

NVU-Lyndon

# Upward Bound

April 2021 Student Newsletter

*Building Expectations, Changing Realities*

# TRIO

UPWARD BOUND

## *Full Program Meeting, Monday April 5<sup>th</sup> @ 5:30 PM*

<https://vsc.zoom.us/j/84053808768>

We will meet for our first full program meeting of the year on Monday April 5<sup>th</sup> from 5:30-6:30pm on Zoom. It will be great to get everyone together in the same place! This will also be a great opportunity to meet the newest members of UB, celebrate our senior's successes, provide updates about the summer program, and, of course, to check in with all of you. **All students will be expected to attend this meeting, and parents are certainly invited!**

We will also provide entertainment! Did you know that Rick is also a clown? He has the shoes and the little car to prove it! You won't want miss it!



## *Juniors and SAT Prep, April 11<sup>th</sup> 1:00-5:00pm Zoom Address*

We have adjusted our SAT prep. schedule due to the fact that many of our schools are offering a school-based test this year. Although many colleges may not use the SAT to evaluate your application, scholarship foundations will still use the SAT as a way decide who to award their scholarship money to.

One of the most important things that you will do this Spring is prepare for the SAT. Our SAT prep. is one of the very best things UB offers, and **we expect all of our juniors will be in attendance for this event.** This one day preparation

will make a huge impact on your college portfolio. This will also be the first meeting in which we will talk to all of our juniors as rising seniors...kind of a scary thought, isn't it?

At this meeting, we will give you an overview of what to expect this summer, lay out your entire senior year, and make sure that you are heading in the right direction. Then, our teachers will refresh you on what you learned this summer and remind you of all of the techniques that will help you maximize your score. As always, we will feed you at the end of the night and have snacks for you as we begin the day.

Remember, you are still better prepared for the SAT than almost every other student in Vermont. Our official SAT scores are 120 points higher than the National Average and almost 249 points above the average for TRIO eligible students! All of your hard work, as well as the work of the Lyndon State College Upward Bound SAT Gurus has made a huge impact on your college preparation!

And you may very well see some of your friends at this important event. They will join us for their very own SAT prep with our SAT gurus! **See you on the 11th!**



**2021 Summer Program  
June 13<sup>th</sup>—July 18<sup>th</sup>**

# 2020-2021 Upward Bound Calendar

<b>April</b>	<b>5<sup>th</sup> 6<sup>th</sup>—9<sup>th</sup> 11<sup>th</sup></b>	<b>5:30 – 6:30 UB Meeting and College Fair</b> <b>NEOA Conference and Board Meeting</b> <b>Junior SAT Prep.</b>	<b>Virtual Event</b> <b>Portsmouth, NH</b> <b>Virtual Event</b>
<b>May</b>	<b>2<sup>nd</sup> 8<sup>th</sup> 30<sup>th</sup></b>	<b>1:00 – 3:00 Mother's Day Give Away and Meeting</b> <b>Juniors Take SAT I</b> <b>1:00 – 3:00 Final Upward Bound Meeting</b>	<b>Bole &amp; Theater</b> <b>Theater</b>
<b>June</b>	<b>5<sup>th</sup></b>	<b>Juniors Take SAT II (if appropriate)</b>	

## 2021 Summer Program June 13<sup>th</sup> – July 18<sup>th</sup>

### *Welcome New Students*

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



**Lilyan Miller** is a very personable, kind and dedicated freshman at LI! She is also friends with Chelsea And loves ETS! Lily is a strong students who is thinking about PT as a major.

**Makenna Emmons** is a bright, hardworking and driven young scholar from SJA! And she used to go to daycare with Gavin! She is thinking about environmental science but is not quite sure yet!

**Bella "Ray" Brooks** is a freshman at BMU and a strong student. She hopes to study biology or psychology when she goes to college.

**Kaylee Hillesland** is a freshman at BMU and hard working student. She has many interest and may want to major in Art or Forensic Science!

**Shannon Florentine** is a freshman at BMU and may want to be a teacher or work in elementary education.

**Thomas Hinton** is an exceptionally bright young scholar from Lake Region interested in a health sciences career and maybe being a surgeon!

**Zofia Kosakowski** is a hardworking young scholar from Rivendell Academy interested in nursing!

**Winter Hill Barnes** is a freshman at SJA and is not quite sure of his college plans!

**Jarrett Wilkins** is a motivated and kind young scholar from LI!

*"Education is the key to the future: You've heard it a million times, and it's not wrong. Educated people have higher wages and lower unemployment rates, and better-educated countries grow faster and innovate more than other countries. But going to college is not enough. You also have to study the right subjects."*

*Alex Tabarrok*





## ***Congratulations to 2021 Dell Scholar, Kai Aviles!***

The Dell scholars program selects 500 highly motivated students from across the United States every year who demonstrate the drive to succeed despite personal obstacles. Candidates are chosen by their demonstration of a unique "GPA" of Grit, Potential, and Ambition in their quest for a college education. Kai has certainly shown grit in the face of adversity, demonstrated potential throughout the last four years, especially during the summer program, and is ambitious about building a bright future for themselves. As a Dell Scholar, Kai will receive a total of \$20,000 awarded over four years. Additionally, Kai will receive comprehensive academic, financial, and emotional support from the program, access to an extensive Scholars Resource Network, access to a teletherapy service, a laptop, and annual Chegg credits to be used to attain textbooks. Kai is the exact student that the Dell Scholar's Program seeks to serve. They are determined, intelligent, and kind and have set themselves up for success in college and beyond.

