

SUMMER

2024

DATES TO REMEMBER: SUMMER

- 6/27: BOOK CLUB: "THE HOUSE IN THE CERULEAN SEA"
- 7/03: MOVIE SHOWING AND DISCUSSION: "HIDDEN FIGURES"
- 7/10: MOVIE SHOWING AND DISCUSSION: "ELEMENTAL"
- 7/24: TRIO IN YOUR RESUME
- 7/25: LEARNING WORKSHOP
- 7/31: BOOK CLUB: "THE SEVEN HUSBANDS OF EVELYN HUGO"
- 08/07: BOOK CLUB: "I'M NOT YOUR PERFECT MEXICAN DAUGHTER"
- 08/09: MOVIE SHOWING AND DISCUSSION: "A MILLION MILES AWAY"



HELLO TRIO SSS!

SUMMER IS HERE, AND WE HOPE YOU ENJOY THE WARM WEATHER! THIS IS A GREAT TIME TO RELAX AND TAKE CARE OF YOURSELVES. DO THINGS THAT MAKE YOU HAPPY AND HELP YOU FEEL CALM. WHILE YOU'RE TAKING IT EASY, ALSO MAKE SURE TO WORK HARD ON YOUR SUMMER COURSES. STAY MOTIVATED AND KEEP LEARNING. ASK FOR HELP IF YOU NEED IT, AND TRY TO FIND A GOOD BALANCE BETWEEN RESTING AND STUDYING!

IN THIS EDITION, YOU WILL FIND OUR SPRING 2024 TRIO CELEBRATION WHERE WE RECOGNIZED OUR GRADUATES AND ALL THEIR HARD WORK! OUR CELEBRATION IS ALSO A GREAT TIME TO RECOGNIZE OUR PARTNERSHIPS, PARTICIPANT'S ACHIEVEMENTS AND THEIR DEDICATION THROUGHOUT THE SEMESTER!

ON PAGE 3 TO 7, YOU WILL GET TO IMMERSE YOURSELF INTO OUR GRADUATE LEADERSHIP AND CULTURAL TRIPS! OUR SELECTED GROUP OF TRIO STUDENTS HAD THE OPPORTUNITY TO PARTICIPATE ON TRIPS WHERE WE VISITED HOUSTON (TRIP 1), CORPUS CHRISTI, SAN ANTONIO, AND SAN MARCOS (TRIP 2). ON THESE TRIPS, WE VISITED DIFFERENT UNIVERSITIES TO LEARN ABOUT THEIR GRADUATE PROGRAMS AND WE GOT TO EXPLORE THE CITIES AND EXPERIENCE THEIR UNIQUE CULTURES AND HISTORIES, WHICH WAS REALLY INTERESTING AND ALLOWED US TO APPRECIATE THE DIVERSITY AND HERITAGE THAT MAKE OUR STATE REMARKABLE.

ON THE LAST PAGE OF THIS EDITION YOU WILL FIND A MESSAGE FROM THE STAFF. WE HOPE YOU ENJOY THIS SPECIAL EDITION!

-UTRGV TRIO SSS



LAB HOURS

MONDAY - FRIDAY:

8:00AM - 5:00PM

*PLEASE CHECK GROUP-ME FOR UPDATES



DID YOU KNOW?

BROWNSVILLE HAS A TACO TRAIL!



THE CULTURAL FOOD FOUND IN BROWNSVILLE IS INCOMPARABLE TO ANY OTHER—ALL THANKS TO BROWNSVILLE'S LOCATION RIGHT ON THE U.S. AND MEXICAN BORDER. BROWNSVILLE IS HOME TO A VARIETY OF TAQUERIAS, TACO EATERIES, EACH WITH ITS OWN UNIQUE FLAVOR AND STYLE. AUTHENTIC MEXICAN FOOD, DELICIOUS TEX-MEX, AWARD-WINNING AND NATIONALLY RECOGNIZED, COME GET A TASTE OF BROWNSVILLE'S TACO TRAIL YOURSELF!



JUNETEENTH FREEDOM DAY

We commemorate Juneteenth, on June 19, 1865, when enslaved peoples of African descent in Texas finally gained their freedom.

We remember them. We honor their memory. We celebrate freedom for all.



