

HARVEST TIME



3 SEEDS NEWSLETTER | VOLUME 8 [SEP - DEC] 2018 3SEEDS.ORG

A DAY AS A SYCAMORE

INDIANA STATE OFFERING AFFORDABLE OPPORTUNITIES FOR ILLINOIS STUDENTS.

3 Seeds Mentoring Group's college visit to Indiana State University College Visit was exciting and impactful! Over fifty-five 3 Seeds Mentees had the opportunity to receive valuable tips and resources to transition into their first year of college from the TRiO Student Support Service Director at Indiana State University on October 25th. Our mentees received an amazing presentation breaking down the affordability and accessibility benefits of attending Indiana State University. Our mentees also meet with two student panels from the Office of Admissions and the African American Cultural Center. Students also viewed over four dormitory rooms to view living conditions on campus. An additional surprise to our visit was catching up with some 3 Seeds Mentees who are currently at Indiana State University. So far seven of our students who have attended the college visit on October 25th have been accepted into Indiana State University. Go Sycamores!



SENIORS ON A RECENT VISIT TO THE INDIANA STATE CAMPUS. STUDENTS WERE ABLE TO CONNECT WITH HILLCREST ALUMNI WHO ARE NOW COLLEGE FRESHMAN.

FUTURE ARCHITECTS AND ENGINEERS

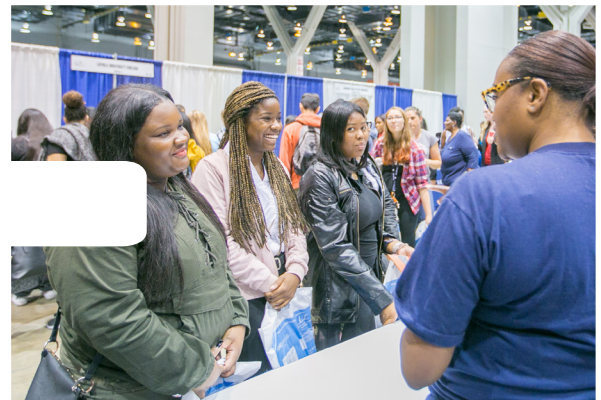
STUDENTS PARTICIPATE IN 15 WEEK STEM INTERNSHIP WITH CHICAGO TOP FIRMS.



We're proud to announce that we currently have two 3 Seeds Mentees participating in the prestigious Ace Mentorship Program. Derrion Boyce and Bryan Ingram currently have the opportunity to create and develop engineering structures, receive mentorship from professionals in the design and construction industry, as well as the opportunity to win college scholarships and paid summer internships through Ace Mentoring Group Chicago.

EXPOSED TO OVER 500 SCHOOLS

FROM FINLAND TO FLORIDA, STUDENTS ATTEND A NATIONAL COLLEGE FAIR AT THE MCCORMICK PLACE.



TRiO students attended the NACAC College Fair with the goal of exploring options of post-secondary education, asking questions and gathering resources and information. Students were able to attend workshops on college selection, financial aid and college entry examinations. This event was an outstanding way to get students directly connected to admissions representatives from across the country.



TRIO STUDENTS GAIN ADMISSION & INSIGHT

MORE THAN JUST SHOWING UP, OUR STUDENTS WERE ABLE TO TAKE AWAY SO MUCH VALUABLE INFORMATION AND GREAT CAREER BUILDING EXPERIENCES.

Saturday, October 19th, dozens of 3 Seed's TRIO students loaded up for the 16th Annual 100 Black Men Scholarship Fair. With over 200 participating colleges, universities and community resources, the students were exposed to many post-secondary options from near and far. From on the spot admissions to informational sessions and workshops, the event served as a college preparation one stop shop. Several of the TRIO senior students who attended this event gained early on the spot admissions and made priceless in person connections with representatives from some of their "dream schools". Senior Derrion Boyce not only gained on the spot admissions to Alabama A & M but got the chance to inter-

view the Executive Director of the 100 Black Men of Chicago. At 3 Seeds Mentoring group, we promote access and exposure to college and career to increase high school and college completion rates. Students who participate in our From the Ground Up video production group got live footage of the event, including interviews from admissions representatives. Gaining this type of footage not only enhances the student involvement and career exploration but allows us to provide enriched content for future students. More than just showing up, our students were able to take away so much valuable information and great career building experiences future without having to take on large amounts of debt.