Kai, we are so proud of you and we hope you understand that this award doesn't go to just anybody. You've earned this because of the work you've put in, the obstacles you've overcome, and the impact you've made in your community, school, and Upward Bound. Congratulations on being a Dell Scholar and we are so excited for what's to come!



## ***Do You Know Any Academic All-Stars? Upward Bound is recruiting!***



In addition to our "normal" recruiting season, we are also expanding to include a new cohort of 8<sup>th</sup> grade students! We have begun this process in the Kingdom East Schools and will continue with others as we proceed with the summer program. Any current Upward Bound student who has a brother or sister who will complete 8th grade this year is eligible. All 8th grade students need to be at least 13 years old and plan on attending one of our cooperating schools.

Additionally, we have begun accepting students from several schools at this point but we need your help to complete our recruiting goals. This year we expect to have almost 30 new students and—as you know—because of COVID we have not been to your schools with the frequency that we would like. For us to be successful, we need your input and ask that you spread the word about Upward Bound at Northern Vermont University-Lyndon by talking to your friends about us.

Please keep in mind the goals for Upward Bound: our students have to be the first in their family to attend a four year college and/or be from modest income home. And, most importantly, they need to be a college-bound student who is interested in completing a four year degree! If you know anyone who is interested, have them call us here at the UB office. We are looking forward to all of the smiling new faces as we prepare for this upcoming summer. Call us with nominations!



"Wisdom is not a product of schooling but of the lifelong attempt to acquire it".

***-Albert Einstein***



## *Upward Bound: Things Will Get Better!*

As we are closing out this very strange school year, I wanted to remind all of you to keep moving forward! This has been the strangest year of my life and I am sure you all feel the same way. Our lives have been disrupted, our education has changed dramatically, and things have truly been turned upside down. We are starting to see the end of this pandemic and things will return to a more normal state where we can go out and see our friends, get back to traveling, and enjoy all of the things we have missed over the last year.

Kelsea, Ryan, and I have gotten our first doses of the vaccine and we are truly turning towards planning for the summer. What we need you to do is to stay healthy, understand that things will be better shortly, and to keep moving forward. Most colleges will be back in session in the fall and your educational opportunities will also return.

**As the semester starts to wind down, please make sure that you finish as strong as you possibly can!** Although your high school and even colleges will understand the academic stress that you have been under, you still need to get the most out of your education. The next few weeks will have an impact on your final grades and your preparation for next year so do the best you can! We know how hard this has been but we also know how resilient and capable you all are!

## *2021 Upward Bound Calendar*

As of right now, we are still waiting on guidance from the Vermont Governor's office and the US Department of Education in regards to the Summer Program. But, we are currently planning to offer an in person summer program in a cohort model. Our plan is to have each cohort on campus for two weeks and jam those two weeks with all of the college planning, academic support, and as much fun as we can have: **True Face to Face time!** Although this may change if and when we receive more guidance from the "Powers that Be", this is how we plan to move ahead. With our rising seniors, we will also be meeting with them throughout the summer to ensure that they know what to expect and are able to complete everything for their senior year. More to follow as we get closer to the summer.

Rest assured that we will once again plan the most appropriate summer educational program that we can. And we hope that once August starts we can get together for a summer excursion to Adventure Bound! We may even be able to have a few college tours before you return to school in September. The plan as we see it right now:

<b>Seniors</b>	<b>June 13<sup>th</sup>—June 25<sup>th</sup></b> and some Friday Workshop sessions
<b>Juniors</b>	<b>June 27<sup>th</sup>—July 9<sup>th</sup></b>
<b>Sophomores and Freshman</b>	<b>July 11<sup>th</sup>—July 23<sup>rd</sup></b>



## *Here are the Virtual Visits we have coming up!*

**Keene State College:** Join us on Friday, April 2<sup>nd</sup> at 2:00 PM for a Virtual Visit with Keene State College – home of the Owls! Some of the most popular and renowned departments at Keene state are Education, Engineering, Social Sciences, and Health Sciences. If you intend to pursue a degree in any of these areas, you should sign up for this event! This Virtual Visit will include a brief tour of the beautiful New Hampshire campus, an information session lead by an Admissions Counselor, and a panel of current Keene students! And, remember that Keene is the only college that let Rick in!

**University of Connecticut:** Considering pursuing a degree in Economics, Psychology, Nursing, or Biology? The University of Connecticut may be for you! Join us on **Wednesday, April 14<sup>th</sup>, at 3:30 PM** for a Virtual Visit with representatives of this well-established Connecticut college. The Visit will include an Admissions information session lead by the Vermont Admissions Counselor, a Q&A session with current students, and more. Go Huskies!

