

NVU-Lyndon

# Upward Bound

November 2019 Student Newsletter

# TRIO

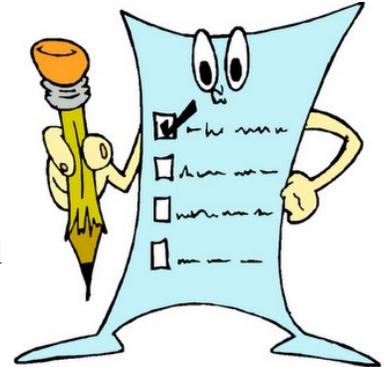
UPWARD BOUND

**Building Expectations, Changing Realities**

## Senior SAT's on Saturday, November 2<sup>nd</sup>

Here is a last minute checklist of reminders of what to bring with you to your test center. Put these things out the night before, all in one place to avoid a morning rush. Make sure that you know where you are going and where the test will be given... it sounds silly, but we have had students get lost before—don't let this be you. And remember, you are prepared! After last weekends SAT Marathon review with our SAT Gurus, you are back in the SAT mindset! Good luck!

- 1) Your admissions ticket with photo...
- 2) Photo ID
- 3) Three #2 pencils, eraser, and sharpener
- 4) Calculator (with new batteries)
- 5) Watch or clock (that doesn't beep)
- 6) Snack & drink (for break)



**Get a Good Night's Sleep,  
Eat a Good Breakfast,  
Dress Comfortably  
and Arrive Early!**

## *Warm the Children 2019 so far...*

**Friday, November 1<sup>st</sup> 4:00-6:00**

Our last day at Warm the Children will be Friday November 1<sup>st</sup>! So far we have served over 100 students and have had more than 12 Upward Bound volunteers. Check your schedule one last time 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 if you want to join us on Friday! 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 NVU Johnson Upward Bound program will also be joining us!



**Don't Forget to Turn your Clocks  
Back for Daylight Savings Time on  
Sunday Morning, November 3<sup>rd</sup>!**

**2019 Summer Program  
June 14<sup>th</sup>—July 19<sup>th</sup>**

# 2019-2020 Upward Bound Calendar

|                 |  |   |                           |
|-----------------|--|---|---------------------------|
| <b>November</b> | <b>1<sup>st</sup></b>                    | Volunteer Work with Warm the Children                     |                           |
|                 | <b>2<sup>nd</sup></b>                    | <b>Seniors Take SAT</b>                                   |                           |
| <b>December</b> | <b>1<sup>st</sup></b>                    | Begin Discover Scholarship Essays                         |                           |
|                 | <b>6<sup>th</sup> – 8<sup>th</sup></b>   | Volunteer work with Burklyn Arts                          |                           |
|                 | <b>7<sup>th</sup></b>                    | Seniors Take SAT 1 or II (if needed)                      |                           |
|                 | <b>14<sup>th</sup></b>                   | Seniors Take ACT – if appropriate                         |                           |
|                 | <b>15<sup>th</sup></b>                   | <b>1:00-5:00 Upward Bound Christmas Party</b>             | <b>Bole &amp; Theater</b> |
| <b>January</b>  | <b>19</b>                                | <b>1:00 – 3:00 Upward Bound Recruiting Meeting</b>        | <b>Theater</b>            |
| <b>February</b> | <b>20 – 21<sup>st</sup></b>              | TRIO Day in Massachusetts (Eligible Juniors)              |                           |
| <b>March</b>    | <b>1<sup>st</sup></b>                    | Green Mountain Scholars Bowl at the University of Vermont |                           |
|                 | <b>23<sup>rd</sup> – 25<sup>th</sup></b> | National Policy Seminar in Washington DC                  |                           |
|                 | <b>30<sup>th</sup></b>                   | NEOA Board Meeting – Heritage Hotel, CT                   |                           |
| <b>April</b>    | <b>3<sup>rd</sup></b>                    | NEOA Conference   |                           |
|                 | <b>6<sup>th</sup></b>                    | <b>5:30 – 8:00 UB Meeting and College Fair</b>            | <b>ASAC 100 and Gym</b>   |
|                 | <b>18<sup>th</sup> – 19<sup>th</sup></b> | TRIO is Working Event Throughout Vermont!                 |                           |
|                 | <b>25<sup>th</sup></b>                   | <b>1:00 - 6:00 Junior SAT Review</b>                      | <b>ASAC 216</b>           |
| <b>May</b>      | <b>2<sup>nd</sup></b>                    | Juniors Take SAT I  |                           |
|                 | <b>3<sup>rd</sup></b>                    | <b>1:00 – 3:00 Mother’s Day Give Away and Meeting</b>     | <b>Bole &amp; Theater</b> |
|                 | <b>30<sup>th</sup></b>                   | <b>1:00 – 3:00 Final Upward Bound Meeting</b>             | <b>Theater</b>            |
| <b>June</b>     | <b>6<sup>th</sup></b>                    | Juniors Take SAT II (if appropriate)                      |                           |