[HTTPS://VISITBTX.COM/TACOTRAIL/](https://visitbtx.com/tacotrail/)

TRIO CELEBRATION

2024



Class of
2024



HOUSTON TRIP

2024



TEO CHEW TEMPLE

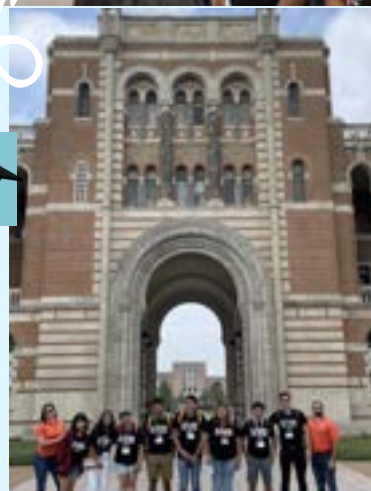


"THIS TRIP WAS BOTH EDUCATIONAL AND PERSONALLY ENRICHING. THE MAIN HIGHLIGHT OF THIS WEEK WAS IMMERSING MYSELF IN A DIFFERENT CULTURE. STAYING IN CHINATOWN EXPOSED ME TO A WHOLE NEW WORLD! LEARNING ABOUT NASA'S REPEATED ATTEMPTS TO LAND A MAN ON THE MOON TAUGHT ME THE VALUE OF PERSISTENCE. I WAS INITIALLY CONTENT WITH PURSUING A MASTER'S DEGREE BUT NOW I'M CONSIDERING A PHD!"

-FIDEL



RICE UNIVERSITY



A SPECIFIC TAKEAWAY WAS DURING OUR VISIT TO RICE UNIVERSITY, WHERE ONE OF THE PHD STUDENTS SAID: "EVERYONE IS SMART, DISTINGUISH YOURSELF BY BEING KIND." I TRULY FELT THAT QUOTE BECAUSE IT EMPHASIZES THE IMPORTANCE OF BEING HUMBLE, HONEST, AND EMPATHETIC. - EDISON



NASA SPACE CENTER HOUSTON



HOUSTON TRIP

2024



UNIVERSITY OF HOUSTON

THE HIGHLIGHT OF THIS TRIP FOR ME WAS HOW EVERYONE SEEMED SO PASSIONATE ABOUT WHAT THEY WERE DOING, AND AS THE SAYING GOES "WHEN YOU FIND YOUR PASSION, YOU'LL NEVER WORK A DAY IN YOUR LIFE". - MAXIMILIANO



"THE HEALTH MUSEUM IMPACTED ME A LOT: MY VISION AS A FUTURE TEACHER IS TO LEARN WHILE HAVING FUN SO THIS SHOWED ME A LOT OF HANDS ON ACTIVITIES!" -ANGIE

THE HEALTH MUSEUM

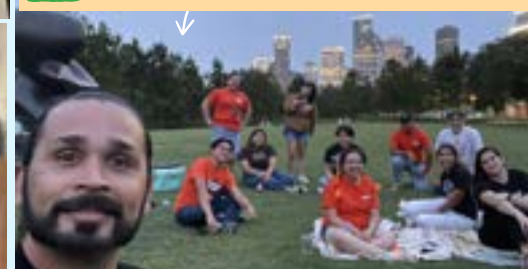


PICNIC AT BUFALO BAYOU PARK

"DURING OUR BUDDHIST MEDITATION SESSION AT THE KADAMPA MEDITATION CENTER, I LEARNED HOW IMPORTANT IT IS TO BE MINDFUL AND STOP WORRYING ABOUT MY IMMEDIATE SURROUNDINGS AND MORE ABOUT MIND. IT TAUGHT ME TO BE READY FOR ADVERSITY AND LEARN TO DEAL WITH IT IN A PEACEFUL WAY TO REDUCE STRESS AND ANXIETY" - CLAUDIO



KADAMPA MEDITATION CENTER



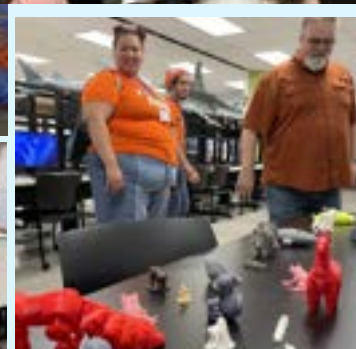
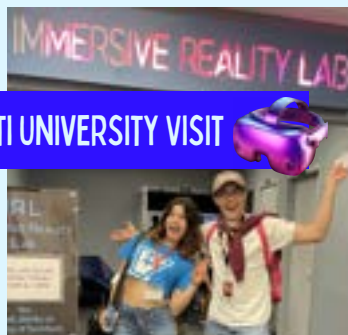


