

NVU-Lyndon

Upward Bound

October 2019



Building Expectations, Changing Realities

Seniors

Seniors and Parents

Oct 6th FAFSA Meeting

FAFSA Meeting 1:00 – 3:00 in LAC 411

Do not miss this very important meeting!

This year we will have our FAFSA Meeting 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.

All of our seniors are in the last semester that most colleges will look at before making an 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!

We will also go over how to 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... Please be sure to have your **FSA ID** for this meeting—**BOTH STUDENTS** and one **PARENT**. Parents—if you can do this before the meeting it will save you about 20 minutes!

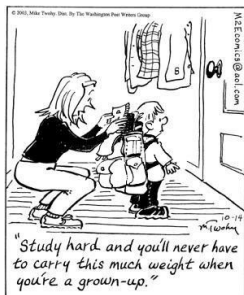
If you have any conflicts with this meeting please let me know. I know several of you are on several sports teams and we want to make sure you can fulfill all of your responsibilities!

Sophomores and their Parents Meeting

October 6th 12:00PM —1:00PM in T202

Sophomores

We would like to meet with all the sophomores and their parents in T202 (the room above the theater) at 10:00 on Oct 6th. We will start with a quick and informative meeting laying out this academic year as well as the next two years as you prepare for college. This meeting gives us an opportunity to let you know what we are telling your young scholars and answer any questions you may have about the college process! And we will offer lunch for everyone following the meeting!



2019 Summer Program
June 14th—July 19th

2019-2020 Upward Bound Calendar

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	
	29 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
February	20 – 21 st		TRIO Day in Massachusetts (Eligible Juniors)	
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)	

2019 Summer Program
June 14th – July 19th

“The way to get started is to quit talking and begin doing.”

—Walt Disney

"You can't go around building a better world for people. Only people can build a better world for people. Otherwise it's just a cage."

—Terry Pratchett, Witches Abroad

2019 New England Student Leadership Conference

Fifty two students from across New England represented the federal TRIO and GEAR UP Educational Opportunity programs at the 38th New England Student Leadership Conference this past weekend. The three day conference was held at the Hulbert Outdoor Center in Fairlee, VT September 27th through September 29th. The student leaders were chosen to represent their programs and participated in a ropes course, a leadership development workshop and the Eclipse challenge: an exercise in prioritizing the national budget. The emphasis of the weekend was personal goal setting and identifying and building the leadership skills needed to bring back to their schools and communities as they prepare for postsecondary education.

It was an outstanding weekend for students and staff, celebrating the vast potential of the fifty two first generation college bound students' right here in New England. We were also exposed to guest speaker Michael J Fox from The Northern Vermont University Admissions Office! He gave the students a brief understanding of what Colleges and Universities are looking for in a candidate and ran an activity where students were able to create their own colleges! We believe it was extremely beneficial! We had three very strong students representing our program but were disappointed that we lost some of our other leaders at the last minute due to other conflicts. What a great weekend and we are already looking forward to next year! NVU –Lyndon emerging leaders Madison Wilson, Emilee Guyette and Kayanna Burns represented our program!



Warm the Children 2019

Once again Upward Bound will be volunteering with Warm the Children. Each year we gather for this community service opportunity and give out warm winter clothes to the neediest school children in Orleans County and Island Pond. Last year with the support of the Barton Chronicle we gave out nearly \$12,000 worth of merchandise to 152 children! Our dates are listed below, and Saturday the 20th is the first day of the event at Pick & Shovel.

Check your schedule and plan for this exceptional volunteer activity. Take advantage of this opportunity—you will make some young person very happy and you will feel good about helping others in need. Naturally, we will provide snacks and/or dinner for you, let us know what days you would like to attend! Catch a ride north with UB and stay for the duration, or meet us there for the hours that fit your schedule. And our friends from the Johnson State College Upward Bound program will also be joining us!

Saturday, October 26th	10:00-2:00
Sunday, October 27th	10:00-2:00
Friday, November 1st	4:30- 7:00
Saturday, November 2nd	10:00-2:00



WARM THE CHILDREN

Providing New Winter Clothing For Needy Children

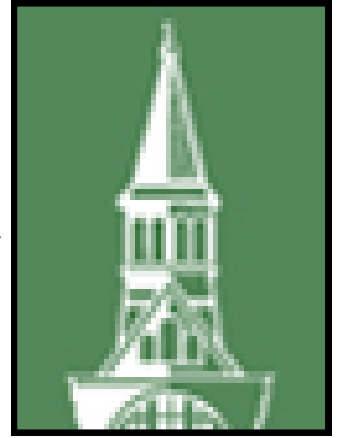
“It’s only after you’ve stepped outside your comfort zone that you begin to change, grow, and transform.”

