

NVU-Lyndon

Upward Bound

September 2020 Student Newsletter

TRIO

UPWARD BOUND

BUILDING EXPECTATIONS, CHANGING REALITIES

2019



2020



Congratulation for Your Dedication!

WOW! We cannot believe that another summer has come and gone so quickly! We know that this summer wasn't what you had originally signed up for but we wanted to take a moment to thank you all again for your dedication, hard work and flexibility this summer. Those of you who took advantage of this summer and worked hard became more prepared for college and for the school year ahead.

Those of you who did not may have some extra work to do this school year to catch up—and that's okay. We are here to help! Being able to step up in the face of adversity and be resilient in times of uncertainty has

always been a strength of TRIO students and most of you guys really proved that again this summer. You all certainly added to Rick, Ryan's and the TC's summers and we had so much fun working with you and getting to know you better.

Upward Bound Fall Meetings

As a result of the Coronavirus (COVID-19) pandemic, Upward Bound has made the decision to have most of our Fall meetings in Virtual Mode. This will include the school Based Meetings, Cohort Meetings, and many of our workshops. A little more detail:

***September Upward Bound Zoom Meeting
September 27th, 4:00PM***

Group Meetings: One of the things that makes Upward Bound different from other programs is the sense of community. We will have a few Group Meetings—starting with Zoom—as we progress through the year. Our first meeting will be on **September 27th at 4:00 through ZOOM!**

School Meetings: We will send out a request to each of the students at our cohort schools to determine the best time to have a group ZOOM Meeting with all of you. Some of our schools may ask us to meet in person and as long as the school support this we will be happy to travel to meet with you. But as you all know—things are changing daily. At any point—if students or parents want to meet with us—just let us know and we can take time to talk with you as your plan for the year!

Cohort Meetings: At this point, rather than scheduling another ZOOM Meeting I will ask each student and parent to reach out to us to talk about the next steps in your college planning. Rather than the traditional cohort meetings that we run every year, we will add cohort pages to the Newsletter to keep you up to date as what you need to do to get prepared for the best year academically!



**2020 Summer Program
June 13th—July 18th**

2019-2020 Upward Bound Calendar

September

27th **4:00 – 5:00** **Upward Bound Virtual Meeting and Reunion**
TBA **NEACAC Virtual College Fair**

October

11th **1:00 – 3:00** **Seniors/Parents FAFSA Meeting** **Location TBA**
14 - 29 **Juniors take PSAT's** **At School**
24th Seniors Take the ACT (if appropriate)
25th **1:00 - 6:00** **Senior SAT Review** **Location TBA**
26th Sophomore Summit at the University of Vermont **Tentative**
31st Volunteer Work with Warm the Children

November

1st Volunteer Work with Warm the Children
7th **Seniors Take SAT**

December

1st Begin Discover Scholarship Essays
4th – 6th Volunteer work with Burklyn Arts
5th Seniors Take SAT 1 or II (if needed)
12th Seniors Take ACT – if appropriate
13th **1:00-5:00** **Upward Bound Christmas Party** **Location TBA**

January

17th **1:00 – 3:00** **Upward Bound Recruiting Meeting** **Theater**
26th Juniors Take the PSAT's at their Schools (if not done in October)

February

16th – 18th TRIO Day in Portland Maine (Eligible Juniors)

March

6th Green Mountain Scholars Bowl at Plattsburgh
22nd – 24th National Policy Seminar in Washington DC **Tentative**

April

5th **5:30 – 8:00** **UB Meeting and College Fair** **ASAC 100 and Gym**
6th – 9th NEOA Conference and Board Meeting **Portsmouth, NH**
25th **1:00 - 6:00** **Junior SAT Review** **ASAC 216**

