

NVU-Lyndon

Upward Bound

February 2020 Student Newsletter

TRIO

UPWARD BOUND

Building Expectations, Changing Realities

RECRUITING 2020

We have started to receive applications from most of our schools and we encourage current students to talk to their peers about the opportunities of Upward Bound. We have an updated Power Point presentation that we have been showing at our schools, starring all of our current students. This year, we expect to have at least 20 new students on our campus, joining us for our summer program and getting excited about their college preparation. Additionally, we will have options for about 5-6 students who may want to join us and not stay in the dorms. As we visit your schools in the next few weeks, think about your classmates and if Upward Bound could help them with their college goals.

Keep in mind that Upward Bound students should be the first generation in their families to get a four year college degree and have a modest income. Share your experiences with your friends and their parents to encourage them to attend the Upward Bound meeting at their schools. And when you see us in your school, introduce them to us—it can only make the process easier!



Northeast Kingdom College Fair

Upward Bound Meeting

Monday, April 6th at NVU - Lyndon

Our April Meeting will be combined with the Northeast Kingdom College Fair. The Upward Bound meeting will begin at **5:00** and then the NEK College Fair will start at **6:30**. Because this is a special Monday Night Meeting, we will feed all of our students pizza here on campus. This is the 2nd biggest college fair in the state and it is right here at NVU-Lyndon!

We do believe that it is very important to start talking with colleges about programs, requirements for admission, and what potential financial aid is available! But remember, the admissions people would very much like you to attend their college—you have to be prepared with good questions and take a critical look at the information they share with you!

We may also ask our current seniors to help staff a concession stand at the college fair. Any monies that we collect will be deposited into the scholarship fund and help you with books once at your Dream School! Plus, we will have many of our new students and applicants in attendance and it will be great to see their smiling faces!

If you are a college-bound student, which you all are, then this will be the place to be on April 6th, so mark your calendars now!



2020 Summer Program
June 14th—July 19th

2020 Upward Bound Calendar



February	19th – 21st	TRIO Day in Massachusetts (Eligible Juniors)		
March	7th	Green Mountain Scholars Bowl at the University of Vermont		
	23rd – 25th	National Policy Seminar in Washington DC		
	30th	NEOA Board Meeting – Heritage Hotel, CT		
April	6th	5:30 – 8:00	UB Meeting and College Fair	ASAC 100 and Gym
	18th – 19th	TRIO is Working Events Throughout Vermont!		
	25th	1:00 - 6:00	Junior SAT Review	ASAC 216
May	2nd	Juniors Take SAT I		
	3rd	1:00 – 3:00	Mother's Day Give Away and Meeting	Bole & Theater
	30th	1:00 – 3:00	Final Upward Bound Meeting	Theater
June	6th	Juniors Take SAT II (if appropriate)		

2019 Summer Program June 14th – July 19th

Summer Excursion 2020 *Upward Bound is Adventure Bound*

Upward Bound is Adventure Bound for our 2020 Summer Excursion! We will be traveling to Caratunk, Maine for our four day excursion of college tours, whitewater rafting, and a world class climbing wall at Maine's Adventure Bound. This is a favorite trip for both our students and the staff!

The amenities there include a 24 person hot tub, heated pool, indoor climbing wall, and very upscale cabin tents! While in Maine, we will also be visiting Thomas College and maybe University of Maine-Farmington. Thomas College has treated us very well in the past and we're excited to return and show you their campus.

Mark those calendars and pack your bug spray—this will be a truly memorable experience!

June 14th **Depart 1:00 from NVU-Lyndon Vail Parking lot**
Sunday Arrive at approx. 4:30
 Move in to Cabin Tents
 Dinner at Adventure Bound (Caratunk at 1094 US route 201 04925)
 Evening Activities with UB Staff

June 15th **Ropes Course at Adventure Bound**
Monday Evening activities / Free Time

June 16th **White Water Rafting Ropes**
Tuesday Lunch on the Kennebec
 Climbing Wall and Free time

June 17th **Depart Adventure Bound at 8:00 AM**
Wednesday **Travel to Thomas / Colby College**
 Admissions Presentation and Tour 10:00 – 12:00
 Lunch @ Thomas 12:00 – 1:00
 Depart Thomas College 1:00
 Arrive In Lyndonville at 4:30PM



USM and SMCC Tour



Based on popular opinion we will be touring Southern Maine Community College and the University of Southern Maine On February 14th & 15th. See the itinerary below and let us know if you would like to go! Students who expressed interest at the holiday meeting: *Dakota, Eli, Alex, Diana, Kai, Lexey, Devin, Haley, Natalie, Courtney, Haile, David, Blake, Hannah, CJ, Maple, Madi, Caroline & Evan.* We may not be able to bring all 17 of you so it's **first-come, first-served!**

Friday, February 14th

11:30 AM	Depart UB Office
2:45 PM	Arrive at CMCC
3:00-4:00 PM	Tour CMCC
4:00-5:30 PM	Travel to Gorham & check into hotel
6:00 PM	Dinner in Gorham
7:00-9:00 PM	Activity in Gorham (Bowling?)
10:00PM – 10:30 PM	In rooms & lights out by 10:30



