

Northern Vermont University Lyndon Upward Bound



Alumni Newsletter

Fall 2020



You are a TRIO student and you should be proud!

Don't forget your roots! Now is as great a time as any to reflect on your educational journey, where you came from, and how you got to where you are today! We are living in unprecedented times and it's very easy to get bogged down in the moment and forget about your future and the path you laid out for yourself. I have spoken with almost all of you this fall and it is safe to say that many of you share the same concerns and it is okay if you are struggling right now. We are in this together and the common bond that connects us all is TRIO Upward Bound. Being a TRIO first generation college student from a moderate income family means that you are beating the odds and breaking a cycle that runs generations deep. TRIO students are resilient, dedicated, hardworking, passionate, motivated, inspirational, and incredibly bright. Yes, this is you! TRIO students know better than most about overcoming adversity and persevering through tough times AND tend to have a more open minded and creative approach to problem solving! Not only are you very capable and well prepared to continue your success through the pandemic, you also have the capacity to help out, give back, and support your communities.

Please, If you are considering making any huge changes right now like dropping out, transferring or changing your major, or are struggling in any way, reach out to us! Chances are we can help make the process easier for you, help you avoid pitfalls or negative impacts, and connect you with appropriate resources on campus. We are here to help! I know that times are tough, but the best way to move forward is to focus on your education and your future.

Upward Bound Alums - Good Luck on Your Finals!

Right now, the Northern Vermont University—Lyndon Upward Bound program has 61 students in college that we are working closely with. That is a pretty high number and we are thrilled that we continue to have contact with you. Even more importantly, about 75% of our Upward Bound alums are on the path to graduating from college...think about that! When we admitted you into Upward Bound, we told you that if you stay with us and drink the Kool-Aid, we would help you get into the best college for you! Almost all of you are doing tremendously well—in fact, 85% of you had college GPA's over a 3.0 last year! Amazing!!

So, OUR MESSAGE TO YOU IS THIS: Keep doing what you are doing! Work hard and do well on your finals...in some classes you know that finals count quite a bit towards your final grade. Don't let a bad week in December ruin all the hard work that you have put in for the past 16 weeks!

Good Luck on your finals, keep working hard through the entire semester, and stay in touch with us.

We are very proud of all of you...



ALUMS IN COLLEGE



VERMONT

Northern Vermont - Lyndon

Ryley Fisher (LI)
Jamie Powers (LI)
Abby Bliss (St J)
CeCe Jones (St J)
Brittney Smith (LI)
Annie Doucet (LR)
Nash Nunn (LI)
Baylee Olden (LI)

Castleton State College

Lauren Holt (Riv)
Nick Stowell (LI)
Melanie Gagnon (LR)

Northern Vermont—Johnson

Matt Allen (Crafts)
Makayla Dailey (Hazen)
Danielle Hallam (Woods)

Champlain College

Richie Dennis (CAN)

VTC

Cassie White (Riv)
Kaylee Noyes (Can)
Emmitt Lambert (Can)

University of Vermont

Michael Delaney (Riv)
Shelby Loura (Dan)
Alaura Rich (STJ)
Shawna Columbia (LR)



Trinity Lahaye (BMU)
Samantha Whipple (LR)

Middlebury College

Rebecca Doucet (LR)
Emily Klar (LR)
Kaitlyn Girouard (SJA)

Norwich University

Maranda Ruggles (LI)

CCV

Duncan Martin Baker (Crafts)
Matt Allen (Crafts)

NEW HAMPSHIRE

University of New Hampshire

Brianna Gingue (LI)
Curtis Wyman (Woods)
Haley Ott (LI)
Astra Sleeper (Woods)

Plymouth State University

Chelsea Paye (Woods)
Emily Guyette (LR)

Southern New Hampshire

Christian McFarland (Woods)

New England College

Olivia Brimmer (LI)

Colby Sawyer

Maddie Foster-Pudvah (Hazen)

MASSACHUSETTS

Boston College

Noah Wilson (HAZ)
Andi Elie (LI)

Simmons

Mikayla Smith (Woods)

NEWYORK

Manhattan College

Yannick LeScouezec (Crafts)

CIA

Matt Rice (Dan)

Paul Smiths

Nate DeGray (CAN)

Chelsea Paye (Woods)

Clarkson

David Moody (Crafts)

VIRGINIA

Liberty University

Elizabeth Erbentraut (Locke) (LI)

PENNSYLVANIA

Cairn University

Laurel Goodwin (LI)

MAINE

USM

Percy Poginy (LR)
Katelyn Brown (Dan)
Dominique Bandy (LI)

UMF

Alyssa Leonard (LI)
Sarah Collins (CAB)

Husson

Molly Leighton (Can)

Unity

Addison Broome (SJA)

CMCC

Melanie Coons (STJ)

UNE

Mikaela Strzempko (SJA)

CONNECTICUT

University of Bridgeport

Meadow Yvon (RIV)

FLORIDA

Southeastern University

Shelby Ruggles (LI)

ILLINOIS

University of Chicago

Mara Duquette (LR)

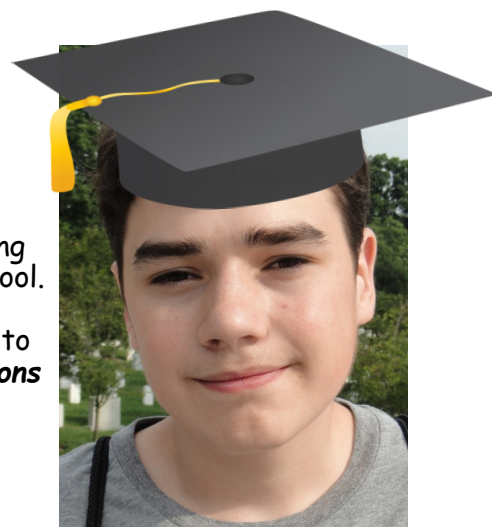
ARIZONA

Arizona State University

Emma Mauceli

2020 Upward Bound College Graduates

The following is a list of our 2020 College graduates from the Lyndon State College Upward Bound program. As you can see, our students went to a wide variety of colleges and this list represents a 74% graduation rate over the last 6 years! Several of these students will continue on in their education or enter the world of work. Our goal continues to be seeing our students graduate from college; not just enter college after high school. These scholars were in the exact same position four or five years ago (or more) that you are in now. It took a lot of hard work for these students to get where they wanted to be. And they are all AWESOME! *Congratulations to this extraordinary cohort of Alums....*



Dreams come true with hard work...

