

NVU-Lyndon Upward Bound

March 2021 Student Newsletter

TRIO

UPWARD BOUND

Building Expectations, Changing Realities



Green Mountain Scholar's Bowl

March 6th, 2021—1:00-3:00 PM

We are READY! Ryan and Kelsea have put together the 3 strongest teams NVU—Lyndon has ever had for the Green Mountain Scholars Bowl Competition. This year the event is hosted by Plattsburg State University Upward Bound and they are fresh off a BIG win in New York State....but we are not afraid! Several of our scholars took part in a warm up competition this past week and **Miranda Degreenia** looks strong.

The Scholar's Bowl competition (trivia style) provides students with a chance to meet other scholars from across Vermont and Northern New York! This will be the first year that we have done this virtually but we tried it out last week and it will be fun—and easy. Our teams will be put into a Zoom Room with 10 questions in 6 categories including SAT, Science, History, SAT prep, and College Financial Aid.

We still have room for another team or two so if you are interested, get in touch with us ASAP. Think about being a part of the NVU—Lyndon UB Winning Team. **Gemma Stowell** is primed and ready to go....

PSAT Workshop for Lyndon Institute Sophomores

March 7th 1:00pm—5:00pm

LI Sophomores—remember that we will be holding a PSAT Workshop on Sunday, March 7th, to prepare you for the March 17th or 18th PSAT's at your school. **This workshop is mandatory for all Lyndon Institute sophomores!** We will meet in Tim Ulrich's classroom—310 of the Main Building at LI.

SAT Gurus **Tim "Mr T" Ulrich** and **Billy "Big Papi" Goldsworthy** will get you all prepared for this test. This will build on what you did this past summer but also get you back in the mindset to beat this College Board test. Taking the PSAT will better prepare you to take the SAT in your junior year and your results will help you narrow down which sections you need to improve on. Additionally, your score could help you qualify for the National Merit Scholarship—just ask **David Moody** how well that worked for him.

So mark your Calendars and plan on being with us for the afternoon. You will all follow the LI Guidelines—just like a school day—social distancing, wearing mask, and constantly cleaning your hands. We will have individual snacks for each of you to make the day go by more quickly! See you on March 7th!

6 Hour Lyndon Outing Club Bonanza

March 13th 8:45am—4:00pm

The Lyndon Outing Club and St Jay Academy Teacher Jesse Holden are offering a fundraiser to support skiing in our area. This event will ask participants to snowshoe or ski up the outing club hill as many times as they can. Jesse is an endurance athlete and I will be there with my bionic knees and I challenge any of you to join me.

Upward Bound will pay your \$40 registration fee as long as you show up and promise to climb the 600 foot elevation with me at least once! As you know, we have 10 pairs of snowshoes for you to borrow and this will be a great adventure for us. Please let me know if you are interested and get ready to get sweaty!

*Snowshoeing Anyone?
We have 10 pairs ready
to go...call Ryan!*



2020-2021 Upward Bound Calendar

March	6th		Green Mountain Scholars Bowl at Plattsburgh	
	7th		LI Sophomores PSAT Workshop	LI Room 310
	21st – 24th		National Policy Seminar in Washington DC	
April	5th	5:30 – 8:00	UB Meeting and College Fair	ASAC 100 and
Gym	6th – 9th		NEOA Conference and Board Meeting	Portsmouth, NH
	25th	1:00 - 6:00	Junior SAT Review	ASAC 216
May	2nd	1:00 – 3:00	Mother's Day Give Away and Meeting	Bole
& Theater	8th		Juniors Take SAT I	
	30th	1:00 – 3:00	Final Upward Bound Meeting	Theater
June	5th		Juniors Take SAT II (if appropriate)	

2021 Summer Program June 13th – July 18th

*Upward Bound is looking for
a few Great Students!*



In addition to our “normal” recruiting season, we are also expanding to include a new cohort of 8th 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!

