

NVU-Lyndon

Upward Bound

September 2019 Student Newsletter

TRIO

UPWARD BOUND

BUILDING EXPECTATIONS, CHANGING REALITIES

Student Cohort Meetings with Their Parents

Once again this year we want to provide you and your parents a chance to build on the foundation that you set this summer. In addition to our regular meetings we are also going to meet with each of the classes separately along with their parents. This will help us to build relationships with families and make sure that our students are on track for the upcoming school year. We are looking forward to working with you more closely to set the tone for this academic year—it's going to be a great one!

Be sure to look at your cohort page in this newsletter for more details on the time and date of your meeting!

Meetings on Sunday, September 15th

Seniors Common Application Workshop

10:00AM—1:00 PM in LAC 411

Due to popular demand, we will once again have a Common Application Workshop for all of our Seniors! This has worked well these past couple of years and students have found it helpful. It will help us to make sure that you have added all of the important people to your college application, the correct colleges identified, and also make sure you understand the difference between inviting a recommender and assigning a recommender. Although we do not think this is too complicated we also know that working on this in a large group will help all of you get an important piece of your senior year started! Misery loves company and why not be happy together! We will feed you before our Reunion Meeting that will start at 1:00! Spend the day with UB!

Juniors and their Parents Meeting — 12:00 PM - 1:00PM in T202

We would like to meet with all the juniors and their parents before the September Reunion Meeting at 12:00 in T202 (the room above the theater)! We will start with a quick and informative meeting laying out this next academic year as you prepare for college. We will also have a pizza lunch for all juniors and their parents to enjoy...

Upward Bound Reunion 2019 — 1:00 PM - 3:00 PM in the Theater

Our first get together for the 2019-2020 school year will be on Sunday, September 15th at 1:00 pm. During this time you will see and get a copy of the 2019 Summer Upward Bound DVD—starring all of you! We will also be outlining our expectations for the school year and the various activities that we have planned for you, with a bit of time built in for socializing. Parents are definitely invited and encouraged to join us and see the summer through our students' eyes. Mark those calendars—we do expect to see all of our students at this group meeting!

**“Don’t wait until you are ready to take action.
Instead, *take action* to be ready.” — Jensen Siaw**

**2019 Summer Program
June 14th—July 19th**

2019-2020 Upward Bound Calendar

September

15 th	10:00 – 1:00	Senior Common Application Workshop	LAC 411
15 th	12:00 -1:00	Juniors and Parents Meeting	T202
15 th	1:00 – 3:00	Upward Bound Meeting and Reunion	Theater
17 th		Lyndon Institute College and Career Fair	
18 th – 19 th		St Mikes NEACAC College Fair	
27 th -29 th		New England Leadership Conference (6 students)	

October

6 th	10:00 – 1:00	Sophomores and Their Parents Meeting	
6 th	1:00 – 3:00	Seniors/Parents FAFSA Meeting	LAC 411
12 th		VEOP / TRIO 5K Road Race at UVM	
16 th or 19 th		Juniors take PSAT in your high school (Wednesday/Saturday)	T202
15 th		VEOP Conference at VTC	
26 th		Seniors Take the ACT (if appropriate)	
19 th – 20 th		Volunteer work with Warm the Children	
25 th		Sophomore Summit at the University of Vermont	
27 th	1:00 -6:00	Senior SAT Review	ASAC 216

November

1 st – 2 nd		Volunteer Work with Warm the Children	
2 nd		Seniors Take SAT	

December

1 st		Begin Discover Scholarship Essays	
7 th – 8 th		Volunteer work with Burklyn Arts	
7 th		Seniors Take SAT 1 or II (if needed)	
14 th		Seniors Take ACT – if appropriate	
15 th	1:00-5:00	Upward Bound Christmas Party	Bole & Theater

January

19	1:00 – 3:00	Upward Bound Recruiting Meeting	Theater
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February

20 – 21 st		TRIO Day in Massachusetts (Eligible Juniors)	
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March

2 nd		Green Mountain Scholars Bowl at the University of Vermont	
23 rd – 25 th		National Policy Seminar in Washington DC	
30 th		NEOA Board Meeting – Heritage Hotel, CT	

April

3 rd		NEOA Conference	
6 th	5:30 – 8:00	UB Meeting and College Fair	ASAC 100 and Gym
18 th – 19 th		TRIO is Working Event Throughout Vermont!	
25 th	1:00 - 6:00	Junior SAT Review	ASAC 216

May

2 nd		Juniors Take SAT I	
3 rd	1:00 – 3:00	Mother's Day Give Away and Meeting	Bole & Theater
30 th	1:00 – 3:00	Final Upward Bound Meeting	Theater

June

6 th		Juniors Take SAT II (if appropriate)	
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2019 Summer Program
June 14th – July 19th

David Moody: What's the king of all school supplies?
David Richardson: I don't know. What?
David Moody: The Ruler.



What Classes Should I Take in High School?