— Roy T. Bennett

Sophomores

Upward Bound UVM Sophomore Summit

We are thrilled to have the opportunity to bring a group of sophomores to the University of Vermont for a special college admissions workshop and tour! The UVM admissions office will host all of the state's Upward Bound sophomores on October 29th! Students who attend have to be in good academic standing at their high school and with Upward Bound. You will be missing school on that day and will have to check with teachers ahead of time to get missed assignments. We will meet at the UB office early that morning and we will escort you to Burlington for the event. You will be receiving more information in the mail from us very soon. We select students to attend based on your grades, involvement, and ability to be accepted at the University. If you have any questions about this event, please call the office.



Sophomores and their Parents Meeting October 6th 11:00 AM —12:00PM in T202

We would like to meet with all the sophomores and their parents in T202 (the room above the theater) at 11:00 on Oct 6th. We will start with a quick and informative meeting laying out this academic year as well as the next two years as you prepare for college. This meeting gives us an opportunity to let you know what we are telling your young scholars and answer any questions you may have about the college process! And lunch will be provided!



Sophomores—Get Ready for College!

We want you to get the most out of your education. As you soar through your sophomore year it is important to start building your college resume. Colleges always want to see good students, but they also want to see well rounded students with lots of other interests! Here is a quick list of some things to think about ...

- Work to your potential and take the toughest classes that you can do well in.
- Sign up for extra-curricular activities that interest you such as sports, clubs and leadership opportunities.
- Involvement and accomplishment are most important, not the number of activities.
- Keep a record of your extra-curricular involvement, volunteer work, and employment (all year).
- Make sure you are "on top" of your academic work. If necessary, meet with your teacher for additional help.
- Save your best work in academic courses and the arts for your academic portfolio (all year).
- Volunteer, volunteer, volunteer—a great way to explore your interests and develop leadership skills.
- It is never too early to start researching colleges and universities.
- Visit your guidance office to browse through literature and guidebooks, and get to know your counselor!
- Surf the Web and check out college and university home pages.





PSAT's In Your School October 16th or 19th

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. You will take the test on Wednesday, October 16th or Saturday, October 19th. Remember, you are better prepared than 95% of your classmates and the PSAT will seem so much shorter than what Bill and Tim put you through this summer!

Top 10 Reasons to Take the PSAT

1. Upward Bound requires it!
2. The PSAT's assess your critical reading, math and writing skills
3. The test gives you suggestions on how to improve your academic skills
4. Gives you a personalized study plan to improve your SAT
5. Makes you eligible for the National Merit Scholarship competition
6. Puts you on colleges' radar and gives you information about your major
7. Gives you access to My College Quickstart for college resources and career planning! (the code is on your score sheet)
8. We will go over the PSAT scores with you to help you to maximize your SAT prep!
9. It is free to all Upward Bound students!
10. It's Fun! (Well... sort of!)

Juniors and Your Schedules

When we visited your schools last month, we checked all of your class schedules and any changes that you may have made. **Remember, if you are thinking about changing a class please talk to us first!** We know students who found out after the fact that they failed to meet the requirements for different scholarships because of a schedule change which they did not tell us about! The classes you chose to take also can affect your ability to continue to be a member of Upward Bound...

One of the requirements of our grant is that all TRIO students have to follow a very rigid course load in high school to meet the federal **guidelines!** The preparation you will get from such a rigorous schedule is what is important! And, other scholarships including the **Phillips Memorial Scholarship** look very closely at what courses you have taken and if you challenged yourself, not to mention College Admissions Counselors! The minimum guidelines:

- 4 years of English;
- At least 3 years of math (including Algebra I, Algebra II, geometry, pre calc or calculus (or data analysis / statistics) Remember UB requires 4!;
- 3 years of science (including at least two lab courses from biology, chemistry or physics);
 - 3 years of social studies; and
 - At least 1 year of a foreign language.(But most colleges will want to see 2-3)



I WANT YOU
TO ACE THIS TEST



"The individual who says it is not possible should move out of the way of those doing it."

— Tricia Cunningham

Seniors

Senior Reminders for October...