**The University of Maine at Farmington:** The beautiful state of Maine is home to many renowned colleges which have been incredibly popular amongst UB students – and have been great fits for them as well! Join us in May for a Virtual Visit with one of these popular schools, the University of Maine at Farmington (home of the Beavers!). Farmington is a great option for students who are interested in studying Business, Engineering, Education, Social Sciences, and even Natural Resources and Conservation. So, join us! The event will include an Admissions information session, a brief campus tour, and a panel with current students and TRIO services.



## 2021 Green Mountain Scholars Bowl Champions!

The 2021 Green Mountain Scholar's Bowl was incredibly different this year. The event was completely virtual, instead of being in person as it normally is. Despite this, the NVU-Lyndon Upward Bound program was still able to put together two incredibly strong teams that dominated the event!

This trivia-style competition consisted of five different rounds, with five questions each, that covered the topics of Science, Social Studies, SAT English and Language, SAT math, and College Preparation. Twelve teams of Upward Bound students from Castleton University, NVU-Johnson, NVU-Lyndon, Keene State College, SUNY Plattsburgh, and SUNY Adirondack, came together for this incredible event. The energy created by these excited, academically motivated students, truly made the competition thrilling to be a part of!

Though the competition was stiff, NVU-Lyndon finished the competition with **two** new titles!

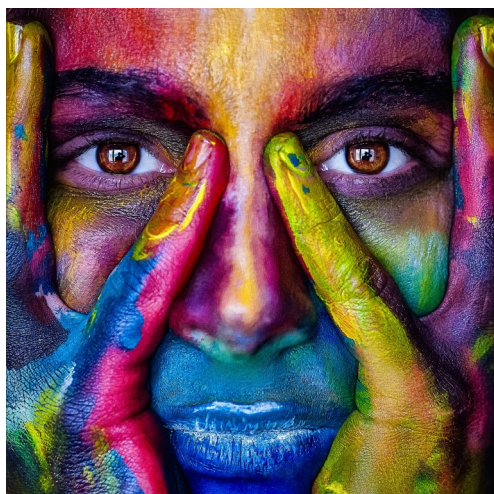
- NVU-Lyndon Team 1—**First Place!**
  - Congratulations and great work to team members, **Miranda Degreenia, Madison Wilson, Maple Bottinelli, and Chelsea Ott!**
- NVU-Lyndon Team 2—**Third Place!**
  - Congratulations and great work to team members, **David Moody, Blake Betz, Benjamin Perreault, and Eli Hooker!**



We are so proud of your accomplishment, and you should be too! That being said, we are even more proud of the patience, graciousness, and respect you showed while competing in this competition. You are all an excellent example of our Upward Bound program!

## Check out our brand new website!

That's right! Lyndon Upward Bound officially has it's very own website! This will be your "one stop shop" for everything Upward Bound, including upcoming events, news and updates, important deadline and scholarship information, monthly newsletters, alumni updates, and information about the summer program and school year. We also have developed our first ever online application! Interested students can now find more information about the program, and apply right on our web page! Head over to [www.lyndonupwardbound.com](http://www.lyndonupwardbound.com) to check it out!



## H.O.P.E. Painting in April

H.O.P.E. (Helping Other People Everyday) is a local organization whose mission is to support families by filling basic needs and improving human life. Upward Bound students have volunteered at their Color Run & Walk in the past and we are looking forward to helping HOPE again this year!

HOPE needs help painting some of their plywood cutouts for a local fundraiser that they will be doing soon. The event will take place later in April and we hope to have another great crew of students at this event! Please let us know if you would be interested in helping out with this event. This will be a memorable and colorful event!

## ***Upward Bound has Been Busy....***



## ***TRIO Scholar David Richardson Awarded VEOP Scholarship and the Locally Social Scholarship***

David Richardson was notified that he has been awarded third place in the Vermont Educational Opportunity Program's (VEOP) annual essay-based scholarship competition. This scholarship is awarded to a student who is part of an educational opportunity program in Vermont, and writes the best essay addressing the impact that the program had on their educational journey. Additionally, David's essay about the importance of Community Service won him Locally Social's community sourced \$1,200 scholarship. David is a very active participant in the Northern Vermont University – Lyndon Upward Bound program, where he has taken full advantage of academic preparation and guidance, social and cultural exposure, and college tours. But more importantly, David has done just about everything right in his quest for a college education. He has been accepted to almost all of his schools and has some EXCELLENT choices ahead of him!

## ***Becky Doucet named TRIO Graduate Scholar and Wins VEOP Scholarship***

Super TC and almost college graduate, Becky Doucet, is the recipient of the Vermont Educational Opportunity Program's 2021 Graduate essay competition. This \$1,000 scholarship is awarded annually to an exceptional college student who intends to pursue a graduate degree upon completion of their bachelor's program. Becky is currently a senior at Middlebury College and will receive a Bachelor of Science in Neuroscience this spring. Becky is an exceptionally motivated and talented young scholar, and will be the first in her family to graduate from college with a four-year degree. This scholarship will support Becky as she heads to Tuft's Medical School this fall in pursuit of a Master's Degree in Biomedical Science!