**2019 Summer Program  
June 14<sup>th</sup> – July 19<sup>th</sup>**

## *Nominated for National Honor Society?*

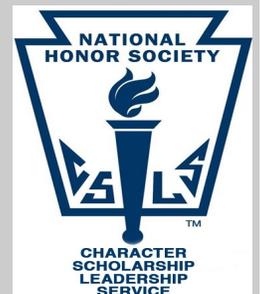
***Do the Paper Work!*** We are amazed when we hear that our students do not complete the application when they are nominated for the National Honor Society at their high school! Folks, this is something that looks awfully good on your college applications... and yes, it *is* worth your time and effort. We can and will document your volunteer work so don't let that slow you down. We have written several recommendation letters for students this year, just ask us and we are willing to write one for you, too. Get all the honors you can! Just ask Mara—she is ahead of the game! **Congratulations and try to join these other Upward Bound**

**National Honor Society inductees:**

**Astra, Emilee, Annie, Miranda, Emma, Maddie F-P, Haley,  
Andi, Blake, Nash, Shelby, & David R.**

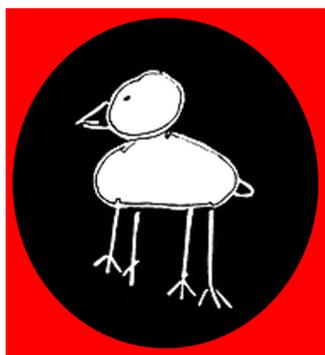
(YOUR NAME SHOULD GO HERE TOO!)

*Did we miss anyone? Let us know!!!*



## *UVM Sophomore Summit*

We were thrilled to bring a group of 13 sophomores to the University of Vermont for an Upward Bound Sophomore Summit on October 29<sup>th</sup>! All of the best Vermont and Plattsburgh Upward Bound sophomores were invited to this exceptional event, sponsored by the Admissions Office at the University. Students went on a tour of the campus, ate lunch in a dining hall, attended a presentation from education professor Jenny Prue and her students, and participated in an application review workshop. It was a wonderful opportunity for these sophomores to experience some of what UVM has to offer, as well as to continue to envision themselves as college bound students. We even saw Super TC **Daniel Cliche** and UVM Sophomore **Alaura Rich!**



## *Burklyn Arts Holiday Market      December 6<sup>th</sup> - 8<sup>th</sup>*

We are looking for volunteers to help out at the Burklyn Arts Council's Annual Holiday Market. We need help setting up on Friday night from 5-8pm, Saturday all day (especially from 8-10am and 11am-1pm) and all day Sunday (especially from 4-6pm). The Holiday Market will be held at Lyndon Town School this year and this event raises money for arts programs in our area. Keep building your volunteer experience—it does pay dividends. Call us to let us know when you can help out. Rick has his list and will be checking it twice!

## *TRIO Day in Massachusetts* February 19<sup>th</sup> – 21<sup>st</sup>

In February 2020 we will celebrate National TRIO Day in Framingham Massachusetts! We will spend 3 days with 700 of our best friends—friends from all over New England who are first in their families and moderate income students—TRIO students. This event promises to be one of the highlights of the Spring for our students. This is the February break week for BMU, Rivendell and Woodsville and an outstanding event. We will meet up with 700 other UB and Talent Search students from across New England, attend a college fair and tours, hear exciting speakers, and have fun activities including a dance! Although this is primarily a Junior event, I am sure that we could sneak a few sophomores along for the day! Let me know if you are interested!