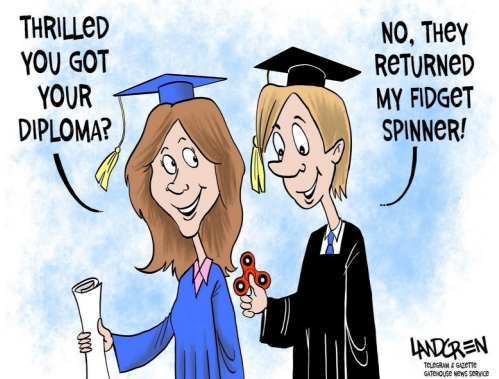
May

2nd **1:00 – 3:00** **Mother's Day Give Away and Meeting** **Bole & Theater**
8th Juniors Take SAT I
30th **1:00 – 3:00** **Final Upward Bound Meeting** **Theater**

June

5th Juniors Take SAT II (if appropriate)

2021 Summer Program **June 13th – July 18th**



Upward Bound Opportunities!

Stipend Checks all year long!...

... IF you do well in school and do what we ask! Similar to the summer, as long as you are in good standing with your school and with Upward Bound and don't owe us anything, you will receive a \$40 stipend check every month!

This includes:

- Maintaining regular attendance, participation, and completion of assignments at school; no failing grades.
- Full attendance at all program meetings unless cleared by Rick or Ryan
- Sending us your yearly class schedule in September (Ryan will ask for these during your first school meeting with UB.)
- Attending college tours, community service, leadership trips and other outings, virtual or not, with Upward Bound that are appropriate for you.
- Juniors: completion of the Discover Essays and Upward Bound Junior essay and matrix in January; taking the PSAT in October or January
- Seniors; Completion of FAFSA, VSAC and Profile (if necessary) financial aid forms; submit your common application by December 1st, apply for VSAC scholarships and all others that UB recommends for you; send us ALL award letters as you receive them.



Your GPA:

The Importance of a B Average

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

First of all, you probably will get a reduction in your car insurance, now and while you are in college (Gavin!).

Secondly, you will be eligible for scholarships both from colleges and private scholarships you will be seeking your senior year. A perfect example of this is the Phillips Scholarship—students with averages below a 3.0 are not eligible to even apply! Remember, our students have picked up thousands of dollars from the Phillips Scholarship in the past, and last few years the process was more selective than ever with only 1 of our students being chosen! *Ask Astra Sleeper about being a Phillips Scholar!* Your GPA is a very important part of this puzzle.

Lastly, you can only increase your chances of being accepted at a school of your choice if you have performed well in high school: your high school grades are the most accurate predictor of future success in college and the first thing colleges look at when evaluating your application. **Be proud of your abilities, and work to your true potential this year!**

WHAT TO DO DURING A CLASSROOM ZOOM MEETING ACCORDING TO KIDS



- ☐ Start talking about your cat and don't stop.
- ☐ Put your eyeball up to the camera, then make silly faces. 
- ☐ If the teacher is on mute, point that out! Loudly!
- ☐ Hold random items up for everyone to appreciate. 
- ☐ Give a tour of your entire house.
- ☐ Don't concern yourself with "staying on topic." 
- ☐ Got a pet? Show it off! 
- ☐ Ask the same question at least three times.
- ☐ If needed, pick your nose. 



Being an Upward Bound Scholar!

What Classes Should I Take in High School?

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

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

Below is a sample schedule for you to follow:

General College Requirements

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

Selective College Requirements

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

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

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

Sophomores

What a tenth grade student should be doing is being an excellent tenth grade student.



Find the Best High School Schedule: Colleges love to see academic rigor in a student's schedule. Talk with your Upward Bound and your high school counselor about picking the classes that will not only challenge yourself and suit your academic interests, but also impress college admissions officers. But be realistic!

Extracurricular Activities: Make sure you are participating in extracurricular activities--clubs, sports, committees, music groups, student government. Colleges like students who are not just focused on the classroom. They want to admit students who will add to the college community, so participation in activities will show that you will take part in the larger community.

Make Friends and Enjoy your High School Experience:

Especially in a time of the Virtual Classroom, making friends and enjoying yourself is really important. And it is great practice when you enter college and start finding some additional life long friends! Don't just focus on college. High school is a time for friendships and fun in addition to academics.

Be a Teenager! Remember, you're a teenager, be one. I want to caution not to act irresponsibly, but have fun, go to school dances, football games, hang out with friends when you can, get your drivers license. Grow up smartly, not quickly.