Saturday, February 15th

8:30AM – 9:30	Breakfast & Check out of hotel
10:00 AM	Arrive at Gorham Campus
10:00 -10:30 AM	Information Session with an Admissions Counselor
10:30 - 11:30 AM	Tour of the Gorham Campus
11:45 PM	Lunch on campus or in Gorham
12:30 PM	Depart USM
3:00 PM	Arrive at UB Office

TRIO Day at the Vermont State House

We will once again be bringing two students to the Vermont Statehouse in Montpelier on **Tuesday, March 24th**. Each year we gather at the statehouse with the other TRIO programs from the state of Vermont to celebrate our programs and inform our local representatives about TRIO and Upward Bound. We will provide a nice lunch for you, give you a chance to talk to representatives, and meet up with 30 other students from across the state. **Miranda Degreenia** and **David Richardson** got to meet senator Patrick Leahy last year! Ask them about the day! Here is your chance to be at the statehouse!

Call the UB office if you are interested in this opportunity!

The John F. Kennedy Presidential Library & Museum Student Leadership Conference Saturday, April 16th 2020

We are thrilled to once again be able to offer to our Upward Bound students a truly unique opportunity. We will take a group of 7-8 students to Boston for the JFK Leadership Conference on April 18th! This is an annual event that started in 2007 and we are very happy that it will continue again this year. This program is designed to foster leadership skills in educational opportunity program students from throughout New England. While in Boston, the conference will present leadership activities, an afternoon of workshops, building friendships, and a tour of the JFK Presidential Museum.

If you are interested in this great opportunity, please call us ASAP! The dates are confirmed for this event—so let us know if you are interested!

Some Things to Think About:

Your Commitment to the Summer of 2020

We need you to seriously think about your participation in Upward Bound this upcoming summer. Every year we ask our students to once again commit to the summer program—and occasionally a student may choose not to come back.

Remember Upward Bound is your choice (and ours also) but for the sake of those students who would like to join us, please let us know your plans ASAP. It is sometimes very hard to fill your slot if we find out too near the start date of June 14th. If you are undecided or wavering at all, talk with us. We want to work with *all* of our current students; in fact, we guarantee that if you continue with us through high school graduation, you will attend college with the best financial aid possible!

However, remember that being a member of Upward Bound comes with responsibility. We do expect our students to **attend all of our meetings, meet deadlines** (Discover and Junior Essays!), and **carry at least a B average** in all of their college preparatory classes. All of our students have options and, if you are unsure about your commitment, talk with us. We do offer returning students the opportunity to travel to other programs...Think about it!

Summer Non-Residential Students!

As we have been telling you, we do expect to have about 6-8 students this year who will not be living on campus during the summer program. Our new grant guidelines require us to work with more students but we also have to do this with less money! Students who choose not to be on campus this summer will have all of the benefits that residential students have but may not have the ability to travel with us! We will still have 50 students on campus and the students who have made the residential commitment will always be included in our travel plans. However, when we have space on the bus or when we go to Burlington, we will bring as many students as we have room for. If you are thinking about this option, please talk to us ASAP!



Let me be very clear! We think that being on campus and being a full member of the residential component is very important. In fact, it is what makes Upward Bound different from all other programs. One of the things that former students always tell me is that living on a college campus is what helped prepare them for living away at college! Really think about this option and what you want from Upward Bound. We want you here—but we also know that sometimes a non-residential option may be right for you!

GPA Matters! Really!

I know that you have all heard me say that your high school GPA is what most colleges really care about. Here it is in REAL MONEY terms! To the right is a table of the Scholarship money a student can receive who attends

Plymouth State University. Think about the difference a 3.24 or a 3.25 GPA makes on your wallet! It is not only a difference of \$2000 in free money—it is \$8,000 more over the 4 years you are at college! That is more than what Bryan's first car cost!

And think about it. Just a few more minutes of homework a night and a little more focus could mean the difference between a Presidential or a Deans Scholarship! Plymouth is not the only school that uses a grid like this—many colleges do the same thing. Some will match GPA and SAT scores. Others may just look at SAT Scores. Regardless, if you work hard it will pay off! And this is the example that affects your wallet!

GPA	Scholarship Name	In-State/NEBHE (per year)	Out-of-State (per year)
3.75 – 4.00	Presidential	\$5,500	\$10,000
3.25 – 3.74	Dean's	\$4,500	\$8,000
2.75 – 3.24	Aspire	\$3,500	\$6,000
2.25 – 2.74	Promise	\$2,000	\$5,000
< 2.25	N/A	\$0	\$0

Juniors

Juniors Saturday, May 2nd SAT

Hey Juniors, just a reminder that we want you to take the **May 2nd SAT**. There are several reasons for this. First of all, you will be 3 months smarter and this will help to increase your score. Our SAT prep the week-end before (April 26th) will also get you fully ready and remind you of all the new techniques on this standardized test. Your participation at the workshop usually means about a 100 point increase in your overall score and we do expect that all of our juniors will be there! We did very well on the PSAT, but we still do not have all of our scores available yet. You need to register by April 3rd, and we will help you do this at your school.