The first thing that you need to understand as a college bound student is that **High School Graduation Requirements are not the same as College Preparation!** Each college has different requirements that you have to meet before they accept you. Upward Bound also requires our students to meet the Academic Competitiveness Grant (ACG) Guidelines—it is part of our grant! In order to be best prepared for college, you should have as broad a preparation as possible in high school. Competitive candidates for admission typically have the following:

- 4 years of English
- At least 3 years **each** of social studies, math, foreign language and science, with additional years of study in the areas of your greatest interest. You also can't forget to plan ahead to fulfill all of the graduation elective requirements for your high school, such as art, physical education and computer classes. It would be a shame to have to drop a college prep class your senior year to get that final art credit so that you can graduate!



Below is a sample schedule for you to follow:



General College Requirements

Freshman Year	Sophomore Year	Junior Year	Seniors Year
English 9	English 10	English 11	English 12
Algebra 1	Geometry	Algebra 2	Stats, Pre Calc or Calc
Earth Science	Biology	Chemistry	Physics
World History	US History	Psychology	Social Studies elective
Foreign Language 1	Foreign Language 2	Foreign Language 3	
PE	Health / PE	Computers	Art / Music



Selective College Requirements

Freshman Year	Sophomore Year	Junior Year	Seniors Year
English 1 Honors	English 10 Honors	American Lit Honors	AP Literature
Geometry Honors	Algebra 2 Honors	Pre-Calc	AP Calculus
Biology Honors	Chemistry Honors	Physics Honors	AP Biology
World History Honors	US History Honors	AP US History	AP Psychology
Foreign Language 1	Foreign Language 2	Foreign Language 3	Foreign Language 4
PE	Health / PE	Computers	Art / Music

* Note: Keep in mind that every school is a bit different. Most schools have a college prep track; they may call these classes Honors, Accelerated or CP.

* Also your school may have a different order in which they recommend you take classes.

Upward Bound Upcoming Opportunities

Saint Michael's College Fair - *September 18th and 19th*

Seniors and Juniors are encouraged to attend the biggest college fair in all of Vermont at St Mikes on Wednesday September 18th from 6:30 to 8:30PM , and Thursday September 19th from 9:00 to 11:00AM. Most of the colleges that our seniors are interested in will be at this fair. We may or may not attend this year, but many of your high schools have this on their calendar as an annual event and some even provide transportation. If juniors attend, it is a great time to talk to colleges about programs, majors, and requirements for admission! Seniors - any colleges that are your first choice, you may want to talk to the admission counselor about how to go about spending the night on their campus. It is much better to talk to these people in person... please let us know if you are planning to attend. We may take up a van of students if there is strong interest!

New England Student Leadership Conference - *September 27th - 28th*

This year we are once again coordinating the New England Student Leadership Conference at the Hulbert Center in Fairlee, VT! We plan on taking at least 5 students to join over 80 other students from all over New England and New York for the weekend of September 27th - 28th. This is a great opportunity for you to expand your horizons, meet interesting students, and add to your resume and college application. This is the first of at least two Leadership Conferences that we will be participating in this school year.

Our students will meet up with our friends from Johnson State Upward Bound, Plattsburgh Upward Bound and Castleton University Upward Bound along with many other New England programs!



Upward Bound and UVM Sophomore Summit - *October 29th*

We are thrilled to once again have the opportunity to bring our sophomore class to the University of Vermont for the Upward Bound Sophomore Summit! The good folks in the admissions office will host most of the state's Upward Bound sophomores on Wednesday October 29th. Students who attend have to be in good academic standing at their high school and with Upward Bound (**hopefully that is all of you!**) Upward Bound sophomores will be missing school on that day and will have to check with teachers ahead of time to get missed assignments, and possibly complete college visit forms with their schools. We will meet at the UB office early that morning and we will transport you to Burlington for the event. You will be receiving more information in the mail from us very soon. We will be talking more about this trip and all of our Upward Bound upcoming opportunities during our Reunion Meeting and September school visits. Stand by for more information soon!



Lyndon Institute College and Career Fair *September 17th - Fenton Chester Arena*

Lyndon Institute will offer a College and Career Fair on September 17th from 6:00—8:00 at the Fenton Chester Arena. This college fair will host more than 100 colleges and will provide bags for each students to carry their information around in. Ryan and I will be at the event and if you want a chance to see more than 100 colleges this is a great time in our own backyard. There will not be a formal Upward Bound meeting during this event but if you go you will see us there!



"Success is where preparation and opportunity meet." Bobby Unser

Juniors

Juniors and Parents College Planning Meeting

Sunday, September 15th 12:00-1:00 PM, T202

We would like to meet with all of the juniors along with their parents on September 15th in T202 (the room above the theater). We will look at the year ahead and what we expect you to be doing to prepare for college. As you know, your junior year is the last full year that colleges will be able to look at before they accept you. To prepare for this you have selected rigorous class schedules, and that is a huge piece of the puzzle, but there are other ways that you can and should be preparing as well. We'll explore the road map together at this meeting with your families! We will also provide lunch!



