



LAKE & MENDOCINO TRiO PROGRAMS



TRiO DAY 2026

A Celebration of Access, Community, and Civic Engagement On February 28, 2026, TRiO Day welcomed more than 200 students from Sonoma, Napa, Mendocino, and Lake County to Sonoma State University for a dynamic day centered on civic engagement, educational access, and community empowerment. The event was thoughtfully designed to help students recognize their roles as leaders, advocates, and active contributors within their communities, while reinforcing TRiO’s mission to expand access to higher education.

EVENT HIGHLIGHTS

TRiO History and Civic Purpose

Students learned about the history of TRiO within the broader context of educational equity and civil rights. This session grounded the day in purpose, helping students understand how civic engagement and advocacy have shaped access to higher education.

Keynote Address on Leadership and Responsibility

The keynote emphasized resilience, leadership, and the importance of civic participation. Students were encouraged to see themselves as change agents in their schools, communities, and future college environments.

Civic Engagement Workshops

Staff-led workshops focused on topics such as community involvement, leadership development, college access pathways, and personal responsibility. Sessions were interactive and student-centered, providing practical tools for engagement both on campus and in their local communities.

Networking and Community Building

A structured networking activity encouraged students to connect across schools and counties, strengthening peer relationships and fostering a broader sense of civic community within TRiO.

Closing Reflection

The event concluded with reflections reinforcing the importance of educational opportunity, civic awareness, and collective responsibility.



IMPACT

TRiO Day 2026 demonstrated how civic engagement and higher education access are deeply connected. Students left with a stronger understanding of their voice, their potential, and their responsibility as members of their communities.

Thank you to all staff and partners who contributed to making TRiO Day 2026 a meaningful and impactful experience. Together, we continue advancing opportunity, leadership, and civic engagement for the students we serve.

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



UPWARD BOUND - FORT BRAGG

February has been a productive and exciting month for Fort Bragg Upward Bound! Our students have been working hard on their Upward Bound assignments while continuing to strengthen their academic skills. They are also building valuable communication and public speaking skills by presenting in front of their peers, showing great growth in confidence and leadership.

We celebrated Valentine's Day with a fun-filled event organized by our amazing Upward Bound representatives, who helped set up and create engaging activities for their peers to enjoy, making it a wonderful time for connection and community. This month, Fort Bragg Upward Bound students will also be attending their TRIO Conference, where they will connect with students from various TRIO programs, build leadership skills, and expand their networks. Stay tuned for more exciting events and trips to come!



STUDENT HIGHLIGHTS



Francis (Suhey) Ramos Hurtado

Francis, also known as Suhey, is a senior finishing her high school journey strong. She consistently demonstrates true leadership and serves as an Upward Bound Representative, leading by example and supporting her peers. Suhey is always ready to lend a helping hand and brings a positive, uplifting presence. This semester, she is not only graduating from high school but also graduating from Mendocino College, an incredible accomplishment as she prepares to continue her education even further. We are extremely proud of all she has achieved and look forward to seeing her academic journey and future goals continue to unfold.



Liliana Ramirez Pech

Liliana is a junior at Fort Bragg High School and has been a dedicated member of Upward Bound throughout her entire high school career. She is passionate about education and consistently demonstrates a strong commitment to her academic and personal growth. Lili is a true leader who leads by example, always encouraging those around her to do their best. As an Upward Bound Representative, she plays an active role in keeping her peers engaged, organized, and motivated.



[upwardboundfb](https://www.instagram.com/upwardboundfb)



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ACADEMIC TALENT SEARCH MENDOCINO COUNTY

We have had an exciting and productive few weeks! One of the highlights was our recent hands-on engineering workshop, where students were challenged to build the tallest free-standing tower using only paper and tape. This activity encouraged students to think creatively, apply engineering concepts, and use problem-solving skills to meet their goal. The results were impressive – our tallest structure reached an incredible 6 feet 3 inches! Most importantly, students collaborated, experimented, and had a great time throughout the process.

We are also excited to share that ATS high school students will have the opportunity to visit Sacramento, Chico, and UC Davis. These visits will provide valuable exposure to college campuses and new environments as students begin exploring their future academic pathways.

Additionally, the first week of February was Counselor Appreciation Week. We would like to extend our sincere gratitude to all of the school counselors we work with. Thank you for your friendliness, dedication, and partnership in serving our students. We truly appreciate the important work you do each day to support student success.



We're excited to share that we are currently recruiting new students for the ATSMC program! If you or someone you know is interested in joining, [please scan the QR code to complete the application.](#) We would love to welcome new students to our community. Feel free to share this opportunity with others who may be interested!



STUDENT HIGHLIGHTS



Sam Udarbe

Sam Udarbe, our outstanding 9th grader, is already making an impressive mark academically with a 4.14 GPA! With a clear goal of entering the medical field, this student is focused, driven, and committed to excellence. UC Davis is their dream college, and they are already building a strong foundation to make that goal a reality. Beyond academics, they are currently learning how to crochet and are working on making stuffed animals to give away to children in the Philippines. Their dedication to both their studies and giving back to others truly reflects the kind of leadership and compassion we love to see in our students.