Marisa Eldred	NVU-Johnson:	<i>BS in Business; focus in Hospitality & Tourism</i>
Kiana Royer	VTC:	<i>BS in Business Management</i>
Kimberly Sobeck	Drew University:	<i>BS in Environmental Studies</i>
Mallorie Biron	University of New Hampshire:	<i>BS in Computer Science</i>
Christina Cassidy	Mount Holyoke:	<i>BA in Music; Journalism, Media, & Public Discourse certs.</i>
Daniel Cliché	University of Vermont:	<i>BS in Environmental Engineering</i>
Merrick Marchesseault	Champlain College:	<i>BS in Cyber Security</i>
Christina Shatney	Plymouth State	<i>BS in Computer Science</i>
Samantha Turgeon	U North Carolina-Wilmington:	<i>BS in Health & Exercise Science</i>
Bria Willis	Castleton:	<i>BS in Sociology/criminology, business minor, trauma certificate</i>
Isabel Wildflower	SUNY Potsdam:	<i>BS Criminal Justice</i>
Alyssa Cote	Vermont Technical College:	<i>BS in Business</i>
Josh Lindor	Norwich University:	<i>BS in Criminal Justice</i>
Mael Le Scouezec	MIT	<i>BS in Business</i>
Kate Oliver (2019)	Boston University	<i>MS in Public Health in Healthcare Management</i>
Mikayla Royer (2019)	Boston University	<i>MS in Public Health in Healthcare Management</i>



2020 Upward Bound High School Graduates

After many trials, triumphs, tribulations, changed minds, and countless applications, here is what we hope is the final list of where our graduates are attending college this fall. We once again have almost 100% of our UB seniors who stayed with us going on to college immediately after high school. This year's seniors are going to a wide variety of colleges and are seeking many different types of degrees. This is what Lyndon Upward Bound at Northern Vermont University is all about!

- * **15 different Colleges, 8 Private Colleges, 6 State College and Universities , 1 Community College**
- **5 students at Vermont State Colleges, 3 at out of state Public Universities, 8 out of state private, 5 at New England Private Colleges**
- **100% of the NVU—Lyndon Upward Bound seniors have worked hard to make good choices!**

Dominique Bandy	U of Southern Maine	Trinity Lahaye	University of Vermont
Olivia Brimmer	New England College	Nash Nunn	NVU - Lyndon
Melanie Coons	Central Maine CC	Haley Ott	University of NH
Dakota Collins	School of Deli Services	Matthew Rice	Culinary Institute of Art
Annabelle Doucet	NVU - Lyndon	Shelby Ruggles	Southeastern University
Mara Duquette	University of Chicago	Astra Sleeper	University of NH
Andi Eli	Boston College	Mikayla Smith	Simmons College
Madeline Foster– Pudvah	Colby Sawyer College	Mikaela Strzempko	U of New England
Emilee Guyette	Plymouth State University	Samantha Whipple	University of Vermont
Danielle Hallam	NVU - Johnson		



Ryan's 5 Top Reasons to Stay in Touch

- 1. We Care About You!** During your time in Upward Bound, we spent some serious time together...white water rafting, visiting D.C., going on college tours, etc. We always want to know what made an impact on you and what you're up to now! And not just the good stuff either! If you're struggling often times we can help you or connect you with good resources on campus! We are here for moral support as well - anything to help you succeed!
- 2. It Makes Us Better!** As we work with you while you are in college, each of you has something unique to offer. When we hear from you, we often hear about how things are in college now, whether the school is treating you well or not, roommate issues... We share all of this information with our current students to help them find the best college for them!
- 3. We May Offer You A Job!** And I am not just talking about as a summer TC or teacher....as you all know Rose, Deirdre and Ryan were former UB alums and we are thrilled that they have helped to make our program better... anyone want to be the Director?
- 4. We Want To Financially Support You!** As you know, we do send you some mad money each January once we receive your college grades. We also will pay for your PRAXIS, MCATS and LSATs. And if you ever need some other financial support, we can sometimes hook you up with our favorite scholarship funds...just ask **Amber Wolf** and **Becky Doucet!**

5. We Have Pictures! One of the best parts of this job is being able to embarrass alumni with those high school freshman pictures... and I will if I do not hear from you!

FAFSA, VSAC and Other Financial Aid Forms

FAFSA: Remember that the FAFSA now opens on October 1st every year, and that you will need to use your 2019 1040 income tax forms. If you have not done so yet—you need to do your FAFSA now! The 2021–2022 FAFSA went live on October 1st and you should submit it before things get crazy! The federal government realized that financial aid has to be submitted earlier and they will now allow you to use last year's tax forms to complete the process—that is your old 2018 taxes. All of you should use the IRS Data Retrieval tool and that will make things much faster for you! But be warned—if you use the Tool—you will have to know what the breakdown of each of your parents' contribution was. I do think that this will be the easiest year for the FAFSA so please get on it if you have not done so!



The earlier submission date is a permanent change, enabling students to complete and submit a FAFSA as early as Oct. 1 every year. And please remember that it will be easier this year since everyone of you filed last year. All the demographic fields will be preloaded and you can just update the things that have changed. And you can do this and your parents can do their part from home! It is now a smarter form.

