look like this!

A screenshot of the TRIO Student Success Programs Application form. The header includes the Washington State University logo and the text "TRIO Student Success Programs" and "WASHINGTON STATE UNIVERSITY TRI-CITIES". The form title is "TRIO Student Success Programs Application". Below the title, it says "Thank you for your interest in the TRIO Classic Student Success Program!". A note states: "Please complete this application to the best of your knowledge. \*Note - You cannot save and restart this application." There are two input fields: "Today's Date: \*" and "Referred by: \*". Below these is a section titled "GENERAL INFORMATION" with two input fields: "Legal Last Name: \*" and "Legal First Name: \*".

- 4) Click "Submit Application" at the bottom of the page when you are done. If there are spots available, you should receive an email from the TRIO crew in a few days letting you know that you were accepted.
- 5) If you have any questions, you can email the TRIO email: [tricity.trio@wsu.edu](mailto:tricity.trio@wsu.edu)

# THRIVE

with **TRIO**

THRIVE is a TRIO program that connects members with student ambassadors. These ambassadors are given a cohort of students within their major who they help with finding resources that they need to be able to succeed.

.....

## STORIES FROM TRIO AMBASSADORS:



OSCAR RAMOS

"As an ambassador, I've had many eye-opening opportunities around campus that have improved my overall wellbeing as a student. The Ambassador program has helped me grow academically because of its continuous support and resources. I am very proud and thankful to be a part of the Ambassador Program!"

"Being an ambassador means to help inspire the next generation of STEM students; it means to support and advocate for TRIO students' success and goals. If it wasn't for my TRIO ambassador, I would not have been able to successfully receive the opportunity to partake in a summer science undergraduate laboratory internship (SULI) at PNNL. Being an ambassador, to me, means that I get to help my fellow classmates take a leap of faith and let them know that they can accomplish anything that they set their minds to. Sometimes students need that reassurance, and I am here to provide that!"



BRISEIDA FAJARDO



# National Diversity in STEM Conference

This year, TRIO took students to Puerto Rico for the SACNAS conference where they took part in cutting-edge STEM research, professional development sessions, motivational keynote speakers, and the Graduate School & Career Expo Hall. They experienced multicultural celebrations and traditions, as well as an inclusive and welcoming community of peers, mentors, and role models.



ANGELICA VARGAS

"Attending the SACNAS conference and going to Puerto Rico was an amazing experience! I was able to hear the experiences of others who were also pursuing a STEM degree and connect with my TRIO peers. We had the opportunity to go to the beach, go kayaking and go on a tour together. Thank you TRIO for making this an amazing experience!"

"Getting the opportunity to go to SACNAS in Puerto Rico was amazing! This is the first time I've flown so far away from home so even the start of the trip was very thrilling for me. At the actual conference, I was most impressed by the career and graduate school expo. There were so many schools and company booths from NASA to Amazon and even the CIA. Hearing the stories and accomplishments of other students was so motivating. I would encourage any student that has the opportunity to go. It's a really great experience!"



MARLENY GARZON

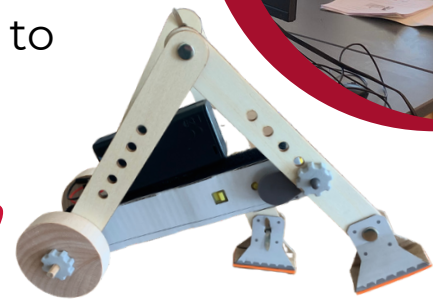
# SUMMER CAREER ACADEMY



**ABOUT:** The Career Academy was a sequence of workshops provided throughout the summer to help students learn valuable skills. Here is a recap of the workshops we provided!

## Robotics Workshop

For the first workshop, students learned how to build robots using KiwiCo kits, as well as how to make science lesson plans for children.



"Drawbot" and "Robot Crawler" that students made at the robotics workshops!

## Trip to LIGO Facility

TRIO students received a tour of the LIGO institution at Hanford. During this trip, they learned about gravitational waves and black holes!



