



# LAKE & MENDOCINO TRIO PROGRAMS

**SONOMA  
STATE  
UNIVERSITY**

## About TRIO Programs in Lake & Mendocino

TRIO programs are federally funded outreach and student support programs designed to identify and assist individuals from disadvantaged backgrounds. These programs focus on supporting low-income and first-generation college students as they work toward academic success.

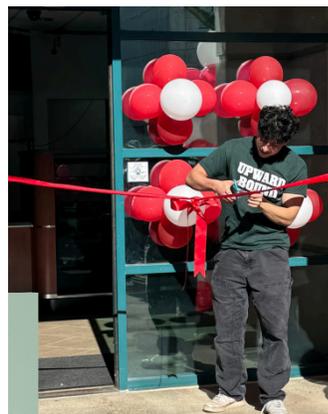
Lake & Mendocino TRIO includes five programs supporting students from middle school through high school across more than 10 school districts. This includes four Upward Bound (UB) programs serving 62+ students each in grades 9–12, and one Academic Talent Search (ATSM) program serving over 500 students in grades 6–12. Through academic support, advising, and college-readiness services, TRIO helps students build the skills and confidence needed to achieve their educational goals.

## Where did TRIO originate?

The TRIO programs were the first national college access and retention programs to address the serious social and cultural barriers to education in America. TRIO began as part of President Lyndon B. Johnson's War on Poverty. The Educational Opportunity Act of 1964 established an experimental program known as Upward Bound. Then, in 1965, the Higher Education Act created Talent Search. Finally, another program, Special Services for Disadvantaged Students (later known as Student Support Services), was launched in 1968. Together, this "trio" of federally-funded programs encouraged access to higher education for low-income students. By 1998, the TRIO programs had become a vital pipeline to opportunity, serving traditional students, displaced workers, and veterans. The original three programs had grown to eight, adding Educational Opportunity Centers in 1972, Training Program for Federal TRIO programs in 1976, the Ronald E. McNair Post-baccalaureate Achievement Program in 1986, Upward Bound Math/Science in 1990, and the TRIO Dissemination Partnership in 1998.

## TRIO Pre-Collegiate Open House Highlights

In January, we were excited to welcome Lake & Mendocino Upward Bound and Academic Talent Search programs to our Sonoma State campus and new TRIO Pre-Collegiate office space. With over 100 TRIO students in attendance, the event was a wonderful opportunity to showcase our new space and connect with students from across Northern California. The celebration also included a special ribbon-cutting ceremony, led by an Upward Bound Sonoma County senior and school valedictorian.



<https://precollegiate.sonoma.edu/about-trio>

**We extend our sincere thanks to our summer program partners for their continued support.**



**MENDOCINO COLLEGE**  
YOUR COMMUNITY. YOUR COLLEGE. YOUR SUCCESS.

# ACADEMIC TALENT SEARCH MENDOCINO COUNTY

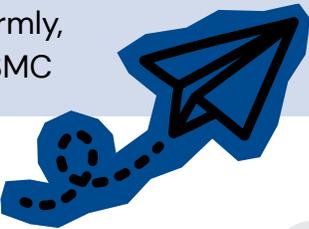
Hello everyone,

January has already been full of exciting moments, and we're happy to share a few highlights with you.

On January 24th, some of our students went on a fun and inspiring field trip to Sonoma State University. For several students, this was their first time ever visiting a university campus, which made the experience especially meaningful. From walking around campus to imagining themselves as future college students, they had a great time and came back energized and motivated.

Back on campus, our seniors are beginning to hear back from the colleges and universities they applied to, and it's been an exciting season of anticipation and celebration. We are so proud of the hard work they've put in and can't wait to continue supporting them as decisions roll in. Thank you, as always, for being part of our community and supporting our students every step of the way.

Warmly,  
ATSMC



## STUDENT HIGHLIGHT



This month, we are proud to recognize the middle school students at Eagle Peak. They kicked off our workshops for the month with great energy and a willingness to engage, ask questions, and participate fully. Their enthusiasm and curiosity made for a fantastic start to our workshop this month. Thank you, Eagle Peak students, for making our workshop a success!