SPELL OFF SHOWDOWNS!

PRAIRIE HILLS AND HILLCREST WINNERS BOTH ENJOY DONATED PRIZES FROM FOOTLOCKER.



3 Seeds Mentoring Group 2018 Bees for Jays Competition had ten contestants from the high school and the middle school compete. Our High School Winner is Alexis Allen and the winner our Junior High winner is Alana Canino. Both winners received a donated footlocker gift card. Both competitions lasted over six rounds.

HBCU FEEL AT SOLDIER FIELD

MORE THAN JUST FUN, FOOD AND FOOTBALL, TRIO STUDENTS GEARED UP FOR AN EDUCATIONAL DAY AT THE CHICAGO CLASSIC.



3 Seeds Upward Bound and Educational Talent Search students explore many national Historically Black Colleges and Universities obtaining information on college admissions and scholarships. Not all business, the students had the opportunity to attend the Chicago Classic football game at Soldier Field, Miles College versus Morehouse College.



CONFIDENCE IS KEY

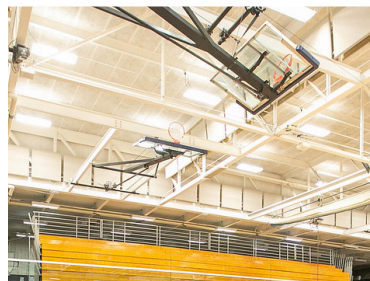
PUBLIC SPEAKING WORKSHOP WITH MR. VANARSDALE .

3 Seeds Mentoring Group Public Speaking workshop is an interactive presentation conducted by Mychael Vanarsdale. 3 Seeds Mentees were taught the 15 most effective tips for public speaking and showed demonstrations of do's and don'ts by showing video footage of his public speaking events. 3 Seeds Mentees also demonstrated an impromptu speech on what they're passionate about and what makes America great. Our mentees learned how to give a speech with very little time to prepare and challenged their stage fright by discussing a topic that allowed them to voice their passions. The video production students also got a chance to further develop their skills by recording the speeches and the crowd responses. Events like this allow the students to take a break from the academic world and step into the realm of personal and professional development which is critical to successfully entering the workforce. The ability to confidently represent yourself is an invaluable skill that will always be useful as students continue to progress inside and out-side of the classroom.

ON A MISSION TO EDUCATE, EMPOWER & ENLIGHTEN

THE YOUNG LADIES OF HILLCREST "LEVEL-UP" DURING THE SISTER 2 SISTER FEMALE YOUTH SUMMIT, A COLLABORATIVE EVENT OF HILLCREST HIGH AND 3 SEEDS MENTORING GROUP.

Hundreds of female high school students flooded the Hillcrest High School gymnasium to embark on a day of exposure, experience and expertise featuring professionals, alumni, parents and business owners. All of the volunteers spent their day speaking with the ladies regarding overcoming difficult life situations and moving forward to lead successful, meaningful lives. Topics of the workshops included personal health and wellness, career readiness, conflict resolution and personal and financial literacy. On top of 3 Seeds co-organizing this event, the entire staff played roles in the event production from facilitating workshops to video production. According to 3 Seeds executive director Jason Thomas, "We are attempting to create a village of



support for the young women in this community before it is too late." The young ladies in attendance begin the day with a keynote from Chicago poet, K-Love. The energy was high with rounds of applause and snaps as K-Love spoke words that the ladies could relate to. "I want you to believe that what is considered a flaw can become your power", K-Love spoke as she motivated the young ladies to be persistent about their passions. The ladies left the event with resources from professional women all over the city and a new meaning of "leveling-up".