PSAT's In Your School

October 16th or 19th

Juniors— your first official step toward attending college will be when you take the PSAT in October. We have already sent a list of all of our Upward Bound juniors to each of your schools notifying them that you are eligible to take the PSAT for free. You must find out who registers students at your high school and let them know you will be taking this test. We expect all of our juniors to take the PSATs. Most of our schools will offer the test Wednesday, October 16th! But a few will offer it on Saturday October 19th! Remember, you are better prepared than 90% of your classmates and the PSAT will seem so much shorter than what Bill put you through this summer!

Your GPA:

The Importance of a 3.0 or B Average

Many of our students, almost 80%, have above a B average - a 3.0 to most colleges. If you have a low GPA, your goal should be a 3.0 GPA. If your GPA is higher, aim for the stars! Here are a few reasons why at least a 3.0 GPA is so important:

first of all, you probably will get a reduction in your car insurance, now and while you are in college; **secondly**, you will be eligible for scholarships both from colleges and private scholarships you will be seeking your senior year. A perfect example of this is the Phillips Scholarship—students with averages below a 3.0 are not eligible to even apply! Remember, our students have picked up thousands of dollars from the Phillips Scholarship in the past, and last few years the process was more selective than ever with only 1 of our students being chosen! **Ask Addison Broome about being a Phillips Scholar!** Your GPA is a very important part of this puzzle. **Lastly**, you can only increase your chances of being accepted at a school of your choice if you have performed well in high school: your high school grades are the most accurate predictor of future success in college and the first thing colleges look at when evaluating your application. **Be proud of your abilities, and work to your true potential this year!**



Sophomores

Another Reminder:

Sophomores and Parents Meeting October 6th

10:00 AM—1:00PM in LAC 411



Seniors ~

Seniors and Parents Oct 6th FAFSA Workshop 1:00 – 3:00 LAC 411

Do not miss this very important meeting!

All of our seniors are in the last semester that most colleges will look at before making a college admissions decision. This is their last chance to impress the admissions folks as well as the scholarship foundations. It is an important time, and one that is often accompanied by anxiety for students and parents alike! Our experience is that after this meeting students and parents will feel more prepared for everything to come this fall, and through the course of the entire school year. That's what UB is for!

This year we will have our FAFSA Workshop on Sunday, October 6th. We will meet with all of our seniors and their parents at 1:00 in LAC 411. At this meeting we will go over all of our expectations for the busy year ahead. We will talk about timelines and parent responsibilities, as well as where our students can look for scholarships. The admissions and financial aid process can be confusing no matter who you are, and this will be an in-depth review for students and families.

We will fill out the **FAFSA**! As a result of this workshop our goal is to ensure that our students (and parents) get the most financial aid possible and make good choices about their college education. You can never have too much information about the college process. So please prioritize this meeting for you and your student... students and parents please be sure to have your **FSA ID** for this meeting. Parents—if you can do this before the meeting it will save you about 20 minutes! In early October I will send you some other forms to fill out that will help get you prepared for this important event. Please make sure to get everything ready before the meeting!

If you have any conflicts with this meeting please let me know.



Seniors and Parents! Get Your FAFSA ID's now!

An FSA ID is a username and password that you must use to log in to the U.S. Department of Education (ED) websites. Your FSA ID identifies you as someone who has the right to access your own personal information on ED websites such as the *Free Application for Federal Student Aid (FAFSA®)* site at fafsa.gov.

It's important to understand that the student and the parent may not share an FSA ID: Your FSA ID is your signature, so it has to be unique to you. Every Upward Bound parent needs their own FSA ID to sign your child's *FAFSA form* electronically. If you have more than one child attending college, you can use the same FSA ID to sign all applications, but each UB student must have his or her own.

Although you can't fill out or send your FAFSA (the Free Application for Federal Student Aid) yet, you can go online and get FSA ID for yourself, and one parent needs one too. We will use this ID to fill out your FAFSA together at the October FAFSA meeting. **Write it down, keep it somewhere safe, and even better, share it with Upward Bound and we will put it in your file! Questions? Call us.**

FAFSA®

Free Application for Federal Student Aid



Seniors ~

Your College Boards!

SAT's: November 2nd We expect all of our seniors to take the regular SAT on November 2nd. We will offer you an extensive SAT review with our SAT Gurus on October 27th at NVU-Lyndon. We do have our waivers in the office now, so if you are thinking about an early SAT, please let us know ASAP! That deadline comes up fast!

SAT II's: December 7th Some of you are looking at SAT IIs, if so, please sign up for the December test by November 8th. If you are thinking Early Admission contact us now for the October 5th test date. Our waivers will give you time to register for this test but we need to do it now! We talked to students extensively this summer about what schools require what test, so now is the time to get ready!

ACT's: Several Upward Bound seniors this summer talked about taking the ACT in place of the SAT II and that is a good idea if your colleges will accept them. Check with them now to find out if the ACT will replace the SAT II. Most of you should plan on taking the ACT on **October 26th** (registration deadline September 20th) for Early Action or **December 14th** (registration deadline, November 8th) for all regular candidates!