## ***Amber Wolf Named NEOA Rising Star***



Amber Wolf was recently awarded the New England Educational Opportunity Association (NEOA) Rising Star Award for her academic achievements to date, and participation in the TRIO Upward Bound program. The NEOA Rising Star Award honors emerging leaders who strive toward the highest levels of personal and professional accomplishment, who excel in their chosen field, devote time and energy to their community in a meaningful way, and serve as a role model for other low income, first generation, and college bound students and students with disabilities. Amber was a member of the Upward Bound program at Northern Vermont University – Lyndon.

Amber went on to attend the College of the Atlantic (COA): a very small, private, liberal arts college in Bar Harbor Maine that specializes in Human Ecology. She earned a Bachelor of Science in Human Ecology with concentrations in Biology, Molecular Genetics, Botany, Conservation, and Wildlife Ecology. She was extraordinarily successful and involved during her four years there: interning with the MDI Biological Laboratory, fulfilling the role as a Resident Advisor for three years, accepting positions as a Teacher's Assistant (TA) for five semesters, partaking in many research projects, working as a Mental Health Support Group Facilitator, and staying involved in all aspects of community life at COA.

## ***Bernie Sanders and Elly Bliss***

On the evening of March, 15<sup>th</sup>, Senator Bernie Sanders hosted a virtual Town Hall for students from across the state of Vermont. This event offered nine local High School students the extraordinary opportunity to participate in a panel and voice their opinions and concerns about the impacts of the COVID-19 pandemic on their educational experience, mental, social, and emotional health, finances and more. Additionally, Senator Sanders wanted to hear student's innovative ideas on how to ensure a better delivery of education and ways to promote positive mental health.

Elly Bliss, took part in the panel. She spoke to the intense isolation that many students have been forced to endure over the last year and the impact this has had on their mental health during ZOOM-based lessons. Senator Sanders spoke to the importance of mental health services for students right now, as well as the impact that summer programs will have on students this year. These vital resources to ensure that students are able to reconnect and make up for the opportunities they lost over the last school year.



### Career Exploration

At this point in your high school career, you may not be sure what you want to study when you get to college. Besides, that's three years from now! It is okay for you to be undecided at the moment, but you should certainly be conducting some career exploration in your free time. After all, you will never know what you want to study if you do not do the research to figure it out! Here are some ways that you can start exploring careers:

- **Take a Personality Test** - it makes a lot of sense when you think about it, but people with certain personalities are naturally drawn to certain career paths. So, take a few minutes to take a few personality tests, such as the **Holland Codes Assessment**, and figure out what sorts of careers your personality best aligns with. From there, you can dive deeper into researching the careers that sound most interesting to you.
- **Research!** - Once you have completed your personality test and you have found a few careers that interest you, research them! Websites such as **The Bureau of Labor Statistics** and **O\*Net** have compiled informational videos and statistics on the various careers that exist. Watch those videos and read the statistics to find out what the median salary is, what the typical daily activities are, and what sort of educational background and licensing you may need to achieve. This will help you see if this career would really be a good fit for you!
- **Exploration** - Through the Upward Bound summer program, you will be able to experience job shadowing. If you have found a career that you are incredibly interested in and want to learn more about, let us know! We will be able to set you up at a job site this summer that reflects your interests. Interested in medicine or nursing? We can set you up at the local hospital! And, if you know anyone currently working in the field, reach out to them and ask them how they like what they do!



If you need any further assistance in your career exploration journey, never hesitate to reach out to us! We are happy to help! Oh, and be sure to read the newsletter each month! There is always a career spotlight included.

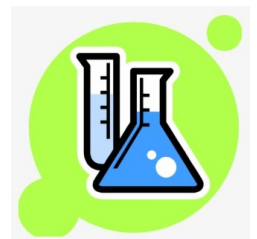
### *While You're Looking, Check This Career Out!* **Clinical Laboratory Science/Medical Technology**

According to SUNY Plattsburg:

"Medical technologists (a.k.a. clinical laboratory scientists) are board-certified, licensed professionals who analyze clinical samples (body fluids, specimens, infectious agents), usually in a hospital or clinical laboratory. Doctors rely on this work, as 75% of medical diagnoses are made based on clinical lab tests performed by medical technologists".

This is a medical and science based course of study and career path. This field may be right for you if:

- You love (and are good at) science! Specifically if you are strong in chemistry, biology, and physiology.
- You are extremely detail-oriented and capable of compiling important data accurately.
- You don't mind repetition. This is a job that will require you to work in a lab and do the same thing—repeatedly.
- You don't mind working behind the scenes. You won't have much patient interaction in this field.



If any of this sounds interesting to you, you can check out the programs at SUNY Plattsburgh, the University of Rochester, Stony Brook University, and the University of Vermont (just to name a few!).



## *How YOU Benefit from Volunteering*

At the completion of your time with Upward Bound you will have completed over 300 hours of Community Service. This Community Service will be a great addition to your resumes and will impress the colleges that you apply for, but that is not the only reason that we have you participate in it. Here are some other reasons that you should be participating in Community Service:



**1. You Gain New Skills:** Each volunteer opportunity that you participate in will require training to some extent. This training will teach you new, professional skills, which will further help prepare you for college and your future career. These skills can span from learning how to create and manage data spreadsheets to how to work with customers. Not to mention, you will walk away from this opportunity with valuable, hands-on work experience.