[ats\\_mendocino](https://www.instagram.com/ats_mendocino)

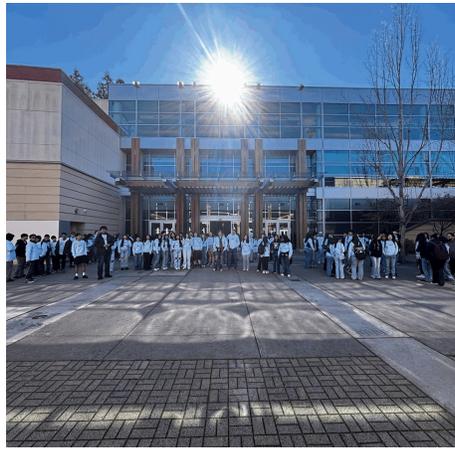


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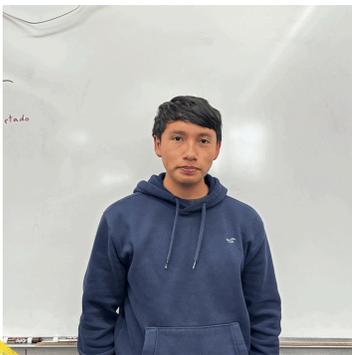
# UPWARD BOUND - FORT BRAGG

Upward Bound kicked off the new year strong! In January, our students attended an Open House at Sonoma State University alongside other TRIO programs and set goals to begin 2026 with focus and motivation. Seniors are celebrating college acceptance letters and creating LinkedIn accounts as they prepare for their futures, while freshmen are reading *The Money Ride* and preparing presentations. Sophomores are learning about loans and credit, and juniors are exploring their interests through a career project. We're excited to see all that 2026 has in store for our Upward Bound students!

## OPEN HOUSE AT SONOMA STATE



## STUDENT HIGHLIGHT



**Diego Martinez**  
12<sup>TH</sup> Grade

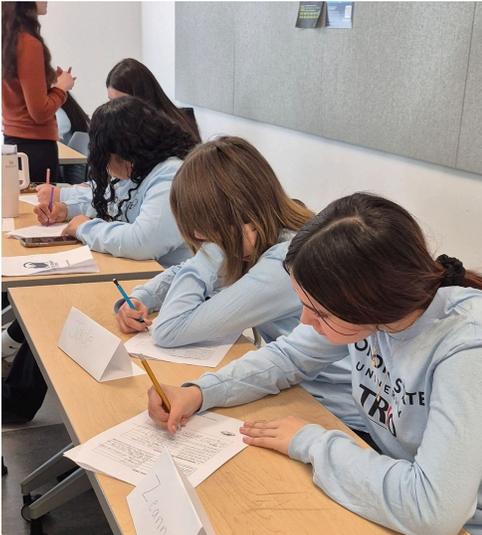
Diego Martinez is a senior preparing to graduate, having maintained a 4.0 GPA and above throughout his entire high school career while excelling as a student-athlete. In addition to his academic and athletic achievements, Diego has completed an impressive amount of community service and is always eager to support and uplift his Upward Bound peers, making him a true leader and role model.



**Nayeli Lopez**  
10<sup>TH</sup> Grade

Nayeli Lopez is a standout Upward Bound student who balances athletic commitment with academic excellence, earning a 4.0 GPA last semester. As a student representative, she leads by example and is highly respected by her peers.

# UPWARD BOUND - LOWER LAKE



Upward Bound Lower Lake (UBL) had a great start to the new year! Our program was able to attend an Open House event at Sonoma State University where we were able to have our Lake and Mendocino TRIO programs attend workshops to help learn valuable skills to prepare them for college! Our students were able to meet the TRIO and Precollegiate programs staff and learn about the goals and vision for our programs!

This January the Seniors have begun receiving their college acceptance letters and planning their possible college pathways while also taking time to celebrate with their fellow classmates! The freshmen are researching and preparing presentations for the environmental awareness project. Sophomores are learning about identity and culture and are currently creating their family trees to share their culture with the class. The Juniors are learning about news, media and advertising and are working on their Ad agency project where they create an ad for a product they designed. The students are excited to see what fun and exciting things are in store for them this year!



## STUDENT HIGHLIGHT

**Eden Sparks** and **Samira Mendez** are both high-achieving Upward Bound students who are the definition of student-athletes; they both earned a 4.1 GPA last semester while taking honors courses. Samira and Eden strive to do their best as part of the JV Girls Basketball team while also making sure their grades are the best they can be.