*"Intelligence plus
character, that is
the goal of true
education."*

*-Martin Luther
King Jr.*



The QuestBridge Program



The QuestBridge Program is an opportunity that several of our students have participated in the PAST. This program helps to match our best students with the nation's best colleges and, more importantly, helps you to excel at the best college fit for you. **Mara Duquette** was a Questbridge Scholar last year and she matched with the University of Chicago. Although it is almost identical to what we do at Upward Bound, their college match program is something that we cannot offer. The colleges they affiliate with are the **best colleges in the nation and also offer full scholarships if you can get in!** Please understand that I would rather have you with us during the summer, but I am also committed to supporting academic opportunities like this to get you where you want to be. And even if you attend Questbridge – we will continue to work with you until College Graduation! If you are interested in this, please look at the information below and talk with us.

To be eligible to apply for the scholarship you have to be a junior and intend to pursue your college studies at one of the top colleges in United States. **The applicant should:**

- be facing economic challenges and demonstrate the academic potential to attend top colleges,
- applicant should get primarily A's in the most challenging courses available,
- strong writing ability, and motivation to succeed,
- the applicant should be ranked in the top 5-10% of their class and must score greater than 1280 on the SAT or PSAT, or greater than 27 on the ACT.

**March 21, 2021* is the deadline to apply for the QuestBridge College Prep Scholarship program. Interested and eligible candidates should apply before the deadline. For further information please visit the official website at www.questbridge.org/

VSAC's College and Career Pathways Virtual 2021

VSAC is offering a Career and College Pathways event next month that we want to make you and **your parents** aware of. Although these are all things that we cover in detail with you, you can never have too much information. This is not a required event but we want you to know about all the support that is available to you as you get ready for college.

Throughout the month of March, Vermont Student Assistance Corp. will offer live virtual workshops, led by local experts, who give you the how-to and answer your questions. VSAC will also partner with more than 10 Vermont colleges and training programs to offer live virtual tours and info sessions. Check out the complete line-up of workshops and virtual tours on their website and register to save a spot (www.vvac.org/CCP). All presentations will be recorded and available for later viewing as well.

Workshops like:

[Identifying Your Career Interests:](#) Wednesday, March 3, 3-4 p.m.

[Short-Term Training Options:](#) Thursday, March 4, 6:30-7:30 p.m.

[I Wish I Knew That! Programs to Pursue Before You Graduate:](#) Tuesday, March 9, 6:30-7:30 p.m.

[Navigating Virtual Campus Visits & Admissions:](#)

Tuesday, March 16, 6:30-7:30 p.m.

[Financial Aid & Managing College Costs:](#)

Tuesday, March 23, 6:30-7:30 p.m.

[Supporting Your Teen's Career Search:](#)

Wednesday, March 24, 6:30-7:30 p.m.

[Scholarships—Free Money:](#)

Tuesday, March 30, 6:30-7:30 p.m.



TRIO Day Conference 2021

We are so proud of the students who attended this year's first ever virtual TRIO Day conference. We know how busy most of you are, and the last thing you want to do is join another ZOOM meeting, but you all really took advantage of this opportunity to develop professionally and academically, explore new opportunities, gain insight and inspiration from speakers and workshop hosts, and ask important questions that will help you better navigate your path to college. For the rest of you—you really missed out! TRIO Day is a free opportunity to become better prepared for your future and this year we made it easy for you - you didn't even need to leave your couch! Just ask **Chelsea Ott** how much she learned at TRIO Day after attending every single session... she even used the "mind blown" emoji... twice! Expect a little goody basket at your doorstep if you participated! :)



Overall we had 18 of our students participate in at least one of the TRIO Day events. Of the 18, we saw 8 students for more than one of the three days, and 8 students attended Dr. Anthony Jack's Keynote speech... along with our very own **Rebecca Doucet**! It was a very well put together three day event. The theme for Tuesday was "Community" which kicked off the workshop nicely with a community service panel focused on growth through giving back. Students then broke out into workshops with the themes: community connection, networking, goal setting, finding community in a pandemic, and turning service into money. Wednesday was Education day which began with admissions roundtables where students were able to choose which schools they wanted to learn more about and ask valuable questions from admissions officers and current students. From there students moved into an "industry meet and greet" where they got the opportunity to chat with professionals from a field of choice, and ended with a TRIO alumni panel. Thursday wrapped up the event with theme of "Advocacy" and featured a conversation panel with the Maine Congressman, Advocacy workshops including: finding an internship, organizing your e-mail, and asking for help, and the Keynote address from Dr. Anthony Jack, Harvard professor and author of "The Privileged Poor."