The SAT vs the ACT

Here is a quick comparison chart to help you look at these 2 standardized test. Upward Bound students usually do better on the SAT—thanks Tim! But you may take either test and we do have waivers for both. Let us know if you are interested in the ACT!

Compare the two tests!



SAT	vs.	ACT
Content-based test	Type of Test	Content-based test
Reading: 1, 65-min section; Math: 1, 25-min section (no calculator) & 1, 55-min section (w/ calculator); Writing & Language: 1, 35-min section; Essay: 1, 50-min section (optional)	Test Format	English: 1, 45-min section; Math: 1, 60-min section; Reading: 1, 35-min section; Science: 1, 35-min section; Writing: 1, 40-min essay (optional)
reading, relevant words in context, math, grammar & usage, analytical writing (optional)	Content Covered	grammar & usage, math, reading, science reasoning, and writing (optional)
questions are evidence and context-based in an effort to focus on real-world situations and multi-step problem-solving	Test Style	straightforward, questions may be long but are usually less difficult to decipher
Math and Evidence-Based Reading & Writing are each scored on a scale of 200-800. Composite SAT score is the sum of the two section scores and ranged from 400-1600.	Scoring	English, Math, Reading, and Science scores will each range between 1-36. Composite ACT score is the average of your scores on the four sections; ranges between 1-36
no – you do not lose points for incorrect answers	Penalty for Wrong Answers?	no – you do not lose points for incorrect answers
questions increase in difficulty level as you move through that question type in a section (except reading passage questions, which progress chronologically through the passage)	Difficulty Levels	difficulty level of the questions is random
arithmetic, problem-solving & data analysis, heart of algebra, geometry, and trigonometry; formulas provided.	Math Levels	arithmetic, algebra I and II, functions, geometry, trigonometry; no formulas are provided
www.collegeboard.com	More Information	www.act.org

Colleges Our Seniors Will Apply To!



These are the colleges that our seniors will apply to. At this point, students are still defining what schools will be the best match for them. Many of these schools may require the SAT II. The boldface colleges require the PROFILE Financial Form.

Dominique Bandy:	VTC, NVU, Plymouth, Keene, Husson, USM, Franklin Pierce, UVM
Olivia Brimmer:	NVU-L, UVM, Saint Anselm, New England College, Princeton
Dakota Collins:	NVU-L, Castleton, UMaine Farmington, Plymouth, USM
Melanie Coons:	VTC, UNH, Rhode Island College, UVM
Annie Doucet:	NVU-L, CCV, Keene, UMF, UNH, Simmons, UVM
Andi Elie:	UVM, URI, Clarkson, Wentworth, Cooper Union, MIT
Emilee Guyette:	<i>VTC, UVM, Husson, MCPHS, Presque Isle (ME) NVU – Lyndon</i>
Haley Ott:	Castleton, Plymouth, SNHU, UNH, UVM, U of Southern Maine , U of Connecticut
Nash Nunn:	Northern Vermont University -Lyndon, Plymouth State, Vermont Technical College
Maddie Foster-Pudvah:	NVU-L, UVM, St. Mikes, Colby Sawyer, Albertus Magnus, Endicott, Quinnipiac
Matthew Rice:	New England Culinary Institute, Culinary Institute of America, Johnson & Wales
Shelby Ruggles:	NVU-L, Plymouth, Skidmore , UMF, Lassell, Thomas
Astra Sleeper:	Great Bay, York CC, Plymouth, USM, VTC, UNH, UVM, UMO, Becker, UMass—Amherst, URI, UNE, Uconn, Dartmouth
Mikaela Strzempko:	NVU-L, Husson, Norwich, Franklin Peirce, UVM, UMass
Samantha Whipple:	NVU-L, VTC, UVM, Embrey Riddle, San Jose State

Senior Reminders for September...

- Check to see if any of your colleges (only privates) require the PROFILE financial aid form. PROFILE registration should be done early in October (see student list!)
- Put the Upward Bound Common Application workshop on your calendar for September, 15th!
- Put the Upward Bound FAFSA Workshop on your Calendar for October, 6th
- Check to see if any of your colleges require SAT II's. If they do, call us immediately.
- By the end of September, register for the November 2nd SAT (deadline Oct. 3rd). We do have our SAT waivers in hand now, we recommend that you register for the SAT ASAP. Some of you are taking the ACT and I may be able to find waivers if you need them – make sure you register before the September 20th deadline for the October 26th Test date.
- Remember: have your SAT scores sent to the colleges you most likely will apply to this fall to avoid paying money later.
- If you need specific college applications, consider going to the St Mike's College Fair on September 18th and 19th. We may or may not attend, if you would like to do this let us know ASAP!
- Contact the people in your high school who you want to write college letters of recommendations ASAP. Make sure to give them a copy of your activity sheet.
- Check on scholarships in your school. The best place to look is the guidance office.
- Work hard in all of your classes! Start strong, speak up, and let your teachers know you are ready to learn!