## *Green Mountain Scholars Bowl* Sunday, March 1<sup>st</sup> *University of Vermont*

Get your thinking hats on! On Sunday, March 1<sup>st</sup> the UVM Upward Bound program will host the 16<sup>th</sup> Annual Scholars Bowl Competition! We will be competing against other Upward Bound programs with scholarship money up for grabs as a prize! This will be a full day event with food, the Scholars Bowl competition (trivia style) and a chance to meet other Scholars from across Vermont and Northern New York! Not only could our program earn some valuable scholarship dollars, but you could also brag to colleges about your first place finish in the Annual Scholars Bowl competition.

We intend to bring at least 10—15 of our best juniors (and maybe a few sophomores or seniors) to this year's competition. Think about being a part of the NVU—Lyndon UB Winning Team. Let us know if you are interested in this outstanding opportunity!



## Tips for Finding Your College Match: Characteristics You Should Consider



**Size of the Student Body:** Size will affect many of your opportunities and experiences, including: range of academic majors offered, extracurricular possibilities, amount of personal attention you'll receive, and number of books in the library. When considering size, be very sure to look beyond the raw number of students attending. For example, perhaps you're considering a small department within a large school.

**Location:** Do you want to visit home frequently, or do you see this as a time to experience a new part of the country? Perhaps you like an urban environment with access to museums, ethnic food, or major league ball games. Or maybe you hope for easy access to the outdoors or the serenity of a small town.

**Academic Programs:** If you know what you want to study, research reputations of academic departments by talking to people in the fields that interest you. If you're undecided, relax and pick an academically balanced institution that offers a range of majors and programs. Most colleges offer guidance to help you find a major.

**Campus Life:** Consider what your college life will be like beyond the classroom. Aim for a balance between academics, activities, and social life. Before choosing a college, learn the answers to these questions: What extracurricular activities, athletics, and special interest groups are available? Does the community around the college offer interesting outlets for students? Are students welcomed by the community? Is housing guaranteed? How are dorms assigned? And, any other questions you have about campus life.

**Cost:** Today's college price tag makes cost an important consideration for all students. At the same time, virtually all colleges work to ensure that academically qualified students from every economic circumstance can find financial aid that allows them to attend. In considering cost, look beyond the price tag.

**Diversity:** Explore what you might gain from a diverse student body. Think about the geographic, ethnic, racial, and religious diversity of the students as a means of learning more about the world.

**Retention and Graduation Rates:** One of the best ways to measure a school's quality and the satisfaction of its students is to learn the percent of students who return after the first year and the percent of entering students who remain to graduate. Comparatively good retention and graduation rates are indicators that responsible academic, social, and financial support systems exist for most students. ([www.collegeboard.com](http://www.collegeboard.com))

## Ryan's 4 Steps to College

### Step 2 – Push Yourself!

*Working a little harder today will make getting into college easier.*

**Take the right classes.** A typical 4-year college expects that you're taking certain college preparatory classes such as 2-3 years of foreign language and 4 years of math. The more rigorous of a schedule you can take in high school while maintaining a solid GPA, the more opportunities will open up. We've gone over this with all of you, but if you're not sure you can always look up different colleges and their requirements on College Board.

**Challenge yourself!** Get to know yourself as a student and take classes that will challenge you. A good GPA is important, but colleges are more likely to accept a student with a rigorous schedule and average grades than a student with excellent grades and an easy schedule.



# LYNDON UB STUDENT SPOTLIGHT

## Haley Ott



Haley Ott is a senior attending Lyndon Institute and has been an outstanding 4 year member of the Lyndon Upward Bound program. Haley is compassionate, kind, dedicated and has really emerged as a true leader in UB, LI and the community. Haley plans on studying business at a college in New England, and has done everything in her power to prepare for college, and her dedication to her studies and the community truly deserves to be recognized.