Think About a Job! Is there is a job you're interested in, see if there is a way to intern or volunteer in your area. This may involve actually talking to people and that includes your teachers and school counselors! Once you find them, try to connect with them and possibly even shadow them. This worked for Gavin this year and he landed a job working at Kirby Mountain Kennels—playing with puppies!

Take Care of Your Health: With more challenging classes and time commitments to extracurricular activities, sophomore year is often when high school starts to get tough. With the increased stress, many students often neglect their health and well-being by not getting enough sleep and skipping meals. Damaging your body like this only adds to your stress, which can have major negative side effects on your body. Be sure to remember three simple health goals: eat three healthy meals a day, get eight hours of sleep, and exercise for at least 12 minutes a day.



Upward Bound Activities for Sophomores

- ♦ *Sophomore Summit – October 26th UVM!*
This may be Virtual this year!
- ♦ *Warm the Children*
We are working with the Pick and Shovel
- ♦ *Take Advantage of College Tours*
Virtual and In Person!
- ♦ *Attendance at UB events!*
- ♦ *Do Not Change Classes without talking to us*

Juniors

Juniors and Parents *Virtual* College Planning Meeting

Juniors and Parents, although we will not have a formal Junior meeting this year, we would love to meet with any of you to Answer questions about this very important year! As you know—this is the last full year that college's will see before they decide to accept you!

We will look at the year ahead and what we expect you to be doing to prepare for college. To prepare for this you have selected rigorous class schedules, and that is a huge piece of the puzzle, but there are other ways that you can and should be preparing as well. We'll explore the road map together at this meeting with your families!



Junior Year Requirements!

- ♦ *Work Hard in all of Your Classes*
This is your most important year!
- ♦ *Take the PSAT in January or October*
- ♦ *Write Discover Essay's due in January*
- ♦ *Complete Junior Essay including:*
 - ♦ *Reapplication to Upward Bound outlining your educational plans*
 - ♦ *Update this Summer College Matrix with Realistic Colleges!*
- ♦ *Attend All College Tours or Virtual College Tours of the colleges that most interest you.*
- ♦ *Participate in the Green Mountain Scholars Bowl at Plattsburg in March*
- ♦ *Attend TRIO Day Celebration in Portland Maine in February*
- ♦ *Participate in the NVU—Lyndon College Fair*
- ♦ *Attend the SAT Prep in April*

PSAT's In Your School

Juniors— your first official step toward attending college will be when you take the PSAT. You should be able to take this test in October or January at your school, but double check with the guidance office to make sure. We have already sent a list of all of our Upward Bound juniors to each of your schools notifying them that you are eligible to take the PSAT for free. You must find out who registers students at your high school and let them know you will be taking this test.

We expect all of our juniors to take the PSATs. This will be a school based test and you will hear lots more from us as we get closer to the test date! But also remember that you need to push yourself this year to meet your academic and scholarship goals. This is the money year for you! Remember, you are better prepared than 90% of your classmates and the PSAT will seem so much shorter than what Bill put you through this summer!



Seniors ~

Do not miss this very important meeting!

Seniors and Parents Oct 11th FAFSA Workshop ZOOM or In Person!

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

This year we will have our FAFSA Workshop on Sunday, October 11th. We will meet with all of our seniors and their parents throughout the day. We hope to do this in person but you will also have the option to participate by ZOOM! There will be an short overview of the Free Application for Financial Aid (FAFSA) and the VSAC Grant application and then we will let you start the application. Ryan and I will be available to answer questions throughout the day! We will talk about timelines and parent responsibilities, as well as where our students can look for scholarships. The admissions and financial aid process can be confusing no matter who you are, and this will be an in-depth review for students and families.

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

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

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

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

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

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



How long will it take?

