



MIJO

COHORT PROGRAM

2024-2025
Academic Year

Mamas Unidas LR is a 501 (c)(3) organization dedicated to helping primarily the Hispanic community learn about higher education in the United States. The links provided are our [bylaws](#) and [Articles of Incorporation](#).

OUR STORY

In 2017, we began as a group of seven mothers who were friends facing the same issue; how do we help our children navigate the many phases of college from enrollment to graduation? We were unfamiliar with the Higher Education system. We had many questions, such as:

- Where do you find aid, scholarships, or grants?
- What kinds of documents do you need?
- What are the deadlines for applying to college?
- When do you start preparing for college?

Realizing that many parents in our community were having the same issues, we banded together and officially started Mamas Unidas LR on February 14, 2018. We genuinely want children to have the help they need to succeed in college and beyond. As a result, we do all the following, among others:

- Present free informational workshops for Hispanic parents in Spanish
- Provide one-on-one consultations with parents and students
- Host ACT workshops
- Hold summer programs

Every member of Mamas Unidas is a volunteer and devotes valuable time to this organization. We are the help we wish we had when we were going through this often stressful process.

Our **mission** is to inform parents of existing resources, and of the steps, their children have to follow; as a means of supporting them in achieving their educational dreams, and thus having a better future.

Our **vision** is that young people can be free to decide whether they want to pursue higher education without cultural, economic, or socioeconomic barriers being an impediment.

PURPOSE

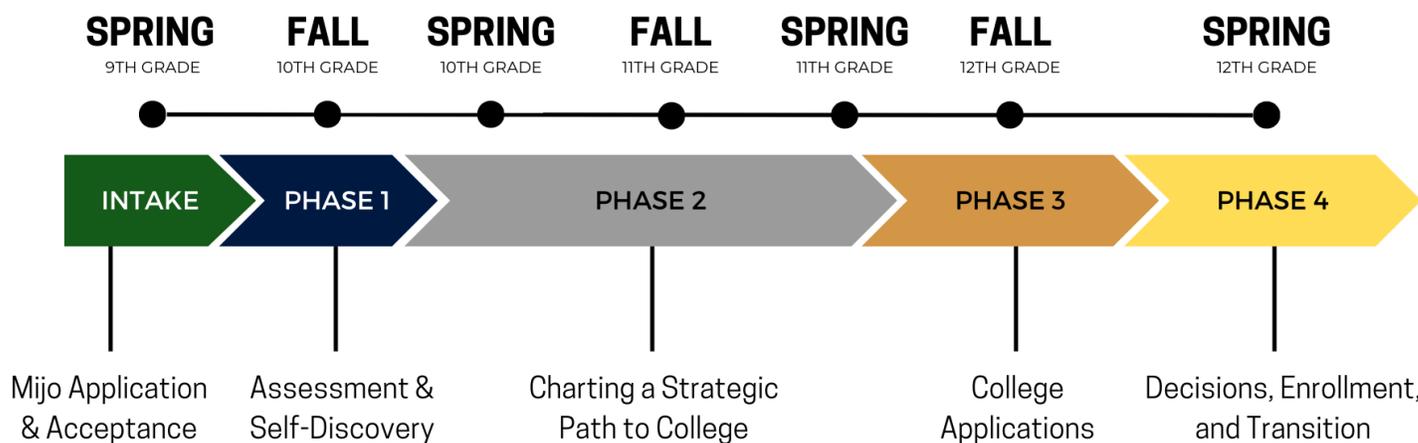
The Mijo Program's mission is to prepare and provide 9th-12th grade low-income, first-generation students with opportunities that will enable them to successfully gain admission to highly selective colleges and universities. Through mentorship, educational workshops, one-on-one counseling sessions, and a robust array of resources, the Mijo students will gain academic prowess, learn more about themselves, and develop professional skills that will enable them to seize opportunities leading them to great schools and careers after high school.

Students accepted to the program will receive the following:

- Expert One-On-One Counseling
- Monthly Workshops
- Aptitude & Career Exploration
- Academic Planning and Course Schedule Support
- Extracurricular Profile Guidance & Strategy
- Study Skills
- Time Management Techniques

- ACT & SAT Prep
- Extensive College Search Assistance
- College Tours
- Mentorship
- Summer Planning
- Passion Projects
- College List Development
- College Application Strategy and Support
- College Essay Writing Assistance
- Resume Building
- Interview Prep
- Financial Aid Application Support
- Scholarship Support
- College Enrollment and Transition Support
- ...and much more

Each Mijo student will receive workshops and one-on-one sessions to guide them through the following four phases, beginning during the summer before their 10th-grade year and ending when they graduate high school.



