

NVU-Lyndon

# Upward Bound

March 2020 Student Newsletter

# TRIO

UPWARD BOUND

**BUILDING EXPECTATIONS, CHANGING REALITIES**



## *Northeast Kingdom College Fair*

### *Upward Bound Meeting*

**Monday, April 6<sup>th</sup> at NVU-L**

**5:00 Meeting and Pizza**

**6:30 College Fair**

**We expect every student at this meeting!** Upward Bound, Lyndon

Institute and St. Johnsbury Academy will once again sponsor the 2<sup>nd</sup> biggest College Fair in the state! We hold this annual event in conjunction with our Upward Bound meeting that will begin at 5:00 in ASAC 100 at Lyndon. At the Upward Bound meeting we will go over upcoming events, introduce you to our new students, and give you the layout for the college fair. Because this is a **special Monday night meeting** we will also have pizza and snacks for you before you enter the college fair. We do expect *all* of our current students to attend (including seniors!). Don't miss this great event!

We will have mailing labels for all of our present students and we expect our juniors to identify and talk to *at least* 3 colleges about applications for this summer's senior seminar. Our sophomores and freshman need to start collecting information about colleges and programs that they may be interested in, as well as high school course requirements.

## *March 15<sup>th</sup> Junior Meeting and SAT Registration*

**9:00—11:00am LAC 411 at NVU—Lyndon!**

After looking at our schedule and your Junior Essays, I want to meet with all of the juniors on **Sunday, March 15<sup>th</sup>**. At this meeting we will go over your Matrix, verify which colleges you need to send your SAT scores to, and then have all of you register for the May 2<sup>nd</sup> SAT! Although the SAT registration deadline is not until April 3<sup>rd</sup>, I want to make sure we are ahead of the game and fill out the SAT registration correctly, print your SAT ticket for the test and fill in all of the demographic information that you need!

Not only will this make the registration process easier, but it will also make sure that you have all of the information to have your best shot at the SAT! Please put this on your calendar now - I expect every junior to be there! If you need to request time off from work now is the time to do it!



But the person who scored well on the SAT will not necessarily be the best doctor or the best lawyer or the best business man. This test does not measure character, leadership or perseverance.

*William Julius Wilson and Noah Wilson*

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

# 2020 Upward Bound Calendar

<b>March</b>	7 <sup>th</sup>		Green Mountain Scholars Bowl at UVM	
	15 <sup>th</sup>	9:00-1:00	<b>Junior Meeting and SAT Registration</b>	<b>LAC 411</b>
	24 <sup>th</sup>		TRIO Day at the Vermont State House	
<b>April</b>	3 <sup>rd</sup>		SAT Registration Deadline	
	6 <sup>th</sup>	5:30 – 8:00	<b>UB Meeting and College Fair</b>	<b>ASAC 100 and Gym</b>
	18 <sup>th</sup> -19 <sup>th</sup>		TRIO is Working Events Throughout Vermont!	
	23 <sup>rd</sup>		JFK Leadership Conference	
	26 <sup>th</sup>	1:00 - 6:00	<b>Junior SAT Review</b>	<b>ASAC 216</b>
<b>May</b>	2 <sup>nd</sup>		Juniors Take SAT I	
	3 <sup>rd</sup>	1:00 – 3:00	<b>Mother's Day Give Away and Meeting</b>	<b>Bole &amp; Theater</b>
	15 <sup>th</sup>	9:00 - 4:00	<b>3 For One College Tours</b>	
	30 <sup>th</sup>	1:00 – 3:00	<b>Final Upward Bound Meeting</b>	<b>Theater</b>
<b>June</b>	6 <sup>th</sup>		Juniors Take SAT II (if appropriate)	

## Welcome New Upward Bound Students:

Here is our first list of new students who will be joining us this year. We will be adding to this list over the next few weeks as we fill our dual eligible spaces. We are thrilled with the quality of the applicants, their commitment to their education and to have so many strong cooperating schools.

As we get prepared for the Summer residential program, we will invite you to a meeting to explain to families the expectations, opportunities and go over the UB Handbook. This really is a chance for you to meet me in a smaller setting and to get any of your questions answered that you may have about the program. If you can not make it, please call us and we will set up a time to visit with you at home. The following are our newest Upward Bound students:



**Jordyn Roberts** is a sophomore at Lake Region Union High School with an interest in forensic science and biology. She feels like she has really grown as a student since her move to LRUHS and we're excited to have her!

**Niomi Wilkins** is a sophomore at Lake Region Union High School that showed incredible excitement about joining us. She is a strong student with a great personality that will really benefit UB!

**Colby LaFleur** is a freshman at Lake Region Union High School that takes the role of student-athlete seriously. With siblings in UB, he is excited about the opportunities he knows will be available over the next few years.