FSA ID:

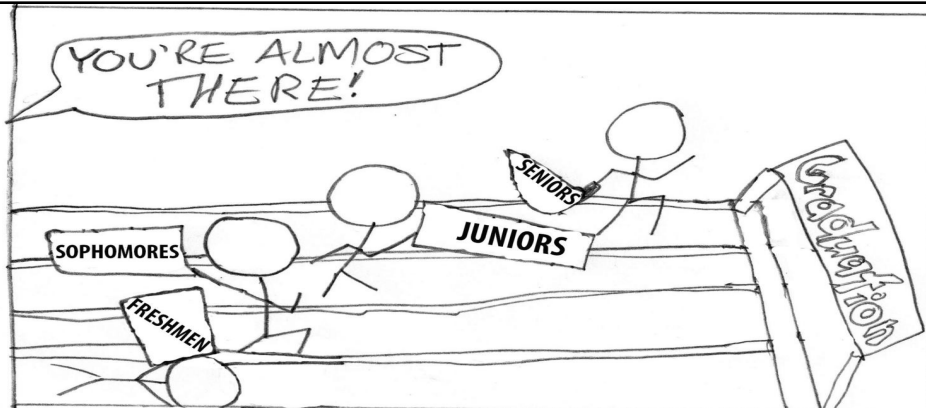
20 Minutes

Initial Application:

30 Minutes

FAFSA Corrections

10 Minutes





And yes Upward Bound, you should plan on taking the SAT this year! Although most colleges will waive their SAT requirement this year, many scholarship foundations will still use the SAT to help sort you out! And with your work this summer know that you are better prepared than 90% of the students out there!

SAT's: November 7th We expect all of our seniors to take the regular SAT on November 7th. We will offer you an extensive SAT review with our SAT Gurus on October 25th **hopefully at NVU-Lyndon**. All of you should have been offered waivers at your high school, but if not we can help you get them. Call us! If you are thinking about an early SAT, or your school is offering a school based test, please let us know ASAP! That deadline comes up fast!

SAT II's: December 5th Some of you are looking at SAT IIs, if so, please sign up for the December test by November 5th. If you are thinking Early Admission contact us now for the October 3rd test date contact us now. Our waivers will give you time to register for this test but we need to do it now! We talked to students extensively this summer about what schools require what test, so now is the time to get ready!

ACT's: If you are interested in taking the ACT in place of the SAT II and that is a good idea if your colleges will accept them. Check with them now to find out if the ACT will replace the SAT II. Most of you should plan on taking the ACT on **October 24th** (registration deadline September 18th) for Early Action or **December 12th** (registration deadline, November 6th) for all regular candidates!

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

Colleges Our Seniors Will Apply To!



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

Kaori Moulton:	Thomas, Keene, UVM, Plymouth, UMF, NVU, Franklin Pierce, USM
David Richardson:	Bentley , UVM, St. Mike's, Clark , NVU-J, Wheaton , Westfield State, Husson
Devin Daisey:	USM, Norwich, UNH, NHTI, NVU-L, VTC, NMCC
Ozora Rice:	Thomas, Keene, UVM, UMF, NVU-J Castleton, Suny Platts, Plymouth
Evan Thorn:	Champlain, NVU, UVM, Wentworth, USM, CMCC
Marcy Flint:	USM, Suffolk, U Mass Lowell, UM Dartmouth, U Mass Amherst, SUNY Buffalo, UNH, WPI
Blake Betz:	Keene, U New Haven, NVU-L, Suny Purchase
Patrick Stowell:	VTC, Paul Smith, Keene, Lincoln Tech, Norwich, NVU, UVM
Miranda Degreenia:	Smith , USM, UW Seattle, Castleton, UMF, UVM, U Mass Amherst
Emma Powers:	Castleton, Husson, U Maine Farmington, Keene, USM, Plattsburg, NVU-L
Natalie Martin:	MCPHS, SMCC, Bunker Hill CC, Quinnipiac, Rutgers, CCV
David Moody:	Clarkson, RPI , Cornell , Tufts , Franklin W Olin, UVM
Kai Aviles:	UVM, Skidmore , UMF, Plymouth, Suny Plattsburg
Caroline Lowry	VTC, NHTI, U Maine Augusta, Regis, Central Oregon CC

Senior Reminders for September...

