

NVU-Lyndon

# Upward Bound

January 2021 Student Newsletter

Building Expectations, Changing Realities

**TRIO**  
UPWARD BOUND

## Look at What You've Done!

This past December we completed and submitted our Annual Performance Report (APR) to the US Department of Education. While completing this report, we were once again thrilled to see just how successful our students are — and the federal government was also pleased to see that we were putting their federal tax dollars to good use! Every day, our current students and our college alums are working hard to make their postsecondary dreams a reality!

Take a minute to think about what **you** have been involved in this year with us, and think even harder about the ways that you can continue your involvement with Upward Bound in the new non Covid year. Even with a world wide pandemic, our students are thriving in college! Here are a few highlights from this year's APR!



*Summer 2014: See anyone you know?*

- **73 students** participated in the Upward Bound program during the past year
- **68%** of our students scored above the national average SAT score, and our senior class scored an average equal to that of families with a \$200,000 income (Senior SAT average 1062)!
- We retained **100%** of our students last year
- **55%** of our active students are on their school's honor roll
- **25%** are in the National Honor Society
- **11%** were member of their school's student government
- The Upward Bound Scholarship Fund awarded over **\$8,600.00** to 72 college students!
- **86%** of our students enrolled in college immediately after High School (our lowest percentage ever!)
- **67%** of our alums from the 2014—2016 cohorts have graduated from college
- From 2014-2020, **75%** of Upward Bound students that are still attending or have graduated college! OUSTANDING!

We have some of the very best students in Vermont and we are very proud of their accomplishments. But, we still have a lot of work to do. We always want students to strive for honor roll at their schools but we also want them to take the toughest classes that they can do well in. **Most colleges look at only your college preparatory course work before they admit you** and we know that our students are thriving at the colleges they attend! The more you are involved with us, the easier your transition into college will be!

*"Success is the sum of small efforts, repeated day-in and day-out."*

*-Robert Collier*

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

# 2020-2021 Upward Bound Calendar

	26 <sup>th</sup>	Juniors Take the PSAT's at their Schools (if not done in October)		
February	16 <sup>th</sup> – 18 <sup>th</sup>	TRIO Day in Portland, Maine (All Upward Bound Students)		
March	6 <sup>th</sup>	Green Mountain Scholars Bowl at Plattsburgh		
	17 <sup>th</sup>	LI Sophomores take the PSAT		
	21 <sup>st</sup> – 24 <sup>th</sup>	National Policy Seminar in Washington DC		
April Gym	5 <sup>th</sup>	5:30 – 8:00	UB Meeting and College Fair	ASAC 100 and
	6 <sup>th</sup> – 9 <sup>th</sup>	NEOA Conference and Board Meeting		Portsmouth, NH
	25 <sup>th</sup>	1:00 - 6:00	Junior SAT Review	ASAC 216
May & Theater	2 <sup>nd</sup>	1:00 – 3:00	Mother's Day Give Away and Meeting	Bole
	8 <sup>th</sup>	Juniors Take SAT I		
	30 <sup>th</sup>	1:00 – 3:00	Final Upward Bound Meeting	Theater
June	5 <sup>th</sup>	Juniors Take SAT II (if appropriate)		

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

"It really is because of this awesome program!  
The more I talk about [Upward Bound] the more  
people are interested!" - *Chelsea Ott*

## *Upward Bound Wants You!* *It's Recruiting Season Again...*

We have started recruiting in all of our schools and will be talking to any students who are interested in Upward Bound over the next few months. At each school, we will be running presentations. 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! We are looking to add about **20** new students to the program this year that will both replace our senior class and meet the mandate from the US Department of Education to increase our student number. This most likely will mean that we expect to have **4-6** non-residential students again this year! If you know of a classmate who is interested in joining Upward Bound, send them to the guidance office to pick up an application! They will then need to complete and return it ASAP!

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. 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.





## *Sudbury Resource Education Fund (SERF) 13<sup>th</sup> Annual (Virtual) College Fair*

We encourage all of our students, regardless of grade, to consider signing up for and attending the SERF Virtual College Fair on Saturday, March 20th, 2021 from 1-3 PM. The event offers college-bound students the opportunity to meet and speak with representatives from colleges and universities across the country, collect brochures, videos, and photos about schools that interest you, and much more, without even leaving their homes! To participate, you must register using the link below before March 13th, 2021.