@ublowerlake



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# UPWARD BOUND - CLEAR LAKE

**Giselle Torres Gonzales** and **Alejandro Bautista** are UBC's students of the month! They are very involved students at Clear Lake High School, both holding leadership positions in school clubs. During my site visits, Giselle and Alejandro have been very helpful; they printed out permission slips and passed them out to our students. All day long, I am meeting with students and often do not have time to see everyone, so their help was necessary to ensure everyone received information about our upcoming field trips.

## STUDENT HIGHLIGHT



## OPEN HOUSE AT SSU



Upward Bound Clear Lake (UBCL) students are encouraged to meet with their outreach advisor once a month to receive academic and college-readiness support. These meetings provide assistance with tutoring, academic advising, school supplies, college-bound materials, and updates on field trips and workshops.

Please note that monthly advisory sessions take place on campus every **1st Wednesday of the month**, providing students with a dedicated time to connect in person with their outreach advisor. Students and families may also communicate with the outreach advisor via Zoom or email as needed.



Thank you to the students who attended our field trip to Sonoma State in January! We had so much fun touring the campus, eating at the dining commons, and learning new things at the workshops. If you did not attend, our next Sonoma State field trip is on Saturday, February 28th. This field trip will make you eligible to attend our Spring Trip to tour Chico State, UC Davis, and Sacramento State. Spaces are limited, so please reach out to me to secure your spot!



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# UPWARD BOUND - UPPER LAKE



## STUDENT HIGHLIGHT

**Presley Bussard** is UBU's Student of the Month! Presley is a sophomore at Upper Lake High School and was the only UBU student who attended our Open House Field trip in January to Sonoma State. She says she enjoyed learning new skills, making new friends, and seeing a new option for a future college campus. Thank you, Presley, for your participation.

Thank you to all the students who joined us for our January field trip to Sonoma State University! We had a great time exploring the campus, enjoying a meal at the dining commons, and participating in informative workshops that gave students a deeper look into college life and academic opportunities.

If you weren't able to attend in January, there's another chance coming up soon! Our next Sonoma State field trip will take place on Saturday, February 28th. Participation in this trip will also make you eligible to attend our Spring College Tour, where we will visit Chico State, UC Davis, and Sacramento State.

Spaces are limited, so please reach out as soon as possible to secure your spot. We look forward to another exciting and informative experience!



Upper Lake Upward Bound (UBU) students are encouraged to meet with their advisor once a month to receive academic and college-readiness support. These meetings provide help with tutoring, academic advising, school supplies, college-bound materials, and updates on field trips and workshops.

Students and families may contact the UBU advisor, **Rebecca Chavez**, via Zoom or email. Regular communication helps ensure students receive the support they need to succeed.



@ubupperlake



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# UPCOMING EVENTS & REMINDERS

TRIP	DATE	GRADES
TRIO Day @ Sonoma State	February 28, 2026	9-12
Spring College Field Trip	March 13-15, 2026	9-12
Senior Retreat - Redwood Alliance	May 1-3, 2026	12
Awards Night	Coming soon`	10-12

## February 2026 Workshop Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
<i>Stress Management Workshop @ 4:15pm</i>	<i>A-G Workshop @ 4:15</i>				<i>Stress Management Workshop @ 11:15am</i>	8
	<i>Financial Aid 101 workshop @ 4:15pm</i>					15
<i>Clinical Trials Workshop @ 4:15pm</i>	<i>A-G Workshop @ 4:15</i>				<i>Clinical Trials Workshop @ 11:15am</i>	22
	<i>Financial Aid 101 Workshop @ 4:15pm</i>					28

### Clinical Trials: 2/16/26 & 2/21/26

Learn about the phases of clinical trials, real world examples, and regulations.

### What are the A-Gs?: 2/3/26 & 2/17/26

Know which courses are required for four year universities and prepare for admissions!

### Financial Aid 101: 2/10/26 & 2/24/26

Everything related to the cost of college, the different types of financial aid, and how to apply to FAFSA.

### Stress Management: 2/2/26 & 2/7/26

How to recognize stress, different techniques to lower stress levels, and the benefits.

### GOOGLE MEETS LINKS:

**Mondays:** [meet.google.com/bmv-jy-wr-qne](https://meet.google.com/bmv-jy-wr-qne)

**Tuesdays:** [meet.google.com/hcu-ffpd-qvi](https://meet.google.com/hcu-ffpd-qvi)

**Saturdays:** [meet.google.com/kvy-rber-vmt](https://meet.google.com/kvy-rber-vmt)



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