



MIJO

COHORT PROGRAM

2023

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 wished 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 Cohort Program's purpose is to prepare for and provide 9-12th grade low-income, first-generation students with opportunities that will enable a successful transition from high school to post-secondary education and then the workforce. We hope that through this program scholars will gain academic prowess, develop leadership skills, and seize opportunities. Mamas Unidas LR will start its first cohort of 8 scholars in 2023 and will meet monthly with the cohort until they graduate. Students within the program will receive the following:

- College and career exploration
- Extensive college search assistance
- College essay writing workshops
- College Tours
- Mentorship
- Guidance on course schedules every year
- Financial aid and scholarship workshops
- Test preparation for the ACT
- Monthly sessions on leadership development, college readiness, and financial literacy
- Community service and outreach projects

AUDIENCE

During the first year, we will work only with 8 students (rising 10th graders).

TOPICS/SERVICES

GRADES 9th & 10th

- Detailed Assessment of your academic progress
- Assistance with course selection
- Examination of extracurricular involvement

GRADE 11th

- Detailed Assessment of your academic progress
- Review of report card and future courses
- Develop college list based on interest, test scores, and other admission factors
- Programs and opportunities available (internships, summer camps, ect)
- Discuss college affordability and financial aid
- College Essay brainstorming and feedback

GRADE 12th

- Discuss academic course schedule
- Finalized college list
- Review of College Essay
- Monitor college application process
- Develop college list based off interest, test scores, and other admission factors
- Discuss college affordability and financial aid
- College Essay brainstorming and feedback

TENTATIVE MEETING SCHEDULE

2023

Date	Time	Location
April 22nd, Sat	9-11 AM	
May 20th, Sat	9-11 AM	
June ____, Thursday (Gala)	9-11 AM	
July 15th, Sat	9-11 AM	
August 12th, Sat	9-11 AM	
September 16th and 23rd		
October 21st, Sat	7:30 AM - 12 PM	ACT Testing Site (Good Luck!)
November 18th, Sat	9-11 AM	
December - No Meeting		

2024

January 20th, Sat	9-11 AM
Feb 17th, Sat	9-11 AM
March 16th, Sat	9-11 AM

*Dates are subject to change***

GROUND RULES

Attendance

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

GPA

Students must submit each report card and progress report to the Mamas Unidas LR program director no later than one (1) week after issued. Report cards must reflect a minimum 3.3 GPA and five (5) core classes each reporting period. Students that fail to meet either of these areas will be suspended from the program until the next reporting period.

Curriculum

Students must adhere to the adopted “**Arkansas Commitment's ACE Core Curriculum**” at all times.

It is important to note that the Arkansas Department of Education’s Smart Core Curriculum outlines the graduation requirements for the state. While satisfying the Smart Core’s requirements will provide students with sufficient credits to graduate high school, they may not meet the minimum admissions requirements for highly selective colleges.

To remain competitive in highly selective applicant pools, students must pursue a minimum of three (3) Advanced Placement (“AP”) courses in three (3) different core subjects or complete a two-year International Baccalaureate (“IB”) program (if available at their high school). Exceeding ACE Core’s minimum AP requirement will increase a student's likelihood of acceptance to Ivy League and other highly selective colleges/universities.² The below chart compares the minimum requirements of the SMART Core Curriculum to the ACE Core Curriculum.

Subject	Smart Core Curriculum	ACE Core Curriculum
English	4 credits	4 credits
Math	4 credits	4 credits
Science	3 credits	4 credits
Social Science	3 credits	4 credits
Foreign Language	0 credits	3-4 credits
Physical Science		.5 credits
Fine Arts		.5 credits
Oral Communication		.5 credits
Health and Safety		.5 credits
Career Focus or content		6 credits
Total Credits	24	26-27

Although not required to graduate, the additional credits completed under the ACE Core Curriculum will provide many crucial advantages to students seeking admission to highly selective institutions. One of the most significant benefits is an increase in GPA for colleges that recalculate applicants’ Grade Point Averages.

Class Schedules & Rigor

Students must be on a path to have taken a minimum of **4 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 will not satisfy this requirement unless pre-approved by Mamas Unidas LR
- 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 Mamas Unidas LR, "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 Mamas Unidas LR

Community Service

Students must document and submit a monthly report certifying that they have achieved a minimum of 5 hours of community service hours. Service hours must reflect a positive impact on the student's school or community. Internships, Fellowships, or Research opportunities under a teacher will also satisfy this category.

ACT Preparation

Students must submit a monthly log demonstrating that the student has studied a minimum of 10 hours of ACT preparation a month. A record of hours studied must be reported on your monthly excel log. In addition, students must take at least 1 ACT per academic year. All scores must be submitted to Mamas Unidas LR. (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 to Google Classroom a written report on four institutions that interest them. Schools must display retention rates of 50% or higher and acceptance rates of 75% or lower.

Extracurricular Involvement

Students must engage in a minimum of hours of extracurricular activities a month during the academic year. 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

**** Model is an adaptation of the Arkansas Commitment Program**

PROGRAM CURRICULUM

Month	Activity	Details
9th Grade		
April	Welcome and (holistic admissions)	
May	Aptitude Test and Course Selection	Myact.org aptitude test/career exploration
June	Gala - Volunteer/Day of Service	
July	College Tour	
10th Grade		
August	ACE Core Curriculum and Holistic Admissions Registration/Profile (Deadline is Sept 17th)	
Sept	ACT Workshop (community) - Registration/Profile (early sept)	
October	Take ACT	
November	Introduction to the College Search: College fairs/campus visits (Types of Colleges)	Scoir and OnTrack- Types of Colleges
December	Christmas Break	
January	Martin Luther King Jr Day of Service	
February	Resume building	
March	Introduction to financial aid, including the cost of attendance/net price calculator	OnTrack: Financial Aid 101 and Scoir
April	Community Service and Summer Activities	Scoir 11.17
May	Year Review/Family Consultations	
June	College Tour	
11th Grade		
August	Expectations and ACE Core Curriculum (Recap) and Junior Year College Timeline	Scoir 11.2
Sept	Exploring College Options and Evaluating College Fit (Refining your List)	OnTrack and Scoir
October	Letters of recommendation	See page 13 of Arkansas Commitment Orientation

		Manual
November	Quest Bridge	
December	Christmas Break	
January	Martin Luther King Jr Day of Service	
February	Searching for Summer Programs	
March	Financial Aid: How to Make College Affordable (Scholarship Search Intro)	Scoir 11.10
April	The College Essay: “Selling” Your Story	
May	College Essay - Peer Review	
June	Summer Programs: Using Your Break to Your Advantage	
12th Grade		
August	Finishing High School Strong and Quest Bridge	Scoir and OnTrack
Sept	Applying to College, including the Common App	Scoir
October	Scholarship Search, “Show me the Money!”	
November	Wrapping Up the College Application Process	
December	Christmas Break	
January	Martin Luther King Jr Day of Service	
February	Financial Aid Award Package Financial Aid Appeal: How to Negotiate for More Aid	
March	Budgeting for College	
April	Making the Most of College	Scoir or OnTrack
May	Graduation Celebration	

Services for Non-members

Help and guidance is given for every aspect of the college planning process, including the following:

- Walk-through of how to prepare for college
- Info sessions in Spanish for parents
- High school course selection
- Extracurricular activities and leadership evaluation
- College list creation
- Information regarding Summer programs
- Application essays and personal statements
- Scholarship search and applications
- Assistance with Final college decision