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INSPIRING INNOVATION AND IDEAS

3 SEEDS PROVIDES UPWARD BOUND STUDENTS HANDS-ON ACTIVITIES IN THE AREAS OF PHOTOGRAPHY, VIDEO, ROBOTICS AND DESIGN.

I-Create: Inspiring Innovation and Ideas was a vision birthed from our executive director, Mr. Jason Thomas. Tapping into the

growing S.T.E.M. (Science, Technology, Engineering, and Mathematics) fields to expose our students to different aspects, functions, and careers. During winter break, on January 3rd, 2019, the Upward Bound students showed up to Prairie State not truly knowing what to expect but open to exploration. Throughout the day, students were enabled to design while using logic and strategy to achieve the goals. Combining programming and play, students were placed in small groups to build and race S-brick cars (LEGO cars powered/ programmed using a smart device). In their small groups, they worked together in learning, building- and in one team's case winning. After an exciting morning of trial, error, and racing, the students were allowed to select a break

out session. Keeping with the theme of the day surrounding innovation and ideas, the students selected debate or photography. Aided with the tools to be successful and the flexibility to be unique, some students were able to explore the campus, capturing images of STEM in action. Our other students were in production mode, stemming up conversation and debate regarding STEM topics like health care and designer embryos. Packed with fun, exposure, and excitement, the students noted in their surveys that our newest event was.



STUDENTS WORKING IN SMALL GROUPS AT I-CREATE TO BUILD THEIR SBRICK CARS FOR THE FINAL RACE!

3SEEDS WINS BIG AT SOUTHWORKS

3 SEEDS ROBOTICS TEAM TAKES HOME THE TROPHY AT THE SOUTHWORKS OLYMPIC AND ENGINEERING COMPETITION



The first-ever 3 Seeds robotics team worked hard to place in the race. The robotics team under the instruction and coaching of Mr. Davenport participated in the autonomous racer and transporter competitions. The team practiced for weeks perfecting their designs. Testing and creating, they banded together in efforts to achieve a greater goal. Most entered the room not knowing what to expect from day to day but left empowered to be more analytical and embraced the challenge to be stimulated. The team of 10 Hillcrest students are excited to win and compete next year as well as breaking the myths of being apart of a S.T.E.M. / robotics group.

SECRET MONEY WORKSHOP

SCHOLARSHIP MOM SHOWS STUDENTS WHERE TO FINDS SCHOLARSHIPS THAT STUDENTS USUALLY OVERLOOK



On January 24th, 2019, over 40 students and parents attended our Secret Money Scholarship workshop with Brenda High aka "Scholarship Mom." During the workshop, Mrs. High discussed how students can discover scholarships and how they can access more scholarships to jump-start their search. In addition to "Scholarship Mom", Governors State University Dean of Students, Corey Williams, presented the Governors State University Aim High Scholarship program and explained to students what the qualifications needed for the program.



ANTI VIOLENCE STUDENT PRODUCTIONS

STUDENTS CREATE PRODUCTIONS TO RAISE AWARENESS AROUND BULLYING AND YOUTH VIOLENCE..

During the week of February 25th through March 1st, thousands of schools and youth organizations across the country participated in the national See Something Say Something Week to promote students against violence everywhere. Our Student Production Crew (From The Ground Up), led by Bryan Ingram included our students Jalen Eubanks, Eva Grandberry, Justice Curry, Luster Scott Jr., Jamiah Bell-Ray and Raushanah Boone. They had a vision to make the entire school aware of See Something Say Something Week. The From the Ground Up crew decided to take a stand against violence by creating a public service announcement designed to encourage their peers to speak up if they see an injustice or wrongdoing taking place. With the assistance of Hillcrest High School Administration and Staff,

From the Ground Up crew, produced a 3-minute public service announcement that featured administration, faculty, and students on one accord delivering the message that if you see something, you must say something to prevent violence everywhere. The PSA was shown to the entire school during 2nd period on Monday, February 25th to promote awareness around the week, and school district BHSD-228 also showed the PSA to different high schools within the district to support the cause. In addition to the From the Ground Up's "See Something Say Something" PSA, our mentees at Prairie Hills were inspired to have a podcast discussion on National Youth Violence Week (April 8th-12th) as well. During our April 10th workshop, students participated in a podcast style discussion on the effects of bullying, how they handle a bully, and ways to prevent bullying in their school.