Angel Vega Mendoza

We are proud to recognize one of our outstanding seniors who has earned an impressive 4.45 GPA! Angel will be attending the University of Chicago and plans to pursue a major in Business and Economics. Their dedication, focus, and academic excellence have truly set them apart. They are also a key member of the soccer team, playing striker. Their leadership, teamwork, and drive on the field reflect the same determination they bring to their academic goals. We are incredibly proud of all they have accomplished and look forward to seeing their continued success at the University of Chicago!



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UPWARD BOUND - LOWER LAKE

This February the Seniors have been working on their local scholarship applications, updating their resume and writing their personal statements while also completing their FAFSA. The freshmen are presenting their presentations for the environmental awareness project and participating in a campus clean-up to improve the school environment. Sophomores are creating and presenting their family trees to share their culture with the class and writing an essay about their family traditions. The Juniors are finishing their Ad agency project where they create an ad for a product they designed. The juniors have been creating commercials, flyers and using different techniques to sell their products to the class. They will be moving on to preparing for AP and State tests coming up!



Check your email and create your College Portals for schools you have been accepted to and look for any documents or forms that the colleges may need, better to be prepared than to be surprised later on.



Valeria Duran Saldivar



Kierstyn Lambert

STUDENT HIGHLIGHTS

Kierstyn Lambert (11) and Valeria Duran Saldivar (12) competed in **SkillsUSA** in Early Childhood Education where Kierstyn received Gold and Valeria received Bronze medal. They will now compete at the State competition in April! Please join us in congratulating them and wishing them luck in State!



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UPWARD BOUND - UPPER LAKE

We had a great turnout for TRIO Day! Thank you to all the students who came with us to learn about TRIO History, participate in workshops, and network with other students. The students learned about how civic engagement in the 1950s led to the creation of Upward Bound and other TRIO programs. Also, the history of TRIO at Sonoma State and how much the Upward Bound program has grown since its establishment at SSU! The workshops focused on professionalism and how music has been used as a form of resistance. We ended the day with a network activity to make connections with other students. On the bus ride home, we enjoyed our dinner burritos and karaoke!



STUDENT HIGHLIGHTS

COFFEE & CHAT
w/ Upward Bound
Upper Lake

Where?
Double D's Coffee
9449 MAIN ST,
UPPER LAKE,
CA 95485



Come and enjoy a **drink** and a **pastry** of your choice on us! Let's catch up and connect about upcoming events and how we can best serve you.



Every Wednesday
Anytime from
12:40 pm to 3:30 pm

Chavezreb@sonoma.edu programsu@sonoma.edu 707-664-3895 @UBUPPERLAKE



Camila Martin & Aubreyana Suzor

This month, I would like to spotlight these two Upper Lake Seniors, who took time out of their weekend to participate in TRIO Day. It was a long day full of learning and networking, but they were happy campers. I hope to see more Seniors next time. Thank you for joining us!



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UPWARD BOUND - CLEAR LAKE



STUDENT HIGHLIGHTS

Severene Faye Viray, Liala Kindle, and Francis Rivera

This month, I would like to spotlight these three Seniors, who took time out of their weekend to participate in TRIO Day at Sonoma State University. It was a long day full of learning and networking, but they were happy campers. I hope to see more Seniors next time. Thank you for joining us!



TRIO DAY

We had a great turnout for TRIO Day! Thank you to all the Clear Lake High School students who joined us to learn about TRIO History at Sonoma State, participated in workshops that focused on professionalism and music as resistance, and connected with other students through a fun game of Network Bingo.



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.



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UPCOMING EVENTS & REMINDERS



Spring Field Trip

Friday, March 13 – Saturday, March 14, 2026

TWO DAYS OF GREAT FUN AND ADVENTURE!
 CHICO STATE UNIVERSITY
 CALIFORNIA STATE UNIVERSITY SACRAMENTO
 UNIVERSITY CALIFORNIA DAVIS
 THEN END OF THE DAY AT THE **JELLY BELLY FACTORY!**




Make sure to RSVP by **February 13th!**




MONTH GOALS

Workshop schedule

Personal Insight Questions + Personal Statements

Prepare for college applications and begin drafting required essays for UC and private institutions.

Tuesday, March 3rd @ 4:15 pm
and
Tuesday, March 17th @ 4:15pm

meet.google.com/hcu-ffpd-qvi

Professionalism Practices

Best practices for entering the workplace. Explore topics such as interview tips, resume 101, and where to find jobs.

Tuesday, March 10th @ 4:15 pm
and
Tuesday, March 24th @ 4:15pm

meet.google.com/hcu-ffpd-qvi

DO IT

Email Etiquette

Learn professional and appropriate ways to communicate through email with examples and formats.

Monday, March 2nd @ 4:15pm
meet.google.com/bmv-jywr-qne

Saturday, March 7th @ 11:15am
meet.google.com/kvy-rber-vmt

Study Skills

Strengthen your different study techniques and learn how to best study for different subjects.

Monday, March 16th @ 4:15pm
meet.google.com/bmv-jywr-qne

Saturday, March 21st @ 11:15am
meet.google.com/kvy-rber-vmt

TRIP	DATE	GRADES
Senior Retreat – Redwood Alliance	May 1–3, 2026	12
Awards Night	Coming soon`	10–12