LYNDON UB STUDENT SPOTLIGHTS



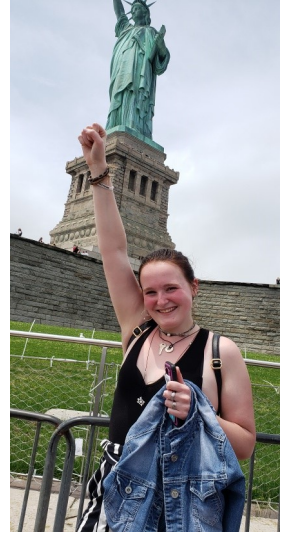
Natalie Martin

Natalie Martin is a junior this year at Rivendell, and is an outstanding three year member of Upward Bound! She is an incredibly bright and involved young scholar, who is dedicated to her academics and athletics! Natalie is an extremely hard working young woman who always manages to keep her on eyes on the prize.

This summer Natalie had a great summer! She really showed her newfound confidence and overall growth! She was a great community member and always had a smile on her face! This summer Natalie's SAT score jumped 220 points! What a superstar!

Natalie is planning on a career in radiology/diagnostic imagining, which she realized this summer during her jobsite at NVRH!

Natalie, you've been a positive, reliable, and welcoming part of our program—it has been so great to have you as part of The Upward Bound family, keep up the great work! We are so proud of you!



Lauren Girouard

Lauren Girouard is a sophomore this year attending St. Johnsbury Academy and is a dedicated first year member of Lyndon UB program! Lauren had a great first summer here at UB! She was an outstanding community member who always lit up any room that she walked into! She made the TCs laugh every day, and was always a joy to be around.

This summer Lauren worked really hard and put her best foot forward in every aspect of the program. She gave her all in classes, UB Olympics, socially and in the suite! She and her suitemates gave TC Becky quite an interesting summer!

Lauren hopes to be a music teacher someday and pass on her love of music to her future students! We can't wait to see what you do in the coming years, Lauren! We miss you already and can't wait to spend another summer with you! Keep up all the hard work, we are proud of you!



Ryan Moulton

Ryan Moulton is a sophomore this year at Lake Region and a first year member of Lyndon UB! Ryan joined Upward Bound this past Spring and has been a delightful addition to our program! In just one short summer he has really made his mark on our program making lasting connections and friendships that will go well beyond Upward Bound! He is bright and hard working young man who has the potential to do whatever he pleases! Ryan is a personable individual who leaves his lasting impression with everyone he comes across.

This summer Ryan really opened up in a way that no one expected! It only took about a week before everyone noticed that Ryan has got killer dance moves! There's no question about who the best dancer in UB is—it's Ryan! Ryan, your dance moves and friendly personality really brightened everyone's summer! Keep on dancing!

Ryan has a lot to offer, and it will be exciting to see how his growth influences his path to college! Thanks for being part of the UB family Ryan—we look forward to helping you improve your academic techniques and we can't wait to see what the future holds!



Thank You Students! From Rick, Becky & Ryan:

Kai, you really came out of your shell this summer and became a role model for your peers and even the staff as well... your sense of self and compassionate nature are truly inspiring! Thanks for coming to Salem with us as well!

Aggie, you were such a great addition to the summer program! The world had better watch out for someone as caring, hardworking and passionate as Aggie LaFleur! **Alex**, you are an outstanding young gentleman who did a great job on the radio station this summer! You could teach the UB staff a thing or two about fashion as well! **Leashie**, we are so happy you joined us this summer! You brightened everyone's summer (Especially Alyssa's), and showed your true leadership potential! **Andi**, you are such a hardworking and resilient young person who is always looking out for your friends. Your true leadership ability shined through this summer and you have the ability to change the world with your raw passion for life and commitment to everything you put your mind too.

Annie, your stand up comedy "series" over the past three summers has been hilarious, and we were happy to see some real stand up this year! You are a natural leader and made a big impact on your peers and the staff this summer! Keep working hard and Thank you for the laughs and memories! **Astra**, a kind, committed and passionate person such as yourself will go far in life and you have such a positive impact on the people around you—even if you don't realize it! Thanks for adding to our last three Upward Bound summers! **Ben**, you were a great addition to the summer and you



are crazy good at the guitar! Thanks for all the memories and we can't wait to make some more next summer! **Blake**, you truly stepped up into more of a leadership role this summer and did a great job on the Upward Bound video! Your talent show act was a riot as well! **Caroline**, your energy and positive attitude is always highly appreciated at UB and your readiness to do just about anything with gusto and enthusiasm is a great skill to have and also rubs off on the people around you! The Salem trip was super fun to! **CJ**, we are so happy that you joined us this summer and truly admire your compassionate nature and passion for music and the arts! We had a great time on the Salem trip and we hope you did too! (Rick is also very happy to have found someone with the same name). **Courtney**, you really brought your great sense of humor and witty nature with you to the program and you certainly brightened everyone's summer! We are so happy that you joined us! **Dakota**, you earned Mr. Upward Bound for a reason! You are such a kind and caring young gentleman who stepped up and showed us his true leadership potential and work ethic this summer. You are the type of person that Upward Bound was made for and we hope you continue this at LI next year because your peers and teachers can really benefit from it! Thanks for a great three summers Dakota! **David M.**, you were a great addition to the summer and we are so glad you joined us! You really added to and brightened everyone's summer experience and your work ethic, compassionate nature, and kind spirit will take you far in life. We also really appreciate your passion for tinkering and building new things! **Ryan**, first off, you are so good at dancing what the heck. Watching you break it down on the