Junior SAT Review: April 26th, 1:00-6:00 ASAC 216

Remember how scared you were when you first met Billy Goldsworthy? One of the most important things that you will do this Spring is prepare for the SAT and our SAT gurus will be there once again to push you and remind you what you need to do to maximize your score. Students who miss this event are at a real disadvantage when it comes to this test and competing for scholarships. Our SAT prep is one of the very best things that we do and **we expect all of our juniors will be in attendance** for this event! This one day preparation will make a huge impact on your college portfolio and get you ready for this very important part of the college process! This will also be the first meeting that we talk to our juniors as rising seniors. We do expect 100% participation at this event. If you cannot make it, you need to call and explain why! **No Excuses!**



Discover Essays:

For the most part you guys did a great job on your discover essays! Only 10/17 of you turned them in on time which is disappointing.... but a couple of you also had extenuating circumstances and that is okay. If you have not turned these in yet please try to do so ASAP! Unfortunately there is no scholarship money attached to these anymore, but we still find them valuable because it is great preparation for scholarship and college application writing. By the fall you will have at least 3 heavily revised essays that you can use and most of your high school peers won't have even started! Remember: you are selling yourself to someone deciding to let you into their school or to give you money. These essays should really be reflective of who you are as a college bound student and all of your hard work to prepare for college. A common theme amongst the majority of the essays that I've read is spending too much time telling the story of what happened and not enough time reflecting on the experience and why it is important. An "Obstacle overcome" essay should really be 3 paragraphs long: 3-5 sentences about the obstacle, 5-7 sentences about how you overcame it and a 3-5 sentence conclusion that ties everything together. So what? Why does this matter? What have you learned from your experience? How did this make you a stronger student or a better person? Did it change your path at all? Overall great job everyone and we look forward to helping you workshop these in the coming months!



We are thrilled to once again celebrate National TRIO Day! We will spend 3 days with 600 of our best friends—friends from all over New England who are first-generation and moderate-income students—TRIO students. This event promises to be one of the highlights of the Spring for our juniors. Ask **Haley Ott & Astra Sleeper** about it—they attended TRIO Day twice! We will depart from the Upward Bound Office at NVU—Lyndon at 3:00 pm on Wednesday, February 19th and arrive at the hotel by 9:00 pm on Wednesday night to check in, get settled in our rooms, and prepare for the busy days ahead. All students who have confirmed will receive a letter in the mail next week, but here is an outline of the event schedule:

Wednesday, February 19th	3:00 PM	Depart NVU - Lyndon
	3:30	Pick up Rivendell students at Wings
	6:00	Dinner at the Hotel
	8:30 PM	Arrive at the Nashua Radisson
	9:30-11:00 PM	Check in and Activities at the Hotel
	10:30 PM	All Students in Rooms
Thursday, February 20th	7:00-9:00 AM	Breakfast at Hotel
	9:00 AM	Check in for TRIO Day
	11:00—11:45	Busses Depart for College Tours
	1:00—3:00	College Visits and Lunch at the Colleges
	4:30—5:50	Arrive at Hotel—Student Activity
	5:45 - 7:15PM	Dinner Buffet at the Radisson
	7:30 - 8:30PM	Entertainment/Keynote Speaker
	8:30-11:00 PM	Scholars Bowl, Movies, Games, Dance, Swimming
	11:15 PM	All Students in Rooms
Friday, February 21st	6:00-9:00 AM	Breakfast at the Hotel
	9:00 - 9:30	Hotel Check Out
	9:30—11:15	College Workshops and College Fair
	11:15—12:00	Wrap up and Depart for Home
	3:00 PM	Arrive back at Upward Bound office

Students representing Lyndon Upward Bound: Caroline Lowry, Blake Betz, Natalie Martin, Ben Perreault, Devin Daisey, Haile Boutin, Charlie Flint, Alex Pitt... Would you like to attend? We still have two open spots!

See the next page for a list of colleges that we might tour!



TRIO Day Colleges in Mass.

NVU-Lyndon Upward Bound students who are traveling to TRIO Day have the option to tour the colleges below. We will probably pick three! Let us know ASAP if one interests you!