**Raymond Lemrise** is a freshman at Lake Region Union High School and is really excited about joining UB after a recent move to Vermont from Connecticut. He is a strong student with a lot of potential, so we are happy to welcome him!

**Bethany Goodwin** is a freshman at Lyndon Institute with big ambitions. Although still uncertain about what to study, she has an interest in medicine, especially neurosurgery!

**Gemma Stowell** is a freshman at Lyndon Institute with a strong interest in business and significant extracurricular involvement, specifically in theater and student council.

**Isabella Sepulveda-Muniz** is a freshman at Woodsville High School that brings artistic interest and talent to Upward Bound. She is excited about traveling and having new experiences.

**Nya Jewell** is a freshman at St. Johnsbury Academy intent on going to college after high school. Although she is still uncertain, she thinks a career in physical or mental health may be for her.

**Abigail Harrington** is a freshman at Rivendell Academy who is very excited about all of the opportunities Upward Bound has to offer! She is considering business careers right now but is looking forward to exploring more possibilities!

## Special Opportunities for Upward Bound Students!



### *The John F. Kennedy Presidential Library & Museum Student Leadership Conference April 16<sup>th</sup>*

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 5-6 students to Boston for the JFK Leadership Conference. 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! This is during your April school break, so you will not miss school. And we may be seeing a Play in Boston! More to follow as we get the trip specifics wrapped up. If you are interested, please contact us ASAP!

## TRIO Day at the Vermont State House

We will once again bring two students to the Vermont Statehouse in Montpelier on **Tuesday, March 24<sup>th</sup>**. 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 lunch for you, give you a chance to talk to representatives, and meet with 30 other students from across the state. Want more information? Talk to **Miranda Degreenia** or **David Richardson!**



## *Three for All College Access Tour! May 15<sup>th</sup>, 2020*

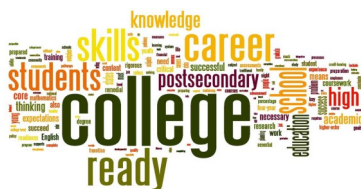
TRIO Students from across the state have been invited to be the guest of St Michael's College for a three for all college access day. NVU - Lyndon Upward Bound students will have the opportunity to see UVM, St Michael's and Champlain College all in 1 day! The program will include information regarding admissions, financial aid, early college awareness, and student and residential life on our campus, and the campuses of Champlain College and the University of Vermont.



The University of Vermont

CHAMPLAIN COLLEGE

Part of the reason that we want to see these 3 schools is that each one has a special scholarship that our students have received in the past. Champlain has their **First in Family**, UVM has the **Catamount** Commitment and St Mikes has the outstanding **Book Award!** We expect to bring a group of 10 students or so to this special tour. These are college that you need to see! Please talk to Ryan and/or Bryan if you are interested.



## College and Career Pathways April 6<sup>th</sup> Northern Vermont University-Lyndon

The Vermont Student Assistance Corporation (VSAC) is sponsoring a free college planning day called College Pathways at NVU-Lyndon. This event that features college planning workshops to high school students and their parents. Registration opened on Feb. 1 on the VSAC Website. This event will be held in conjunction with the Northeast Kingdom College Fair. Please let us know if you are interested!



## Some Things To Think About:



### College Tours for Freshman? You Bet and Here is Why

There are several strong reasons to visit your colleges as a Upward Bound student. For one, seeing and learning about the school in person can be a **huge help in determining where you want to apply**. Not only can this help you to choose a school, but it also helps you to determine size, whether you like public or private school more or to hear about programs you have never heard of! And almost every admission tour that we take with a college there will also be an admission presentation that will detail what you need to do to prepare for college. Hearing this first hand is the best way to meet each college's admission guidelines!

On every tour, you will find out more about the college from firsthand sources, - usually Upward Bound students—or your tour guide and other current students. All of these impressions can serve as useful material if you need to have a college interview or write a supplemental essay about why you want to attend. Finally, having your name on the tour rosters can mark what many admissions officers call **“demonstrated interest.”**

Each of these reasons are important but they are also a part of Upward Bound! And you will get to see your friends and travel with other great college bound students!

**Stay Active!:** As you plan next year's schedule, think about your course load and how colleges will view it! All colleges want to see you taking the hardest classes you can in an effort to prepare you for post secondary education. We expect you to take a rigorous college preparatory curriculum. See your guidance counselor to discuss your plans for next year's classes if you have not done so already and be aware that high school graduation requirements are not the same as college preparation! Take a complete college preparatory curriculum:

- Work to improve your GPA every semester
- Participate in community service activities that interest you
- Take advantage of special opportunities with Upward Bound
- Be a full and active participant of the summer residential program
- Attend any college tours that interest you
- Get involved in your school through sports, leadership, and academics

Also, be aware of your GPA—we have several students who have been struggling this year to maintain their grades! As a part of your participation in Upward Bound we expect to see you getting B's or higher. Do everything you can to make this a reality! It will pay off in the end in the form of Scholarships! Work hard to make sure you have *at least* a 2.75 GPA for your 9<sup>th</sup> and 10<sup>th</sup> grade year!