NETWORK NETWORK NETWORK

STUDENTS AND PROFESSIONALS ENGAGE IN CONVERSATIONS REGARDING COLLEGE, CAREER AND PERSONAL DEVELOPMENT



On Thursday, February 21st, 2019, 3 Seeds Mentoring Group's TRiO Upward Bound students had the opportunity to participate in the 2nd Annual Networking Mixer. The Networking Mixer gave the students a chance to connect with prominent professionals from across the Chicagoland area, exposing them to various professionals in careers that align with their interests.

STEM LEADERS FINISH STRONG

DERRION & BRYAN FINISH THEIR 15 WEEK STEM INTERNSHIP IN DOWNTOWN CHICAGO



For 15 weeks, Derrion Boyce and Bryan Ingram have committed themselves to an internship with the prestigious ACE Mentorship Program focused on architecture, construction, and engineering. On April 9th, 2019, Derrion and Bryan along with their peers and cohort presented a proposal for the Iman Health and Wellness Center in Chicago's Englewood Community. Boyce and Ingram were apart of a cohort of 20 students across the Chicagoland area that provided budget proposals, blueprints, and development plans. During the award ceremony, Derrion Boyce was awarded a \$4,000 scholarship! Congratulations to Derrion and Bryan for completing such an amazing internship.



REDBIRD FOR THE DAY

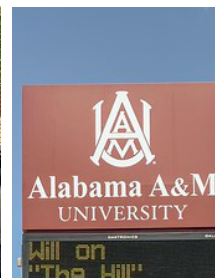
STUDENTS VISIT AND LEARN WHAT IT IS LIKE TO ATTEND ILLINOIS STATE UNIVERSITY.

On Wednesday, February 6th almost forty mentees took the journey with 3 Seeds down to Normal, Illinois to visit Illinois State University. The students, ranging from freshmen to seniors, arrived first at Hovey Hall to meet with an admissions counselor. While at Hovey Hall, they were able to learn about the requirements to be a future Redbird. They were also able to ask questions about the different degree programs, learn about financial resources to help fund their education, and more. The 3 Seeds mentees were given a tour of the campus by current Illinois State students who had various majors. One of the tour guides even graduated from Hillcrest High School and is now an active student leader at the university. During the tour, our students were able to view the scenic campus all while learning about the history of the university. The students also visited a residence hall to see what it would be like to live on campus. The trip concluded with getting a full overall college experience by having lunch at Linkins Dining Center on campus.

SPRINGING FORWARD WITH OUR FUTURE COLEGE GRADS

3 SEEDS UPWARD BOUND STUDENTS EXPERIENCE THEIR 2ND ANNUAL SPRING BREAK COLLEGE TOUR FULL OF EDUCATIONAL AND CULTURAL ASPECTS.

Over 1,500 miles with 30 Upward Bound Scholars for about 96 hours visiting 3 states and 7 colleges/universities. Kentucky State University, Stillman College, University of Alabama, Alabama A & M, Tennessee State University, Fisk University, and Meharry Medical School were all stops during the college tour. From institutions with over 40,000 students to institutions with less than 1,000 students, our students experienced different forms of "college life". Dorms visits, academics presentations or just hanging out on the "yard", Upward Bound's second annual Spring Break College Tour kicked off on Monday, March 25th, 2019 with the destination of Kentucky State University. We bonded during our bus travels, exploring the southern region. Educational and cultural components filled our 4-day travel schedule. From HBCUs to museums and landmarks, our students were able to learn elements of history while growing personally. More than fun and games, the students put their thinking caps on and "escaped" using knowledge and logic at The Escape Room: Nashville. Communication, leadership, and innovation were components embedded in our daily activities. From classmates to friends, our students interacted with college students and some of our seniors even obtained scholarships and committed to institutions.