Haley is an outstanding student athlete and is consistently on the honor roll while taking the hardest courses available to her and being a stand out Varsity Field Hockey, Softball and Ultimate Frisbee player. She is also a member of National Honor Society, Athletic Honor Society, and is on the school dance team. Despite her crazy schedule and course load which includes college level and AP classes, Haley has kept her composure and has positioned herself nicely for college acceptances and scholarship money to start pouring in. She has hit every single deadline that we have set, asks the right questions, and always shows up when she says she will. Her constant drive to help others, dedication to herself and her studies, dependability, honesty, resiliency, and overall down to earth nature will take Haley far in life.

Haley, we are so proud of all that you have accomplished so far, and how hard you have worked to prepare for your future. Any college would be lucky to have you, and we are so excited to see where your future takes you!



### *Your Many College Options...*

All Upward Bound students should have many options when it comes to college. As you prepare for your post secondary degree, the better preparation you have in high school will allow you more choices for college. And the harder you work will directly affect how much free money you receive. Here are some choices to review and start thinking seriously about:



**Community Colleges:** Most community colleges are open admissions—almost all students who have graduated high school will be accepted. Community colleges offer a degree after the completion of 2 years of study. Although CCV in Vermont does not offer housing, our neighbors in New Hampshire and New York do. Community colleges are supported by the state and offer the least expensive education possible! Students in certain majors can earn their Associates degree at a community college and use their credits to transfer into 4 year colleges.

**State Colleges:** Both Vermont and New Hampshire have several excellent state colleges. For students who are residents of the state, tuition is subsidized by the state. Most state colleges started as teacher colleges, but over the last 40 years they have developed many different majors from meteorology, to business, to nursing and more. Our state colleges are still very good values and offer a wide variety of majors, student life experiences and extracurricular activities. Most aren't open admission, but rarely are Upward Bound students denied admission. And Northern Vermont University has given our students some excellent aid in the past few years....think about it!

**Universities:** Generally, a university is bigger than a college and offers more majors and research facilities. Class size often reflects institutional size and some classes may be taught by graduate students. The University of Vermont has made a commitment to our students and all students from Vermont who are thriving academically... and right now we have many students at UVM. Although the universities are not right for everyone, they do offer a great education for the right student, and often provide very solid financial aid packages.

We want you to get the most out of your education. Here is a quick list of some things to think about ...Congratulations! The awkward adjustment year of high school is behind you. You are now in 10<sup>th</sup> grade—you are an emerging scholar and experienced enough to be able to take on leadership roles in your high school community. Additionally, college applications and acceptances are getting closer, so it's time to get serious about some of your commitments while letting some of the less useful ones go.



### 1) Maintain Your Grades

Hopefully, you did well in your schoolwork during your freshman year, so this year will just be about keeping up the good work. However, if your grades last year were not as high as you would have liked them, don't worry too much!

While freshman grades do matter, colleges will take note if you show improvement in your sophomore year. This is known as an Upward Grade Trend, showing a steady progression of academic improvement.



### 2) Maintain and Deepen Extracurricular Involvement

Freshman year was about discovering which activities and clubs most interest you. This year, you should aim to keep yourself involved in those extracurricular activities you enjoyed last year (feel free to drop the extracurriculars you didn't like) and try to gain an official leadership position in a few of them. However, be mindful of the extra time commitment involved in being a leader. You don't want to take too much time away from your studies. But don't be afraid to continue branching out into new extracurriculars. If you see a club that interests you, join it! It's still early enough in your high school career that you can join extracurriculars and have enough time to make a difference in them.

### 3) Continue Developing Relationships with Your Teachers and Counselors

One important aspect of your college application is securing recommendation letters. Sometimes, teachers barely remember students who ask them to write a recommendation letter, resulting in a generic letter that will not impress colleges. You need to maintain a good relationship with those teachers that you will want to write you a letter of recommendation throughout high school. It's also a good idea to get to know your guidance counselor now and meet with him or her routinely. Then he or she will have years of interaction with you to reflect upon when writing your recommendation letter.

Some ways to maintain a good relationships with your teachers and counselors are offering to help out in the classroom, making appointments to develop a four-year-plan, or simply stopping by the office to say hi. For more tips on how to maintain a relationship with your guidance counselor, click here.