### Upward Bound Students—Watch Your Wallets!

**Really!** Every year just about this time we start seeing offers from all over telling students that they have been nominated for some outstanding opportunity for a leadership conference, a book award or a STEM conference. Although some of these are legitimate opportunities you also have to realize that these are also money makers for most organizations. If you look closely at the leadership opportunities they often have great speakers in great places but they are also thousands of dollars. The Scholastic Book Awards that you will be offered—and I receive them too—will often print your name in a book and then sell you the book for \$120.00! You really need to think about these and save your money! These organizations also tout that by doing these activities they will help add to your college resume—all you have to do is pay them \$4,000! There are also sports camps and recruiting companies that offer to do the same thing and say they will have college coaches look at your video! Usually these do not pan out.

Remember what colleges want to see is a well developed student with good grades, decent SAT scores and a commitment to their schools and communities. You need to continue to put your effort into working to your potential in school and being committed to the goals of Upward Bound! We will continue to provide you opportunities free of charge to help you succeed at the very best college for you!

# Juniors



find!

## Start Thinking About Your Summer Job Site!

While visiting your schools this month we have had some great conversations brainstorming about volunteer work sites for UB Summer 2019. Begin to think about where you would like to be this summer, what career would you like to try on for five weeks, where could you make a big impact as a volunteer, and what kinds of experiences will help prepare you for college! Remember, we have all kinds of job sites and you will see a complete list in next month's newsletter. We are excited to get to know your job site supervisors and prepare for your summer job placement. Your supervisors can't wait to work with great Upward Bound students just like you. Think about choosing a daycare or a nursing home, the Vet's office, courthouse, library, or even working as a Radio DJ. Tell us your thoughts, and if you have a special interest let us know now...we'll see what we can

## AP Exam Fees - Free to UB!

All Upward Bound students now qualify to take the AP Test for free at their schools. We know that these tests are well worth the money and we will make sure that your AP tests are paid for. Please let us know if you are taking an AP test at your school and if you do not receive a waiver from the school, we will arrange to have a check made out to either your school or to reimburse your parents! You can also talk with your school counselors, and find out what you need to do to make sure you are all set for these tests.



All Upward Bound students who are taking AP courses are strongly encouraged to take the AP Exams at the end of the year. You have already done all of the hard work—take the test! Colleges will often grant college credit for the coursework if you score at least a 3 on the exam. UB students will be taking many of these tests in the next few months. Call if you have any questions...

# NATIONAL TRIO Day

## National TRIO Day in Framingham, MA

We had a great couple of days celebrating the 34<sup>th</sup> Annual National TRIO Day Celebration in Framingham, MA on February 20<sup>th</sup>-21<sup>st</sup>. This gathering brought together more than 600 TRIO Upward Bound, Talent Search, VSAC and GEAR UP students

from all over New England and New York. The event was filled with unity, pride, purpose, and an underlying theme of self-empowerment. Students enjoyed the inspirational key note speaker,

Dr. Arnold Mitchem, a regional College Fair with more than 50 colleges, and attended workshops on financial aid and other college bound topics. In addition, the NVU-Lyndon UB students had the chance to tour the University of Massachusetts at Lowell. The true highlight of this event was seeing students from all over New England, urban and rural, who have the same goal - being the first in their families to attend college! And Dr. Mitchem was the founder of National TRIO Day and is an internationally recognized leader in advancing the cause of equal educational opportunity.





## Juniors

### *Junior Matrix and Essays!*

The effort that you put into your Junior Essay and Matrix is one of the most important steps in your college planning timeline! You should have put lots of time into developing your college list—looking at majors and cost of college and what kind of school you really want to go to! And you need to have a realistic college list to send your SAT scores to when we register for the test this month. If you have not done so it will cost you \$11.00 a college to send your scores later on!

Many of our Juniors did a very good job with this assignment. Some of you completely melted down. And some of you did very little real work. And a handful of you missed the deadline. Let me be very clear. It is your responsibility that you make sure your Essay and Matrix was available to me before the deadline! I am still waiting on a few of these!

**DEADLINES** are one of the most important parts of college access. If you are having a hard time meeting these deadlines what do you think will happen in your very busy senior year when you have to apply to college, do federal and state financial aid and apply for scholarships along with school, sports and a social life! Upward Bound will hand you the road map—but you must do your part to be ready college!