- Make Sure you have registered for the Nov. 2nd SAT. The deadline is Oct 3rd so you need to get this done!
- Make sure you and one parent has your FSA ID! Students if you can help your parent get through this it will save you about 20 minute set up! See reminders below!
- 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 college list!)
- Mark your calendar and do not miss the Seniors and Parents FAFSA Meeting on **October 6th**, or the SAT Review on **October 27th**!
- Remember: have your SAT scores sent to the colleges you most likely will apply to this fall to avoid paying money later. You should do this NOW!
- 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!!! First semester grades are very important to colleges!

Parents! Students! Get Your FSA ID's **NOW!**

If you have not done this yet you and one of your parents needs an FSA ID to file the FAFSA. Please go online with your young scholars a create one now! We will use this ID to fill out your FAFSA together at the October 6th FAFSA meeting. The FSA ID includes a Username and Password that you get to create and requires an email address. It will serve as your legal signature for you on the FAFSA forms, and allows you to access info about your student loans in the future.

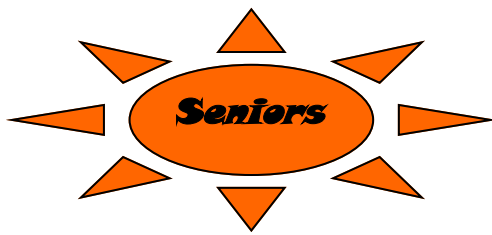
The screenshot shows the Federal Student Aid website. At the top, it says 'Federal Student Aid' and 'PROUD SPONSOR of the AMERICAN MIND'. Below that, there's a navigation bar with links: Home, About Us, FSA ID, StudentAid.gov, and Help. A search bar is also present. The main heading is 'Get help paying for college' with a subheading 'Submit a Free Application for Federal Student Aid (FAFSA)'. Below this, there are two columns: 'New to the FAFSA?' with a 'Start A New FAFSA' button, and 'Returning User?' with a list of options: 'Make a correction', 'Add a school', and 'View your Student Aid Report (SAR), and more...' followed by a 'Login' button.

Helpful Hints for Setting Up Your FSA ID

1. Go to fsaid.ed.gov
2. Create and Write Down the Username and Password (noting upper and lowercase letters) and you may not use part of your name, SS# or date of birth in the password!
3. You will be asked to add personal and demographic information.
4. You will be asked to select two challenge questions, and create two challenge questions, as well as choose a significant date in your life. These five challenge questions and answers will be used to retrieve your username and password and/or unlock your account. Examples are your mothers maiden name, your fathers middle name, the street you grew up on.
5. Once you've completed these steps, review and accept the FSA ID terms and conditions.
6. You will receive an email confirmation to the email address you just provided. After you verify your information using the emailed code, your FSA ID will be available for use.

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.





The FAFSA Application

The FAFSA application is FREE

The FAFSA application is the #1 most important application for getting financial aid for college or career training programs—and it's the only way to access federal student grants and loans. So it's important to get the application right. That is the reason we work through this application with our students and families! The average family takes less than 45 minutes to file their FAFSA!

TIPS TO COMPLETING YOUR FAFSA

Create a Federal Student Aid (FSA) ID (username and password). You'll need this to log into the FAFSA website—and any other FSA borrower websites. If you're financially dependent upon your parents, a parent will need to create his or own, separate FSA ID. To create your FSA ID, go to fafsa.ed.gov, click on the "FSA ID" tab at the top of the page, and follow all instructions carefully. If you need help, check out the resources at FinancialAidToolkit.ed.gov >

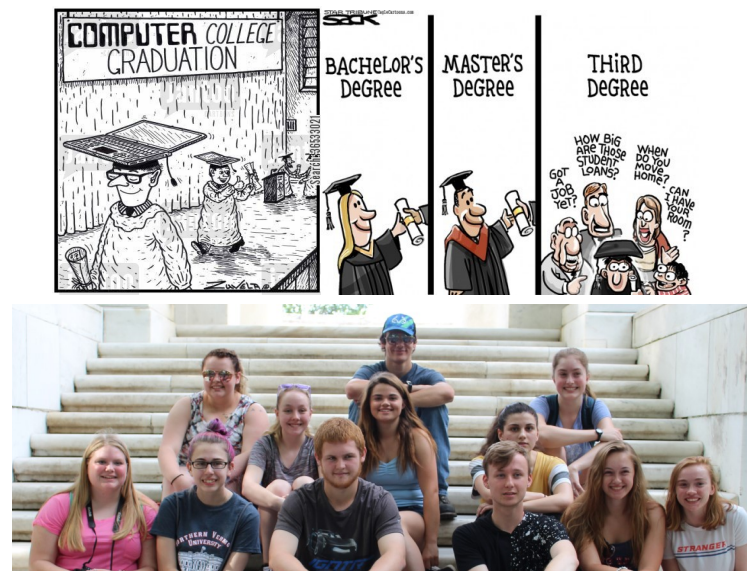
Gather your information. Being prepared will make the FAFSA application process easier—and faster. Here's what you'll need to have on hand for yourself, and your parents