College	Students	Cost	Popular Majors	Entrance Requirements	Facts
Worcester Polytechnic Institute of Technology 4 year private	4,668	\$67,640	Biology, business/marketing, computer information sciences, engineering	letter of rec., SAT/ACT, essay, transcript	Small City, Worcester, MA 42% acceptance
Wentworth Institute of Technology 4 year private	4,341	\$49,496	architecture, computer/information sciences, engineering, visual/performing arts	letter of rec., essay, interview, transcript	Large city, 76% acceptance, Boston, MA
Clark University 4 year private	2,304	\$56,680	Psychology, management, political science, biology	letter of rec., essay, transcript, SAT/ACT	Urban, 50 acres, 54% acceptance, Worcester, MA
UMass Boston 4 year public	12,714	\$49,688	Biology, business/marketing, English, health sciences, psychology, social sciences	Application, essay, transcript, SAT/ACT, letter of rec.	Large City, 78% acceptance, Boston, MA, commuter campus
Mass College of Art and Design Public 4 - year	1,931	44,500	Photographic Arts, Graphic Design, Art Teacher Education, Fashion/Apparel Design.	Transcript, art portfolio, recommendations, essay, 3.0 GPA	Urban setting, 71% acceptance, Boston, MA
Tufts University 4 year private	1,711	\$50,245	Business/marketing, communications, engineering, english, visual/performing arts .	Essay, transcript, letter of rec, SAT subject tests, SAT/ACT	Small city, 15% acceptance, Medford, MA
Mass College of Pharm Private, Non profit, 4 Year	3,843	\$33,894	Health sciences	Essay, transcript, letter of Rec, SAT/ACT	Large City, Community Campus, 84% acceptance, Boston, MA
Salem State University 4 year public	7,346	31,120	Business, Management, Marketing, Health Sci Psychology, Education, Biomedical Sciences.	Transcript, essay, letter of rec, essay, SAT/ACT	Urban Setting, 74% acceptance, Salem MA
Babson College Private 4-Year	2,361	69,384	Economics, Entrepreneurship, Finance, Management Sciences, Marketing / Marketing Management.	Transcripts, SAT/ACT, letters of Rec.,	Suburban Setting, 24% acceptance, Wellesley, MA
Berklee College of Music Private 4-Year	6,400	\$18,830	Composition, contemporary writing and production, music business, music education, music production/engineering	Transcript, essay, letters of rec, interview, audition	Large city, 52% acceptance Boston, MA
Fitchburg State 4 year public	4,086	\$30,541	Visual and Performing Arts; Business, Management, Marketing, Biology, Health Sci, Multi/Interdisciplinary Studies.	Essay, transcript, letter of rec, SAT/ACT	Suburban Setting, 87% acceptance, Fitchburg MA
Boston College 4 year private	9,377	\$61,040	Economics, Finance, Biology, Speech Communication, Psychology	Essay, transcript, letters of rec, ACT/ SAT	Urban setting, 28% acceptance, Boston, MA
Framingham State 4 year public	3,937	\$24,189	Business, Management, Marketing, Social Sciences, Psychology; Communications Technologies.	Essay, transcript, letter of rec., SAT/ACT	Urban, 73% admission, suburban, Framingham, MA
Stonehill College Private 4 year	2,535	\$24,189	Psychology; Finance; Marketing, Biological Sciences.	Essay, transcript, SAT/ACT, letters of rec.	Suburban, 70% admission, Easton, MA
UMass Lowell Public 4 year	14,005	\$46,634	Business, Marketing, Engineering, Computer Sciences, Health Sciences, Law Enforcement	Transcript, Essay, Letter of Rec, SAT/ACT	Urban, 72% admissions, Lowell, MA
Suffolk University Private 4-year	5,117	\$51,185	Business, Marketing, Social Sciences, Communications, Psychology, Biological Sciences.	Transcript, ACT/ SAT, letter's of rec., essay	Urban setting, 83% Acceptance, Boston, MA

~ Seniors Scholarships and



Seniors! Keep Pushing for Free Money!

First of all, I was very pleased to hear that so many of you completed the Dell Scholarship! Well done for those of you who made this scholarship a priority. I also want to remind you that it is a very important for you to stay the course right now! Colleges will be contacting you through snail mail and email and, many times, they will send financial aid through email contacts! Colleges will also ask you to fill out additional paperwork, apply for scholarships, and all things to get you prepared for college. Get organized and spend some time each week clearing out the clutter.

All of you have worked hard to get to this point. Keep pushing to make sure you have everything in place for next year! Take time to go through your college emails, keep working hard in all of your classes, and enjoy the last few months as a high school student. College will be a tough but wonderful experience for you and almost every Upward Bound student loves college!

Again—you have all worked hard to be prepared for post secondary education. Keep on top of things as you work your way through the cold winter months!

One last Reminder about The VSAC Scholarship Deadline!

And along those lines—the **VSAC Scholarships are due on February 12th!** This will be one of your best chances for free money for college. VSAC has more than 150 college scholarships for students just like you, but you have to apply! The VSAC scholarships are typically based on factors unique to each scholarship. These may include residency, degree program or major, academic achievement, extracurricular activities, and in some cases, financial need. Thankfully, you only have to complete a single application and general essay, then enter the code for each scholarship to which you are applying. Scholarships, unlike grants, are competitive, meaning that eligible applicants compete for a limited number of awards. All applications postmarked by February 12th! This should be every Upward Bound students goal!

Watch Out for Scholarship Scams!

As you begin to apply for scholarships to help pay for your college education there are a few things to look out for. We don't want you wasting your time...or money! There are a few rules of thumb that you need to know about!