### Junior SAT Review:

**April 26<sup>th</sup>, 1:00-6:00 ASAC 214**



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 can not make it, you need to call and explain why! **No Excuses!**

## LYNDON UB STUDENT SPOTLIGHT

### Mara Duquette

Upward Bound would like to formally congratulate Mara Duquette for earning a **full-ride** to the University of Chicago!! This is a HUGE accomplishment and Mara has dedicated endless hours throughout her high school career to be as academically, culturally, and socially prepared as possible, and is truly an example of how far hard work, dedication and taking advantage of opportunities can get you.

Mara attends Lake Region Union High School where she is very involved not only in the school but in her community as well. Mara has a huge passion for theater and the arts and donates a considerable amount of her time as stage manager for the school performances and for the Vermont Family Theater Program. She is also apart of the National Honor Society, School Chorus, Varsity Cross Country Team, and currently studying Arabic with National Security Language Initiative for Youth. If that's not enough, Mara has also served over 400 hours of service in her community with the Vermont Family Theater Program, Vermont Pride Center's 2018 Pride Festival, and Warm the Children just to name a few. This past summer Mara had a unique opportunity to join the Middlebury Interactive Language Summer Academy's French language immersion program!

On top of her extraordinary service and academic resume, Mara is also a very passionate, kind, selfless and driven young scholar and it has been such an honor to work with her over the past year. Mara, congratulations again on your recent successes. It is such a great feeling to see all of your hard work pay off! We wish you the best of luck on the next leg of your journey and can't wait to see all that you accomplish in the upcoming years!



## USM and CMCC Tour

Five of our lovely Upward Bound students were given guided tours of Central Maine Community College (CMCC) and the University of Southern Maine (USM) on February 14<sup>th</sup> and 15<sup>th</sup>. David Richardson, Caroline Lowry, Melanie Coons, Evan Thorn, and Kai Aviles each found programs of interest at these schools in diverse fields such as political science, business, dental hygiene, human services, cyber security, and screenwriting.

Arriving on campus Friday morning, many of our students were shocked by how beautiful and modern CMCC is because community colleges don't always have the best reputation, even though this is an unfair assumption. Our tour began with a brief Q&A and then moved onto a walk around one of the dormitories with an opportunity to see an actual room. The tour then moved onto the dining hall, a typical classroom, the state-of-the-art criminal justice training room, and finished with the athletic facilities. Many students (mainly David and Evan) were excited by the unique competitive gaming room, where CMCC hosts their e-gaming team that competes with schools all over the country in popular titles such as Fortnite. However, because they are not formally part of the NCAA, CMCC can compete in tournaments with actual cash prizes. Pretty cool, huh?

That evening, Upward Bound alumni Katelyn Brown made the time to sit down with us at the Gorham House of Pizza, popular among college students, to share her USM freshman experience. The food was pretty great! From there, we traveled to the USM campus to watch five 10-minute skits written and performed by USM theater students in Russell Hall. Many of these had us laughing and we were all impressed by how creative students can be when given the freedom to create. We were invited to this event by another Upward Bound alumni, Addie Poginy, who is a member of the theater department and talked to us after the show about her freshman experience and introduced our UB students to some of her friends and mentors. It was really cool to see one of our alumni find a home in the USM community.

The next morning, Saturday, was the formal USM tour, where students were greeted by an admissions officer whom had a presentation ready to explain available amenities and programs of study. Students took this opportunity to ask questions before being given a tour by a USM junior. Students toured the freshman dormitory, saw the new science labs, and then visited the dining hall. Unfortunately, this tour was not as thorough as the one at CMCC, but it did conclude with a visit from their Student Support Services (SSS) Director. For those who don't know, SSS is another federal TRIO program that is basically Upward Bound for college students. Their on-campus office supports moderate-income and first-generation college students to make sure they have the necessary support to earn their degree. We highly recommend that all of our UB students seek out SSS programs at their schools of choice.

Overall we had a great time in Maine and these superstars did an outstanding job representing our program! We look forward to all of our upcoming tours around New England!



### Congratulations to Our VEOP/UB Scholarship Nominee!

We read some very good VEOP/UB Scholarship essays and it was pretty tough to pick a winner. After a long debate and careful consideration the winner is \*drum roll please\*..... **Haley Ott!** Haley's essay was very well written and organized and she did an outstanding job reflecting back on her Upward Bound experience and how we have helped her become a better student, have more opportunities, build confidence and help her become the most prepared that she can be for college and beyond. Haley, we are so proud of you and your accomplishments to date and it has been an honor working with you over the years!

Haley's essay will move onto the state level to compete for the top three spots where she could win \$600, \$250, or \$150 respectively. Congratulations Haley and hopefully your thoughtfully crafted essay will win you some extra money!