<https://events.novva.tech/hsf/serf>



### *Our December Meeting!*

I am always thrilled to have our Holiday Meeting and was really happy with all of the NVU-Lyndon Upward Bound students who attended - but was disappointed that many of you did not make it. For those who attended it was nice to be reminded of your commitment and involvement in our program. It always reminds us how impressive you all are! It was also wonderful to see some of our Tutor Counselors at the meeting! We love having them around for more than just the summer program!

This year has certainly been different and difficult. Through it all, however, you have persevered to make this year as successful as it could be. And for that, we are so tremendously proud of you. Things will start to return to normal in 2021, but we encourage you to take what you have learned from 2020 and grow from it. Do not stop working to your full potential and keep up your amazing commitment to Upward Bound!



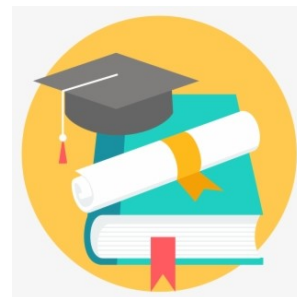
### *TRIO Day Will be an All Program Event February 16<sup>th</sup>—18<sup>th</sup>*

The annual TRIO day event is currently scheduled to occur in February of 2021, in Portland, Maine. However, due to the COVID-19 Pandemic, this event will occur in a modified capacity. There is a Nationally Famous Speaker who will start the conference off with three days of workshops from 3:30—5:30 each day. Keep the date on your calendars, but pay attention to future newsletters and other communications—we will update you with any changes! TRIO Day brings together almost 700 of our high school friends—friends from all over New England who are first in their family and/or moderate income, college bound students—TRIO students. Although this is primarily a Junior event, because of the modified format, we will invite and register all of you for TRIO Day. You will be able to ZOOM in to all three events or just the ones that interest you the most! But BEWARE—registration is \$50 per student so we want to make sure you all attend in some fashion! Let me know if you can not make it!

### *Green Mountain Scholar's Bowl March 6<sup>th</sup>, 2021*

Get your thinking caps on! In March we will be competing against other Upward Bound programs for the chance to win the grand prize—scholarship money! This will be a competitive event! The Scholar's Bowl competition (trivia style) provides students with a chance to meet other scholars from across Vermont and Northern New York! Not only could our program earn some valuable scholarship dollars, but you could also brag to colleges about your first place finish in the Annual Scholars Bowl competition. **We finished THIRD** last year and Ryan is demanding a recount!

We intend to have at least 2 teams of our best sophomores, juniors and seniors to help us regain our Scholar's Bowl Title! Think about being a part of the NVU– Lyndon UB Winning Team. Let us know if you are interested in this outstanding opportunity! **Raymond and Niomi are already looking forward to another chance to take Castleton Upward Bound down!**





# Career Spotlight

## Education

Teachers and educators play a pivotal role in our society. If you are thinking about becoming one, you aren't alone. Education is one of the top 10 majors sought out by students in the United States. If you are considering a degree and career in education, you may want to think about specializing. Many education majors are required to choose a specialization over their course of study. Either way, having a specialization will make you more hireable. Here are some to consider: special education, health and physical education, elementary education, early childhood education, STEM education, secondary educational, vocational education, and more.

How do you decide on a specialization? Simple! Follow your passions and what you excel at. If you excel in STEM but fall short in English and language arts, then you should probably choose a specialization in math or science instead of literacy. Don't worry too much about specializing just yet—you will learn more about what you are passionate about as you move through the early semesters of college.

## Where Can I Study Education?

### Schools in New England:

The University of Vermont  
Northern Vermont University (both campuses)  
Norwich University  
Champlain College  
New England College  
Plymouth State University  
Southern New Hampshire University  
Colby Sawyer  
State University of New York at Plattsburgh  
Boston College  
University of Massachusetts—Amherst  
University of Southern Maine  
And More...