- First of all—every Scholarship program is free to you! If a scholarship requires you to send money in as an “application fee” it is almost guaranteed to be a scam. Even if they guarantee that your processing fee will be returned to you, it is almost never returned. Scholarships are charitable contributions that are supposed to help your financial aid status....not hinder it.
- Many organizations promise you thousands of dollars in scholarship money each year by teaching you the tricks to a free college education! If there is a promise—and a fee—it most likely is the company telling you about free federal financial aid and getting your hard earned money to tell you what you already know!
- Rewards without entries. If you ever find a pop-up screaming “Congratulations! You have just won a \$10,000 scholarship to college! To obtain your reward, please send in a \$100 processing fee.” This is a scam. Do not click on the link.

And every Spring, our students receive announcements that they have been selected to enter an Academically Uplifting Acknowledgement of their Excellence! They congratulate you on your great school work and then offer you a book that will include your name in it for a mere \$60.00! Beware! Do not let your ego get in the way! I received these too and I was flattered until I saw that they just wanted my money! Although they will put your name in a book—most colleges do not care about these accolades. They care about your classes, your GPA's and test scores, and what kind of community member that you are!

Seniors Scholarships and Grants

The Dell Scholarship: The deadline for the Dell Scholarship has already passed but you need to know that **Andi Elie** and **Haley Ott** are semi-finalist for this very important scholarship. The Dell Scholars program, an initiative of the Michael & Susan Dell Foundation, recognizes students who have overcome significant obstacles to pursue their educations. In turn, these scholars serve as positive role models and change the trajectories for their families, friends and their communities. This scholarship is \$20,000 for students who are in a college-preparatory program – Upward Bound! Looking for students with Grit, Potential and Ambition— *Sound like anyone you know?*



VSAC Scholarships: **February 12th** VSAC Scholarships, like grants are forms of "gift aid," meaning there is no obligation (under most circumstances) to repay the funds. While grants are generally awarded according to financial need, scholarships are typically based on factors unique to each scholarship. These may include residency, degree program or major, academic achievement, extracurricular activities, and in some cases, financial need. Scholarships, unlike grants, are competitive, meaning that eligible applicants compete for a limited number of awards. We have worked hard to generate a list of scholarships specific to you! Use this as a guide when applying. All applications postmarked by This should be every Upward Bound students goal! www.VSAC.org

VT EPSCoR:

April 1st The VT EPSCoR Center for Workforce Development and Diversity



(CWDD) works to cultivate and prepare a diverse science, technology, engineering and math (STEM) workforce in Vermont by inspiring students to enter STEM careers. As part of their work they will award \$5,000 scholarships to Native American (including Abenaki) and **First Generation** college students who enter STEM majors at a Vermont college or university. Scholarships are awarded on the basis of academic standing, letters of recommendation, and an essay detailing career goals. This is the one I emailed you about in December.....take some time if you are eligible!

Just ask TC **Daniel Cliché** about this one! <http://epscor.w3.uvm.edu/2/node/134>



Stephen Phillips Memorial Scholarship: **April 3rd** Early Deadline, **May 1st** Regular Deadline
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. All Upward Bound seniors with a 3.00 or higher GPA, great writing ability and be enrolled in a demanding course of study—Upward Bound Academic Rigor requirement should apply for this very important Scholarship! <http://phillips-scholarship.org/>

The Upward Bound/ VEOP Scholarship: **February 21st** This is the *only* guaranteed scholarship you will see and every Upward Bound senior should have this in my office by the deadline...We talked about this during the summer program. The essay prompt is:

*"How has the NVU-Lyndon Upward Bound program helped me
or is helping me meet my educational goals!"*

The Fortier Scholarship: **February 21st** This is another Scholarship that only NVU-Lyndon UB students are eligible for! It does require a 2.89 GPA –Really! Bryan and Justin are looking forward to reading all 15 NVU-Lyndon Upward Bound scholarship applications! All NVU-Lyndon UB seniors will have a great chance to get \$500.00 of the Fortier's money. You must address each topic below in an essay (limit yourself to a total of 1-2 pages, your answers should be thoughtful and concise).

*"Explain the impact community service has had on you and how it has benefited those you have helped.
What next? Now that you are graduating and headed for college, what community service do you plan on involving yourself with in the future?"*

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 **Boldface** Colleges were our students have been admitted!