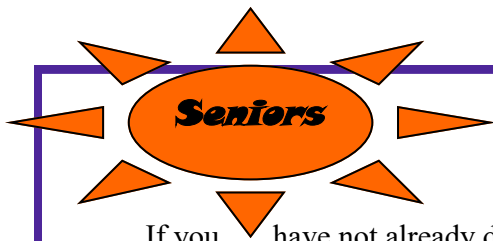
- ◆ Social Security number
- ◆ Alien registration number (if you're not a U.S. citizen)
- ◆ 2018 federal tax returns (including W2s)
- ◆ Records of untaxed income (like child support)
- ◆ Bank records (cash, savings, checking account balances)
- ◆ Investment information (such as stocks/bonds not in a qualified retirement plan)

All Upward Bound students will also need an accurate list of colleges: You must list at least 1 college to receive your information. You may update your choices later to receive aid at a different school.



Students now report earlier income information.





Letters of Recommendations for College Applications

If you have not already done so, now is the time to talk to your teachers whom you would like to write recommendations for your college applications. It would be extremely helpful for them to:

- 1) *Know the colleges you plan on applying to*
- 2) *To know a little bit more about you - give them your high school activity "fact" sheet*

We know it is much easier to write a recommendation with all of that information right in front of us.

Talk to your teachers now and let them know you plan on applying to all of your colleges by **November 30th**! That should light a fire underneath them - remember, we all have a lot going on so make sure to ask and remind them in a gentle and respectful way! **We have recommendations written for each of you at the office.** When you are ready for them give us a call!



SATs - November 2nd

We expect all of our seniors to take the SAT test on **November 2nd**. As you know, we will offer you an extensive **SAT Review** with our SAT Guru's on **Sunday October 27th** here at NVU-Lyndon. All of you should have registered by now and be set to go for your final SAT!

Even though this will be your last time taking the SAT, ETS may not be done with you yet! Our college students and graduates continue to experience the joys of the standardized test in the form of the PRAXIS (National Teacher Exam), the MCAT's (medical school), the GRE's (graduate school), the NCLEX (nursing exam) and the LSAT's (law school). Keep in mind, we will pay for these expensive tests too when you get there! And I am sure that you will always remember Billy shouting **ETS...**

27 Offbeat College Essay Topics

Let's take a look at some of the stranger questions those wacky admissions officers have asked.

How do you feel about

WEDNESDAY?

University of Chicago

What **outrages** you?

Wake Forest

Write a haiku, limerick, or short poem that best represents you.

NYU

In the year 2050, a **movie** is being made of your life.

Please tell us the name of your movie and briefly summarize the story line.

NYU

What do you hope to find over the **rainbow?**

University of North Carolina at Chapel Hill



What **sets your heart on fire?**

Villanova University

You have **150 words**. Take a risk.

Notre Dame

Give us your **TOP TEN LIST.**

Wake Forest University

You've just reached your 1 millionth hit on your **YouTube video**. What is the video about?

Lehigh University

So where is **Waldo**, really?

University of Chicago

If you could choose to be raised by **robots, dinosaurs, or aliens**, who would you pick? **Why?**

Brandeis University

WHAT IS COLLEGE FOR?

Hampshire College

How are **apples and oranges** supposed to be compared?

University of Chicago



Please describe a **daily routine** or **tradition** of yours that may seem ordinary to others but holds special meaning for you. Why is this practice significant to you? Barnard

Make a bold prediction about something in **THE YEAR 2020** that no one else has made a bold prediction about.

University of Virginia

KERMIT the FROG famously lamented, "It's not easy being green."

Do you agree?

Tufts

To **TWEET** or not to **TWEET?**

University of Virginia, Charlottesville

What **invention** would the world be better off without and why?

Kalamazoo College

What **does #YOLO mean to you?**

Tufts

You have just completed your 300-page autobiography. Please submit Page 217.



UPenn

Tell us the question you think a **selective college** should ask. How would you answer it?