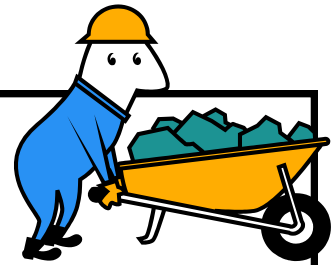
# Seniors—More to Think About!

## Work is an Expectation...

Just so you know - working is an expectation for every college bound student as they prepare for college! Right now you should be thinking about lining up a summer job before the college kids return home! Every college and scholarship organization wants to know what you are doing with your spare time and often work is a part of what they would like to see. Many of you have jobs now and are still very involved in your school and with athletics. As the summer approaches, you need to start thinking about lining up a summer job. Part time work this summer will help you afford the books that every college expects you to buy. Textbooks for a single semester can run right around \$500 or more—out of your pocket! Remember, any money you save on top of that will be less you will need to borrow as you complete your college education.

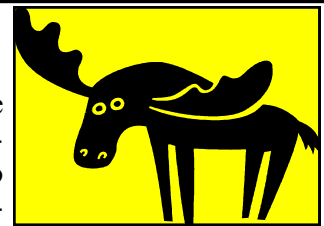
A word to the wise in a uneven economy: you *do* want to look for a job before all of the local students return from college! It will be harder than ever finding a job so you can increase your chances by starting now! And remember we are happy to be used as a reference on your job applications!

Do not think for a minute that McDonald's is beneath your dignity. Just ask the sandwich Artist himself **Ryan Fauci!** I'd rather that you see Gavin and me there every Wednesday while you are in high school than see you working there as you try to pay off your students loans...Think about it!



## Any Moose in your Family? Lions? Elks Scholarships?

**Seriously!** All of these could be sources of scholarship money. We have talked to you about the importance of local scholarships and these service organizations often provide money for family members. Now is a great time to talk to your parents and grandparents about their affiliations. You may be pleasantly surprised to find a scholarship source out there. And you may learn something new about your family's past!

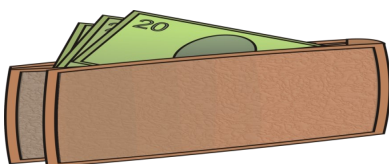


## Your College Financial Aid Award Letters!

As your Award Letters start rolling in please make copies and share them with us. We collect these every year to help you evaluate the letters to find your best deal, determine your eligibility for the Phillips Scholarship, and to get a sense of what schools are giving our students—which will help us make recommendations for next year's seniors and other Upward Bound students for years to come.

And so far, the Award Letters that we have seen are just about what we expected. Your hard work—or lack of—in high school does pay off—we see it in every award letter. We also see students who have not identified realistic safety schools struggling to figure out how to afford all of those Dream Schools on their list!

Be Smart and Work Hard!



*Before Congress cuts funding for Head Start, Social Security, and financial aid for college, we have got to make sure that large, profitable corporations are paying their fair share of taxes.*  
**Bernie Sanders**



# Seniors Financial Aid



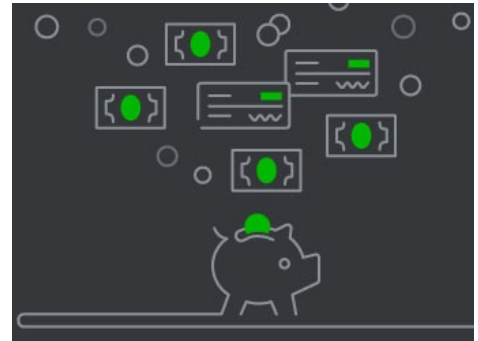
## SCHOLARSHIPS & GRANTS

### Grants vs Scholarships

Think way back to last summer when we talked about Grants and Scholarships! The most important thing you need to remember is that both grants and scholarships are free money for you! Grants are need based—on your families ability to pay for college—and scholarships are based on merit! But money from either source will help make the difference between a target and a reach school! You have all completed your grants applications (FAFSA and VSAC or NHCF)

Now is the crunch time to really shake those bushes for any scholarship money that you can find. By this point, hopefully, all of you have completed the VSAC Scholarship book and sent everything to Winooski! Please make sure that you have exhausted your schools guidance department for all of the local scholarships that you are eligible for. And please remember to look closely at all of the scholarships we send your way—in particular the EP-SCoR, the Gilman and the Phillips! These scholarships will be the ones that will help you to afford the college you most want to attend! If you do not apply for them you most likely will eliminate some very good schools!

A college scholarship may be renewable each year if all criteria has been met. In order to have the college scholarship renewed it is important to maintain the level of achievement the scholarship committee is requiring. Failure to do so may result in a loss of the college scholarship. Call us if you have questions.....