dancefloor of the jamboree and the banquet was a highlight of our summer and I don't think you realize this, but by becoming more confident and breaking out of your shell this summer you helped others do the same. You have natural leadership potential and we can't wait to see the impact you have over the next couple of years. **David R.**, a dedicated, passionate, caring young man such as you is capable of changing the world! As always it was a pleasure having you on campus this summer—it wouldn't have been the same without you! **Haley**, you have grown so much over the past few years and we really saw you blossom into a mature

young leader this summer. Someone as dedicated, hardworking, passionate and caring will move mountains in this world and the respect and dedication that you had for your friends this summer did not go unnoticed. Thanks for all the memories and smiles! **Hannah**, thank you for joining our program this summer! You have a great work ethic and are really compassionate about life and your friends. Everybody really appreciated the energy that you brought with you all summer and it wouldn't have been the same without you! **Kaori**, it was so great to have you on campus this summer! You really gained a lot of confidence this summer and had such a positive attitude that spread throughout the dorm! Not only that but we quickly found out that you have such a great sense of humor! **Kayanna**, your dedication, compassion for others and positive outlook on life will get you far! In one short summer we saw you emerge as a leader amongst your peers and are excited to see your impact in the community over the next few years. It was so great having you on campus this summer! **Lauren & Maple** you both have such charismatic and energetic personalities and it's no wonder that you both became such good friends. Others benefit from your positive attitudes and inclusive nature and we are so glad that you joined us this summer! **Lexey**, It has been impressive watching you grow and mature over the past couple of summers! Your passion for the arts is inspiring and your dedication to your education will get you far. Thanks for another great summer! **Maddie F-P**, you received Ms. Upward Bound for a reason! You are extremely hardworking and try to get the most out of every experience that you have. Your positive outlook on life and compassion for people radiate to the people around you and we just know that someone like you will make such a great impact!

Desiree, you were such a great addition to the program this summer! As soon as we saw you order that loaded, triple decker, hot fudge sundae at Friendly's we knew it was going to be a great summer! You brought so much energy to the program and really had a way of putting a smile on other people's faces! **Devin**, you've been with us since the end of September last year consistently begging us to tell you if you'd been accepted or not and I'm very glad that we were able to say yes (6 months later). You were a great addition to the summer and your humor (albeit a bit strange), was much appreciated! **Diana**, it was such a pleasure having you on campus this summer. You have such a great sense of humor and a caring disposition that does not go unnoticed. We have seen so much growth from freshman year to now and the summer would not have been the same without you (Just ask Kelsie!), **Dominique**, your work ethic and resilience is inspiring and your passion for nursing and helping others is something that many don't have. It's been so great getting to know you from Freshman year until now and you've added so much to our program each summer! You've really developed into a role model for others and are a blossoming young leader. Thanks for all the laughs and good memories! **Elly**, you were such a great addition to the summer! Despite your quiet disposition, your kind heart speaks volumes and you had a way of making everyone feel more comfortable and happy during their time on campus. We know your suite really loved having you around as well! **Emilee**, It is never easy coming into the program as a rising senior but you embraced the challenge and had a wonderful summer! Thank you for always staying positive and taking on a leadership role at your jobsite this summer. You are a blossoming young leader and I'm sure your peers would agree that this summer would not have been the same without you! **Emma**, It's rare to meet someone as hard-working, charismatic, energetic, and who has an overall positive attitude and outlook on life as you. You have natural leadership qualities that combined with a passion for life and a dedication to helping others could really make an impact. Thanks for bringing so much energy to the program this summer! **Rin**, you were another great addition to the summer program! Thanks for all of your help with the Upward Bound video and for staying positive and upbeat during much of this summer. You really made an impact on your peers and on the staff here, and are very capable of making similar impacts in the community as well! **Haile**, your sense of humor is unmatched and the energy you brought to Upward Bound this summer really helped others stay motivated and positive all summer long! We are so glad that we found you at Woodsville! **Carter**, thanks for your sense of humor and pleasant company over the past couple of summers! **Mara**, we were sad that you could not join us this summer but you have such a strong work ethic and caring personality and we know you had a great summer and learned a lot! We hope you get the chance to meet everybody this year at volunteer events and leadership opportunities! **Matt**, thank you for three great summers. You have a way of making everyone feel included and you care very deeply about your friends and the people around you. These summers would not have been the same without you! **Melanie**, the first thing people typically say about you is that you are so heckin' funny! Thank you for brightening our summers with your sense of humor. Not only that but you also have a kind nature and you are always looking for ways to elevate your friends and include more people in any activity. Your peers have really benefitted from that this summer and you helped everyone stay happy and positive! **Patrick**, hearing you sing free bird at the top of your lungs was one of the highlights of our summer. You have really matured and grown a lot of confidence in such a short period of time and you really emerged as a leader in the program this summer. Keep it up! **Miranda**, you are one of the most passionate, caring, and dedicated students we have ever met and that drive and deep seated passion to change the world is going to take you far in life. You are always looking out for your friends and I know there are a number of people who can say their Upward Bound experience wouldn't have been the same without you! **Nash**, thanks for three great summer! There are a number of people who look up to you and your witty personality. **Natalie D.**, we are so glad that we were able to recruit you from the depths of Blue Mountain Union this year. You added so much positivity and humor to the summer and really made an impact on your peers this summer! **Natalie M.**, you have matured so much in such a short amount of time and your compassion for people and inclusive nature really helped everyone feel more comfortable on campus this summer. Thanks for the good memories! **Ozora**, we are so happy that you were able to join us residentially this summer! You have such a unique perspective on the world that your peers really benefitted from and we all really appreciate your passion for reading and the arts! **Madi W**, you were such a great addition to the program and you certainly earned that Mrs. Sunshine award! Your positive energy and outlook on life positively affects everyone around you and that energy helped keep everyone in high spirits all summer! **Shelby**, Thanks for two great summers! You immediately stepped up into a leadership role last summer—supporting your peers and always looking to help out, and that only evolved even more this summer as you've really become an emerging young leader. Your peers really benefit from your kind nature and dedication towards your education! **Olivia, Sam & Mikaela** even though you guys weren't residential this summer we want you to know that you still made an impact on everyone's summer experience and it was great to have you in classes and electives!