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YOUCREATE VIDEO EXPERIENCE

3 SEEDS MIDDLE SCHOOLERS SHINE BRIGHT DURING OUR FIRST SUMMER YOUCREATE VIDEO PODCASTING SESSIONS

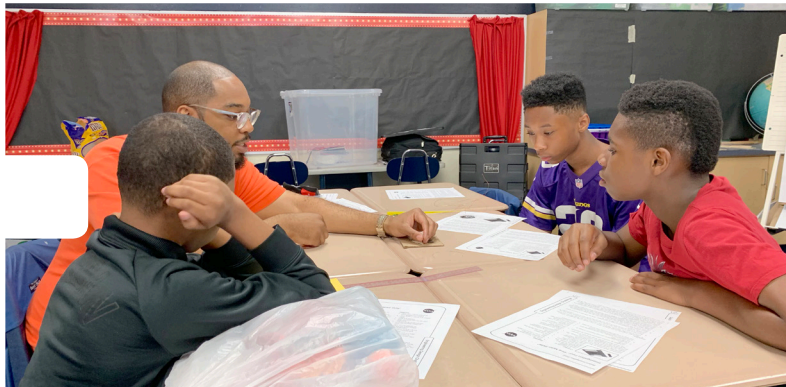
Over the summer, 3 Seeds created a 3-week interactive experience for students introducing them to the world of video podcasting. At Markham Public Library and Meadowview Elementary School, 3 Seeds held four summer sessions for students who attend Prairie Hills Junior High and Southwood Middle School. During our video podcast sessions, students learned basic media training, role development, and career exploration. As we moved through each session, the students' ability and confidence grew. Over our 4 summer sessions, we had over 25 students participate with us. During our video podcasting sessions, students talked about a wide range of issues, related to bullying, gun violence, video gaming, and other world events. For students who preferred to be behind the scenes, free adobe software training was offered and they also had access to multimedia equipment. Final versions of our Summer sessions episodes can be found on our Youtube channel "3Seeds". Please subscribe so you can keep up with all of the college and career conversations throughout the school year.



STUDENTS WORKING IN SMALL GROUPS AT ICREATE TO BUILD THEIR SBRICK CARS FOR THE FINAL RACE!

NASA INVESTIGATIONS AT MAE JEMISON

3 SEEDS AND PRAIRIE HILLS PARTNER DURING SUMMER PROGRAM FOR ENGINEERING WORKSHOPS



Over a 4-week span in the summer, 3 Seeds Mentoring Group and Prairie Hills Junior High School partnered to provide engineering workshops for students participating in the summer program. Students who attended Prairie Hills Summer program were able to create handmade motors, batteries and magnets from scratch. The interconnected design challenges modeled the NASA mars rover. Students were able to see first hand what it takes to become a scientific engineer.

UPWARD BOUND = COLLEGE BOUND

WITH 100% ACCEPTANCE RATE, OUR UPWARD BOUND SCHOLARS TAKE COLLEGE BY STORM



All across the U.S., our students are gearing up for their first years of college. The Class of 2019 was the first cohort of Upward Bound students to cross the Hillcrest High School stage. From Tennessee State University to Harris Stowe University back home to Governors State University, our students are beginning their next steps in their educational journeys. After graduation, our UB students remain a part of our family. We strive to offer them support, advice and access to resources. Congratulations, Class of 2019/ Class of 2023!



THE "DISCOVER U" EXPERIENCE MAKES AN IMPACT

3 SEEDS MENTORING GROUP PARTNERS WITH GOVERNORS STATE, ILLINOIS STATE POLICE AND OTHER PROFESSIONAL ORGANIZATIONS TO PROVIDE A SUMMER OF ACADEMIC INSTRUCTION AND CAREER EXPLORATION FOR UPWARD BOUND STUDENTS

Another six-week summer program in the books for our Upward Bound program. Discover U was created intentionally with our students in mind. We used intentional information and data of our population to build a program of experience and hands-on learning. The UB scholars had the opportunity to discover more interests, connect with professionals and obtain insight into their futures. Over a very exciting six weeks, our students participated in a collection of hands-on student experiences designed to expose them to a variety of career fields using innovative approaches. The program focused on core curriculum and standardized test preparation to aid the students in upgrading their test scores and getting a jump start on the next academic year. "Dear Martin" by Nic Stone, the summer common read, helped the students dive into English and reading comprehension but also al-

lowed us to discuss topics of racism, micro-aggression, and injustices. We spent time interweaving all of the robust experiences with the goal of college readiness and getting students prepared for the future. Academically driven, each week was themed requiring group effort and a collaborative mindset to achieve success while focusing on investigation, technology, analysis and presentation components. The very first week was called "What the Health!" and during those 5 days UB students were able to watch a live video from inside of the operating room as a surgical team performed open-heart surgery. Students also experienced a simulation and visit with the instructors at Governors State University, finding out more about their Nursing, Physical Therapy, and Occupational Therapy programs. Hands-on experiences like this will be a big part of our future programming efforts.