Dominique Bandy:	VTC, NVU, Plymouth, Keene, Husson, USM, Franklin Pierce, UVM, Castleton, Fort Kent
Olivia Brimmer:	NVU-J, UVM, Saint Anselm, New England College, Princeton, Clarkson
Dakota Collins:	NVU-L, Castleton, UMaine Farmington, Plymouth, USM, UVM
Melanie Coons:	NVU-L, Plymouth, UMaine, UMaine Augusta
Annie Doucet:	NVU-L, CCV, Keene, UMF, UNH, UVM, Plymouth, Thomas
Mara Duquette:	UChicago, Tufts, Middlebury, American, Macalester, Northwestern, Rice, George Washington, USM, UVM, UNH, Cornell, Yale, and a few more....
Andi Elie:	UVM, URI, Clarkson, Wentworth, Cooper Union, Boston College, MIT, Dartmouth
Emilee Guyette:	UVM, Husson, NVU – Lyndon, Keene, Plymouth, UNE, UMF
Danielle Hallam:	NVU-J, UVM, UNH, Plymouth, NC State, Cornell, Castleton
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, NVU-J, UMaine Augusta, Plymouth, Thomas, SNHU, UMF York Community College, CCV, Colby Sawyer, Keene
Matthew Rice:	New England Culinary Institute, Culinary Institute of America, Johnson & Wales
Shelby Ruggles:	NVU-L, Plymouth, Skidmore, UMF, Lassell, Plattsburgh, Southeastern
Astra Sleeper:	UNH, Umaine Orono, UNE, Umaine Augusta, Plymouth, UVM, Becker, VTC, Amherst
Mikaela Strzempko:	NVU-L, Husson, Norwich, Franklin Peirce, UVM, UMass
Samantha Whipple:	NVU-J, VTC, UVM, Embrey Riddle, San Jose State, Arizona State

Award Letters and Deposits!

Please remember to send me a copy of all of your award letters as soon as you receive them! We have collected a handful so far and some are really good and some are absolutely terrible! In the last few years there has been a trend, where some colleges accept students knowing that they cannot afford to attend their institution! We have made phone calls and advocated for students and it rarely works out! You must be a good consumer and make a well informed choice about college cost. Our goal is always to have you receive the best education you can at an affordable price!

And please also remember not to send a deposit to any college until you check in with us! Many deposits are almost impossible to get back and there is no reason to send any college money until you know that you can afford it! The official deposit date is May 1st and your place in college is guaranteed until that time. But you also need to know that some high priority programs may require an earlier deposit. Nursing, Physical Therapy, and a few other STEM programs may require earlier deadlines. **Again—check with us before you send money!**

Narrowing Down Your College List

Choosing the right college can be extremely daunting... we get it! We have all been there and we understand how stressful it can be. There are probably hundreds of colleges that you could get into that offer your major. So how do you choose? You know that financial aid, GPA, and SAT scores are crucial when choosing a college. It's important to make sure that you can get into and afford the schools you are looking at, but what happens when you're left with 10-15 viable options? What else should you consider? Below are some other things to think about when narrowing down your college list!

Type of school: Colleges and universities are not all the same! Think about your educational goals and the resources and support you will need to be successful in college. Read their mission statement and see if you agree! Is the school public or private? Do they have a religious affiliation? What do the colleges on your list devote time and resources to? Are they a research institution? What are their learning models and objectives? Their social media platforms can also tell you a lot about the school! Do they have a lot of school spirit? Does it feel welcoming or competitive? How is the relation between faculty and students? Your options are almost limitless and your personal learning style, preferences, and available resources will help you find the place where you'll best succeed.

Size: It's important to consider what sized college will best fit your needs. Smaller schools offer more one-on-one learning and you will often know many of your classmates by the time you graduate. At larger universities many of your professors may not know you, but they often have more opportunities and resources than smaller schools. Think about the clubs you might be interested in, sports you want to play, and jobs or internships you might want to have in college. Will a smaller or bigger school best help you fill those needs? The best way to get a feel for which environment best suits you is to visit each type of school when class is in session, and talk to friends or family who have gone to different sized schools!

Setting: Remember that this will be your home for the next four years! Not only is it important to like the college you go to, but it's also important to enjoy the environment surrounding it. Consider the ambience of your surroundings and what you like to do in your free time! How big is the town? What does it have to offer? Is there a downtown with movie theaters and shopping malls or would you be surrounded by fields and ponds? There are colleges in every environment you can imagine, from tiny towns like Lyndon and Craftsbury, to suburban areas like Burlington, or large metropolitan areas like Boston or Manhattan!

Section 3: Grid In (No Calculator)

17) $x^2 + y^2 - 6x - 8y = 144$

The equation of a circle in the xy -plane is shown above. What is the diameter of the circle?



SAT
Question
of
the Day

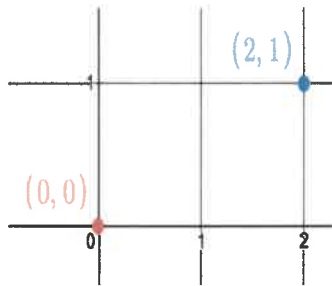
Bryan's Mental Wanderings

Recently returned from a semester living in New Zealand, I often find people confused about the work I was doing there. As you all begin to envision your own futures, it is important to understand that careers can often be winding and not every opportunity can be foreseen. Before I explain people's confusion, let me provide you with some background. As a senior in college, I had no idea what I wanted to do with my major in history and minor in math, so I chose to do Teach For America. They asked if I wanted to move from Vermont to New Mexico as a math teacher and I said...sure! It was a two-year commitment, but I ended up living and teaching there for 7 years because I loved it. Better yet, I learned about all of these fellowships I could pursue because I was a teacher, including Fulbright and Teachers for Global Classrooms, which sent me to live in New Zealand and Colombia for a time. All of this is meant to say that, no matter what career path you think you want to pursue, things may change and totally unexpected opportunities may arise to change your life forever.