Thank you for Another Wonderful Summer!



Our program is so strong because of you and all you do each summer, throughout the academic year, and beyond! Get ready for another great year with

Northern Vermont University Upward Bound!



Northern Vermont University Lyndon Upward Bound

Excellence in the Vermont Tradition 2018 - 2019



The Northern Vermont University - Lyndon Upward Bound Program recently concluded it's 39th year. It was a year marked with a number of exciting highlights that included:

- **70% of our** Upward Bound students made the **Honor Roll** at their schools at least once semester this year!
- And, **22%** of our students are members of their school's **National Honor Society** and 1 has been elected president.
- **Our former students had an average college GPA of 3.0**
- **80%** of our **residential summer staff** were alumni of this program!
- On of our students was **Valedictorian -Curtis Wyman** and **1 was salutatorian—Katelyn Brown** at their schools.
- The **Upward Bound Scholarship Fund** gave out over **\$19,000** to former Upward Bound students in college.
- **Addison Broome** received the Stephen Phillips memorial Scholarship for \$40,000!
- **Cece Jones** won the **Vermont Educational Opportunity Programs Scholarship** for \$1000.
- **Brittney Smith** Won the Horatio Alger Scholarship for \$10,000
- **Katelyn Girouard** was awarded the **Lux Esto** award at Kalamazoo College worth \$124,000 over four years and the **Dean's Scholarship** at The College of Wooster worth \$128,000 over four years.
- Our students performed over **3,500 hours of community service** during the summer and academic year.
- **13** students coordinated Vermont's "**Warm the Children**" program in the Fall which gave away nearly \$14,000 of new warm winter clothing to **181 children** in need from 20 local schools.
- **11** students from 4 local schools volunteered at the **Burklyn Arts Holiday Craft Fair**.
- Upward Bound students supported a local family with food and Christmas presents through **Hand to Hand**.
- **8** Students attended the **JFK Museum and Library Leadership Conference** in Boston, MA.
- **4** students attended the **New England Student Leadership Conference** joining 80 other students and staff at the Hulbert Outdoor Center in Fairlee, VT for leadership building adventure education and goal setting workshops.
- **8** students attended our regional **TRIO Day Celebration** in New Hampshire where they met with hundreds of other Educational Opportunity program participants, heard inspiring speakers, and toured local colleges and universities.
- Upward Bound students had the opportunity to tour **22** different colleges last year and participated in SUNY Plattsburgh's **STEM Exploration Day**.
- **2** students (**Miranda Degreenia** and **David Richardson**) spent a day at the State House for **Vermont TRIO Day** meeting with their local representatives, learning about the history of TRIO and advocating for TRIO Support.
- **10** students participated in the **15th annual Upward Bound Scholar's Bowl** held at SUNY Adirondack in NY. They took home a 3rd place trophy and got some wise words of advice from a TRIO Alumni Panel.
- **7** students were the guest of the **University of Vermont's Sophomore Summit**.
- **1** student (**Andi Elie**) Attended the **Magic of STEM** Leadership trip in Florida with Johnson Upward Bound.
- **5** students were invited to the **Scientist for a Day** event held at Dartmouth College.
- **6** students volunteered at the **H.O.P.E Color Run** in Lyndonville.
- **6** students volunteered at the **Sheffield Annual Labor Day Celebration**
- **7** students, **2** siblings and **2** alums joined the Johnson Upward Bound program in New York to see an off Broadway production of "**How the Grinch Stole Christmas**" and to tour Skidmore College.
- Former assistant Director **Andre Eason** won the **VEOP scholarship** for \$1,000 towards his graduate studies
- **56** students and staff went on the summer leadership trip to **Washington D.C.**
- In July Plattsburg State College hosted the **Upward Bound Summer Jamboree** where our students met with more than 600 other UB students from across Vermont and Northern New York to celebrate the states TRIO Programs.
- LSC UB Alumna **Katelyn Oliver** and **Mikayla Royer** represented Vermont in Washington, DC at the National Policy Seminar fighting for continued TRIO Funding.
- Upward Bound Director **Rick Williams** was named the 2020 New England Educational Opportunity Association's President!
- **Addison Broome** received the phillips scholarship totaling \$40,000!