AUDIENCE

Each year, we will bring in a new cohort of 10 high-achieving students (rising 10th graders) and guide them through this comprehensive college counseling curriculum throughout their remaining time in high school: 10th, 11th, and 12th grades. This step-by-step approach allows the student to meticulously build up their academic and extracurricular profile with the resources and guidance we will provide.



TENTATIVE MEETING SCHEDULE

10th Grade Cohort

| Date | 2024 Time | Location |
|---------------------------------------|----------------------------|-----------------|
| May 25th, Sat | 9-11 AM | |
| June 15th, Sat | 9-11 AM | |
| July - No Meeting | | |
| August 17th, Sat | 9-11 AM | |
| September 14th | 9-11 AM | |
| October - ACT Workshop | Time and Location TBD | |
| November 9th, Sat | 9-11 AM | |
| December 7th, Sat | 9-11AM | |
| | 2025 | |
| January 18th, Sat | 9-11 AM | |
| Feb 15th, Sat | 9-11 AM | |
| March 15th, Sat | 9-11 AM | |
| April - Mamas Unidas Special Event | Time and Location TBD | |
| May 24th, Sat | 9-11 AM | |

*Dates are subject to change***

MIJO PROGRAM RULES

Attendance

To remain in good standing, students must attend 80% of the meetings (9 out of the 12 meetings per year). If there is a scheduling conflict, students should notify the Mijo Program Director to have their absence excused.

GPA

Students must submit each report card and progress report to the Mijo Program Director no later than one (1) week after issued. Report cards must reflect a minimum 3.5 GPA and five (5) core classes during each reporting period. Students who fail to meet either of these areas will be suspended from the program and reevaluated during the next reporting period. Failure to bring up their GPA will result in removal from the program.

Curriculum

Students must adhere to the following curriculum requirements that are intended to help prepare students for highly selective colleges and universities. To remain competitive in their applicant pools, students must pursue a rigorous academic schedule while maintaining a high GPA. During the course of their three years in the Mijo Program (10th - 12th grade), our students must take at least six Advanced Placement (AP) courses across three different core subjects (core subjects include English, Math, Science, Social Studies, and Language) or complete a two-year International Baccalaureate (IB) program, if it is available at their high school, before graduation.

Although the curriculum requirements of the Mijo Program exceed those for graduation in the State of Arkansas, we aim to prepare our students to compete with highly competitive college programs. This will afford them opportunities that the standard Arkansas curriculum alone may not offer.

| SUBJECT | MIJO PROGRAM MINIMUM REQUIREMENT |
|---------------------|----------------------------------|
| English | 4 Credits |
| Math | 4 Credits |
| Science | 4 Credits |
| Social Studies | 4 Credits |
| Foreign Language | 3-4 Credits |
| Physical Science | .5 Credits |
| Fine Arts | .5 Credits |
| Oral Communications | .5 Credits |
| Health and Safety | .5 Credits |
| Career Focus | 6 Credits |
| TOTAL | 26-27 |

Class Schedules & Academic Rigor

Students must be on a path to have taken a minimum of **6 Advanced Placement (AP) courses** before graduating. AP courses must be taken in core subjects (Math, Science, Social Studies, English, and Foreign Language).

- A. Honors, Dual Enrollment, and Concurrent Credit Courses are highly encouraged, but will not replace the AP requirement unless pre-approved by the Mijo Program Director.
- B. Students must be on a path to take a form of Calculus by their senior year. College Math and courses with a similar level of difficulty will not satisfy this requirement.
- C. Unless approved by the Mijo Program Director, "Internship Early Release" programs or reduced class schedules will NOT satisfy this requirement.
- D. Foreign Language must be taken each year during the 10th-12th grades unless approved by the Mijo Program Director.

Extracurricular Involvement

Students are required to engage in extracurricular activities of their choice and must report their participation and activities in their student portal. Extracurriculars must show commitment through the number of hours dedicated to each activity based on "hours per week" and "weeks per year." Activities must fall in 3 of 5 of the following categories:

- Community Service & Religious Commitments
- School clubs & Leadership activities
- Sports
- Arts & Music
- Work, Internships, Career Preparation & Family Responsibilities

Community Service Involvement

Students are required to participate in any community service project of their choice. They must document their involvement and record any hours spent in community service. Service hours must have a positive impact on the student's school or community. Sports Leadership, Internships, Fellowships, or Research opportunities under a teacher will also satisfy this category.