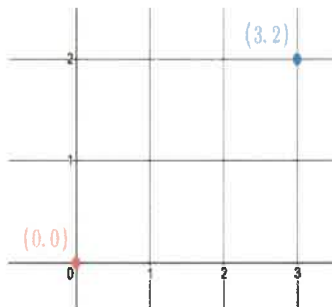
Now, back to the confusion. In Wellington, New Zealand I was researching old math ideas dating as far back as the ancient Greeks, but mostly spherical trigonometry from the 16th and 17th centuries. These ideas are super fascinating and allowed people to sail across the open ocean with a pretty good idea of where they were even though there were no landmarks. And, returning to the present, these ideas that are four to five hundred years old are being used by modern satellites so that you can use Google Maps to find out where you are and how to get to your destination. Even crazier is the realization that this math was unknown until mathematicians invented trigonometry, then proved that their ideas were true. For example, when you are in calculus class, remember that this was invented by Isaac Newton to understand the motion of the planets and this was the frontier of humanity's mathematical knowledge. Now, it is something students are tortured with in high school or their first year of college because we, as humans, have advanced so much further than Newton's time. In fact, as you are reading this, today's mathematicians are inventing new ideas that will be used to torture students generations from now and, who knows, maybe calculus will be an elementary school class by then. My work in New Zealand was to find a way to connect the math students are learning in school to the unanswered math questions of today. Woah...

With that said, let me leave you with some problems that show the beauty of mathematics and connect you to the ideas that modern mathematicians are struggling to solve as they invent the concepts of the future:

Given that you are restricted to the directions up and right, how many possible paths are there from $(0, 0)$ to $(2, 1)$. See below for a visual:



Given that you are restricted to the directions up and right, how many possible paths are there from $(0, 0)$ to $(3, 2)$. See below for a visual:



For this third one, I'm asking you the same question, but from $(0, 0)$ to $(10, 11)$. Obviously, this would be tough to draw, so the question is, were you able to find a shortcut to answer parts 1 and 2? If not, try experimenting with other simple pairs like $(0, 0)$ and $(1, 1)$ to find the shortcut.

If you have ideas/solutions that you want to discuss or want to learn more about living abroad, please email me at bxd10090@nvu.vsc.edu or text/call me at (802) 598-9735. And, if you like what you saw here and want to solve more problems, feel free to check out my (unfinished!) website at www.pointsofdiscontinuity.com, the result of my Fulbright in New Zealand.

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

Mens's Basketball

@ UMaine Presque Isle	2/1	3:00PM
Vs. Husson	2/7	7:30PM
VS. Maine Maritime	2/8	3:00PM
Vs. SUNY Canton	2/14	7:30PM
Vs. SUNY Canton	2/15	3:00 PM
@ NVU-J	2/18	7:30PM

Women's Basketball

@ UMaine-Presque Isle	2/1	1:00PM
Vs. Husson	2/7	5:30PM
Vs. Maine Maritime	2/8	1:00PM
Vs. SUNY Canton	2/14	5:30PM
Vs. SUNY Canton	2/15	1:00PM
@ NVU-J	2/18	5:30PM



Upward Bound February Birthdays:



Cameron Messier 2/5

Carter Gingue 2/11

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Catamount Arts Movies & Events

Giselle	2/4	7:00 PM
Kindom All-Stars	2/5 10:30AM & 1:00PM	
The Princess Bride	2/5	7:00 PM
Paula Poundstone	2/7	7:00 PM
Birth Bark Basket	2/8	10:00 AM
Dancing Hearts	2/8	10:00 AM
Blue Grass Night	2/8	7:00 PM
Northern VT Songwriters	2/11	6:45 PM
When Harry Met Sally	2/19	7:00 PM
Pilobolus	2/21	7:00 PM
Swan Lake	2/23	12:55 PM
Napoleon Dynamite	2/26	7:00 PM
Metropolitan Opera	2/29	12:55 PM

FREE Movies at NVU -L

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

Upward Bound Activities:

Theater: Annie, Andi, Mara, Madi W., Madi F-P. **Hockey:** Courtney
Chorus: Elly, Lauren, Madi W., Maddie F-P. **Band:** Lauren
Student Council: Astra, David R., Miranda, Maple, Madi W., Eli
Boy Scouts: Alex, Matt **Swimming:** Hannah **Skiing:** Maple
Working/internship: Mikayla S., Charlie, Astra, David R., Carter
 Patrick, Hunter, Maddie F-P, Mikaela S., Miranda, Melanie, Dominique
NHS Astra, Emilee, Annie, Miranda, Emma, Maddie FP, Andi,
 David R., Haley
National Athletic Honor Society: Shelby, Haley
Basketball: Kaori, Dakota