Haas School of Business at UC Berkeley

Most **overrated superhero**? Most **underrated superhero**? Former **kindergarten fear**? Advice for **adults**? **Gadget** that needs inventing?

UNC Chapel Hill

What is your **favorite word** and **why**?

University of Virginia

Are we alone?



Tufts

How did you get caught? (Or not caught, as the case may be.)

University of Chicago

Could my brain be evil?



All Souls College

Write a short story using one of the following titles:

- House of Cards
- The Poor Sport
- Drama at the Prom
- Election Night, 2044
- The Getaway

Tufts

Ryan's 4 Steps to College

Step 1 – Be annoying!

Let everyone know that you are going to college and that you need their help!

Bug your teachers. Don't be afraid to ask your teachers for college advice... they've all been where you are now! And don't forget, come application time you will want a good teacher recommendation to go with those great SAT scores! Although they can give you some advice—most of your teachers never look at financial aid....be careful with



Make connections in the community and with your family. Everyone has different experiences that you can learn from. This may also open up community service and job opportunities that will look great to colleges!

Gain experience. Especially if you already have a career goal in mind, finding places in your community where you can get some real-world experience will further prepare you for college and set you apart from the applicant pool.

Find family support. Even if your parents, grandparents, aunts or uncles didn't go to college, they still may have valuable knowledge and experience that you can learn from.



"We should all feel confident in our intelligence. By the way, intelligence to me isn't just being book-smart or having a college degree; it's trusting your gut instincts, being intuitive, thinking outside the box, and sometimes just realizing that things need to change and being smart enough to change it."

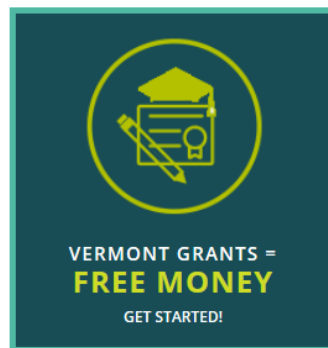
- Tabatha Coffey



Scholarships to be Thinking About!

Please remember that the closer your address is to the scholarship you apply for the better your chances of receiving this!

VSAC Scholarship Book: The VSAC Scholarship book is out and ready to go. You can go to www.myVSAC.org and get a copy right now or pick them up in your high school. We have not received our new copies yet but I expect to see them in the next few weeks. Please use the same method as you did this past summer—cross out what you are not eligible for, highlight what you are and get things in order!



Jack Kent Cook Scholarship: The Jack Kent Cooke Foundation College Scholarship Program offers the most personalized, generous scholarship and educational support to exceptionally promising students from families across the nation who have financial need. The application period is now open and they will look closely at your cumulative GPA (3.5 or higher) and your SAT scores have to be in the top 15%. This is very competitive scholarship but some UB superstars meet their rigorous criteria! ***This is Due November 13th!***

Prudential Scholarship: The Prudential Spirit of Community Awards program is the United States' largest youth recognition program based exclusively on volunteer community service. The program was created in 1995 by Prudential in partnership with the National Association of Secondary School Principals (NASSP) to honor middle level and high school students for outstanding service to others at the local, state, and national level. ***This is Due November 5th!***



Phillips Scholarship: The Stephen Phillips Memorial Scholarship Fund offers renewable, 4-year scholarships to students with financial need who display academic achievement, a commitment to serving others (in school, in the community or at home), a strong work ethic, and leadership qualities. I hope that your essay and presentation for this scholarship will create some new Phillips Scholars this year! ***This is Due May 1st, 2020***



VEOP/Upward Bound Scholarship: This is the one we told you that you would win if you submitted an entry. The awards will be \$100-\$1000 this year. The grand prize will be a \$600 scholarship check, 2nd place is \$300 and every Lyndon Upward Bound senior who submits the essay will get at least \$100! And we do want this emailed to us BEFORE the February DEADLINE! The topic is simple: "How has your program helped you (or is helping you) achieve your educational goals?" **Just CiCi Jones about her \$1000 VEOP Scholarship!**

Horatio Alger

The State scholarships are awarded to eligible students in all fifty states and the District of Columbia. The program specifically assists high school students who have faced and overcome great obstacles in their young lives. The scholarships are funded by Horatio Alger Members who, like the Scholars, have experienced challenges but ultimately overcame them to become successful business and civic leaders. ***Think this is a longshot? Talk to Brittney Smith and ask her why she is not paying for college this year!*** The *National Scholarships* are awarded to eligible students in all fifty states, the District of Columbia, and Puerto Rico. National Scholars receive an all-expenses paid trip to Washington, D.C., during the spring of their senior year to participate in the National Scholars Conference.