**2. You Will Learn About Your Own Strengths:** When you volunteer, you will complete a variety of different tasks and serve in a myriad of different roles—many that you have probably never experienced before. This is a great way for you to learn what you enjoy doing, but also to learn more about your own strengths and weaknesses. For example, you may learn that you perform well in stressful situations, that you are a strong leader, or that you have a knack for communicating with large groups of people. Learning about these strengths and weaknesses can better help you decide on the right major and career for you .

**3. It is a Cultural Learning Experience:** When you volunteer at Community Service events, you are most likely going to be working to assist those in need. This experience can help to open your eyes to the reality and struggles of the community around you, and how you can make a positive impact. This can foster a sense of compassion and understanding in you that is priceless. It may even help you to realize that your life calling lies in the Public Service sector.



**4. It is Good for Your Health!:** Multiple studies have proven that volunteering can have a positive effect on your mental and physical health. Getting involved in Community Service can help increase your physical activity—some opportunities may require you to complete some form of manual labor, such as raking, moving boxes, etc. The positive impact that volunteering can have on your mental health has been referred to as “helper’s high”. This happens because volunteering can help you to gain a sense of purpose and accomplishment, and to help you feel more satisfied with life.



**5. And, it Will Help You Get Scholarships:** Colleges and scholarship organizations alike are looking for students who play an active role in their community. There are plenty of merit-based scholarships out there, but there are many different character-based scholarships available to those students who have committed a significant amount of their free time to helping others and their community. So, help yourself to make college more affordable by helping others!

*Want to find more or new ways to get involved with your community? Let us know! We are happy to set you up with new or extra Community Service opportunities.*

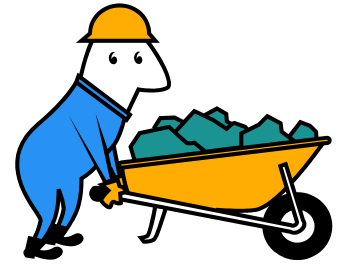


## Seniors—More to Think About!

### *Seniors and Parents:*

#### *Be Aware of Your Total College Cost!*

Please, please, please be aware of what each of your colleges will cost for you to attend! Unfortunately we have seen some terrible award letters from colleges throughout New England. And if you are a parent of a senior you realize that no two award letters even have the same information on them! We have seen award letters that look great at first—but then we see a \$25,000 parent loan embedded in the award!



When we see an award letter in our office, we look at the cost of the college and take away all free money—grants and scholarships—and then look at what the total is for a family to pay. When this gets above \$8,000—\$9,000 we start to get worried. Our recommendation is that no student should be borrowing more than they will earn in their first year out of college. Students have to be very careful about the amount of money they are borrowing. College loans do not go away—even if a student declares bankruptcy. And an even more scary thought is that every Upward Bound student who has borrowed an excessive amount to fund their college education **has dropped out of college!**

Our goal in Upward Bound is make sure a family is not buried in loan debt. I have heard some families say they will not help to support their child's education. The results maybe that that child borrows so much that they cannot pay it back! Upward Bound students need to make good choices and be good consumers, and not just make decisions based on what they want! Being an adult is hard....but being a poor adult is even harder!

### *College Cost!*



All of you have heard me talk about this in the past. I really am not concerned about how much any of your colleges cost, but I am concerned how much you pay for college! Although there are some schools that are more than \$70,000, very few Upward Bound students pay this amount—just ask Becky Doucet! As you have seen during senior seminar and at our Senior Meeting with your parents, some schools that initially look less expensive ultimately end up costing more. The worksheets that we did with you last summer help you and your family lay out the real cost of any school that you are looking at. What we need to do is to look at the grants and scholarships (free money) that you are being offered, look at loans which you will pay back and they add in work study which you do not receive until after you find a job! We want to know what the bottom line is... how much a college will cost you each year—for four years! For every students who has sent us there award letters with have created a graph that shows exactly how much their college will cost the family. Ask your young scholars to show it to you!

### *Award Letters*

Please fax or email us a copy of every award letter you receive. Every Award letter gives us a better idea of college admissions in New England and helps us to advise future Upward Bound students. We will evaluate and offer advice to you after reviewing each and every one. From past experience we expect to see a huge variation between schools. We will let you know what we think and advocate for you as appropriate.

Many of you have been outstanding with this! We have almost 60 award letters in our office right now! Upward Bound students will be thanking you for years!