For VSAC: the 2021–2022 Grant Application is also live and can be completed at this time. As you will remember, these two important financial aid forms have to be done **every year** that you are in college!

It has been a very long time since one of our students forgot to complete and send in the FAFSA, the federal form that determines your Pell Grant, SEOG, work study and federal loans. Remember that if you miss their deadlines, you could lose thousands of \$\$.

CSS PROFILE: Different form—same message. Almost all of you that filled out the PROFILE in the past know what a pleasure it is! But also remember that you have to do it every year and the deadlines come up pretty quickly!

Scholarship Money / Book Money for You

As a member of the NVU—Lyndon Upward Bound program, we will once again be able to send you a check this year when you send us your first semester grades. Some of you get those grades to us in a hurry while others take their time. Remember, we will send you a check the same day we get your grades!

Over the past few years a large majority of our former students in college have received over a 3.0 college GPA. We know you are capable students and it shows every year. But always remember that regardless of how you do, we will send you money. One other thing, let us know that you received the check (every year it seems a check vanishes in our postal system for some reason or another).

Additionally, it is up to you to actively seek out any and all campus based scholarships. On larger campuses, they are often found in the department of your major. Look hard for this money! Often times these scholarships are not highly sought after and it is always a good idea to check the area around your college's financial aid office for extra money.

The Stephen Phillips Memorial Scholarship Fund Renewal

A quick reminder about the Phillips Scholarship Renewal application: Remember you need to maintain at least a 2.5 GPA and you will still be eligible as long as your financial need has not significantly decreased. The applications are online on January 1st and can be submitted as soon as you complete your FAFSA and have a Student Aid Report. The last day it can be submitted is May 1st, but we know the sooner they get there the better! If you have questions call us or visit the official Phillips Scholarship site at www.Phillips-Scholarship.org.

Scholarships On Your College's Campus

As you progress through college your loans increase, that \$3500 Stafford Loan balloons to \$5500 in your third, fourth (and fifth) years. It is up to you to actively seek out any and all campus based scholarships. On larger campuses, they are often found in the department of your major. Look hard for this money! Often times these scholarships are not highly sought after and it is always a good idea to check the area around your college's financial aid office for extra money.....On another note, if your financial need has increased substantially, please call us.

Financial Aid for the First Generation College Student

You must file the FAFSA and VSAC every year in October: Complete your FAFSA as close to October 1st as possible! Always make sure information is in to your college by the requested deadline so you are eligible for the maximum amount of aid. You can do this by going to the school's financial aid office or checking your school e-mail account for any notifications. The deadline for the form may be different from the previous year as you are now a returning student. If your school requires the CSS Profile you will also need to see if that form is required again as well (some schools will only want it once, some schools may want it every year you are enrolled).

Understand that the amount of aid will change from year to year. Your family's financial picture (salaries, assets, expenses, etc) can change from year-to-year. With those changes, the financial aid package will also change from year-to-year. Your school may offer more aid or they may offer less aid, but either way, expect what you're offered to change. Things that can dramatically change the aid would be changes in employment for a parent, changes in your family's assets, or having a sibling start college while you are still enrolled. If your award doesn't seem right to you—call us at the Upward Bound office. We can look at last years FAFSA and make recommendations!

Be in communication with your parents: Even though you are now in college and may feel independent, for purposes of the FAFSA, you are still considered your parent's dependent student. That means your parents will again need to fill out the FAFSA with you, and it's vital that both you and your parents know how important it is to file early!

Your enrollment status will affect your eligibility for financial aid: In order to receive federal financial aid (Pell grants, Stafford loans, Perkins loans, and work-study) you must be enrolled at least half-time. The number of credits in order to be considered half-time is determined by the school (usually 6 or more credits). Generally, in order to receive institutional money (grants & scholarships) you must maintain full-time status—12 credits. You should check with your school's financial aid office for clarification. Also, the number of credits you have attained from year to year may affect what aid is available to you.

Financial aid may be applied to study abroad programs.: This will depend on your school's policy on how they treat study abroad programs, so if you are considering this, be sure to speak with your financial aid office. It is possible you will still receive federal aid, but the billed amount may be significantly different.

Be aware of the repayment terms for your federal loans: As a student, you will more than likely have federal student loans. These loans can be taken for granted because you don't have to pay them until six months after you graduate. Sometimes the amount you have to pay back (and the monthly payment) can seem overwhelming when you get your first bill after graduation.



Upward Bound Students Should Graduate in Four Years! REALLY!

Remember that summer before you went to college? Remember meeting with Upward Bound for our College 101 Presentation? One of the most important things that we talked about is that you should plan on graduating in 4 years. To make this a reality, you need to carry 15 credits each semester that you are in college! Lyndon Upward Bound students are well prepared for college—I dare say better than the average college student— and our graduation statistics support this. But colleges sometimes tell you that you should take less credits than what we expect. Be careful and call us—remember that we know your academic strengths and your academic warts too and we can help guide you.



The thing you really need to think about is the fact that if you spend another year in college, not only will you be paying for the extra year, you will also lose 1 year of employment—often at a cost of \$30,000 or more. We also are aware that sometimes special programs, transferring, or a poor academic performance will affect your progress. Please keep this in mind and plan on graduating on time!

Seek out your advisor, often times they'll have a spread sheet or guide as to what classes you need *and* when they are offered! This is an excellent tool to help you plan out your semesters. Some schools only offer certain classes every other year, and sometimes those are required courses!

Tips for College Students:

Good Notes = Good Grades: The correlation between good notes and good study habits is undeniable. However, taking good notes doesn't come naturally to everyone. The trick is to record the key points of the lecture or textbook without writing down too much extraneous info.

Stay Organized: Keep a detailed calendar with all your commitments, including classwork, social events and extracurricular activities. Use sticky notes to remember important textbook pages, keep your returned assignments, and make flashcards for key terms. You'll thank yourself come exam time!

