

The word "MIJO" is written in large, bold, green letters. Above the letter "J" is a gold graduation cap with a white tassel. Below "MIJO" is the text "COHORT PROGRAM" in bold, orange, uppercase letters.

MIJO

COHORT PROGRAM

2025-2026
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](#) (can be found on our website).

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.

The **mission of Mamas Unidas LR** 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 at Mamas Unidas LR** 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.

In early 2023, some of the founders of Mamas Unidas LR decided to expand its services to support high-achieving students with a more comprehensive college counseling curriculum, which became known as the Mijo Program.

PURPOSE

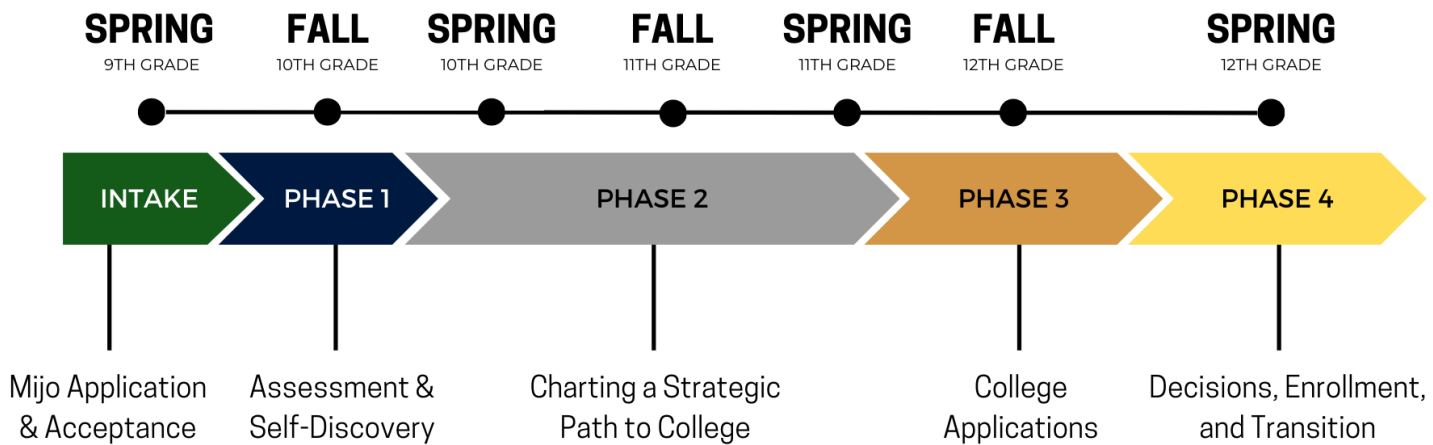
The Mijo Program's mission is to prepare and provide 10th-12th grade, low-income, first-generation students with opportunities that will enable them to successfully gain admission to highly selective colleges and universities. Through mentorship, educational workshops, one-on-one counseling sessions, 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 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 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 5 - 10 high-achieving students (mostly 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.



**2025/2026 ACADEMIC YEAR
TENTATIVE MEETING SCHEDULE**

Date	2025 Time	Location
June 7th, Sat	10-12 PM	TRIO Office, UALR
July 19th, Sat	All Day	College Tour - TBD
August 16th, Sat	9-11 AM	TRIO Office, UALR
September 13th	9-11 AM	TRIO Office, UALR
October - ACT Workshop	TBD	TBD
November 8th, Sat	9-11 AM	TRIO Office, UALR
December 6th, Sat	9-11AM	TRIO Office, UALR
	2026	
January 17th, Sat	9-11 AM	TRIO Office, UALR
Feb 14th, Sat	9-11 AM	TRIO Office, UALR
March 14th, Sat	9-11 AM	TRIO Office, UALR
April - Mamas Unidas Special Event	TBD	TBD
May 23rd, Sat	9-11 AM	TBD

*****Dates are subject to change*****

MIJO PROGRAM RULES

Attendance

To remain in good standing, students must attend no less than 10 out of the 12 workshops per year. If there is a scheduling conflict, students should notify the Mijo Program Director to have their absence excused. Unexcused absences will not be tolerated, and failure to attend meetings could result in removal from the program.