## Possible Careers

Primary School Teacher  
Secondary School Teacher  
Physical Education Instructor  
Health Education  
Principal  
Superintendent  
Camp Director  
Lobbyist  
TEFL/TESL Educator  
Career Advisor  
Social Worker  
After School Program Leader  
Educational Non-Profits  
School Administrator  
Adult Literacy Teacher  
Technical Writer  
Textbook Sales Rep  
Instructional Coordinator  
Instructional Designer  
Curriculum Designer  
Academic Counselor  
Educational Development  
Academic Librarian



## Considering Education as a career?

**You should take classes in:** history, sociology, anthropology, psychology, human development, algebra, geometry, biology, foreign languages, and more. If you have a specialization in mind, take related classes to prepare yourself.

## ***Extracurricular Activities that Colleges Want You Participating in***

You should make time in your schedule and fill it with valuable extracurricular activities. Extracurricular activities provide you with skills that you wouldn't otherwise get in your school classes. The activities that you take part in tell colleges (and even your future employers) more about the causes that you are passionate about, prove to them that you have effective time management skills, show you are a team player, leader, and so much more. They can even sometimes help you score scholarships!

*Don't know which activities to participate in? Here are some of the extracurricular activities that colleges love to see on student's applications:*



**Student Government** - Holding a position in Student Government, even if it is only for one year, is an excellent way to demonstrate to colleges that you have leadership skills. It also shows that you have an invested interest in the community around you, that you are responsible, and that you care about other students' wellbeing. If you haven't already, consider running for a position! Just ask **Eli Hooker!**

**Volunteer/Community Service Based Groups** - Whether the college you are applying to requires it or not, it is a great idea to incorporate community service into your resume. Again, it demonstrates that you are invested in bettering your community, are active and interested in social justice movements, and that you want to help others. This proves to college admissions counselors that you will be a valuable addition to their campus. And there are many scholarships that expect continuous community service.



**Athletics** - Being a member of an athletics team is a great way to showcase your leadership, teamwork, and time management skills to colleges. If you have the opportunity to be captain or co-captain of your team, definitely consider seizing it! This will boost the impression you make on the college even more!

**Academic Teams and Clubs** - Participating in Quiz Bowl, Chess Club, Debate Team, Math Olympics, etc., demonstrates to colleges that you are invested in education. It also demonstrates that you are competitive, passionate, thoughtful, able to think critically, able to speak publically, work as a part of a team, and perform under pressure. Plus, they are clubs that you will easily find on college campuses everywhere! If you enjoy them, you'll be able (and encouraged) to join them when you get to college!



**Creative Pursuits** - Many colleges, especially arts based or liberal arts colleges, appreciate students who have participated in art clubs, music, theatre, etc. Involvement in these areas demonstrates an appreciation for art and culture, an ability to speak and/or perform publically, confidence, and so much more. You should consider joining a creative extracurricular, especially if you intend to pursue a degree in the arts. Just ask **Joey!**

# Juniors

## *UB Discover Scholarship Essays* *Due at the UB Office by January 15<sup>th</sup>*

One last reminder - we expect every one of our juniors to complete the Discover Scholarship Essays this year. As you know, this scholarship has been discontinued, but we still think it is incredibly valuable for juniors to write essays on the topics we have outlined. You will be able to use these essays as a starting point when you enter your senior year summer at Upward Bound and begin to write your college admission essay. We would like you to write **3 out of the 5 following short essays**, each of which should be 500 words or less. Remember, the word limit is there as a guide to help you write carefully and concisely. These do not need to be novels: just write from the heart and don't forget to proof-read for grammar or spelling errors. Take this opportunity to reflect on your experiences and how they are preparing you for college. Please email us these essays so that we can keep an electronic copy for you for the summer. Here, again, are your topics:

**Leadership:** Explore the ways you are a leader or are becoming a leader in your school and community.

**Community Service:** Write about a service activity that you have done and what it means to you.

**Obstacles Overcome:** Write about something that has challenged you, and how you overcame it.

**Special Talent:** Determine what you are good at and passionate about... and then brag a little.

**Unique:** Share about your unique background and/or a story that sets you apart from other applicants!

*As always, call us if you have questions about how to complete this important UB assignment!*

## *Is my essay any good?*

It's okay to admit it—writing a good essay which meets all of the requirements, is clear and concise, and relays all of the information you are trying to get out can be **extremely difficult!** Take a deep breath and don't stress.