### 4) Continue Researching College Costs and Financial Aid

It is never too early to start thinking about how you are going to pay for college. Many students get jobs in order to start saving for college, but you should look into the laws concerning working age requirements in your state before filling out applications.

### 5) Take Care of Your Health

With more challenging classes and time commitments to extracurricular activities, sophomore year is often when high school starts to get tough. With the increased stress, many students often neglect their health and well-being by not getting enough sleep and skipping meals. Damaging your body like this only adds to your stress, which can have major negative side effects on your body. Be sure to remember three simple health goals: eat three healthy meals a day, get eight hours of sleep, and try to exercise for at least 30 minutes a day.





## *Juniors—Remember What We Said!*

At our junior meeting we did throw a lot of information at you. Rest assured this should have been nothing that you have not heard from us before, but hopefully you took away a few important points. First of all, the most important thing that you can do to prepare for college is work hard academically! The better your classes are and the better your grades are the better financial aid you will get. We want all of our students to get the best financial aid possible and your academic record is the only thing that you can change. Your parents' income is what it is and all of our students get some need based grant money. **But we also want you to get Merit money: scholarships based on what you have accomplished, most often your grades!** This money is what will allow you to attend the colleges that you want!

The other thing that you should have taken away from the presentation is that although college is expensive, there are many programs and schools that will make college affordable for ALL OF YOU. This may mean a state college, our University, or even a community college experience. It is up to you and your family. Here is the list for all of our juniors:



1. **Take the most rigorous classes that you can do well in!**
2. **Keep your overall GPA above a 3.0**
3. **Follow the Academic Competitiveness Grant Guidelines**
4. **Prepare for and take the PSAT and the SAT**

### **Coming Soon: Discover Essays**

As a part of the UB junior year requirements, we expect all of our juniors to complete the Discover Essays. We have found that this is a great way to identify and begin to work on college and scholarship essays as we near your senior year! We want all of our juniors to start working on this over the Christmas break! We know it is a very valuable piece of writing to get you ready for your senior year. The essays are based on activities that we have been talking about throughout the Upward Bound program and have offered opportunities in each area. We are expecting that you select 3 out the 5 topics listed below, each essay should be between 300 - 500 words each. Your 3 essays should involve meaningful experiences for you, which could be through school, your town, or your family.

- **Special Talent:** you have to determine what you are good at and passionate about... and then brag a little
- **Community Service:** your summer volunteer work sites, Warm the Children, Burklyn Arts etc.
- **Obstacles Overcome:** being the first in your family to go to college, or the size of your town or high school
- **Leadership:** such as National Honor Society, the New England Student Leadership Conference, or at school
- **Unique:** Some students have a background, identity, interest, or talent that is so meaningful they believe their application would be incomplete without it. If this sounds like you, then please share your story. (*Common App*)

If you have questions as you begin to work on these, please call us. We will talk with all of our juniors about this in more detail during school visits this month!

### **PSAT's in October!**

Hopefully you were all satisfied with your performance on the PSAT's you took in October. Soon you will be receiving your scores back, we ask you to **send us a PDF copy of the entire score report**. As we told you, this will be available to you online in December. We will review the PSAT with you and then pass this information onto our SAT Gurus so that they can incorporate it into the SAT prep you will be taking next spring and summer.

Remember, although we know your score is what is most important to you (and it should be), knowing which problems gave you the most difficulty is also important. Don't just look at your scores and forget about what the test can tell you. We want you to understand how you can improve. And as Kristen, Steve and Andrea will tell you...**READ, READ, READ**...as well as take the right classes to prepare yourself for the SAT in May!

You should also know that by taking the PSAT as a junior you will be invited to work on the College Board's **My College Quick Start**. There is also an AP potential worksheet that will tell you about your ability to do well in AP Courses! Take a look!

# Seniors ~

## Senior November Checklist!

Seniors, we know that you are all very busy right now but you will get even busier as the year progresses. You must make November your priority month for your college applications, begin scholarships and the finish the SAT. Most of you are on track, but now is the time to make sure you are where you want to be. A few reminders:

**The SAT on November 2<sup>nd</sup>:** You are all off to a great start with the SAT—We are always very happy to have you here on campus for our SAT prep and we know it will make a difference. Make sure you follow the guidelines for the test day and then get ready to burn those Princeton Review books! And select the colleges you want your scores to go to!