- SA - SM TRIP

2024



TEXAS A&M CORPUS CHRISTI UNIVERSITY VISIT



"SIN DUDAS IR EN GRUPO ES HERMOSO Y ES IMPRESIONANTE LO TANTO QUE REALMENTE LLEGAS A CONECTAR CON ALGUIEN CUANDO ESTAS FUERA Y CREAS MEMORIAS INOLVIDABLES."

- EDISON

TRIO

STUDENT SUPPORT SERVICES



TRIO STUDENT SUPPORT SERVICES

UTRGV TRIO SSS

TRIO-SSS@UTRGV.EDU

UTRGV

CC - SA - SM TRIP 2024



"AS FAR AS A MASTER'S PROGRAM, UNDERSTANDING WHAT YOU DON'T WANT IS AS CRUCIAL AS DISCOVERING WHAT YOU DO WANT. IT'S ESSENTIAL TO RECOGNIZE OUR OWN BOUNDARIES AND UNDERSTAND OUR WORTH AND WHAT WE OFFER." - KORINA



THE UNIVERSITY OF TEXAS AT SAN ANTONIO



HISTORIC GHOST TOUR



ST. MARY'S UNIVERSITY



ELEVATOR SELFIE!



"A SPECIFIC TAKEAWAY IS UNDERSTANDING WHAT A UNIVERSITY OFFERS AND ASKING IF IT FITS MY NEEDS. I LEARNED FROM THIS TRIP THAT GRADUATE SCHOOL IS HARD BUT IT IS POSSIBLE. I CAME BACK HOME WITH MY MIND MADE UP THAT I CAN DO THIS AND I WILL GO TO GRADUATE SCHOOL!" - VERO



JAPANESE TEA GARDEN



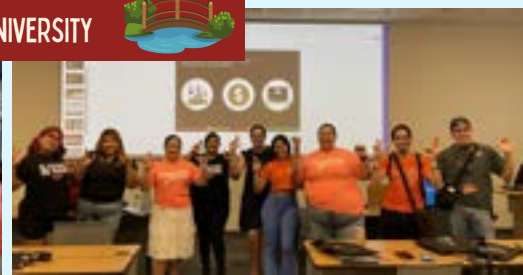
CC - SA - SM TRIP

SAN MARCOS

2024



TEXAS STATE UNIVERSITY



"MY ADVICE FOR FUTURE TRIP ATTENDEES WOULD BE TO HAVE A MIX OF FUN BUT NEVER FORGET TO SOAK UP AS MUCH KNOWLEDGE AS YOU CAN FROM ANY OF THE SCHOOLS YOU GET TO VISIT. DO DON'T BE SHY ABOUT ASKING QUESTIONS! REMEMBER THAT NO QUESTION IS A DUMB QUESTION BECAUSE IT WILL LEAD TO RICHER INFORMATION." - AALIYAH



"THE NUMBER ONE WAY TO IMPLEMENT WHAT I HAVE LEARNED IS EXPLORING ALL THE RESOURCES AND OPPORTUNITIES EACH UNIVERSITY I AM INTERESTED IN. EXPLORING THE OPPORTUNITIES AND RESOURCES CAN HELP ME ACHIEVE MY GOAL OF A DOCTORAL DEGREE IN MICROBIOLOGY AND IMMUNOLOGY." - CHRIS



MEADOWS CENTER GLASS-BOTTOM BOAT TOURS



SPECIAL MESSAGE

2024

Aaron - TRIO SSS Director



2023-2024 has been an exciting year and I have truly enjoyed serving as the Director for TRIO SSS. We had plenty of challenges but we pushed through and worked through them. It is very rewarding to reflect on the academic year and feel completely satisfied and humbled to know that we accomplished many things, together and individually. And just to review... we had tons of activities for you all to interact with each other and learn outside of the classroom. In case you need a reminder, here is a list: Saturday Retreat, Exploring Brownsville, vision boards, pumpkin decorating, Día de los muertos altar, Thanksgiving celebration, personalized ornaments, Self-Care Saturday, FAFSA workshops, College Survival Conference, Healthy Meal Prep, Self-Care and resilience, Life Hacks and Adulting Conference, Study Lounge, end of semester celebrations, and two educational trips! This also doesn't include the daily activities in our office. **To the students:** I know we have limited space and that there's a lot of energies and personalities in the lab at times, but thank you for being engaged in the program; our goal is to make sure you are successful in college but we also hope you enjoy your undergraduate experience, so thank you for being open to participate in the many opportunities we offer throughout the year.