Follow the guidelines below and you are sure to write an essay that checks all of your boxes!

### ☐ **Introductory Paragraph:**

- ☐ Introduce your reader to your prompt by restating it in your own words.
- ☐ Beware of run-on sentences and information that does not relate to your topic!
- ☐ Be concise, factual, and to the point.



### ☐ **Body Paragraphs:**

- ☐ Tell us your story! Who are you? Are you persistent, optimistic, hard working? Prove it! Use a solid, explicit example that leaves no doubt in the readers mind that you are what you say.
- ☐ If you are talking about an obstacle you have faced, don't just describe it! Go deeper! How did it shape who you are? What did you learn from it? How has it prepared you for college?
- ☐ Though you may be telling a story, stay focused. Be clear and concise.
- ☐ Make sure that your body paragraphs flow nicely. You do not want your paper to get off to a good start and be ruined by a random paragraph that feels like it belongs in another paper.

### ☐ **Conclusion:**

- ☐ So what? Why should colleges accept you based off of what they just read? How will you add to their campus more than other applicants?
- ☐ Tell them, clearly and concisely, how this has helped you to grow personally and better understand yourself.

### ☐ **After Completion:**

- ☐ Read, reread, and reread again! Better yet, have someone read it to you! This is how you will catch errors—grammatical or otherwise! Do not be afraid of editing your own work. Odds are, your first draft will be far from where you want it. Editing it will only make it stronger!



## ***Junior Essay and Matrix— Your Reapplication to Upward Bound***

*Due to the UB Office by January 29<sup>th</sup>*

Your assignment is to write a short essay (no more than 2 pages) outlining your educational plans. In this essay we want *you* to tell us what you are thinking about in terms of college! We want you to explore majors you are thinking about, what colleges have those majors and the type of college you hope to attend. Think about size, cost, location and most importantly, where you would fit in. Finally, tell us how Upward Bound can help you achieve your educational goals moving forward. We strongly recommend that you have a few safety schools (colleges you will be admitted to and can afford), a few target schools, which are schools that you are likely to get into and would enjoy attending, and maybe a dream school or two. Make sure that you also **submit your college matrix with it**...this will be the foundation for your essay.

Spend some time with this and really think about what your educational goals are! We will also look at this assignment to determine your commitment to Upward Bound and going to college, so do your very best work. We want you to be prepared for your senior year and beyond!

### **Useful Websites for your Junior Essay!**

Your junior essay is an important piece of work! We will need to you to take your time and put in your best work. Here are some helpful websites to help you prepare to write your essay:

<http://www.bls.gov/oco/> - This link will take you to the Bureau of Labor Statistics Occupation Outlook Handbook. It is a great site that allows you to look at hundreds of listings for all different types of jobs and careers, the training you would need to get and work that job, the earning potential, and what to expect for working conditions. It will give you more information about different careers in the same field and introduce you to jobs that you never knew existed!

<http://cnsearch.collegenet.com/cgi-bin/CN/index> - This college search engine will allow you to look at and define colleges by state, size, majors, as well as GPA. It will give you a list of web addresses for each college that matches your criteria. There are others out there (College Board has a good one too), but this one has been used by our students for a while and has proven to be helpful!

[www.actstudent.org](http://www.actstudent.org) - This is the website that we used this summer in our Junior College Quest class. The ACT Student Website has College and Career Planning modules as well as an excellent one on Financial aid! These are great resources for your Upward Bound assignments! You are sure to recognize it when you get to the site!

### ***An Note from Shelby Loura, UVM Class of 2021!***

Thank you! It has been quite exciting to think back on how far I've come. I struggled a lot in the first few years because I realized that college is way harder than high school. But I was able to really buckle down my junior year and I started to take my education more seriously. I found new ways to study and really utilized my classmates and professors to help me study so I wasn't trying to take it on all alone. It has been a tough ride but I am really proud of my grades and how I was able to get my GPA up. I'm also proud that I am able to maintain a social life and work life at the same time. I really appreciate all that Upward Bound did to prepare me for college and your continued support! :)



***Shelby Loura and World Famous  
TC Katelyn Brown!***



### *All About Scholarships— Read These Pages Carefully*

We already outlined all of the scholarships from the new VSAC scholarship book for you. Now it is your turn to apply for every scholarship you can! Any free money you receive can help you turn a financial reach school into a target school. This guide is available in your guidance office at school and Upward Bound has copies if you need them as well. We have identified scholarships that you are most likely eligible for, but it is your responsibility to look through the book and do the same. In addition, now is the time to start asking around your guidance office for local scholarships. Every scholarship you receive means less loan debt! I guarantee that you will receive more money from local scholarships in your town, school, community organizations and VSAC than any internet source!