**Complete PROFILE Financial Aid Application:** A few of you still have to finish the PROFILE Financial Aid application. As you know, only students that are applying to private schools will need to do this. And you know who you are—get it done today! Call us if you need guidance.

**Complete the Common Application:** At this point, we have completed about 1/2 of our student recommendation for the Common Application. Although we are done, you still need to make sure your teachers and guidance staff have their part done. **If your school is using Naviance, please make sure you check in with the Guidance Office and link your Common Application with Naviance!** It will take your teachers and guidance office some time to complete their parts so please remind them gently. Remember, we went over this during the summer with you!

**December 1<sup>st</sup> Deadline:** Remember that your Upward Bound deadline is December 1<sup>st</sup>. That means all of your applications should be sent to your colleges by Monday December 1<sup>st</sup> or before then. That will give your school, teachers and administrators time to do their part before the Christmas break. Once December slides by, we will turn out attention to Financial Aid and Scholarships!



## Where Are Your SAT Scores Being Sent?

Let's make sure that you have sent all of your SAT scores to the right schools! You will have access to your score report 13 days after November 2<sup>nd</sup> test date or 15 days if you took the essay portion! Many of our seniors have changed their colleges recently and your schools will not see your great SAT scores unless you tell the College Board to send them. But we had issues last year when the College Board changed how they made these scores available to colleges.



You will have the opportunity to send your scores where you want later in the month, but it becomes more difficult as time stretches into January. All Upward Bound students receive free score reports to send to the colleges that you choose. And remember that we recommended to you where to send them last May, but you need to look closely at where you want these scores to go and make sure that it matches your current college list! Check if you have questions!



# Even More 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!



## **Elks Club National:** Application deadline is November 5<sup>th</sup>, 2019

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.



## **Prudential Scholarship:**

**This is Due November 5<sup>th</sup>** 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.

**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 rigors criteria!

**Due November 13<sup>th</sup>**

## **The Hagan Scholarship:** Application Deadline: November 15<sup>th</sup>

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.



**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, 2<sup>nd</sup> 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 ask CiCi Jones about her \$1000 VEOP Scholarship!** February 1<sup>st</sup>, 2020

The Comcast Leaders and Achievers Scholarship Program recognizes students who exemplify skills and abilities throughout their high school careers and who serve as models for their fellow students. This scholarship can be found here: <https://apply.scholarsapply.org/leadersandachievers/information.php>. The deadline is **December 6<sup>th</sup>, 2019 at 5:00pm!** Applicants to the Comcast Leaders and Achievers Scholarship Program must:

Applicants to the Comcast Leaders and Achievers Scholarship Program must:

- Have a demonstrated commitment to community service, outstanding qualities in character, integrity and leadership
- Be enrolled as a high school senior
- Reside in a community served by Comcast and/or participating NBCUniversal or Telemundo markets  
**check to make sure you are in a town served by Comcast**  
<https://www.xfinity.com/locations/vermont>
- Plan to enroll in full-time undergraduate study at an accredited two- or four-year college, university or vocational-technical college in the United States for the entire 2020 – 2021 academic year
- Have a minimum GPA of 3.0 on a 4.0 scale (or its equivalent)
- **Demonstrate financial need—and that is all of you!**

  
**COMCAST  
NBCUNIVERSAL**  
**Comcast Leaders and Achievers®  
Scholarship Program**



## 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 were our students have been admitted!

- 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, Boston College, MIT
- Emilee Guyette:** *UVM, Husson, NVU – Lyndon, Keene, Plymouth, UNE, UMaine Farmington*
- 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



## 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 Basketball

|                  |               |               |
|------------------|---------------|---------------|
| @ VTC            | Nov 8         | 5:30pm        |
| @ MCLA           | Nov 9         | 1:00pm        |
| <b>Norwich</b>   | <b>Nov 12</b> | <b>6:00pm</b> |
| @ Bryant         | Nov 15        | 7:00pm        |
| <b>Potsdam</b>   | <b>Nov 17</b> | <b>2:00pm</b> |
| @ Sarah Lawrence | Nov 21        | 7:30pm        |
| @Pratt           | Nov 22        | 1:00pm        |