Unplug and Reconnect: The Internet is the worst distraction there is, and limiting time on it is one of the best study tips for college students. Try to set boundaries for yourself: for example, no Facebook during class or study time.

Don't Cram: Good study habits come from pacing yourself. Try to study a little bit each day, rather than saving it all for the week before the exam. This will help you ward off exhaustion and remember what you learned.

Don't Over-Study: Study the key ideas of each lecture or textbook chapter, and avoid absorbing useless information. If you're the type of person who camps out in the library, you're probably doing too much work. If you're unsure, meet with your professor to make sure you're practicing good study habits.

Find Your Zone: Everyone has their perfect study environment whether it's a quiet reading room, bustling coffee shop, listening to music while you study or complete silence. Try a few different kinds of environments and see what works for you.

Take a Break!: No, really, you've earned it! Take a ten-minute break every hour or so, and try to take a day or two off per week if you can. It'll help you stay energized and at peak mental condition. Given how easy it is to become overwhelmed in college, this is probably the most important of our study tips for college students. *From Campus Explorer*



Tips for Each Year of College!

Freshmen Year:

Get Involved

Joining a club is a great way to meet new people that have similar interests to you! Most schools have an event to showcase a wide variety of clubs and organizations on campus each semester.

Talk to your professors

They are a great resource to have and establishing a relationship with them can lead to opportunities down the road!

Get to know your advisor

This is a person who will be with you for your college career, it's beneficial if this person knows a little about you to help schedule your upcoming semesters.

Take responsibility for your own learning!

You're not in high school anymore, everyone in college is there to learn because they want to, not because they have to. There are a lot of opportunities for learning in college, often outside of the classroom. Take advantage of every opportunity you can. Go to class! You can do that math for your own tuition, but it generally costs \$80 - \$100 per class.

Work hard in your first semester

It's easier to keep a high GPA high than to try and raise a low GPA. Working hard in your first semester will set you up for success!!

Sophomore Year:

Confirm Your Major and Career Goals

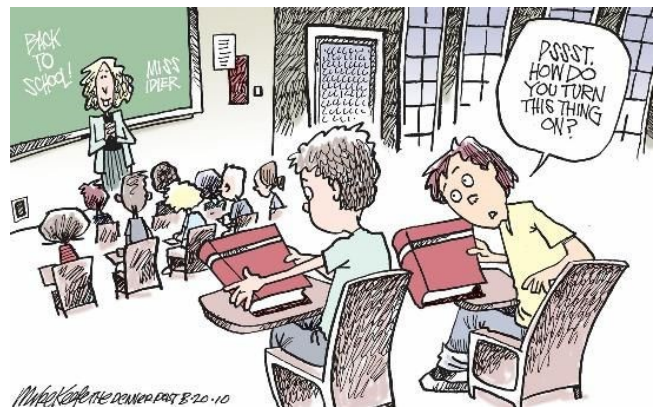
Sophomore year is a great time to commit to a major, freshman year was great for trying new things and hopefully you learned a little bit about yourself! However in order to finish in 4 years, it's best to commit to a field of study now!

Gain Relevant Work Experience

Go get a work study job that relates to what you're studying, or take time during the summer to intern and start gaining experience in the field you want to work in!

Create a Resume and Cover Letter

Maybe you already have one, and it *will* change frequently. However creating and learning about resumes and cover letters now will put you ahead of the curve!!



Junior Year:

Traveling

Thinking about studying abroad? People generally do that in their junior year (so start planning your sophomore year!) OR start planning for your senior year travels!

Begin Networking and get your name out there!

It really is all about who you know, so go meet some people who work in your field! Head over to your campus career center, they'll know some people that you can talk to.

Get an Internship

This is it, your last summer before your final year of college and what better way to spend it than by gaining experience?

Consider Graduate School

If you're thinking about continuing your education, begin planning now. You'll have much more time to think about it now than the final months of your senior year.

Senior Year:

Keep Doing Everything You've Been Doing

Keep networking, keep updating your resume, keep going to classes and working hard. Senioritis may kick in at any time, but it's still important to work towards your goals!!

Save Some Money and Be Aware of Your Loans

Soon you'll have to start paying back any loans you may have accumulated, it's best to know how much you'll owe and create a payment plan!

Don't Compare Yourself to Others

If you work hard and apply to jobs you will eventually find the right fit. Don't worry about other students who seem to have everything all lined up...go your own way!

Enjoy Your Time in College

You'll never again have so many opportunities with so few responsibilities.

39th Annual National Policy Seminar

In Washington, D.C.

March 21 - 24, 2021



We have always known that we have superb students in our Upward Bound program, and we are thrilled we have been able to bring 29 students to the National Policy Seminar in DC over the years. When we visit DC, our alums talk about the impact that Upward Bound has had on their educational goals. It is a pretty impressive meeting—our former students and their Senators and Congressman all talking about Upward Bound. Due to Covid-19 restrictions we were unable to go to DC this year, but I am happy to say that we were still able to hold virtual sessions in March where we advocated for TRIO, spoke with local representatives, state legislature and senate aids, asked for additional funding and celebrated the success of TRIO and Upward Bound.

This has been crucial in the past few years; Upward Bound funding has been level and we have been required to do more with less, but through strong congressional support Upward Bound is still thriving at NVU-Lyndon. Our State and Regional associations help to pay for this trip if our students are selected and we will continue to submit names. This year's 40th annual conference will be held from March 21st - March 24th, 2021. If you are interested in being part of this outstanding opportunity, please contact us.