- Check to see if any of your colleges (only privates) require the PROFILE financial aid form. **PROFILE registration** should be done early in October (see student list!)
- Put the **Upward Bound Common Application workshop** on your calendar for September—Call us!
- Put the **Upward Bound FAFSA Workshop** on your Calendar for October, 11th
- Check to see if any of your colleges require SAT II's. If they do, call us immediately.
- By the end of September, register for the **November 7nd SAT** (deadline Oct. 9th). SAT waivers are available to all of you at your school we recommend that you register for the SAT **ASAP**. Some of you are taking the ACT and I may be able to find waivers if you need them – make sure you register before the September 20th deadline for the October 24th Test date.
- Remember: have your **SAT scores sent to the colleges you most likely will apply to** this fall to avoid paying money later.
- Look to see if the **St Mike's College Fair** in September will be Virtual or cancelled! We may or may not attend, if you would like to do this let us know ASAP!
- Contact the people in your high school who you want to write college letters of recommendations **ASAP**. Make sure to give them a copy of your activity sheet.
- Check on **scholarships in your school**. The best place to look is the guidance office.
- **Work hard in all of your classes! Start strong, speak up, and let your teachers know you are ready to learn!**

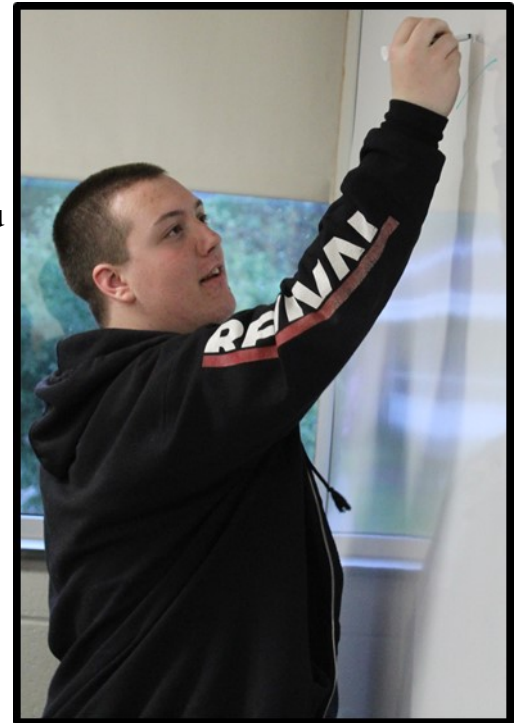


Financial Aid

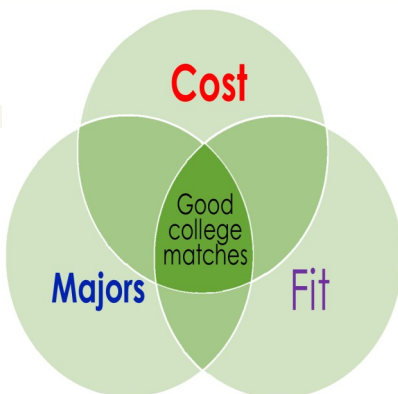
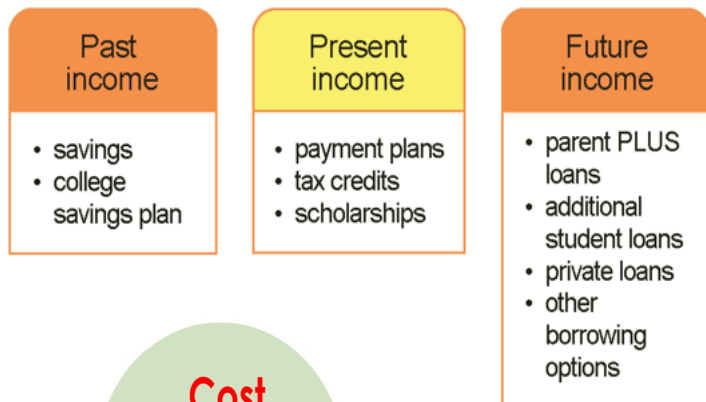
The Top 5 Things that Every Upward Bound student should



- * **Never Rule Out a College because of Cost Alone!**
 - * It is How Much You Pay, not the Cost!
- * **Compare College Cost before Applying**
 - * Use the Matrix Format
 - * And Talk to us about our Experiences
- * **Remember to Fill out the FAFSA and VSAC applications with Upward Bound**
 - * Timeliness is more important than Perfect Numbers
- * **Follow our Advice on Appropriate Colleges**
 - * Remember, we are the ones that know both you and your family, but also know the colleges that have money for students like you!
- * **Compare Award letters and Be a Good Consumer**
 - * And Make Your Choice and Celebrate!