*But the person who scored well on an SAT will not necessarily be the best doctor or the best lawyer or the best businessman. These tests do not measure character, leadership, creativity, perseverance.*

## Attention New Hampshire Seniors!

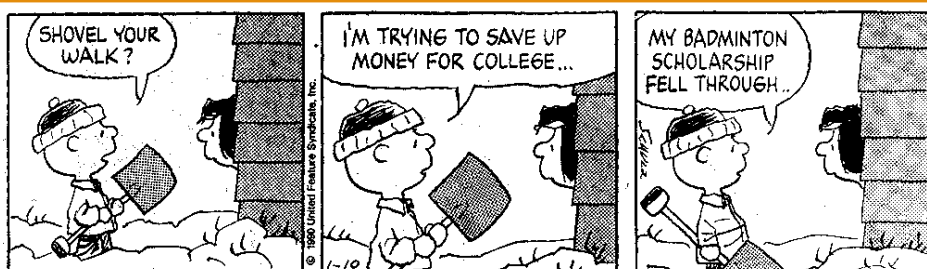
If you have not already, now is the time to fill out and submit your application for the New Hampshire Charitable Foundation! All applications are due by April 16th, but we encourage you to submit them a week in advance of the deadline. Reminder, this application is only for students who reside in New Hampshire. **Blue Mountain and Rivendell Students are eligible for the \$20,000 Gilman Scholarship!**

### The New Hampshire Charitable Foundation

April 16<sup>th</sup>

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

New Hampshire students apply using [ScholarshipSource](#) as a single unified scholarship application. The deadline for our New Hampshire Upward Bound students is April 16<sup>th</sup> by 5:00pm. But I warn you—I would try to get my application to the NHCF a week ahead of time to allow for school or computer issues.



## Scholarships You Need to be Working ON!

### VT EPSCoR:

**April 1<sup>st</sup>** The VT EPSCoR Center for Workforce Development and Diversity (CWDD) works to cultivate and prepare a diverse science, technology, engineering and math (STEM) workforce in Vermont by inspiring students to enter STEM careers. As part of their work they will award \$5,000 scholarships to Native American (including Abenaki) and **First Generation** college students who enter STEM majors at a Vermont college or university. Scholarships are awarded on the basis of academic standing, letters of recommendation, and an essay detailing career goals. This is the one I emailed you about in December.....take some time if you are eligible!

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



### Stephen Phillips Memorial Scholarship:

**April 2<sup>nd</sup>** Early Deadline

**May 3<sup>rd</sup>** Regular Deadline

One last reminder about this years Phillips Scholarship. If you plan on applying for this remarkable scholarship, you need to send me a copy of your essays and you need to set up a meeting with me between April 4<sup>th</sup> — 14<sup>th</sup>, or sooner—to discuss your application. When we meet, we will look very closely at your eligibility for the scholarship, the award letter you are using and the highlights of your application. Before Upward Bound starts the recommendation we need to evaluate your **completed** written essays so we can tailor our part of the application! This is very different from what we have done in the past. The applications for Upward Bound students can all be accessed on the Phillips Website at **Steps to Apply** at <http://phillips-scholarship.org/new-applicants/steps-to-apply/>

### Academic Achievement

*Applicants should:*

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

### Financial Need

*Applicants will demonstrate one of the following:*

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

# Career Spotlight

## Engineering

Engineering is an incredibly popular educational and career path for students in the 21st century. However, it is important to understand that the term “engineering” covers a broad range of different career paths. Students interested in engineering can choose from branches such as Biomedical, Plastics, Mechanical, Civil, Agricultural, Chemical, Aerospace, Computer, Electrical, Software, and so much more. Each branch of engineering has a completely different focus. For example, Biomedical Engineers research and develop machinery and practices that help advance the medical field.

Students who are interested in pursuing engineering can choose to pursue an associate’s, bachelor’s, or graduate level degree:

**Associate’s Degree:** These two-year programs involve a rigorous course of study with focuses on math, science, and engineering technology. This level of degree can prepare students for careers in civil, electrical, industrial, chemical, and/or mechanical engineering. Graduates can anticipate a median salary of \$60,000.

**Bachelor’s Degree:** This is the most commonly sought after degree by students interested in engineering. This level of education will require students to take a very rigorous course load but will allow for students to specialize in any field of engineering, including biomedical, plastics, computer, civil, architectural, etc. Graduates can anticipate a median salary of \$70,000.

**Master’s and PhD:** This is the highest level of education that students can pursue. This level will allow students to further specialize and expand upon their bachelor’s level studies. Graduates from this level of study can anticipate a median salary of \$80,000—\$100,000.

## Possible Careers

Civil Engineer  
Chemical Engineer  
Plastics Engineer  
Mechanical Engineer  
Engineering Consultant  
Technical Writer  
Business Management  
Manufacturing Engineer  
Quality Management  
Computer Engineer  
Software Engineer  
Aeronautical Engineer  
Environmental Engineer  
Biomedical Engineer  
Agricultural Engineer  
Cartographer  
Photogrammetrists  
Electro-Mechanical Engineer  
Nuclear Engineer  
Surveying and Mapping Technician  
Surveyors  
Petroleum Engineer  
Mining and Geological Engineer  
Operations Technician  
Process Engineer  
Product Engineer  
Quality Engineer

## Where Can I Study Engineering?

### Schools in New England:

Massachusetts Institute of Technology  
Boston University  
Dartmouth College  
Worcester Polytechnic Institute  
The University of New Hampshire  
The University of Massachusetts—Amherst, Lowell, + Dartmouth  
Olin College of Engineering  
The University of New England  
Wentworth Institute of Technology  
The University of Connecticut  
The University of Maine  
And more...