Parental Commitment

Parents or guardians are responsible for actively participating in the program by attending at least 8 out of the 10 required meetings. These meetings will take place on the same Saturdays and at the same time as the students' sessions. Additionally, parents are expected to:

- Keep up with all communications from the Mijo Program team and respond as promptly as possible.
- Monitor and support their children in completing program assignments and activities, ensuring they are completed on time.
- Encourage their children's commitment and responsibility within the program, promoting consistent and active participation.

Meeting these requirements is essential for the academic and personal development of students in the program.

GPA

Students must submit each report card and progress report to the Mijo Program Director no later than one (1) week after it is issued. Report cards must reflect a minimum 3.5 GPA for that reporting period. Students who fail to meet the GPA requirement 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 highly selective universities, 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" - which is the requirement for college applications.

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 will receive an account on Magoosh, which is an extensive self-paced online ACT/SAT test prep program consisting of video tutorials, practice problems, practice tests, and a wide range of material and resources to help students improve their test scores. Each student will receive a 3-month study program to begin in the summer and complete prior to our ACT Workshop. Students will have access to Magoosh for their entire time with the Mijo Program and are encouraged to use all of its resources. Each student is also required to take at least one official ACT or SAT each year, but is highly encouraged to take as many as possible to increase their super score.

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 briefly discuss two institutions that interest them to the Mijo Program Director via email. Students can research various colleges on their student portals or ask the Mijo Program Director for research tips.

PROGRAM CURRICULUM

Each student will participate in a monthly group workshop and an individual session with the Mijo Program Director, depending on grade level. The following curriculum covers the entire program, with a description of each workshop.

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, during which the students in that cohort will receive classroom instruction, materials, and resources and, at times, participate in various activities.

Month	Workshop/Event
9th Grade	
May	Mijo Selection - Notify Admitted Students
June	Orientation
July	College Tour (TBD)
10th Grade	
August	Holistic Admissions and Setting Goals in Academic Rigor
September	Extracurricular Activities & Building Your Narrative
October	Mamas Unidas LR ACT Workshop
November	Finding Your Best-Fit College & Introduction to the College Search
December	Aptitude & Career Assessment Review

January	Study Skills and Time Management
February	Leadership, Summer Plans, and Passion Projects
March	Resume Building
April	Mamas Unidas Special Community Event
May	Professionalism & Etiquette Training
June	No Workshop
July	College Tour (TBD)
11th Grade	
August	College Planning Expectations/ Academic Planning
September	Standing Out in Extracurriculars
October	Mamas Unidas LR ACT Workshop
November	Building a College List
December	Christmas Break
January	Finalizing College Lists
February	Resumes & Summer Enrichment Plans - Final Time to Shine
March	Letters of Recommendations
April	Mamas Unidas Special Community Event
May	Questbridge National College Match Scholarship
June	No Workshop
12th Grade	
July	College Essay Writing Workshop (3 Hours)
August	Application Workshop
September	Application Workshop
October	FAFSA, Financial Aid, Scholarship Application Workshop
November	Wrapping Up the College Application Process
December	Christmas Break
January	Understanding College Decisions and Next Steps
February	Financial Aid Awards and Appeals - How to Navigate Financial Aid
March	Budgeting for College and the Enrollment Process
April	How to Transition to College
May	Mijo Graduation Celebration

One-on-One Sessions

Each cohort will have a certain amount of one-on-one sessions available with the Mijo Program Director, as described below:

10th Grade Cohort	11th Grade Cohort	12th Grade Cohort
<p>Two meetings at any point of the school year, if needed. The student or parents can schedule these two meetings with the Mijo Program Director.</p> <p>Plus an additional meeting with the President of Mamas Unidas with the student and parents.</p>	<p>Starting in January, the 11th graders will schedule the following one-on-one meetings with the Mijo Program Director:</p> <ol style="list-style-type: none">1. Finalizing College List2. Resume Building3. Letters of Recommendation4. College Application Strategy <p>Plus an additional meeting with the President of Mamas Unidas with the student and parents.</p>	<p>Starting the first week of August, the Mijo Program Director will host group sessions and office hours every Saturday until November to assist with every aspect of college applications.</p>