How Do Families Pay for College?



Maximum Financial Aid Amounts or Money for College

- ⇒ **Federal Pell Grant:** **\$6345**
- ⇒ **Federal SEOG Grant** **\$4000**
- ⇒ **Federal Stafford Loans** **\$3500—\$8500**
- ⇒ **Federal Perkins Loans** **\$5000**
- ⇒ **Federal Work Study** **\$3000**
Usually about **\$2000**
- ⇒ **Federal PLUS Loan—for Parents**
Cost of Attendance—all other aid received

Thank You Students! From Rick, Alyssa & Ryan:

Kai, as always you brightened up this summer with your personality and charm... and this year Tik Tok!... **Blake**, (or should I say Mr. Upward Bound?) You never missed a beat this summer (haha get it) and really took advantage of this time to progress on your path to college... **Devin**, despite internet troubles you still persevered, advocated for yourself, and took advantage of this summer!... **Miranda**, it is always a pleasure working with you and you have added so much to the UB program over the past 3 summers!... **Marcy**, you always hold yourself to a high standard and try to set the highest goals for yourself and that is very commendable!... **Caroline**, your energy, enthusiasm, and curiosity always brightens our summers!... **Natalie M**, continue to be kind, passionate, and charismatic! People really benefit from your presence!... **David M**, your quick wit, natural inquisition and intrinsic compassion for people will get you far in life. Good luck with early college this year!... **Kaori**, it's always such a pleasure working with you and your kind spirit and compassionate nature really added to our summers!... **Emma**, (or should I say Mrs. Upward Bound?) you are the exact student that Upward Bound was made for and the dedication you showed this summer is unmatched! Thank you for always putting your best foot forward and making the most of every situation!...

Ozora, it's always a pleasure working with you and your smile lights up every room!... **David**, thank you for always being dedicated, committed, and present this summer!... **Patrick**, your peers learn a lot from your maturity, work ethic, and dedication!... **Evan**, Thank you for always being present and ready to engage and ask meaningful questions about anything and everything. This will come in handy in the future! **Elly**, your passion, hard work, and dedication are unmatched and you brought some great energy to the program this summer!... **Maple and Lauren**, if we ever need Mac and Cheese and we know who to call! Your fun energy kept things interesting this summer and it was a blast!

Thank you both for participating, working hard and keeping us laughing all summer long!...

Kayanna, thank you for bringing so much passion, commitment and energy to the program and we know that your commitment to UB has never waived!... **Natalie D**, we always appreciate your quick wit and kind nature and had a lot of fun working with you this summer!... **Adalia**, it was so great getting to know you this summer!... **Aggie**, thanks for brightening up our summer with your positive attitude, inquisitive nature, and kind spirit!... **Courtney**, thanks for joining us bright and early every day from Arizona! Your commitment and hard work this summer will come in handy this year!... **Desiree**, you demonstrated a lot of growth and maturity this summer and we applaud all of your hard work and commitment to your education!... **Ryan**, it is always a pleasure having you around and you've really helped brighten our summers!... **Ben**, your commitment and overall growth this summer really shows how dedicated you are to your education and people loved hearing you play the guitar this summer as well!... **Gemma**, thank you for your commitment to Upward Bound and your education this summer. Rumor has it that you're becoming quite the social justice advocate!... **Natalie**, it was so great working with you this summer! We hope you learned a lot and had some fun!