The application will be available August 1 – October 25 for both state and national scholarships.

Elks Club National

The Elks National Foundation will award 500 four-year scholarships to the highest-rated applicants in the 2020 competition. The 2020 Most Valuable Student scholarship contest is open to any high school senior who is a US Citizen. Applicants will be judged on scholarship, leadership, and financial need. **The 2020 MVS application deadline is November 5th, 2019**

The Hagan Scholarship The Hagan Scholarship is a nationwide need-based merit scholarship for high achieving, self-motivated students. The scholarship provides up to \$6,000 each semester, for up to eight consecutive semesters, to help recipients graduate college debt free. Recipients must graduate from a public high school located in a county having fewer than 50,000 residents and enroll at a four-year not-for-profit college or university the first semester following high school graduation.

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. The **Bold-face** Colleges are the ones that we know require the PROFILE Financial Aid form that we talked about this summer. Many of these same schools may require the SAT II... and no, St. Michael's does not require the PROFILE.

Dominique Bandy:	VTC, NVU, Plymouth, Keene, Husson, USM, Franklin Pierce, UVM
Olivia Brimmer:	NVU-J, UVM, Saint Anselm, New England College, Princeton , Clarkson
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, UVM, Plymouth, Thomas
Mara Duquette:	UChicago, Tufts, Middlebury, American, Macalester, Northwestern, Rice, George Washington, UVM, UNH, Cornell, Yale
Andi Elie:	UVM, URI, Clarkson, Wentworth, Cooper Union, MIT
Emilee Guyette:	<i>UVM, Husson, NVU – Lyndon, Keene, Plymouth, UNE, UMaine Farmington</i>
Haley Ott:	Castleton, Plymouth, SNHU, UNH, UVM, U of Southern Maine , U of Connecticut
Nash Nunn:	Northern Vermont University -Lyndon, Plymouth State, VTC, Castleton, SNHU, Thomas, Farmington, UNH
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, SUNY Plattsburgh, Southeastern
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

“Education is the key to the future: You've heard it a million times, and it's not wrong. Educated people have higher wages and lower unemployment rates, and better-educated countries grow faster and innovate more than other countries. But going to college is not enough. You also have to study the right subjects.”

- Alex Tabarrok



College	Students	Cost	AVG Verbal SAT	AVG Math SAT	Avg. GPA	Popular Majors	Recom. Classes	Admission Criteria	Acceptance Rate
University of Vermont <i>Public 4 year University Residential Campus in Large Town</i>	10,992	\$31,960 (In State) \$55,442 (Out of State)	600	590	3.49	Agriculture, Biology, Business/Marketing, Computer Science, Health Care, Education, Engineering, Natural Studies, Performing Arts	(4) Eng, (3) Math, (3) Social Studies, (2) Science, (2) Foreign Lang	School Achievement, Test Scores, Essay, Extra Curricular Activities	73%
Castleton University <i>Public 4 year Liberal Arts College, Residential campus in small town</i>	1800	\$22,490 (In State) \$38,042 (Out of State)	484	478	3	Biology, Business/Marketing, Communications, English, Computers, Education, Health Sciences, Homeland Security, Parks and Rec, Visual Arts	(4) Eng, (3) Math, (3-4) Social Studies, (2-3) Science, (2) Foreign Lang	School Achievement, Test Scores, Recommendations	77%
Vermont Technical College <i>Public 4 year Agricultural, Technical and Engineering College</i>	1544	\$27,698 (In State) \$40,010 (Out of State)	495	476	3.02	Architecture, Business, Marketing, Computer Science, Engineering Technologies, Engineering, Health Professions, Homeland Security, Fire Sciences	(4) Eng, (3) Math, (3-4) Social Studies, (2-3) Science, (2) Foreign Lang	School Achievement, Test Scores, Recommendations, Interview	66%
Norwich University <i>Private 4 year University and Military College, Residential campus in small town</i>	1800	\$54,034	510	520	3.07	Biology, Business, Communications, Computer Science, Education, Engineering, Health Sciences, Home Land Security	(4) Eng, (3) Math, (2) Social Studies, (1) Science, (2) Foreign Lang	High School Record, Recommendations, Activities, Honors, Awards, Test Scores	65%
The University of New Hampshire <i>Public 4 year University Residential Campus in Large Town</i>	12,840	In state \$33,000 Out of state \$49,500	552	536	3.1	Agriculture, Biology, Business/Marketing, Computer Science, Education, Engineering, Foreign Language, Gender Studies	(4) Eng, (3) Math, (3) Social Studies, (2) Science, (2) Foreign Lang	Essay or personal statement, Transcript, Letters of Recommendation	80%
St Anselm's College <i>Private 4 Year Liberal Arts College in a large town</i>	1968	\$56,636	580	570	3.24	Biology, Business, Communications, Computer Science, Education, Biology, Health Science, Foreign Languages, Fire Fighting, Homeland Security	(4) Eng, (3) Math, (2) Social Studies, (1) Science, (2) Foreign Lang	Essay or personal statement, Transcript, Letters of Recommendation	76%
Plymouth State University <i>Public 4 year Liberal Arts College, Residential campus in small town</i>	3787	In state \$23,740 Out of state \$32,200	482	484	2.91	Biology, Business, Communications, Computer Science, Education, Biology, Health Science	(4) Eng, (3) Math, (2) Social Studies, (1) Science, (1) Foreign Lang	Essay or personal statement, Transcript, Letters of Recommendation	75%