## Mental Health & Wellness Workshop

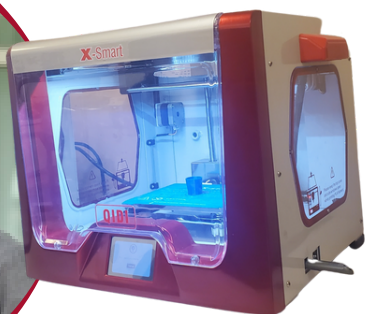
This workshop began with a lecture on how to prevent stress and burnout. Students then learned meditation and mindfulness techniques, one of which was called a "body scan."



This workshop was hosted by Sylvia Rangel-Van Breda Vriesman, the WSUTC Student Counselor and Wellness Coordinator!







The TRIO advisors collaborated with Dr. De La Torre, professor of Computer Science, on the 3-D printing & Circuits workshops!

## 3-D Printing Workshop

For these workshops, students learned how to program and execute code to print 3-D cups that they designed themselves.

## Circuits Workshop

Students learned about computer programming using Raspberry Pi Kits. They were also taught how to manipulate lights on a breadboard using coding with an Arduino kit.



Robin Mays, Associate Professor of English and Director of the Writing Center, hosted the resume/cover letter workshop!

## Resume & Cover Letter Workshop

Students learned how to stand out to future employers by improving their communication skills on their cover letters and resumes!



Dr. Yimo Liu, Professor of Biology, taught students how to splice DNA using CRISPR technology in this workshop.

## Bioengineering

The task of this workshop was to edit the genes of bacteria by changing whether they had a DNA repair system or sgRNA mixed in the solution with them.



# First - Gen<sup>2022</sup> Celebration

Sponsored by: **stcu**

National first-generation college student day is on November 8th. To commemorate this day, TRIO hosted a week's worth of fun and educational events for students!



To kick off first-gen week, we had a guest speaker named Sonia Alcantar give a motivational keynote. Sonia was a first-gen college student and is now a chemist who works for Pacific Northwest National Laboratories.

First-gen TRIO students shared stories about their college experiences and answered questions on a panel during the kick-off!



From left to right: Katie Sheets, Tiffany Cedillo, Tiffany Caballero, and Isaac Marroquin



Students shared their "proud first-gen moments" at the kick-off celebration!



The financial literacy workshop, which was hosted by STCU finance specialists, taught students about savings and budgeting to maximize their money during college.



For the first-gen study abroad presentation, Angelica Vargas shared stories about her experience studying in Seville, Spain, during the summer last year.



The grad student panel, which was co-hosted by GEAR UP and TRIO, taught students about how to get into grad school, as well as how undergraduate research can improve their first-gen journey.



# FIRST-GEN STUDY ABROAD

Every year, the first-gen study abroad program takes first-generation college students abroad during the summer. This year, they are going to Rome, Italy!

## Benefits of the First-Gen Program:

- Earning college credit in a fun and new environment
- Staying with a host family and learning about the culture you are staying in
- Traveling with other first-gen students
- Plenty of free time to explore with others and visit other cities
- Getting to take classes related to the culture and history of the country



For more information, visit [firstabroad.wsu.edu](http://firstabroad.wsu.edu) or follow them on Instagram @wsulga



TIFFANY CEDILLO

"TRIO has helped me grow into a responsible and confident college student while opening up opportunities that I wouldn't have thought possible. Thanks to TRIO, I learned about the study abroad program and I'll be going to Rome, Italy for summer classes."



# THANK YOU!

We wanted to give a special thank you to Jennifer Gutierrez and Nicole Ponce, who were our two former TRIO advisors.

The two of them always went above and beyond to welcome new students into the TRIO program and make them feel supported. We appreciate all of the hard work that they put into meeting with students, planning educational events, taking students on fun trips, and so much more!



**Jennifer Gutierrez**

Former Classic Advisor



**Nicole Ponce**

Former STEM Advisor



**Dr. Elly Sweet**

Associate Professor of Biological  
Sciences & Interim STEM Director

We also wanted to thank Dr. Elly Sweet for being the Interim STEM Director for the past six months and for assisting with the SACNAS STEM trip to Puerto Rico, as well as the First-Gen Week events! She has been a huge help to our team and we appreciate all of her hard work and dedication!



# YOUR SUCCESS IS OUR COMMITMENT!



## Connect with us!

Website: [tricity.wsu.edu/trio](https://tricity.wsu.edu/trio)

Email: [tricity.trio@wsu.edu](mailto:tricity.trio@wsu.edu)

Instagram @trio\_wsutc