Alex, everyone really benefits from your mature, calm and kind presence in the program and we appreciate your hard work this summer!... **Jordyn**, you really stepped up and took advantage of this brand new experience to learn and move forward on your path to college and we really appreciate your dedication and effort this summer!... **Leashie**, thank you for always being such a positive force in our program! The people around you really benefit from your positive energy!... **Madison**, thank you for blessing us with your incredible singing voice this summer and working extraordinarily hard to get as much out of this summer as possible!... **Will**, it was so great getting to know you this summer! Thanks for being present and working hard all summer long!... **Lizzy**, thank you for all of your hard work this summer and for advocating for yourself all summer long! That



skill will come in handy in the future!... **Megan**, Alyssa told me that you were her favorite (shh, don't tell anyone else!). Thanks for your hard work this summer!... **Bethany**, thanks for your hard work and dedication this summer!... **Abby**, thank you for stepping up this summer, advocating for yourself and working hard! We heard a rumor that Tea Time with Becky was your favorite activity this summer!... **Eli**, you showed some strong professionalism and leadership skills this summer! Keep up the great work!... **Nya**, it

was so great getting to know you this summer and you really helped make it more fun and enjoyable!... **Colby**, thank you for your commitment and dedication this summer!... **Raymond**, thanks for showing up, being present, and asking the right questions all summer long!... **Chelsea**, we really enjoyed getting to know you this summer and we heard a rumor that you are really good at yoga!... **Felicity**, thank you for bringing such good energy to the program this summer!... **Joy**, it really was a "joy" having you around this summer and you showed us how to dance the blues away!... **Joey**, Lauren told me in confidence that you are her favorite (shh don't tell your friends). Thank you for your commitment to the program this summer. Your dedication is unmatched and it was so much fun working with you!...



Thank you for Another Wonderful Summer!



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



Northern Vermont University Upward Bound!

Northern Vermont University Lyndon Upward Bound



Excellence in the Vermont Tradition 2019 - 2020

The Northern Vermont University - Lyndon Upward Bound Program recently concluded it's 40th year. It was a year marked with a number of exciting highlights that included:

- **65% of our** Upward Bound students made the **Honor Roll** at their schools at least one semester this year!
- And, **23%** of our students are members of their school's **National Honor Society** and 1 has been elected president.
- **Our former students had an average college GPA of 3.2**
- **89%** of our **residential summer staff** were alumni of this program!
- 1 UB student was **Valedictorian - Astra Sleeper** and 1 was **Salutatorian — Maddie Foster—Pudvah** at their schools.
- The **Upward Bound Scholarship Fund** gave out over **\$12,000** to former Upward Bound students in college.
- **Astra Sleeper** received the Stephen Phillips memorial Scholarship for \$36,000!
- **Haley Ott** won the **Vermont Educational Opportunity Programs Scholarship** for \$750.
- **Andi Elie** was awarded a full scholarship to Boston College—worth over \$280,000
- **Mara Duquette** received a full ride to The University of Chicago worth over \$312,000
- Our students performed over **300 hours of community service** during the academic year.
- **19** students coordinated Vermont's "**Warm the Children**" program in the Fall which gave away nearly \$14,000 of new warm winter clothing to **182 children** in need from 20 local schools.
- **18** students from 4 local schools volunteered at the **Burklyn Arts Holiday Craft Fair**.
- Upward Bound students supported a local family with food and Christmas presents through **Hand to Hand**.
- **3** students attended the **New England Student Leadership Conference** joining 80 other students and staff at the Hulbert Outdoor Center in Fairlee, VT for leadership building adventure education and goal setting workshops.
- **7** students attended our regional **TRIO Day Celebration** in Framingham, Mass where they met with hundreds of other Educational Opportunity program participants, heard inspiring speakers, and toured local colleges and universities.
- Upward Bound students had the opportunity to tour **13** different colleges last year
- **2** students (**Miranda Degreenia** and **David Richardson**) spent a day at the State House for **Vermont TRIO Day** meeting with their local representatives, learning about the history of TRIO and advocating for TRIO Support.
- **11** students participated in the **15th annual Upward Bound Scholar's Bowl** held at the University of Vermont! They took home a 2nd place trophy and got some wise words of advice from a TRIO Alumni Panel.
- **13** students were the guest of the **University of Vermont's Sophomore Summit**.
- UB Alumni and 4 time Tutor Counselor **Rebecca Doucet** participated in an Internship at Dartmouth College.
- Craftsbury Academy's **David Moody** is one of the inaugural recipients of the **Ignite Presidential Fellowship at Clarkson University** in Potsdam, New York; a merit-based award covering full tuition for four years
- During the **First Ever Virtual Summer Program**, 74 students participated in the program participating in:
 - **19 different academic courses** to challenge students including SAT Prep, Calculus, Geometry, College Preparation, College Writing and Financial Literacy
 - Offered an additional **21 elective courses** including Creative Writing, Dance, Music, Fitness, Iphone Safari, Virtual Van Rides, and Yoga
 - Students also had to option of **touring thirteen colleges virtually this summer**; NVU-Lyndon and Johnson, The University of Vermont, Champlain College, Middlebury College, Castleton University, Norwich, Central Maine Community College, University of Maine at Farmington, Thomas College, University of Southern Maine, Keene, and The University of Massachusetts at Amherst
 - In July Castleton University hosted the **Upward Bound Summer Jamboree** where our students met with more than 200 other UB students from across Vermont and Northern New York to celebrate the states TRIO Programs with a special welcome from Vermont Senator and Presidential candidate Bernie Sanders.
 - At the end of the summer all of our **students took a full unofficial SAT** that will be used in the future to better prepare the young scholars for this important college entrance exam. The seniors scored a staggering **130** points above the national average for similar income students