Ash, Angela, and Vero: I continue to be impressed with your work and passion for the things you do; our program has only become better because of your work. **Ash**, our tutoring numbers this year have surpassed, not only my expectations, but also the numbers from the previous years I have served as a director. Thank you for showing dedication, patience, and direction for our students as you have tutored them throughout the year. **Angela**, I have seen and felt your heart through how you navigate your college experience to how you engage with others and in how you complete your work...and I love it! I want nothing but the best for you and I am glad you joined our team this year. **Vero**, I get chills and it warms my soul just typing your name. I cannot begin to express my gratitude and how proud I am of you. Our paths have crossed in such a unique way and I see you as an inspiration for me to be better, a constant reminder that it is never too late...for anything, and an example of the continuous search for opportunities (and they have your name on them). Thank you to all the student employees; a title and work classification that does not match with how valuable you are.

Andrea and Ivonne: thank you for the hard work and dedication both you of show in working with our students; our teamwork in making positive changes to the program shows in how students engage with each other and with themselves. I think of all the little and big projects you have worked on and I feel great pride. We have taken this program to excellent levels of achievement, and I have both of you to thank. **Andrea**, I really appreciate our conversations and questions and thorough analysis (to paralysis) of really anything! It helps feed my brain and continues to push how I think and process what happens in life. **Ivonne**, impressed, grateful, excited, humbled, amazed, inspired, joyful, confidence, pride... these are some of the many emotions I have felt in working with you. Some people say that work should not involve the heart and emotions but I've learned that the heart is just a pump, an organ; the emotions and feelings come from the brain. And my brain is telling me, dale gas!

Thank you all for an incredible year! We are not done doing great things, whether it is here again with TRIO SSS or in the next chapter of your life. Congratulations to the graduating students! Best of luck, always. And let us know if we can continue to assist in the future.

-Aaron

Andrea Learning Instructional Specialist



Thank you to everyone who made 2023-2024 a great academic year!!! The energy you bring to the office plays a big role in shaping not only our experience, as staff, but also other students' experiences. We appreciate those of you who dedicate time to your studies, whether at the office or outside, and those of you who go out of your way to support your families, friends, and other participants. Your efforts do not go unnoticed. Huge congratulations, also, to all our 2023-2024 graduates!!!

And for those of you coming back this Fall 2024, I want to encourage you to begin preparing as early as possible. All through the summer and in the weeks leading up to fall, we will be available to meet with you and help you plan! So, take advantage of all the resources we offer if you anticipate needing them.

Ivonne Student Development Specialist



As we close the chapter on 2023-2024, I can't help but feel an overwhelming sense of pride and joy for our amazing TRIO SSS community. Your laughter, your determination, and even your stress-induced coffee runs have created an atmosphere that's truly out of this world. Whether you're cramming for exams, supporting a friend through a tough time, or juggling work, internships, and family responsibilities, you've shown us what true grit looks like.

A Message for All Participants

There are countless individual accomplishments I could highlight, but I don't have enough space to name them all! The collective achievements of our TRIO SSS participants are truly remarkable. So to each of you: YOUR HARD WORK IS PAYING OFF. I'm extremely proud of your perseverance! However... don't forget to make time for self-care, mental health, and find peace of mind. Focus your energy on positive things, and you'll find that positivity reflected back to you. "What you focus on expands, and when you focus on the goodness in your life, you create more of it." - Oprah Winfrey

Descansen y después pónganse las pilas para seguirle!
Echenle ganas que esto es un ratito!

Special Recognition for Our Peer Coaches

A special acknowledgment goes to our Peer Coaches, Vero and Angela. Your contributions have been invaluable, and your dedication to supporting your fellow students is truly commendable. I am forever grateful for your efforts and proud of your accomplishments!