LSC UB Alums who have attended:

- 2019:** Mikayla Royer & Katelyn Oliver
- 2018:** Shauna Hill
- 2017:** Kathleen Rodrigue
- 2015:** Lindsay Carpenter
- 2014:** Amanda Wright / Brian Dixon
- 2013:** Mary Jardine / Amy Broome
- 2012:** Kaili Williamson
- 2011:** Erna Numanovic
- 2010:** Kelly Aremburg
- 2009:** April Butler
- 2007:** Bryan Fortier, Karen Marineau Mabe
Miranda Warner, Becky Johnson
- 2006:** Robyn Lotspeich, Elysha Nelson,
Crystal Baldwin
- 2004:** Krissy Olson
- 2003:** Kyle French, Patty Waterhouse
- 2002:** Casey Johnson and Jay Bona
- 2001:** Chris Warner
- 2000:** Angie Ryan, Cary LaCourse
- 1995:** Shauna Hill



Cameron Newland To Be Named The 2020 VEOP Achiever

Cameron Newland has been chosen as the 2020 VEOP Achiever! He will represent Lyndon Upward Bound at the annual 2020 Vermont Educational Opportunity Program's (VEOP) conference on December 2nd which is typically held at Vermont Technical College in Randolph, VT, but will be held virtually this year. The VEOP Achiever Award is given each autumn to an educational opportunity program participant who has successfully completed postsecondary study and received recognition for academic achievement, is a person of high stature within his or her profession, and has made significant civic, community, or professional contributions. At the conference Cameron will accept his award and be able to talk with TRIO professionals in Vermont about his educational journey and how his involvement with Upward Bound played a part in his success. Cameron has been an important part of the Lyndon Upward Bound program over the past nine years and he is truly deserving of this high achievement. It is stories like Cam's that keep these programs alive and prove that the work we do with first generation, college bound and moderate income students really works!



Cameron started his journey with Upward Bound as a freshman in high school 9 years ago. He attended Lyndon Institute and joined Upward Bound to become more prepared for college, define his career goals, and further develop his academic, social, and leadership skills. In High school, Cameron was an outstanding student-athlete and worked hard and did well in a rigorous course load while also being a stand out golf player. He was also very involved in Upward Bound and took advantage of many opportunities for personal development including college tours, competing in the Johnson State Greening Summit, JFK Leadership Conference, and the New England Student Leadership Conference. Cameron also really cares about his community and has served countless hours at the Saint Johnsbury Country Club where he dreamed of designing golf courses, Riverside Life Enrichment Center working compassionately with local elderly visitors, and with the Lyndonville Breslin Center giving back to this day camp for local low-income youth that he himself attended as a child! He has also volunteered with various community programs and events such as North Pole Express, Burklyn Arts, VMAC, Warm the Children, and the Lyndonville Color Run. Cameron was a leader in nearly every event and activity Upward Bound offered him and his hard work accumulated to his acceptance at the University of Maine Orono for Electrical Engineering... and at an incredibly reasonable price!

During his time at UMaine Orono Cameron received impressive grades in a rigorous curriculum boasting a high GPA, making his way onto the Dean's list for both semesters in 2016, earning his Engineering Intern Licensure in the spring of 2019, and volunteering with Engineers without Borders. Cameron spent a good portion of his senior year interning with SGC Engineering and did such an outstanding job that they held a full-time position open for him until he graduated. While he is only in his first year of professional employment, we have heard only great things about Cameron's work and he is already earning more money than Rick! During College Cameron also came back to support TRIO students by serving as a residential tutor counselor through the Lyndon Economic Americorps Program (LEAP). The student reported that they felt super comfortable opening up to Cam and listening to his advice. Most of them, especially the boys, really felt that they could relate to Cam and they learned a lot by listening to his story. Students also raved about how positive and energetic Cameron always is, and how that has a positive effect on the entire summer and their personal experience with Upward Bound.

Cameron has always had a strong work ethic and positive attitude so it is no surprise to see him thriving so early in his professional career. He also really cares about the work he does, the communities he's apart of, and strives to make the world a better place. He always does what he can to support our program and even made an appearance this summer during our first ever virtual program to chat with current Upward Bound students about his career path and educational experience. Cameron is an all around considerable young professional and important member of our community and there are few more deserving of this award. Congrats Cam!

So You Think You Want To Be a Tutor Counselor?!



We will once again be looking to have our entire summer residential staff be former Upward Bound students. As you know, over the last 10 summers, it was rare to see a Tutor Counselor that was not a former student and our goal has always been to support our alums and give them the opportunity to give back to our program. The 2020 summer program begins on June 13th and will culminate on July 18th. This year our excursion will return to the Kennebec River in Maine to do some white water rafting! Contact us if you would like to work as a summer staff member.

Being a TC is an amazing opportunity to gain leadership experience and get to know the current students of Upward Bound. However, it's a big time commitment and you'd be a residential staff member, meaning you'll live where you work, and work where you live. But it is much better than being a student—and you get paid to do it! You will have a dual role as a TC and as an AmeriCorps member! There is quite a bit of paperwork for you to do but it will be well worth it! As an AmeriCorps member, you will receive about **\$3000** in income as well as a **\$1750** tuition education award! Not bad pay for a 6 week summer job!

If you're looking for some exposure to teaching this would also be a great opportunity! As a Tutor Counselor you sit in on classes and assist students with their daily homework. You also get to work with some of the best teachers in Vermont! (Just talk to Tim Ulrich!!)

Although we prefer that you have completed your sophomore year in college, we always seem to hire a freshman here and there! Think about it—we know that you are the best role models that we could ever find!





Think About Becoming an “Arrrrrrrr - eh” - said the Canadian Pirate

(RA = Resident's Assistant)

Being a Residence Assistant is a great way to cut some college expenses as long as you know what you're getting into. Although some of the benefits are great, a private room, fun activities, and a job where you get paid to hang out with people – it also includes late nights, tough situations, and a major time commitment. While the pros may outweigh the cons, it's important to weigh your options. It is not a good idea to take the job solely for the perks.

Pros:

- You get your own room.
- The pay is usually pretty good.
- You'll get great leadership experience.
- You can give back to your community.
- It looks good on a resume.
- The hours can be great.
- You'll be part of an awesome team.
- You get to return to campus early.