#### Women's SBasketball

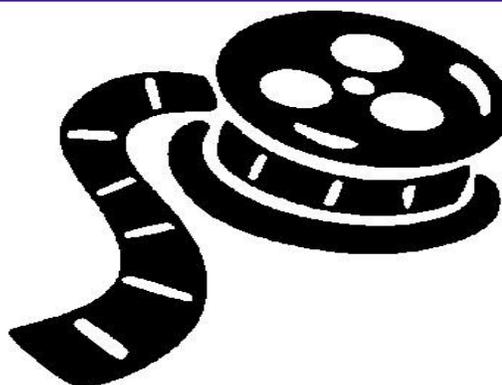
|               |              |               |
|---------------|--------------|---------------|
| <b>Rivier</b> | <b>Nov 8</b> | <b>7:30pm</b> |
| <b>Fisher</b> | <b>Nov 9</b> | <b>3:00pm</b> |
| @ Anna Maria  | Nov 15       | 1:00pm        |
| @Castleton    | Nov 22       | 3:00pm        |
| @Norwich      | Nov 23       | 12:00pm       |



### Upward Bound November Birthdays:



|                      |       |
|----------------------|-------|
| <i>Haile Boutin</i>  | 11/02 |
| <i>Andrea Elie</i>   | 11/05 |
| <i>David Moody</i>   | 11/5  |
| <i>Mikaysa Smith</i> | 11/20 |



### 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 |

#### CONTACT US:

|                             |   |
|-----------------------------|---|
| <b>Upward Bound Office</b>  | (802) 626-5000<br>626-6481  |
| <b>Our Toll Free Number</b> | (800) 254-5001  |
| <b>Fax Number:</b>          | (802) 626-4803  |
| <b>Rick Williams - home</b> | (802)-626-3814  |
|                             | Email - richard.williams@northernvermont.edu  |
| <b>Ryan Fauci - cell</b>    | (802) 431-5956  |
|                             | Email - ryan.fauci@northernvermont.edu  |
| <b>Web:</b>                 | <a href="https://www.northernvermont.edu/academics/non-traditional-students/upward-bound/lyndon-upward-bound">https://www.northernvermont.edu/academics/non-traditional-students/upward-bound/lyndon-upward-bound</a> |
| <b>Mailing Address:</b>     | Upward Bound<br>Northern Vermont University-Lyndon<br>1001 College Rd.<br>Lyndonville, VT 05851   |

## 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, FP, Andi**  
**National Athletic Honor Society:** Shelby, Haley