Senior College Choices:

Abigail Bliss	NVU-Lyndon
Aleea Brasseur	University of Vermont
Addison Broome	Unity College
Katelyn Brown	University of Southern Maine
Chandler	Plymouth State University
Shawna Columbia	University of Vermont
Makayla Dailey	NVU - Johnson
Curtis Gingue	Norwich University
Kaitlyn Girouard	Middlebury College

Sierra Jones	NVU - Lyndon
Emmitt Lambert	Vermont Technical College
Markus Lapierre	NVU - Lyndon
Christian McFarland	SNHU
Seviah Pitt	University of Southern Maine
Addie Poginy	University of Southern Maine
Brittney Smith	NVU—Lyndon
Noah Wilson	Boston College
Curtis Wyman	University of New Hampshire
Meadow Yvon	University of Bridgeport

Remember—Free Events for Upward Bound Families

Just another reminder that we can almost always get you and your family free tickets to events on campus and at Catamount Arts. Sometimes you will need tickets and at other times, just your summer ID will do...let us know if you'd like to see any games or shows.....

Also, we publish sporting events, special events and movies on campus. We think that entertainment like this is worth a trip to NVU-Lyndon and the price is right—free!



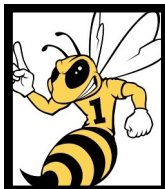
Upcoming NVU-Lyndon Athletics

Men's Soccer

vs. Pine Manor	Sept 8	1:00pm
vs. Dean College	Sept 11	2:00pm
vs. Rivier	Sept 13	4:00pm
vs. Bryant & Stratton	Sept 15	12:00pm
@ Umaine-Presque Isle	Sept 28	12:00pm

Women's Soccer

vs. Bay Path	Sept 8	1:00pm
vs. Anna Maria	Sept 11	4:00pm
@ Mitchell	Sept 14	3:30pm
@ Albertus Magnus	Sept 15	12:00pm
Vs. Pine Manor	Sept 18	4:00pm
Vs. Suny Canton	Sept 21	3:30pm
@ Umaine-Presque Isle	Sept 28	2:30pm



Upward Bound September Birthdays:

Rin	09/06
Nash	09/08
Ozora	09/09
Ryan	09/10
Matt	09/12
Alex	09/14
Dakota	09/15
Mik	09/23
Madi W.	09/25
Courtney	09/26
Dominique	09/26

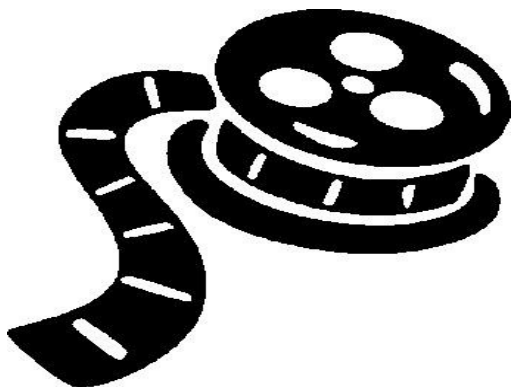


Catamount Arts Movies & Events

The Life of Pi	9/3	7:00PM
The Matrix	9/4	7:00PM
Star Wars 4-6	9/9-9/11	7:00PM
Northern Vermont Songwriters	9/10—10/8	
St J. Blue Grass Festival	9/14	1:00PM
Durham County Poets	9/15	3:00PM
Miles Davis: Birth of the Cool	9/27-10/3	
The Great Gatsby	9/30	7:00pm

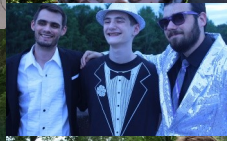
FREE Movies at LSC

LSC Movies usually run Tuesdays at 9pm and Sundays at 6pm a few times a month! They are still finalizing the list here at LSC for the school year—but check their website!



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walks out.” – **Walter Winchell**