Upward Bound Activities:

Field Hockey: Shelby, Haley, Melanie, Rick

Soccer: Astra, Kaori, Matty, Dakota, Lauren, Alex,

Cross Country: Natalie M, Caroline, Desiree, David M.,

Dance: Shelby, Haley, Kayanna, **Theater:** Annie, Mara, Madi W., Madi F-P.

Chorus: Elly, Lauren, Madi W., Maddie F-P., **Band:** Lauren,

Student Council: Astra, David R., Miranda, Maple, Madi,

Cheering: Aggie, Miranda, Kayanna, Maple, **Yearbook:** Mikayla S. **Boy Scouts:** Alex,

Working/internship: Mikayla S., Charlie Flint, Astra, David R., Patrick, Ryn, Hunter, Maddie F

NHS Astra, Emilee, Annie, Miranda, Emma, Maddie F-P. ATH: Shelby, Haley



Student News

Andi Elie was just named the **Green and Gold Scholar** at LI!

Congratulations Andi!!!!... **Kaori Moulton** is taking some great classes at BMU and trying really hard to hold on to her morning coffee...

Ask her about the cruise she is taking this fall!... **Lexey Drown**

is taking 4 college level classes this semester!... **Astra Sleeper** is taking

a very rigorous course load and is looking forward to college tours this fall...

Mikayla Smith is not enjoying the construction at Woodsville this year and has her mind set on graduation...

Haile Boutin misses Upward Bound (but she misses **Emilee** more), and had a mini family vacation in Maine!...

David Richardson was on the front page of the newspaper and was recently voted class president of the junior class at Danville, way to go David!...

Matt Rice recently toured CIA and loved it! He also wants to be the new principal of Danville so he can make a few changes...

Ben Perreault is excited for sophomore summit... **Devin Daisey** has been doing some serious thinking about his class schedule and career options for the future... **Blake Betz** is excited for Warm the Children and is thinking about a weekend trip to New York to see some of the SUNY schools...

Natalie Martin has a busy fall and winter with Cross Country, Basketball and a tough schedule... **Charlie "CJ" Flint** is on the job hunt and is doing well in some tough honors courses at Rivendell while thinking about taking on some college level classes next year...

Ask **Annie Doucet** how she managed to break her nose during the first week of school... **Emilee Guyette** is working hard despite being sick and is looking forward to the NESLC... **Diana Mason** wants to start a community clean up club at her school. We think this is a great idea!...

Sam Whipple is gearing up to begin college applications soon and is thinking seriously about her options... **Hunter Poirier** is thinking seriously about his future... **Ryan Moulton** misses Upward Bound and is excited about Warm the Children... **Caroline Lowry** is having a good semester at Lake Region but isn't looking forward to taking the PSAT's...

Maddie Foster-Pudvah is looking forward to Hazen's fall production of "Once Upon a Mattress" and really wants to tour UMaine Farmington!... **David Moody** has been busy helping his family build their new house and loves running cross country! He is also taking an online calculus 3 class through UVM...wow!...

Alex Pitt is doing well as Craftsbury and their soccer team is off to a great start this year!... We had no idea that **Madison Wilson** and **Elly Bliss** were such good singers! They are both part of Hilltones, a selective choir group at STA... **Maple Bottinelli** is having a good semester at St J, is on the varsity cheerleading team and representing her class on Student Council...