DISTRICT 160 WELCOMES 3SEEDS!

3 SEEDS EDUCATIONAL TALENT SEARCH WILL START PROGRAMMING AT SOUTHWOOD MIDDLE SCHOOL FALL OF 2019



This summer 3 Seeds Mentoring Group officially partnered with Country Club Hills School District 160! Students who attend Southwood Middle School will have the opportunity to engage in activities like mentoring, tutoring, video podcasting, and a multitude of STEM activities. Program Coordinator Mychael Vanarsdale spoke about the recent partnership saying, "Southwood students will now have the opportunity to grow with us before entering high school."

STUDENTS EARN FREE LAPTOPS!

3 SEEDS STUDENTS RECEIVE LAPTOPS AFTER THEY COMPLETE THE FREE 6 WEEK COMPTIA COMPUTER TRAINING



This summer, 3 Seeds students were given the opportunity to enroll in a free CompTIA+ Computer Certification program. Normally programs like this cost thousands of dollars and are taken by adults who are changing career fields but this opportunity was specifically targeted to students age 14-24 who live in this community. The program was a joint effort put together with our community partners OAI and National Able and was hosted at our office in Oak Forest. It covered the installation and configuration of PCs, laptops and related hardware, and basic networking. We are proud to say that one of our students, Jennifer Bravo, passed the certification test on her first try at the end of the program!



REDBIRD & HAWKS REUNITED!

HILLCREST FOOTBALL PROGRAM VISITS ILLINOIS STATE UNIVERSITY FOOTBALL PROGRAM FOR FIFTH QUARTER EXPERIENCE

On July 26th, for the second year in a row, 3 Seeds Mentees who are also part of the Hillcrest football team had the opportunity to meet with collegiate coaches, recruiters, and trainers at Illinois State University. This year, however, was exceptionally special because our mentees had the privilege of meeting and hearing from Brock Spack, who is the head coach for ISU's football team.

Coach Spack spoke to our mentees about work ethic and being resilient. Our mentees explored ISU's football facilities, locker rooms, workout rooms, and skybox. Our 28 mentees who attended the trip were able to talk and ask the coaches about what's expected of them at the next level, how to get recruited and what are the challenges of being a student-athlete at the next level. Illinois State University is an amazing host, and we're thankful they take the time to show our boys how to succeed the right way.

I - CRASH: CRIME SCENE INVESTIGATION UNIT

JOINING FORCES WITH THE ILLINOIS STATE POLICE AND THE BLACK LAW ENFORCEMENT ASSOCIATION TO EXPOSE STUDENTS TO CAREER, STEM LESSONS AND MEMORABLE EXPERIENCES

During the Discover U summer experience, students spent three days, learning new technology, exploring investigation methods and evaluation. 3 Seeds Mentoring Group partnered with the National Organization of Black Law Enforcement Executives -Chicago Metro Chapter and Illinois State Police to put together a three-day "Traffic Crash and Safety Reconstruction Camp." Traffic crash reconstruction is the scientific process of investigating, analyzing, and drawing conclusions about the causes and events during a vehicle crash.

During this experience, our students processed a crash scene while utilizing STEM techniques to develop and present their findings, identify the actions or role of the driver(s) and vehicle(s), and understand the importance of traffic and roadway safety. STEM lessons and traffic reconstruction go hand in hand, from the measurements to processing evidence. Students were able to get real-life exposure and safe driving tips as new drivers. Executive Director, Jason Thomas describes the program for our students by saying, "You are doing career research, you are doing hands-on things, you are doing team building all in one activity".



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