### Check Your Student Aid Report!

It is very important to have an accurate SAR. All of your financial aid awards are based on the information listed on the information you provided on the FAFSA back in October! Please take some time right now to review it carefully with your family and compare the information listed to a copy of your FAFSA. The Expected Family Contribution (EFC) listed on your SAR will determine the amount of aid you'll receive. We have had a few students who had put down information that was not correct so you really need to take the time to look through the SAR to make sure you are getting all of the money that you are eligible for! If you think any of the information on your SAR is incorrect, correct it by going to the official **FAFSA website**.



### Look Closely at Each Award Letter!

Please remember to share each award letter with us! This will not only help you and your family make a good decision but it will also help all of the other Upward Bound students who are looking at schools similar to yours! After a college accepts you, you'll receive a letter outlining how much the school will cost and what kind of financial aid package you'll receive for one year. All financial aid award letters don't look the same, but they contain the same general information about grants, scholarships, work study and loans! We have seen some great award letters and some that leave students looking for as much as \$20,000 a year! After a college accepts you, you'll receive a letter outlining how much the school will cost and what kind of financial aid package you'll receive for one year. All financial aid award letters don't look the same, but they contain the same general information.

The biggest that we have seen so far is the amount of GAP that schools are listing! This remaining amount—or funding gap—is the amount that you will have to find through other sources! At some schools that funding gap maybe part of your Expected Family Contribution or it may not! And remember that your award letter is just for 1 year! If you have to borrow about \$10,000 a year—you will have to multiple that by 4 years!

# Seniors Scholarships and Grants

## Scholarships you Need to be Working ON!

### VT EPSCoR:



**April 1<sup>st</sup>** 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 3<sup>rd</sup> Early Deadline May 1<sup>st</sup> Regular Deadline

Although the Phillips Scholarship is a way to potentially fund your education, the great professionals in Salem do so much more! They really look after their scholars much in the same way that Upward Bound does—checking on you progress, highlighting your success and understanding your difficulties. They really do become partners in your education and this can be a very important part of your success in higher education. There are two separate applications for Upward Bound students this year and they can all be accessed on the Phillips Website at [Steps to Apply at http://phillips-scholarship.org/new-applicants/steps-to-apply/](http://phillips-scholarship.org/new-applicants/steps-to-apply/) And once again—Upward Bound will only recommend you if we meet with you in March or April to review your eligibility and application!



#### Academic Achievement

*Applicants should:*

- Have a GPA of 3.0 or higher on a 4.0 scale
- Be enrolled in a demanding course of study
- Demonstrate skilled writing

#### Financial Need

*Qualifying applicants will demonstrate one of the following:*

- An EFC is \$10,000 or less
- A low to moderate parent Adjusted Gross Income (AGI)
- Extenuating financial circumstances

### The New Hampshire Charitable Foundation

**April 17<sup>th</sup>**

NHCF is the largest provider of publicly available scholarships in New Hampshire, awarding more than \$5.5 million to 1,500 promising students each year. The 383 scholarship funds at the Foundation were created by generous donors who wanted to help the next generation of New Hampshire students reach their full potential.

New Hampshire students apply using [ScholarshipSource](#) as a single unified scholarship application. The deadline for our New Hampshire Upward Bound students is April 17<sup>th</sup> by 5:00pm. But I warn you—I would try to get my application to the NHCF a week ahead of time to allow for school or computer issues.



"OK, but if sentient robots *don't* rise up and enslave humanity, what sort of careers might you be interested in?"





# Career Spotlight



## Land Surveyor

Don't want to sit inside everyday, but want to make decent money? Land surveyors are paid to make precise measurements about the shape and contour of the Earth's surface for engineering, mapmaking, and construction projects. They also mark and document the location of legal property lines to help people avoid or settle property disputes. The following are examples of land surveyors: **Boundary or land**

**surveyors** determine the legal property lines and help determine the exact locations of real estate and construction projects; **Engineering or construction surveyors** determine the precise location of roads or buildings and proper depths for building foundations. They show changes to the property line and indicate potential restrictions on the property, such as what can be built on it and how large the structure can be. They also may survey the grade and topography of roads; **Forensic surveyors** survey and record accident scenes for potential landscape effects; **Geodetic surveyors** use high-accuracy technology, including aerial and satellite observations, to measure large areas of the Earth's surface; **Marine or hydrographic surveyors** survey harbors, rivers, and other bodies of water to determine shorelines, the topography of the floor, water depth, and other features; **Mine surveyors** survey and map the tunnels in an underground mine. They survey surface mines to determine the volume of materials mined.

When taking measurements in the field, surveyors make use of the Global Positioning System (GPS), a system of satellites that locates reference points with a high degree of precision. Surveyors then interpret and verify the results on a computer, often utilizing Geographic Information Systems (GIS) software to present spatial information visually as maps, reports, and charts. Such data visualization may include forest density, wetlands, etc. They then use the results to advise governments and businesses on where to plan homes, roads, dams, etc.