## Student News

**Mara Duquette** was just recognized as a 2019 Quest Bridge National College Match Finalist... way to go Mara! The Famous **Sam Whipple** was already admitted to Embry Riddle in Arizona last week! Congratulations **Sam...** **David Richardson** was recently elected to the Danville schoolboard as a student representative. Congrats, **David!...** **Aliceah Silver** and **Miranda Degreenia** were both selected by SJA to attend a 5 month exchange program in JeJu, South Korea! What an amazing opportunity. Congratulations to you both! **Caroline Lowry** was recently voted as Ranger of the Meet for a cross country race at Lake Region because of an impressive PR... **Diana** is really enjoying her programming and math classes!... **Ryan Moulton** has volunteered for all sessions of Warm The Children so far and has done an OUTSTANDING job!... **Emilee Guyette** did an outstanding job at the 2019 Leadership Conference and did almost every ropes course activity possible!... **Annie Doucet** is working hard at Lake Region... **Devon Daisey** is planning a trip to NHTI's open house... **Charlie Flint** has been looking into astronomy programs... **Natalie Martin** recently hosted a French student for a week!... **Ben Perreault** recently found a cool new hiking spot... **Blake Betz** is thinking about becoming a music teacher... **Matt Rice** is looking forward to taking the SAT's for the final time... **Maddie Foster-Pudvah** has been hard at work at Hazen and has already applied to a couple schools... **Natalie Daigle** Absolutely loved Sophomore Summit and thinks UVM might be the school for her... she's also really enjoying her criminology club even though it's a lot of extra work... **Kaori Moulton** on the other hand loves her hospitality club because it's not a lot of work and she gets to enjoy good homemade food... **Lexey Drown** was nominated by her English teacher to submit her poetry into a writing contest – how cool!... **Elly Bliss** says she's smarter than her sister... she had an outstanding first semester at St J!... **Kayanna Burns** is on the cheer team and is the person who gets flung in the air ... Ryan thinks that's too dangerous!... **Emma Powers** says the PSAT was nothing like it was supposed to be and was disappointed that she couldn't use all the techniques!... **Lauren Girouard** is happy that soccer season is almost over... **Maple Bottinelli** has been cheering on the varsity cheer team... **Madison Wilson** is serenading her ST J friends with her singing voice with the Hill Tones singing group... **Carter Gingue** says his mom is stealing his newsletters... **David Moody** is working really hard in his calc 3 class and is thinking very seriously about early college... **Alex Pitt** was happy to see Seviah a couple of weeks ago and thinks his soccer team will go far in the playoffs... **Aggie LaFleur** is having a good semester at LI... **Ryn Thorn** is having a tough semester but is working hard to turn it around... We found **Dakota Collins** Rocking a nice pair of cookie monster pajamas at LI and recently had his final high school soccer game... **Nash Nunn** is working hard at LI and is exploring his options... **Dominique** had an outstanding first quarter at LI and is thinking very seriously about her future... **Haley Ott** has been busy with Dance and Athletic Honor society... Ask **Andi Elie** how much of a pain the Profile Financial Aid Application is...**Mikayla Smith** has been exploring her college options but does NOT want to stay in Vermont... **Astra Sleeper** loved our common app workshop that she's attended it twice now... **Haile Boutin** is having a good semester as Woodsville and was relieved to find out that she doesn't have to take the PSAT's until next year... **Kai Aviles** has been busy working on the school production of "Once Upon a Mattress"... **Courtney Lewis** had a great day at Sophomore Summit and learned a lot!.. **Desiree Mendez** hit a new PR in Cross Country and was excited to find out that one of the UVM dining hall's serves giant waffles year 'round... **Hannah Jewell** joined us for Warm The Children and did an outstanding job! She also enjoyed Sophomore Summit but wasn't a huge fan of UVM... Ask **Melanie Coons** when the FAFSA is due... She is ready to take on the SAT's this weekend!... **Mik Strzempko** is having a decent semester at St J... **Patrick Stowell** is busy with classes and his new job... **Ozora Rice** is in the middle of Field Semester at St J... **Shelby Ruggles** has been working very hard this fall and is doing everything possible to prepare for college!... **Olivia Brimmer** is as prepared as ever to take the SAT's this weekend...

| <u>Honor Roll</u>      | <u>High Honors</u>       |
|------------------------|--------------------------|
| <i>Alexander Pitt</i>  | <i>David Moody</i>       |
| <i>Emma Powers</i>     | <i>Elizabeth Bliss</i>   |
| <i>Laruen Girouard</i> | <i>Maple Bottinelli</i>  |
| <i>Courtney Lewis</i>  | <i>Kayanna Burns</i>     |
| <i>Desiree Mendez</i>  | <i>Madison Wilson</i>    |
| <i>Aliceah Silver</i>  | <i>Miranda Degreenia</i> |
| <i>Melanie Coons</i>   | <i>Patrick Stowell</i>   |
| <i>Andi Elie</i>       | <i>Mikaela Strzempko</i> |
| <i>Agneska LaFleur</i> | <i>Dominique Bandy</i>   |
|                        | <i>Cameron Messier</i>   |
|                        | <i>Nash Nunn</i>         |
|                        | <i>Haley Ott</i>         |



PAYING FOR COLLEGE

# Scholarships for Vermonters

For students attending college in 2020–2021



**Submission/  
postmark deadline**  
for all VSAC-assisted scholarships:  
**February 12, 2020**

*Vermont residency required, unless  
otherwise specified.*