**Remember, although Fast Web and web-based scholarship searches are fine, the closer the scholarship is to your home the better your chances of winning that money are!** Obviously, Upward Bound is the first place to start (see this newsletter!), but also ask your guidance counselor about local awards. And remember, as you are accepted to colleges, you can review their list of merit scholarships on their financial aid websites or on **Meritaid.com**.

### *Vermont Student Scholarships*

We are very lucky in Vermont to have the VSAC Scholarship book, which offers a collection of scholarships that you may be eligible for. There have been some changes in recent years however, and we want to make you aware of them. As a part of applying for any of the scholarships in the book you will have to first complete the **Unified Scholarship Application** in addition to the FAFSA. Most of you have completed the VSAC Unified Scholarship Application online—if not, do so now! You can find it on the VSAC website at **www.vvac.org/scholarships**. Here are a list of the other documents that you will likely need to submit.

- ♦ **Recommendation Letters:** Most scholarships require one or two of these documents.
- ♦ **Essays:** A General Essay is required for all scholarships this year— follow the guidelines in the book
- ♦ **Official Transcript:** A transcript is official if it has a school seal, original signature, or both.
- ♦ **SAT Scores :** This needs to be a copy of the official score report if required.
- ♦ **Any Other Required Documents:** Check to see if you need a resume, portfolio, or anything else!

VSAC wants these items submitted through their website and you and your school will have to upload the required documents. But this may take more time this year and you will have to work very closely with your school! Submitting everything electronically will ensure your application is processed quicker and more accurately. We suggest making time to touch base with your guidance counselor about this process **ASAP**.

### *And One More Reminder...*

Do not forget all the other scholarships that we have been telling you about! Stay organized in this process...and do not miss deadlines. Each year we are *shocked* when some Upward Bound students do not do the guaranteed Upward Bound scholarship! Remember we want all of your **VSAC Scholarships sent out in early February** and we want every Upward Bound student to call VSAC to confirm that they have everything they need from you. Each year some unfortunate student finds out after the deadline that they somehow missed part of the application. We are here to help you along the way, but it is *your* responsibility to complete these applications, and triple check that you have done it correctly! I promise it will all be worth it when those scholarship checks start being sent out—hopefully to *your* house!

“They're so cold, these scholars! May lightning strike their food so that their mouths learn how to eat fire!”

— Friedrich Nietzsche





# Seniors Scholarships and Grants

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



**VSAC Scholarships:** **February 11<sup>th</sup>** VSAC Scholarships, like grants are forms of "gift aid," meaning there is no obligation (under most circumstances) to repay the funds. While grants are generally awarded according to financial need, scholarships are typically based on factors unique to each scholarship. These may include residency, degree program or major, academic achievement, extracurricular activities, and in some cases, financial need. Scholarships, unlike grants, are competitive, meaning that eligible applicants compete for a limited number of awards. We have worked hard to generate a list of scholarships specific to you! Use this as a guide when applying. **All applications postmarked by February 4<sup>th</sup>!** This should be every Upward Bound students goal! [www.VSAC.org](http://www.VSAC.org)



## **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. Scholar-

ships 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 The Stephen Phillips Memorial Scholarship Fund offers renewable, 4-year scholarships to students with financial need who display academic achievement, a commitment to serving others (in school, in the community or at home), a strong work ethic, and leadership qualities. All Upward Bound seniors with a 3.00 or higher GPA, great writing ability and be enrolled in a demanding course of study—Upward Bound Academic Rigor requirement should apply for this very important Scholarship! <http://phillips-scholarship.org/>

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

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

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

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

## Colleges Our Seniors Will Apply To!



These are the colleges that our seniors will apply to. At this point, students are still defining what schools will be the best match for them. The **Boldface** Colleges were our promising young scholars have been accepted!