ACT Preparation

Students must submit a study plan to the Mijo Program Director and record their hours studied on a spreadsheet. In addition, students must take at least one ACT per academic year. All scores must be submitted to the Mijo Program Director. (If this presents a financial challenge for your family, financial assistance may be available)

College Search

To ensure students consider colleges that provide the best academic experiences, students will be required to perform monthly research on 2 unique colleges. Each month, students must submit a written report or discuss four institutions that interest them to the Mijo Program Director

PROGRAM CURRICULUM

Each student will participate in a monthly group workshop and a monthly individual session with the Mijo Program Director. The following curriculum is the entire program with a description of each workshop and individual session for each month.

Workshops

Each cohort will receive a group workshop that is specific to their stage in the program. The Mijo Program Director and leadership from Mamas Unidas will provide the resources and curriculum for each workshop. Each session will be scheduled on a Saturday by cohort where the students in that cohort will receive classroom instruction, materials, and resources, and at times participate in various activities.

One-on-One Sessions

At least once a month, each student will schedule a one-on-one counseling session with the Mijo Program Director. The right side of the following chart shows what to expect in each individual session. If it is designated as “office hours,” the students will be free to schedule an optional meeting with the Mijo Program Director if needed. The other sessions are required.

| Month | Workshop | One-on-One Session |
|------------|--|--|
| 9th Grade | | |
| May | Mijo Program Celebration and Welcome Party | None |
| June | Intake & College Admissions 101 | Set Up Accounts & Establish Expectations |
| July | Summer Break | Office Hours |
| 10th Grade | | |
| August | Holistic Admissions and Setting Goals in Academic Rigor | Academic Planning and Scheduling Courses |
| September | Extracurricular Activities & Building Your Narrative | Extracurricular Planning |
| October | Mamas Unidas LR ACT Workshop | Office Hours |
| November | Finding Your Best-Fit College & Introduction to the College Search | Corsava Card Sorts (College Preferences) and Understanding College Fit |
| December | Aptitude & Career Assessment Review | Office Hours |
| January | Study Skills and Time Management | Discovering Majors and Researching Colleges |
| February | Summer Plans and Passion Projects | Individual Passion Projects and Summer Planning |
| March | Resume Building & Professionalism | Review Resumes and How to Build Your Narrative |
| April | Mamas Unidas Special Community Event | Office Hours |
| May | Mijo Program Celebration and Welcome Party | Office Hours |
| June | Summer Enrichment Plans | Office Hours |

| 11th Grade | | |
|------------|---|---|
| August | College Planning Expectations/ Academic Planning | Academic Planning and Course Selection |
| September | Standing Out in Extracurriculars | Individual Leadership and Taking Initiative Counseling Session |
| October | Mamas Unidas LR ACT Workshop | Office Hours |
| November | Building a College List | College List Criteria Brainstorm and College List Recommendations |
| December | Christmas Break | Office Hours |
| January | Finalizing College Lists | College List Session |
| February | Summer Enrichment Plans - Final Time to Shine | Personalized Summer Planning |
| March | College Essay Brainstorm | College Essay Writing Session |
| April | Mamas Unidas Special Community Event | Office Hours |
| May | Mijo Program Celebration & Welcome Party | Office Hours |
| June | Essays and Questbridge Applications | Office Hours |
| 12th Grade | | |
| July | College Essay Writing Workshop (3 Hours) | Essay Writing Session |
| August | Common App, Application Strategy, and Finishing High School Strong | Application Strategy and Letters of Recommendation Planning |
| September | Application Workshop - Common App and Common Axs QuestBridge Match Due | Individual Application Support |
| October | FAFSA, Financial Aid, Scholarship Application Workshop | Individual Financial Aid Support (FAFSA, CSS Profile, Scholarship Applications) |
| November | Wrapping Up the College Application Process | Individual Application Support |
| December | Christmas Break | Wrapping Up College Applications |
| January | Understanding College Decisions and Next Steps | College Admissions Check-In |
| February | Financial Aid Awards and Appeals - How to Navigate Financial Aid | Individual Financial Aid Advice |
| March | Budgeting for College and the Enrollment Process | Individual College Enrollment Advice |
| April | How to Transition to College | Professional and Career Counseling |
| May | Mijo Program Celebration and Welcome Party | Final One-on-One Session |