Senior College Choices:

Andi Elie	Boston College
Dakota Collins	NVU-Lyndon
Danielle Hallam	NVU-Johnson
Dominique Bandy	University of Southern Maine
Emilee Guyette	Plymouth State University
Haley Ott	University of New Hampshire
Madeline Foster-Pudvah	Colby Sawyer College
Matthew Rice	Culinary Institute of Art

Nash Nunn	NVU-Johnson
Olivia Brimmer	New England College
Shelby Ruggles	Southeastern University
Annabelle Doucet	NVU - Lyndon
Melanie Coons	Southern Maine CC
Astra Sleeper	University of New Hampshire
Mikayla Smith	Simmons College
Mara Duquette	University of Chicago
Mikaela Strzempko	New England College
Samantha Whipple	University of Vermont
Trinity Lahaye	University of Vermont

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!



HIGH SCHOOL: HOW IT WORKS

aka: "the best four years of your life"
 ↑ **WRONG!** it is actually the biggest learning experience of your life ← **RIGHT!**

FRESHMAN YEAR:

- ① it is not terrifying or like anything you see on TV
- ② DO NOT try and be friends with everyone
- ③ everyone hates the freshman, so don't act like you're better than everyone, because you're not
- ④ walk on the right side of the hallway, stairs - don't walk in packs AND stop screaming, you'll see your friends at lunch.

→

SOPHOMORE YEAR:

- ① this year contains a lot of drama
- ② LET'S LEARN TO DRIVE!
- ③ you'll learn that the mitochondria is the powerhouse of the cell.
- ④ freshman are annoying... I hope I wasn't like that

↓

JUNIOR YEAR

- ① ~~SATs~~
- ② CHEMISTRY will consume your life
- ③ you have to start thinking about college
- ④ PLEASE STOP asking me what I want to be because I DO NOT KNOW.
- ⑤ Junioritis is real
- ⑥ you find your group of friends

←

SENIOR YEAR

- ① college applications = college acceptance letters "THE FUTURE IS OUT THERE"
- ② why am I still here?
- ③ how long until I graduate?
- ④ SENIORITIS
- ⑤ your last everything: prom, class trip
- ⑥ **GRADUATION**... finally!!

Upward Bound September Birthdays:

Evan Thorn	09/06
Ozora Rice	09/09
Ryan Moulton	09/10
Eli Hooker	09/14
Alex Pitt	09/14
Madison Wilson	09/25
Courtney Lewis	09/26



Chomebooks!

We still have over 40 Chromebooks sitting at the office! If you need a computer or would like a separate computer for your school stuff please reach out to Rick or Ryan!



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