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







## *Courtney Lewis*

Courtney Lewis from Saint Johnsbury, VT is hard at work carving herself a path to success. A junior at St. Johnsbury academy, Courtney has been a participant in the Lyndon Upward Bound program for the last three years. Courtney sought out Upward Bound to prepare for college academically, socially, and culturally, and has taken advantage of every opportunity that has been presented to her thus far. Courtney hopes to spend her life both helping and healing people as she works to pursue a degree in either Health Sciences or Sports Medicine after graduating high school. She understands that this is a challenging and demanding career path, and has taken such an active and serious role in her academics to become as prepared as possible. Courtney has the grit, determination, work ethic and overall academic ability to be very successful in this field of study.

What sets Courtney apart from her peers is her kind and caring personality. She is an exceptionally friendly young scholar who is always looking to lend a helping hand. She brings a positive energy to everything that she does and is rarely seen without a smile on her face. Courtney really understands what it means to serve her community and has volunteered at the annual Burklyn Art's Craft Festival, Warm the Children program, and the H.O.P.E. Color Run. Courtney has been an active participant in the Black Lives Matter movement here in the Northeast Kingdom and has a true passion for being a social justice advocate. During the summer of 2019 Courtney was also able to intern at NVRH in the surgery department where she gained valuable professional experience and was able to gain a better understanding of what working in the medical field was really like. Despite the difficulties presented by the COVID-19 pandemic, Courtney hasn't wavered. She has maintained her same upbeat and positive personality and has continued to work just as hard, if not harder, to be successful in her academics and beyond. She is an absolute asset to any group, class, or team that she is a part of.



In the classroom, Courtney is a driven and engaged scholar. She is a rare kind of student – one who is incredibly self-aware and always holds herself accountable. She maintains good grades by staying focused and striving to submit the best work that she can every time, and isn't afraid to ask for help when she needs it. It is these qualities that will ensure Courtney will be successful in college and beyond. Aside from her academics, Courtney is a dedicated and outstanding member her school's hockey team and, just this year, has also joined the cheerleading team. Courtney never passes on a chance to try something new and is always looking for ways to learn and grow. Even in the midst of a pandemic Courtney took advantage of the fall to try out cheerleading for the first time. She dove into the sport wholeheartedly and discovered a new passion which she

hopes to delve into again next year. Courtney was also inducted into the national honor society during in her sophomore year as a result of her hard work and excellent grades. She is really an example of a student positioned for success in secondary education and has worked hard to set herself up for a very successful senior year.



# Upward Bound Activities:

**Field Hockey:** Chelsea, Joy **Cross Country:** Desiree, Lauren **Band:** Lauren, Blake, Devin  
**Dance:** Chelsea, Kayanna, Aggie, Elly, Felicity **Piano:** Marcy, Leashie Natalie W., Megan  
**Chorus:** Elly, Madi, Aggie **Theater:** Madi, Gemma **Math Club:** Lauren  
**Student Government/ Council:** Madi, David R., Gemma, Kayanna, Maple, Kaori  
**FBLA:** Carver, Raymond **YAC:** Gemma **Swim:** Nya, Hannah, Abby **Football:** Eli  
**Cheering:** Aggie (co-captain), Miranda, Kayanna, Maple, Courtney **Cooking:** Raymond  
**Working:** Miranda, Madi, David R., Blake, Emma, Marcy, Natalie M., Nya **Newspaper:** Raymond  
**NHS:** Miranda, Emma, Elly, Lauren, Madi, Maple **Driver's Ed:** Raymond, Chelsea, Gemma, Eli, Kayanna, Maple. Gavin

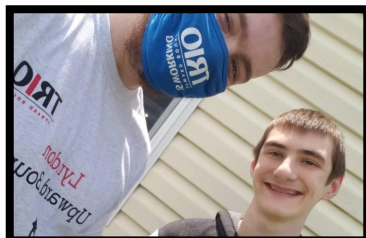


## Upward Bound January Birthdays:

Aggie: News Years Day!