<u>Honor Roll</u>	<u>High Honors</u>
Melanie Coons	Mikaela Strzempko
Haley Ott	Miranda Degreenia
Andi Elie	Madi Wilson
Dominique Bandy	Courtney Lewis
Caroline Lowry	Kayanna Burns
	Maple Bottinelli
	Elly Bliss
	Annie Doucet
	Mara Duquette

January Student News

Astra Sleeper was recently accepted to her dream school... Congrats on your acceptance to UNH Astra!... **Kaori Moulton** is already demanding suitemates for the summer program... we'll see about that... **Natalie Daigle** is ready to bring her best trivia face to the Green Mountain Scholar's bowl in March!... **Lexey Drown** is thinking seriously about her future and is working hard at BMU... **Mikayla Smith** is very excited for graduation and is looking forward to college... her and **Haile Boutin** helped us out a lot during our recruiting presentation at Woodsville, thanks guys! **Haile** is looking forward to TRIO Day!... everybody stay off the sidewalks of Rivendell **Natalie Martin** and **Blake Betz** just passed Driver's Ed and will get her license soon... **Devin Daisey** is excited for TRIO Day... **Ben Perreault** says that things are going well at Rivendell and he is looking forward to the summer... **Charlie Flint** has been exploring NASA internships... **Hannah Jewell** recently got a couple new PR's on the swimming team! Congrats Hannah!... **Kayanna Burns** is staying busy as usual with AP classes, Dance and applying for NHS!... **Lauren Girouard** is having a good Lacrosse season so far and is doing well!... **Emma Powers** is really enjoying her SNHU dual enrollment class... **Courtney Lewis** is having a great hockey season and has been invited to apply for NHS!... **Patrick Stowell** is currently preparing for the SkillsUSA Woodworking Competition and is thinking seriously about trade school in the future... **Elly Bliss** hasn't been able to play her brand new xylophone yet but is working hard in her AP Seminar class and has also been invited to join NHS!... **Maple Bottinelli** recently skipped school and our Upward Bound meeting to go alpine skiing... just kidding! She is having a lot of fun on the St J ski team and is also applying for NHS!... **Desiree Mendez** is having a great indoor track season and is looking forward to Res fest!... **Madi Wilson** is very busy with AP courses and was also invited to join NHS!... **Miranda Degreenia** was the first junior to turn in their junior essay and she is not even in the country! She is really enjoying the food in JeJu South Korea so far and we hope **Aliceah Silver** is too! **Melanie Coons** thinks Central Maine Community College might be the school for her!... **Ozora Rice**... is happy that Field Semester is over... **Mikaela Strzempko**... is evaluating her future plans... **Carter Gingue** is still looking for his PSAT scores... **Aggie Lafleur** is super excited for her upcoming cheer competition!... **Haley Ott** is one of the most prepared seniors for college right now and is hoping to secure a few scholarships this spring! She also thinks Ryan might have put Green Beans in her smart food popcorn... **Andi Elie** just became the assistant theater tech specialist at LI and recently interviewed at Dartmouth! Wow!... **Eli Hooker** is having a good year and is excited to join the residential program this summer!... **Dominique Bandy** is applying for an LNA position at the St J correctional facility... **Shelby Ruggles**... was recently accepted to Farmington which could be her home for the next four years!... **Evan Thorn** has been working hard on his Junior Essay... **Dakota Collins** is having a great basketball season!... **Kai Aviles**... is lighting up the halls of Lyndon Institute... **Nash Nunn**... is evaluating his future plans and working hard in his college level classes!... **Matt Rice** is preparing for SkillsUSA Culinary and is looking forward to graduation!... **David Richardson** was recently caught skipping school to take selfies with Dan Cliché at UVM... he was actually presenting his super awesome presentation on politics through social media for his independent study and says that he was so impressed with UVM's smoothie bar that it might be the school for him! **Maddie Foster-Pudvah** has been accepted to 8 colleges so far and has some big decisions to make!... **David Moody**... has been busy applying to college!... **Alex Pitt**... is very excited for TRIO Day!... **Ryan Moulton** is looking forward to the summer... **Caroline Lowry** has been a rock star at Lake Region this year and is very excited for TRIO Day and our USM tour!... **Diana Mason**... has been doing a lot of thinking about her future... **Annie Doucet** is working hard and is excited for graduation!... **Mara Duquette** has been super busy with school, theater, and college applications! She has applied to 25... yes 25 different schools and will have some big decisions to make in the near future!... **Emilee Guyette** is looking forward to graduation and has been working hard at Lake Region... **Sam Whipple** has been accepted to a bunch of the schools on her list and is working hard at Lake Region!... **Olivia Brimmer** is busy at Arlington and is excited about her future college options!... **Danielle Hallam** is excited to start college!... **Trinity Lahaye** has been busy with college applications... Annnddd... lastly we would like to give a warm welcome to our latest Upward Bound recruits: Gemma Stowell, Jordyn Roberts, Niomi Wilkins, Raymond Lemrise, and Bethany Goodwin! Welcome to Upward Bound!!!