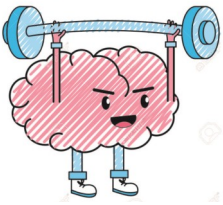
Cons:

- It's a major time commitment.
- You don't have much privacy.
- You are held to higher standards.
- You have to deal with issues you already worked through your first year in school.
- You have to return to campus early.

TRIO is Everywhere: Look for them on your campus!

The Federal TRIO Programs are established throughout the United States and can continue to help you along your path to completing your college degree and beyond! Most colleges that our students attend have **TRIO Academic Support Services (SSS)** programs and they are there to support you, give you advice about classes and professors, help you with tutors and loan you laptops. Additionally, they often have scholarship money that could be as much as your PELL grant! Almost all UB students are eligible for this award. We have made all of our students aware of this program, but it is good to connect with these folks at your college before things go south and you need them. Trust us and contact SSS! A lot of our current UNH students are involved with SSS at their college and you should be too!....





Ryan's Tips for Managing Mental Health in College

Now it's far enough in the year that college students are likely buckling down and getting into the tedium of college work! College is one of the most influential and stressful times in a young person's life. Many university students begin to experience negative mental health during this period. Luckily, there are a few things students can do to be proactive about their mental health. And this sometimes goes double for Upward Bound students who often feel like they do not belong in college!

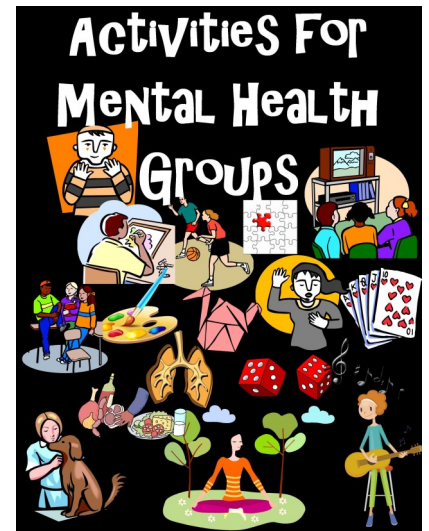


Take Care of Yourself: Moving out on your own for the first time is a huge life change. During high school kids had their parents and teachers looking out for them, but in college that falls onto you. Don't forget to take care of yourself during the school year. Eat well, exercise, get enough

sleep, and make time for friends and relaxing activities. Many campuses have a wellness program that you can take advantage of - do it!

Don't Be Afraid to Ask for Help - or see a counselor! Asking for help can be one of the hardest things a person can do. Luckily many colleges these days have free mental health resources to help out students. Don't worry about being judged- chances are your friends are going through similar struggles. Remember, asking for help doesn't make you weak, it takes strength to admit you cannot do something alone. Many college campus have counseling sessions included with tuition—there is no shame in taking advantage of these. And they can be very helpful - you are already paying for them!

Talk About it With Others: It's amazing how much better one can feel once they've talked about what's bothering them. Don't feel you have to hide your struggles from your friends and family. Chances are they will support you. Plus, you never know. You speaking out could give someone else silently struggling the courage to get help themselves.



Don't Self-Medicate: Many students begin to experiment more with drugs and alcohol once they enter college. There definitely is more of an atmosphere where partying is acceptable. However, self-medicating with drugs and alcohol can be dangerous. It can lead to a substance abuse problem or prevent you from seeking help. If you're struggling mentally reach out to a professional rather than taking matters into your own hands.



Break Up the Monotony: Although our routines make us more efficient and enhance our feelings of security and safety, a little change of pace can perk up a tedious schedule. Alter your jogging route, plan a road-trip, take a walk in a different park, hang some new pictures, try a new restaurant, or hang with a new crowd (safely). Briefly Getting away from your typical routine can be mentally relaxing and rejuvenating.

Kelsea's Tips for How to Be Successful in College during a Pandemic

Being a college student in the midst of a pandemic is a unique and challenging experience – especially if you are a first-year college student. The experience can be difficult, draining, and isolating. The COVID-19 pandemic has brought along the cancellation of clubs, meetings, campus activities, athletic events, and so much more. A feeling of loss or missing out is completely valid as students haven't been able to take part in these important aspects of the college experience. Believe it or not, this unprecedented time is a great opportunity for growth, reflection and self-improvement. Here are some tips to help you succeed in college amidst this pandemic:

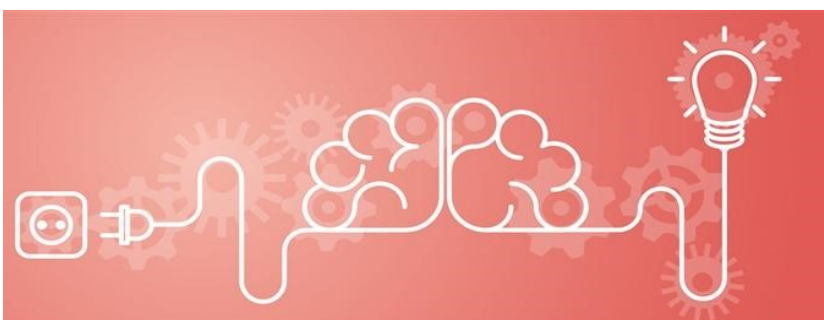


Maintain Structure: Because this school year looks so different from every other you may have experienced, and because it is ever changing, it is more important than ever that you establish and maintain structure. To do this, you will need to create a schedule that works best for you but also ensures that you are maintaining good sleep hygiene, an academic schedule which allows you the best opportunity for success, a healthy diet, self-care, and (safe) socialization. Do your best to maintain this schedule and structure every day. It will help you to gain a sense of normalcy and keep you on track.

Reach Out for Support: Being a college student during a pandemic is hard. That is a fact. And, unfortunately, some days are going to be harder than others. That being said, if you are not feeling like yourself or if you feel that you are struggling more than normal (in any way) reach out for support! If you are on campus, reach out and utilize the support services that your college has made available. If you are attending college from home, talk to your doctor, therapist, or another adult that you can trust. You should never be afraid to ask for help, especially during a pandemic.