## Considering Engineering as a career?

**You should take classes in:** lab-based sciences, such as biology, chemistry and physics, physical sciences, pre-calculus and calculus, statistics, trigonometry, any engineering courses being offered by your school, and computer science classes if possible. Also, English classes with a focus on academic reading and writing.



## ***Colleges Our Seniors Have been Accepted to...***

Almost every NVU—Lyndon Upward Bound student has been accepted at several colleges . Once again this year we have seen many decent award letters and several bad award letters. ***Seniors***—get this Scholars out ASAP....***Juniors***, this will be you in less than 1 year!



<b>Kaori Moulton:</b>	<b>Thomas, Keene, Plymouth, UMF, NVU, Franklin Pierce</b>
<b>David Richardson:</b>	<b>Bentley, UVM, St. Mike's, NVU-J, Wheaton, Thomas, Plymouth, USM, William and Mary, Boston College</b>
<b>Devin Daisey:</b>	<b>NVU-L, Norwich, UNH, USM, NHTI, VTC, NMCC</b>
<b>Ozora Rice:</b>	<b>Thomas, Keene, UVM, UMF, NVU-J Castleton, SUNY Platts, Plymouth</b>
<b>Evan Thorn:</b>	<b>Champlain, NVU, UVM, Wentworth, USM, CMCC, WIT</b>
<b>Marcy Flint:</b>	<b>USM, U MASS Lowell, U MASS Dartmouth, U MASS Amherst, SUNY Buffalo, UNH, USM</b>
<b>Blake Betz:</b>	<b>NHTI, SNHU, Umass Dartmouth, UNH, UMaine Orono, Plymouth</b>
<b>Patrick Stowell:</b>	<b>VTC, Paul Smiths, Keene, Lincoln Tech, Norwich, NVU,</b>
<b>Miranda Degreenia:</b>	<b>Castleton, The University of Nebraska at Lincoln, UVM UMaine Farmington, NVU-Lyndon, University of Minnesota, Arcadia University, SUNY Oswego, SUNY Plattsburgh, USM</b>
<b>Emma Powers:</b>	<b>U Maine Farmington, USM, NVU-L, Plymouth, Castleton, Saint Mikes, Husson</b>
<b>Natalie Martin:</b>	<b>CCV</b>
<b>David Moody:</b>	<b>BU, Cornell, Brown, Tufts, Franklin W Olin, U Conn, UMO, UVM</b>
<b>Kai Aviles:</b>	<b>Adelphi, UVM, Skidmore, UMF, Plymouth, SUNY Plattsburgh,</b>
<b>Caroline Lowry:</b>	<b>U Maine Augusta, Regis College, UVM, NVU - Johnson, Castleton, USM</b>





## ***David Moody***

David Moody from Craftsbury, Vermont was recently nominated for the U.S Presidential Scholar's program. The U.S. Presidential Scholars Program was established in 1964, by executive order of the President, to recognize and honor some of our nation's most distinguished graduating high school seniors. It has since been extended to recognize students who demonstrate exceptional talent in the visual, creative and performing arts, and students who demonstrate ability and accomplishment in career and technical education fields. Each year, approximately 4,000 students are nominated on a state by state basis primarily based on SAT and ACT scores. Up to 161 students are named as Presidential Scholars each year, one of the nation's highest honors for high school students.

David Moody attended Craftsbury Academy for the majority of his High School career, taking the most difficult classes available to him and challenging himself to go above and beyond traditional academics. When he completed Craftsbury's math curriculum by sophomore year, David was able to take and successfully complete calculus three online through the University of Vermont. David's hard work and success at Craftsbury is what ultimately lead to David's acceptance to Clarkson's early college program where he is currently enrolled in his second semester. David has also been a part of the Lyndon Upward Bound program hosted out of Northern Vermont University for the past three years. Upward Bound is one of the federally funded TRIO educational opportunity programs, and students come from modest-income backgrounds and are often the first in their families to attend college. David was fully engaged in this program: volunteering over 70 hours at the Fairbanks Museum in Saint Johnsbury, VT, attending a STEM summit in Plattsburg, NY, the annual Green Mountain Scholar's Bowl held at UVM in 2019, and was one of 8 Lyndon Upward Bound students selected to attend the 2019 JFK Leadership Conference in Boston.

What sets David apart from his peers is his exceptionally inquisitive mind, deep passion for learning and creating, and overall hardworking and driven character. He is naturally curious about how things work, and really enjoys taking apart electronics and putting them back together. David also really enjoys building and reconfiguring model airplanes, often adding modifications to observe how it affects the plane's speed, aerodynamics, and handling. It is this passion that drives David to pursue a career in engineering. An exceptional young scholar: full of wonder, curiosity, and optimism, David truly has the mind of an Engineer.

In his free time David also really enjoys cross country skiing and was part of Craftsbury's Cross Country team during his time there. He was also part of Craftsbury's soccer and ultimate Frisbee teams. He has also been very involved in Nordic Skiing and band, and participated in the Craftsbury's theater production as a freshman. One of the qualities that makes David such a special student is his drive and ambition to try new things and develop a wide array of skillsets. David is an outstanding and brilliant young scholar, but he is also a very kind, compassionate and well-rounded young professional whose effervescent personality adds to every event he participates in. This is a high honor for David to receive, and he has truly earned it!