## January Student News

**Kai Aviles** was selected as a Dell Scholarship semifinalist! Congratulations, Kai!... **Ben Perreault** is realizing that he has more "chemistry" with science than the thought... **Abby Harrington** likes being back in school a couple days every week to see her friends and is really enjoying the Great Gatsby... **Carver Parson** recently joined a Dungeons and Dragons club at Lake Region which Ryan thinks is so cool... You can start calling **Alex Pitt** Bob The Builder! He has been working part-time helping a neighbor build a house!...**David Richardson** is disappointed that he couldn't get his hands on the new Xbox, but otherwise is doing well... **Megan Gifford** has been exploring careers in the health science field... **Colby LaFleur** has also been exploring potential career options but says engineering is absolutely off the table!... **Lauren Girouard** recently got her license and helped UB recruit at ST Jay.... **Courtney Lewis** recently got her wisdom teeth out but wasn't complaining about all the ice-cream she had to eat... **Kayanna Burns** is looking at some excellent colleges... **Emma Powers** has been busy assessing financial aid award letters!... **Miranda Degreenia** is a music trivia super star!... **Rick** was bummed that **Madi Wilson** and **Maple Bottinelli** wouldn't sing for him at the Holiday Meeting... **Desiree Mendez** is doing well and looking forward to the Holiday Break... **Caroline Lowry** recently placed second in a Turkey Bucks selling competition at Shaw's... she also recently got a new car and possible a new college major!... **Natalie Webster** is excited to see her niece over the holidays... **Chelsea Ott** is next in line for Ryan's job. She has recruited more students for Upward Bound than the UB staff has so far!... **Gemma Stowell** is working on a Podcast series one of which is staring Umbrella... **Aggie LaFleur** recently learned how to play the Ukelele. So cool!... **Bethany Goodwin** is looking forward to the Holiday break and passing her French final... **Adalia Griffith** hopes to get her license this month!...**Felicity Perreault** has reconnected with some long lost family and has enjoyed getting reconnected!... **Eli Hooker** has been seriously thinking about his future and is still holding out for Basket Ball season!... **Aliceah Silver** is exploring colleges and recently got a new job at the Monroe store!... **Devin Daisey** is looking forward to the holiday break and has been busy crafting the perfect college essay...**Joey Sepulveda-Muniz** likes all the UB postcards, calendars and Birthdays cards...**Hannah Jewell** can't wait to start her Junior Essays....**Caroline Lowry** has been accepted to college and cant wait to leave Lake Region...**Will Carter** was not the first students at our Holiday Meeting....**Ryan Moulton** says he is the best UB Moulton ever...**Natalie Daigle** is a superstar at BMU.....**Niomi Wilkins** is glad to be back at Lake Region...**Natalie Webster** had an excellent report card....**Nya Jewell** cant wait for the PSAT...**Raymond Lemrise** wants a more normal summer....**Patrick Stowell** is going to college...**Blake Betz** has a thoughtful list of colleges...**Marcy Flint** is working at Hannaford's trying to boss **Blake** around...**Natalie Martin** is looking closely at colleges and waiting for sports to start back...**David Moody** had a great semester at Clarkson...**Kaori Moulton** has a nice recommendation that Rick wrote...**Ozora Rice** spent some quality time with Ryan recently...**Evan Thorn** really wants to be in college next year....we want him there too!...**Elly Bliss** kicked the College Boards butt on the PSAT...**Jordyn Roberts** is so smart she already graduated High School... **Lizzy Duranleau** is working really hard at Price Chopper so she can buy Rick a nice present....Ryan says that **Nya Jewell** is the best Jewell we ever had....**Joe Ruggles** cant wait for her sister to go back to college....



## Honor Roll

Will Carter  
Lizzy Duranleau  
Maple Bottinelli  
Courtney Lewis  
Desiree Mendez  
Patrick Stowell  
Ryan Moulton  
Carver Parson  
Alex Pitt  
Joy Ruggles  
Natalie Webster

## High Honor Roll

Lauren Girouard  
Nya Jewell  
Elizabeth Bliss  
Kayanna Burns  
Madison Wilson  
Miranda DeGreenia  
Emma Powers  
David Richardson  
Colby LaFleur  
Raymond Lemrise  
Caroline Lowry  
Eli Hooker  
Agnieska LaFleur  
Chelsea Ott  
Gemma Stowell  
Gavin Williams

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