



Student Guide

35th
National TRIO DAY
2021

Community Service Event





TRIO Day of Service – Student Guide

Community Service:

“Engaging in community service provides students with the opportunity to become active members of their community and has a lasting, positive impact on society at large. Community service or volunteerism enables students to acquire life skills and knowledge, as well as provide a service to those who need it most. Participating in community service not only makes a difference to the organization and people being served, but also makes a difference to every student’s career prospects. Participating in community service activities helps to enhance student resumes by allowing students to obtain work-related skills prior to graduation, builds good references for employers in regard to community involvement, and provides a forum to network with future potential employers.”

WESTOPSoCal (WESTERN ASSOCIATION OF EDUCATIONAL OPPORTUNITY PERSONNEL- Southern California) also known as ‘YOUR Regional TRIO Chapter’ is offering our participants an opportunity to earn community service hours with guided virtual activities in honor of National TRIO Day. According to the 1986 Congressional resolution, *“National TRIO Day is meant to focus the nation’s attention on the needs of disadvantaged young people and adults aspiring to improve their lives, to the necessary investment if they are to become contributing citizens of the country, and to the talent which will be wasted if that investment is not made.”* Every year, TRIO Day is held on the last Saturday of February.

National TRIO Day is our tradition, it allows you as a TRIO student to give back to your local community through acts of service. *Saturday, February 27th, 2021 commemorates the 35th Anniversary of National TRIO Day* and raising awareness about the importance of educational opportunity for low-income, first-generation students.

To participate, students must complete at least one project from this guide. To receive validation of community service hours performed, students MUST:

1. Record their service by taking pictures/creating videos.
2. Fill out the [Online Community service form](#) and upload the pictures/video of completed work.

**The form can be submitted all week from February 22nd through February 27th.*

Once form has been submitted, WESTOPSOCAL staff will review and then send students an official letter with the number of service hours completed via email.

At the end of the week and on National TRIO DAY we are hosting an hour-long virtual event on zoom where you will learn more about the TRIO Legacy and hear from Alumni along with opportunity drawings and prizes for our student participants. This will be held on **February 27th**, you will receive additional community service hours for attending this event.

Register for the National Trio Day Virtual Celebration event here:

[**ZOOM Registration for National TRIO Day!**](#)



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Project 1: Write a letter to an Elder

Take a few minutes, sit down, and write a letter to an elder (a stranger). Tell them about yourself, maybe say a joke or a riddle and let them know that they are loved.

It might feel difficult at first to be writing to someone you don't know. Our advice: just pretend like it's a conversation! What kinds of things would you want to talk about to a stranger?

Our Guidelines:

1. Letters must be **legible (large print) and handwritten**. No worries if you're not artistic– make your card as what you'd like to receive.
2. **Avoid religion, if possible**. Your letter should resonate with anyone.
3. **Exclude the date** (day, month, and year). **Do not reference COVID, isolation, or quarantine**– focus your letter on making the recipient feel good.
4. **Embrace creativity!** Recipients love it when the letters are personal. We encourage you to make your letters colorful and fun– photos, crosswords, and drawings are great!
5. **Be kind & thoughtful**. This is a one-way letter exchange, so you will not receive a letter back. Receiving nothing in return is part of the beauty of your act of kindness, and recipients aren't burdened by feeling obligated or unable to respond.
6. **Envelope** your letters if you can! It's so much nicer to receive an enveloped card. If you're sending more than 1 letter, leave your enveloped letters unsealed and unstamped and send them in a larger envelope or box.
7. **Send us as many cards as you'd like! We accept letters year-round, so there's no deadline for when you must send them by**. If your cards are holiday-themed or seasonal, send them a month before that holiday or the end of that season. (If you send your letters late, we'll save them for next year).

Ready to mail?

Yay!

Send to:

Love For Our Elders

P.O. Box 24248

Cleveland, OH 44124

For more information: <https://loveforourelers.org/letters>



Project 2:

Record a Video for an Elder

Many of our elders are isolated right now

To support homebound seniors and those who may not be able to receive a physical card, we're collecting **video letters** to send to seniors who have been affected by the COVID-19 pandemic.

Here's how you can help...

Record a 30-60 second video message!

Suggestions: rapping, singing, dancing, playing an instrument, spoken word, juggling, comedy– anything, really!

Recorded your Video?

Yay!

Upload your Short Video on the google form link [here](#).

Questions?

Email: westopsocalchapter@gmail.com