## Upward Bound Activities:

**Band:** Lauren, Blake, Devin **Dance:** Chelsea, Kayanna, Aggie, Elly, Felicity  
**Piano:** Marcy, Leashie Natalie W., Megan **Chorus:** Elly, Madi, Aggie  
**Drivers Ed:** Raymond, Eli, Kayanna, Megan, Lily, Felicity, Natalie D, Elly, Courtney  
**Theater:** Madi, Gemma **Math Club:** Lauren **Swim:** Nya, Hannah, Abby **YAC:** Gemma  
**Student Government/ Council:** Madi, David R., Gemma, Kayanna, Maple, Kaori  
**FBLA:** Carver, Raymond **Newspaper:** Raymond **Cooking:** Raymond  
**Cheering:** Aggie (co-captain), Miranda, Kayanna, Maple, Courtney  
**Basketball:** Gemma, Eli, Colby, Gavin



### Upward Bound February Birthdays:

Benjamin Perreault: 04/05/04  
 Natalie Daigle: 04/10/04  
 Lauren Girouard: 04/19/04  
 Lilyan Miller: 04/28/05  
 Colby LaFleur: 04/29/05

### April Student News

Thanks to all our **Sophomores** who attended the PSAT Workshop a few weeks ago...**BIG NEWS....**The Northern Vermont University—Lyndon **Upward Bound staff** has all begun their COVID Vaccines... **Kai Aviles** is a 2021 Dell Scholar! Incredible!... **David Richardson** secured TWO scholarships this month! WOW!... **David Moody** was recently accepted to U Maine Orono with a VERY generous financial aid package... **Emma Powers** thinks she has made a college decision and may have even found a roommate! ... **Miranda DeGreenia** may have found her future college...**Lizzy Duranleau** has been keeping busy with school, hockey, and her part-time job...**Maple Bottinelli** fractured her tibia! We hope she recovers soon and told her to lay off the extreme skiing for a while...**Courtney Lewis** is off to Arizona! Enjoy the warmth and sunshine!...**Lauren Girouard** has begun coaching kid's lacrosse...**Aliceah Silver** is completing incredible research and interviews with professionals about financial literacy and high school students...**Makenna Emmons** is enjoying her Spanish class and has been busy skiing in her off-time... **Megan Gifford** spent her vacation exploring some potential career paths of interest and tending her plants...**Elly Bliss** started a new job at Kinney Drugs... **Ben Perreault** had a really great time at Scholar's Bowl... **Marcy Flint** recently finished a 14 page physics paper on the motion of a spring... **Natalie Martin** is thinking about her future and exploring her options...**Gemma Stowell** has been looking into clinical ethics/bioethics programs... **Eli Hooker** had a nice hike carrying Rick up the out- ing club hill... **Chelsea Ott** has participated in every single Upward Bound event this year... outstanding!... **Natalie Webster** is looking forward to spring Track and Field... **Felicity Perreault** was excited to start the Lacrosse season.... **Bethany Goodwin** is hoping to work at Santa's Village this summer...**Lily Miller** has some questions about the PSAT and the College Board now...**Aggie LaFleur** just finished up her Cheer season...**Colby LaFleur's** basketball team made it into the Playoffs...**Madison Wilson** joined the math club!...**Joey Sepulveda-Muniz** has been considering entering his work into some art or writing competitions...**Desiree Mendez** has been considering a future as a Physical Education teacher...**Nya Jewell** has been conducting research on the effects of exercise on some specific illnesses and diseases... **Joy Ruggles** is doing well, enjoying her classes and getting ready for Softball season!... **Raymond Lemrise** recently competed in the FBLA state conference...**Kaori Moulton** has been busy painting watermelons in art class... **Thomas Hinton** is excited for track and field season... Where in the world is **Natalie Daigle**???... **Hannah Jewell**???...**Caroline Lowry** is proud of her growth throughout high school and is excited for college!... **Blake Betz** is working hard to finish out the year strong... **Devin Daisey** is thinking seriously about his future... **Evan Thorn** is playing catch up at school but working hard to finish out the year strong... **Alex Pitt** recently took the SAT for the first time and was reminded why ETS... Upward Bound is so proud of **Abby Harrington** and **Kayanna Burns**...**Carver Parson** is looking forward to the summer... **Will Carter** didn't realize that Upward Bound was a full year program... **Patrick Stowell** has been promoted to floor sweeper at White's.... This will help him get into college!...**Ozora Rice** is thinking about college... **Ryan Moulton** is learning how to use e-mail... **Kaylee Hillesland** is excited about joining UB... **Ray Brooks** is already thinking about ways to combine or double majors in college... **Adalia Griffith** is busy working hard to finish out the semester strong....



"I'm tired of sailing my little boat  
 Far inside of the harbor bar;  
 I want to be out where the big ships float —  
 Out on the deep where the Great Ones are! ...  
 And should my frail craft prove too slight  
 For storms that sweep those wide seas o'er,  
 Better go down in the stirring fight  
 Than drowse to death by the sheltered shore!"

Daisy Rinehart

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