Kayanna Burns is doing well in some very hard courses at SJA and is very involved on campus with Dance, cheerleading, sports, and student service club!... **Desiree Mendez** absolutely loves the SJA cross country team's 5 mile "recovery" runs...not!... **Courtney Lewis** is helping fundraise for a Relay for Life team and is doing well in some rigorous classes!...

Lauren Girouard is recovering from a concussion but is doing well and looking forward to the New England Leadership Conference!... **Emma Powers** is on the job search and was recently seen dressed up as Robin from Stranger Things at Granite Con!...Everybody clear the streets of S. Johnsbury - **Melanie Coons** just got her first car! **Miranda Degreenia** packaged over 1000 meals for low income families with RYLA and has begun doing community service with Dog Mountain... What a great way to support your community **Miranda!**...

Mara Duquette is completing her Quest Bridge Application and is doing well in some very hard classes...she also had to make a very tough choice between calculus and theater!... **Haley Ott** has her heart set on UNH and is the field hockey team captain this year at LI!... **Aggie LaFleur** says she LOVES math at LI right now and is enjoying cheerleading...

Shelby Ruggles is very involved with LI's dance clubs and is doing well in her classes... **Nash Nunn** is doing well at LI and is thinking seriously about his future... **Dakota Collins** says the Soccer Team at LI is off to a great start this year and he scored his first goal as a Varsity Soccer Player!... **Ryn Thorn** is trying to figure out how to balance school, work and social life... a very important skill to learn for college!... **Dominique Bandy** has been working extremely hard in her college level classes at LI and was also recently in a car accident...We are glad you are okay **Dominique!**... **Kai** is really interested in UMF!... **Patrick Stowell** is working a lot at White's Market... **Hannah Jewell** is MIA... **Aliceah Silver** is having a good semester at ST J Academy and is working hard!...Where in the world is **Natalie Daigle**???... **Ozora Rice** is working hard at SJA... **Mik Strempko** is thinking hard about her future... **Olivia Brimmer** is just ready to graduate already... **Trinity Lahaye**... is taking classes at Johnson... **Carter Gingue** is happy to be the only one at home now that all of his siblings are in college...



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

@ NVU-Johnson	Oct 01	1:00pm
Vs. Husson	Oct 05	1:00pm
@ MCLA	Oct 08	6:00pm
@ Thomas	Oct 12	1:00pm
@ Maine Maritime	Oct 13	12:00pm
Vs Paul Smith's	Oct 16	3:00pm
Vs. SUNY Delhi	Oct 26	1:00pm
Vs. UMaine Farmington	Oct 29	12:00pm

Women's Soccer

@ NVU - Johnson	Oct 01	3:30pm
Vs. Husson	Oct 05	3:30pm
@ Husson	Oct 12	3:30pm
@ Maine Maritime	Oct 13	2:30pm
@Becker	Oct 16	6:00pm
Vs. Fisher	Oct 22	3:00pm
Vs. SUNY Delhi	Oct 26	1:00pm
Vs. UMaine Farmington	Oct 29	2:30pm



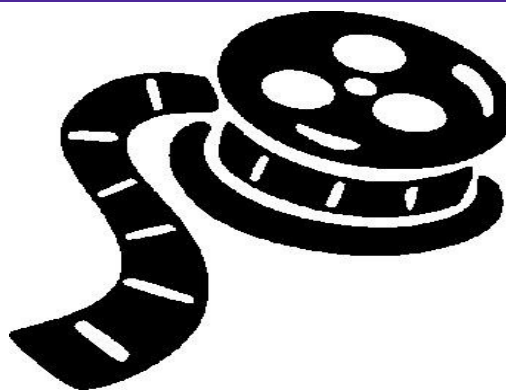
Upward Bound October Birthdays:

Trinity LaHaye 10/23/01

Hannah Jewell 10/23/03

Patrick Stowell 10/24/02

Caroline Lowry 10/29/02



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!

Catamount Arts Movies & Events

Frankenstein	10/1	7:00PM
Native American Flute	10/1	4:00PM
Northern Vermont Songwriters	10/8	6:45PM
Billy the Kid	10/8	7:00PM
Apollo's Fire	10/9	7:00PM
The Mummy	10/9	7:00PM
Dracula	10/10	7:00PM
Supernatural Fall Festival	10/12	3:00PM
King Kong	10/14	7:00PM
Black Violin	10/13	7:00PM
A Midsummer Night's Dream	10/17,24	7:00PM
Bully	10/22	7:00PM

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