Depending on the specific job duties, surveying may include walking outdoors in all conditions, maybe many miles and with a heavy pack full of survey equipment. Or it could mean standing for long stretches of time to survey a construction site or road. Traveling is often part of the job, and surveyors may commute long distances or stay at a project location for an extended period of time. Those who work on resource extraction projects may work in remote areas and spend long periods away from home.



If all of this interests you, then there's a few things you should know about becoming one. Surveyors typically need a bachelor's degree because they work with sophisticated technology and math. Some colleges and universities offer bachelor's degree programs specifically designed to prepare students to become licensed surveyors. Many states require individuals who want to become licensed surveyors to have a bachelor's degree from a school accredited by ABET. A bachelor's degree in a closely related field, such as civil engineering or forestry, is sometimes acceptable as well. Additionally, in Vermont, you have to serve under a licensed Land Surveyor for at least a year before being formally licensed.

Job growth is expected to be about 6% between 2018 and 2028, which is about average for all occupations, though many land surveyors are expected to begin retiring in 2030, therefore growth could rapidly increase in the not-too-distant future. Average salaries range from \$61,000 to \$71,000, with the bottom 10 percent earning \$35,000 and the top 10 percent earning \$102,000. Many also have the opportunity to start their own surveying businesses. Check out the US Bureau of Labor Statistics for more details!



***Colleges Our Seniors Have Applied To—  
Boldface is where they have been Accepted!***



- Dominique Bandy:** VTC, NVU, **Plymouth**, Keene, **Husson**, USM, Franklin Pierce, UVM, **Castleton**, Fort Kent
- Olivia Brimmer:** NVU-J, UVM, Saint Anselm, Princeton, **Clarkson**, **New England College**
- Dakota Collins:** NVU-L, **Castleton**, **UMaine Farmington**, **Plymouth**, USM, UVM
- Melanie Coons:** NVU-L, **Plymouth**, **UMaine**, UMaine Augusta, CMCC
- 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, and a few more....
- Andi Elie:** UVM, URI, Clarkson, Wentworth, Cooper Union, Boston College, MIT
- 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, **Castleton**,
- 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**, UMF, Lassell, SUNY Plattsburgh, Southeastern
- Astra Sleeper:** UNH, **Umaine Orono**, **UNE**, Umaine Agusta, **Plymouth**, UVM, **Becker**, VTC, Amherst
- Mikaela Strzempko:** NVU-L, **Husson**, Norwich, **Franklin Peirce**, UVM, UMass
- Mikayla Smith:** **Plymouth**, **Simmons**, UNH
- Samantha Whipple:** NVU-J, VTC, UVM, Embrey Riddle, San Jose State, Arizona State