Be Mindful: While it is certainly important that you stay informed, it is also mentally draining to be dialed into the news 24/7. Be mindful of the media that you are consuming, especially the news, and be sure to take breaks from it. Watch your favorite movie, read a book, or go for a long walk. This should be considered self-care and you should be sure to take time every day to disconnect from the news media.

Stay Connected. During a pandemic social isolation is one of the most professionally advised things we can do to slow the spread of disease. However this isn't healthy and can cause all sorts of mental health issues. It's important to stay connected and to socialize with friends and family regularly - and we have the technology to do this! Call a friend or family member on the phone, video chat with friends and family regularly, gather some friends to play online games, or even have a family movie night using the Group Watch features available on many streaming services. Chances are that, if you are feeling lonely, so are your friends and family! Do not be afraid to take initiative and find creative ways to keep in touch and check in with your loved ones.



DIGITAL ACADEMICS
Get more out of your virtual classes

LEVEL UP YOUR CLASS PREP

- Set a schedule with key dates, study, and regular breaks
- Complete all assignments and readings before class
- Annotate as you read or listen and take notes
- Get help immediately on tricky topics from professors, tutors, classmates

STUDY SMARTER... ACTIVELY

- Practice with a variety of problems from course material, other texts, old exams
- Find patterns, themes, and connecting concepts
- Use the collaborative media to study: audio, video, text, diagrams, mind maps, etc.
- Get creative: make a concept map, infographic, or illustration

GET MORE FROM CLASS TIME

- Set aside electronics and other distractions
- Share questions and insights from your class prep
- Stay on topic in both chat and spoken comments

HELP SET A FRIENDLY TONE

- Avoid sarcasm and inside jokes in class: they are easily misinterpreted online
- Assume others have good intentions (even in bad days)
- Feel anything you write is not as public and permanent
- Use body language and comments to indicate you understand

CHECK YOUR TECH

- Make sure your assignments match the assigned format
- Have a backup plan for internet outages
- Notify professors/instructors if you experience any challenges immediately

ACS chemistry 101

Alumni Gossip...

Class of 2020: **Dominique Bandy** is having an outstanding first semester at USM! She has made a lot of friends, joined the TRIO SSS program, likes her classes and even landed a fancy new job at a rehabilitation center! I think she makes more than Ryan now... **Olivia Brimmer** is adjusting well to life in college and already has a plan in place to graduate early!... **Dakota Collins** decided that now wasn't the best time to start college and is working at a Deli!... **Melanie Coons** has online instruction this year at CMCC and is really enjoying it so far!... **Annie Doucet** is Upward Bound's best work study student and is taking 21 credits this semester at Lyndon!... **Andi Elie** is thinking about becoming a McNair Scholar... **Trinity Lahaye** has transferred from NVU-Johnson to UVM and is really enjoying it so far!... **Emilee Guyette** says college is "pretty good" and is what she expected it would be but has decided to move home and finish the year online... **Danielle Hallam** says that she really likes her teachers and has a new job in the visual arts center!... **Haley Ott** has been busy adjusting to life at UNH and says that it's a little boring having to stay in her dorm room most of the time but school work is keeping her busy!... I hope she knows that her mom moved her bedroom... to a new house!... **Nash Nunn** says that things are going well at Lyndon but he is really busy and has joined an airsoft club!... **Maddie Foster-Pudvah** is having a good first semester at Colby Sawyer... **Matt Rice** loves his classes at CIA and is doing well... **Shelby Ruggles** was recently spotted in Nashville, TN... **Mara Duquette** is enjoying her first semester at the University of Chicago!... **Astra Sleeper** had a good first semester at UNH but says thanksgiving break is much needed!... **Mikayla Smith** says that she is impressed with how supportive her teachers have been at Simmons so far!... **Samantha Whipple** says that it feels weird that she is in college but still at home but is having a good semester and is considering transferring... **Mikaela Strzempko** says UNE is good.....**David Moody** loves Clarkson and is looking forward to returning to Craftsbury.



Class of 2019: **Katelyn Brown** recently became an online marketing rep for the company Arbonne... talk to her about getting your hands on some health, beauty, and nutrition products!... **CeCe Jones** has been spending her free time working on music and hanging out with her adorable cat... **Noah Wilson** is having a good semester at Boston College and has been baking a lot of cookies... **Noah, CeCe, and Katelyn** spent their first summer as Upward Bound Tutor Counselors planning, organizing and running our very first virtual program and they did a great job!... **Kaitlyn Girouard** was on the logistics team for the first generation orientation "First @ Midd" this fall which was held virtually for the first time. She is also Co-president for the Rethinking Economics Club!.. **Markus Lapierre** made the Dean's list at Lyndon for his first semester of college... that is a huge accomplishment Markus, congrats!

He has since decided that his passions lie elsewhere and will pursue Barber School in the spring at the Empire School in NH... **Shawna Columbia** is having a good start to her sophomore year but don't you dare ask her about Chemistry!... **Brittney Smith** went to Disney for the first time this winter (pre COVID), and also earned a new belt in Taekwondo! She is also on the AMS exec board and a VTrans Forecaster!...**Seviah Pitt** has decided that USM is not the place for her and has returned to Craftsbury, but is exploring her options and plans to return to school soon!... **Curtis Wyman** says that chemistry is difficult but is having a good semester overall... **Abby Bliss** has been enjoying her job at the East Haven Vet Clinic and is exploring her options for Vet School... **Curtis Gingue** has decided that online classes aren't for him and is taking a year off... **Meadow Yvon** started her clinicals for Dental Hygiene last semester!... Don't ask her about her new roommate though!... **Christian McFarland** recently changed his major to psychology... **Addison Broom** is completing his sophomore year at Unity online and is building a camp in the woods behind his house!... **Emmitt Lambert** is sad that his classes are virtual this year and says that "no, [nothing fun is going on] it's Canaan - nothing fun here."...**Percy Poginy** is having a rough semester at USM but is exploring his options and is excited to potentially join an artist's co-op in Portland, ME!... **Emma Mauceli** is excited but nervous to begin taking classes at Arizona State University in January! We are very excited for her!...