## March Student News

**Caroline Lowry** was training hard for the indoor state track meet... and made some new friends at TRIO Day!... **Sam Whipple** has been busy flying planes as she prepares for flight school... **Mara Duquette** will be attending Bernie Sander's College—University of Chicago—for free!!... **Ryan Moulton** planned to relax over spring break... **Niomi Wilkins** is already recruiting other students for UB and is pumped for scholar's bowl... **Colby LaFleur** was busy tearing up the basketball court during the season's final games... **Jordyn Roberts** is planning on gathering evidence to solve cases... **Annabelle Doucet** got another acceptance letter, this time to Thomas... **Raymond Lemrise** is adjusting well to life in the NEK... **Emilee Guyette** has really been on top of the scholarship game... **Charlie Flint** can't seem to stop looking up at the stars... **Devin Daisy** was last seen wandering the UMass Lowell... **Blake Betz** has been recovering from the plague... **Natalie Martin** is working hard for a strong GPA... **Ben Perreault** was found jamming to some Iron Maiden... **David Richardson** is eyeballing public office... **Matt Rice** is cooking up something new as he prepares for Skills USA... **Haile Boutin** is excited about her new role with Woodsville Guaranty Bank... **Mikayla Smith** has been accepted to several schools and awaits her award letters... **Astra Sleeper** may soon be seen floating down the river in a boat she built with her classmates... We are pleased to introduce you all to **Bella Sepulveda**—**Muniz** And **Abby Harrington** our newest recruits from Rivendell and Woodsville respectively. Welcome to Upward Bound!... **Natalie Daigle** has enjoyed basketball season but is now setting her sights on the UB summer session... **Kaori Moulton** was last seen putting together some Junior essays... **Maddie Foster-Pudvah** was busy helping to recruit students from Hazen and making fun of Rick... **Elly Bliss** is working hard at SJA... **Maple Bottenelli** suspects ski season is over and can now focus on her AP courses... **Kayanna Burns** seeks a warmer climate in Bali... **Lauren Girouard** awaits an NHS decision as she prepares for lacrosse season... **Hannah Jewell** can be found in Guatemala for spring break... **Courtney Lewis** was tending goal for the last two regular season hockey games... **Desiree Mendez** was probably lounging on the couch now that indoor track is all over... **Madison Wilson** decided she was a superhuman and is preparing for three AP exams... **Aliceah Silver** and **Miranda Degreenia** have been living it up in South Korea—BUT have just returned due to unfortunate circumstances. We are glad that you are home safe and sound!... **Patrick Stowell** was carefully avoiding Ryan and Bryan—but not Rick who stalks him at Whites Market... **Mikaela Strzempko** is thinking hard about her college options... **Melanie Coons** took advantage of the chance to see USM and CMCC as she prepares to make a college decision... **Ozora Rice** has been reintegrating to regular academic life after a field semester... **Emma Powers** is considering a run for office... **Shelby Ruggles** has been busy with school events... **Haley Ott** is ready to begin her studies in business and design... and won the UB VEOP Scholarship Essay Nomination!... **Aggie LaFleur** has been traveling with the cheerleading team... **Nash Nunn** displayed strong writing abilities with his VEOP essay... **Kai Aviles** enjoyed hanging out with the USM theater department... **Evan Thorn** is anticipating a strong semester... **Dominique Bandy** is still intent on becoming a nurse... **Andi Eli** was busy thinking about abstract mathematics when we visited LI... **Dakota Collins** has decided annoying Bryan is his new hobby... **Eli Hooker** showed he is capable of eating an impressive number of donuts... but you can't put that on your resume!... **Bethany Goodwin** and **Gemma Stowell** are excited to start their UB adventure... **David Moody** is happy to have a little extra time to work on some projects now that he isn't consumed with Calc three!... **Alex Pitt** was caught busting a move on the dance floor during TRIO Day!... **Olivia Brimmer** is very excited for TRIO Day at the statehouse!

***"Show Up. Be on Time. Be Prepared."** - Dr. Arnold Mitchum  
president and founder of the non-profit organization the Council for  
Opportunity in Education (COE) in Washington, DC.*

## Upward Bound March Birthdays:

**Desiree Mendez** 3/5  
**Jordyn Roberts** 3/10  
**Kayanna Burns** 3/11  
**Emma Powers** 3/11  
**Sam Whipple** 3/29



### Upcoming Lyndon State College Athletic Events



#### Men's Baseball

@Lake Myrtle Park, FL	3/1	9:45 AM
@Lesley	3/21	12:00 and 3:00 PM
@Fisher	3/28	12:00 and 3:00 PM
@Fisher	3/29	12:00 and 3:00 PM

#### Women's Softball

@Mass. Maritime	3/15	12:00 and 2:00 PM
@Dean	3/21	1:00 and 3:00 PM
@Rivier	3/22	2:00 and 4:00 PM
vs. Anna Maria	3/26	3:00 and 5:00 PM
vs. Fisher	3/29	1:00 and 3:00 PM

#### Men's Lacrosse

vs. Salem State	3/7	1:00 PM
vs. Rivier	3/11	3:30 PM
@MCLA	3/14	2:00 PM
@Emmanuel	3/17	7:00 PM
vs. Dean	3/21	1:00 PM
@USM	3/25	4:00 PM
@Husson	3/28	3:30 PM

#### Women's Lacrosse

@Emerson	3/7	1:00 PM
Vs. UMaine Farmington	3/14	1:00 PM
@Thomas	3/21	1:00 PM
@Husson	3/28	1:00 PM

#### Men's Tennis

@ St. Michael's	3/3	3:30 PM
@NVU-J	3/12	4:00 PM
@Castleton	3/15	1:00 PM
@Norwich	3/20	4:00 PM

#### Women's Track & Field

@Wesleyan	3/21	10:00 AM
@Corsair Classic	3/28	11:00 AM

**Upcoming NVU - Lyndon Events Free for  
UB students!**

## Upward Bound Honor Roll

#### Honors

**Melanie Coons**  
**Andi Elie**  
**Haley Ott**  
**Caroline Lowry**  
**Astra Sleeper**  
**Isabella Sepulveda-**  
**Muniz**  
**Kaori Moulton**

#### High Honors

**Dominique Bandy**  
**Mik Strzempko**  
**Miranda Degreenia**  
**Madi Wilson**  
**Courtney Lewis**  
**Kayanna Burns**  
**Maple Bottinelli**  
**Elly Bliss**  
**Lexey Drown**  
**Mara Duquette**



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*"Young people in this country know exactly what they're doing. They know we need big change, not just small steps."*

*"Difficult times often bring out the best in people." — Bernie Sanders*