Class of 2018: **Chelsea Paye** recently transferred to Paul Smith's College and says she really likes the small campus vibe... **Esther Demag** is back at UVM after a brief hiatus and is enjoying the semester so far!... **Kirstyn Binford** has decided that USM isn't the place for her and is currently working as a manager at the Walmart in Littleton and exploring her options... **Richie Dennis** was supposed to be in Dublin, Ireland right now. Instead he is in Cannan which is the next best thing... they call that the Dublin, Ireland of Vermont... **Myra Hollis** recently started a new job in Lebanon NH and is hoping to take classes with the Small Business Association so she can learn how to start her own business!...



Alumni Gossip...

2018 - continued: ...**Riley Donaghy** has decided to take some time off from school... **Nate Degray** is having a good semester at Paul Smith's...**Aaura Rich** was elected to serve on the Student Government Associations Public Relations Committee last semester and is using her power to help first gen students on campus! She also has a fancy new apartment off campus this semester!...**Ryley Fisher** has recently moved to East Burke and says that online learning is difficult but is having a good semester nonetheless... **Yannick LeScouzec** is having a good semester in NYC living in the Bronx and working with a marketing firm... **Nick Stowell** is

an RA at Castleton but says campus is really boring because all classes are online... **Delanie Ruggles** has transferred to Southeastern University's Health and Science program and is absolutely loving it!!... **Sarah Levy** is thinking about returning to college.... **Jamie Powers** is trying to make it to the end of the semester with a broken four-wheeler, car and tooth, oh my!... **Hannah Demers** is doing well and has decided to take some time off from school to focus on herself and figure out what she wants to finish out her degree in... **Laurel Goodwin** will have to return to Vermont for the rest of the semester due to a COVID spike but says things are going well and she is hopeful that she will be back on campus next semester. She was recently promoted to manager for her work study job in the cafeteria and is excited that her brother has joined her at Cairn University!...



Class of 2017: **Molly Leighton** is getting ready to complete her senior partnerships and is preparing for the NCLEX... lucky you!... **Maranda Ruggles** is using COVID as an excuse to socially isolate from her sisters and is also doing a really cool research project testing waste water for COVID antibodies!... **Alyssa Leonard** is busy as always at UMF and just passed her PRAXIS....after 7 tries!.. **McKenna Binford** has decided to take some time off from school and is living with her sister in Littleton... **Lauren Holt** is doing well and recently became the president of the United States! (Well actually she became president of the Special Education Club at Castleton, but who's keeping score). Congrats Lauren!...All she has left is her student teaching hours to graduate!... **Molly Leighton** has been super busy applying to hospitals for her senior partnership



and getting ready to register for senior year classes!... **Izzy Wildflower** graduated in the top 5 (that's right!) of the criminal justice department at SUNY Potsdam and in the top 10% of her entire class! Congratulations Izzy!!...She is currently preparing to move to Yorkshire, England in December!... **Brianna Gingue** is having a good senior year at UNH so far and is trying to find a summer internship!... **Rebecca Doucet** is busy applying to graduate programs for next fall! Ask her about the internship she did with Dartmouth Hospital this summer!... While the majority of the country was forced to work less or not at all in the spring, **Emily Klar** actually increased her hours as an EMT and is working for three different agencies! She has joined the Army National Guard and will become a flight medic upon graduation... Oh, and she helped her Dad run for Governor!... **Kaylee Noyes** has begun a Master's program in Leadership through NVU while still working to complete her Bachelor's at VTC! She also landed a fancy new office job in the spring and is happy to get away from restaurant service!... **Michael Delaney** says that socially isolating was much more fun with dogs around! He is having a good but stressful semester taking 19 credits and is looking forward to graduation... Congratulations are in order for **Elizabeth Locke** who can now be called **Elizabeth Erbenbraut** because she recently got married! Congrats Liz! She also has returned to school to pursue an elementary education degree...**Branden Brill** is currently living in Maine working full time as a tow truck driver and has his firefighter certification!... **Shelby Loura** is having a good semester at UVM and was recently rehired at her previous internship with National Life where she has resumed her position in the Internal Audit Department! She is hopeful for a full time job upon graduation!...

Class of 2016 and earlier:



Melanie Gagnon is *really* enjoying online nursing school... Okay maybe not so much but she is enjoying Clinicals and is excited to graduate in the spring! **Kim Sobeck** recently graduated from Drew University and has a fancy new job as a sales rep. for a marketing firm as well as a marketing manager for a non-profit!... **Chris Cassidy** recently got a job working as a childcare provider in Greenfield, MA... **Kaytlyn Oliver** has been busy working at a consulting firm in Boston... Her roommate **Kayla Royer** has been doing contact tracing for COVID and currently works as a research coordinator! **Mael Le Scouzec** recently graduated from MIT (no big deal right?) and currently has a fancy new finance job!... **Daniel Cliche** is now a teacher...that's right, a teacher!!... **Kiana Royer** recently made a big move to Texas with her college roommate after graduating in the spring!... **Bess Reed** is doing well in the NEK and has her sights on that bachelor's degree!...**Amber Wolf** has been super busy working in a biology lab and applying to 15 grad programs!

Upward Bound Office: 802-626-5000

Rick Williams 802-274-5648

Richard.williams@northernvermont.edu

Ryan Fauci 802-431-5956

Ryan.fauci@northernvermont.edu

VSAC (in State) 1-800-642-3177

VSAC (Out of State) 1-800-798-8722