"TRIO Day has been amazing! I've been able to make it to some of everything so far and it's just so engaging, the speakers are all super good and for an online event it has had so much content packed into the three days!" - **Chelsea Ott**

Despite not being able to hold this event in person, it was a very insightful, informational, productive, and inspiring three days, and TRIO Day hosted over 1000 Upward Bound and GEAR UP students from across New England and Northern New York! If you were unable to catch Anthony Jack's Keynote, you can find his very inspirational TEDx Talk on YouTube.

Virtual College Visits

Though it is a new year, life remains different and changed thanks to the pandemic. This, unfortunately, means that we still can not physically tour any college campuses. Fear not! Upward Bound is on it! We will be hosting **Virtual College Visits once a month** over the next few months. Many of you participated in a poll which will help us to decide on which colleges we should virtually tour. Be on the look out for more information each month about which college we will be touring. You will be required to sign up to join the event! As always, we hope that you will take full advantage of this opportunity and **attend as many visits as you can!** Here is what we have scheduled:

Friday, March 5th, 2021 — **SUNY Plattsburgh**

- This event will begin at 3:30 PM and will include:
 - Admission Information Session
 - Virtual Tour
 - Q&A Session
- Check your email for instructions on how to sign up and attend!

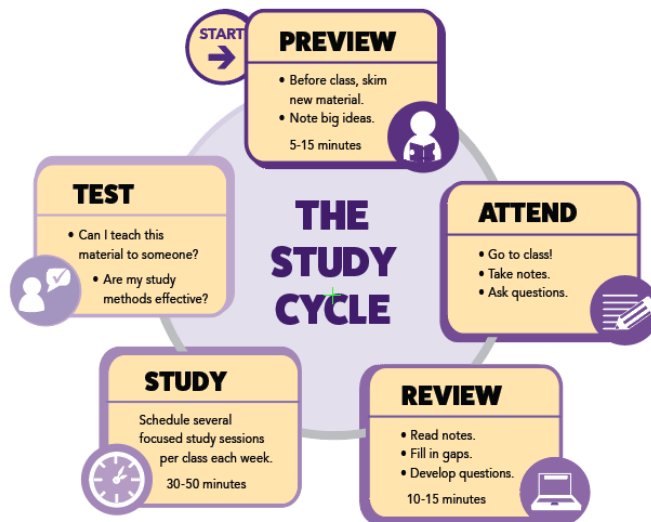


Having a Hard Time Studying? Try Something New!

Studying can be a tedious task that, when you don't have a tried and true method, can feel impossible and pointless! That being said, studying is an incredibly important thing for you to be doing to ensure that you are achieving the best grade possible. It is a skill that you should work on building now so that you will be prepared once you get to college! If your current methods for studying are just not working, take a peak at these tips and tricks:

Give the Study Cycle a Try

If you are spending hours the night before a big test trying to cram all of your notes into your brain, you are studying wrong! The Study Cycle, which was developed by Frank Christ, demonstrates how studying should be a process which is accomplished over a period of time. If you follow the cycle, you will learn how to gain the most from your classes and the notes you take and learn how to best fill gaps in your learning. One last thing! The cycle is a cycle for a reason—it is meant to be completed over and over, as many times as you need, ensuring that you fully understand the concept you are working on. Check out the graphic to the right and give the cycle a try!



Practice, practice, practice!

Repetition is key. The more you hear, read, or learn about something, the better the chance that you will retain it. Musicians and athletes alike can testify to this! Studies have proven that if students retake the same practice test numerous times over a period of days or weeks, they are likely to achieve a whole letter grade more than if they study just once. So, break out those flash cards or practice tests and start quizzing yourself. Then do it again tomorrow, and the next day, and then again on Friday!



Shake Things Up

It is so easy to fall into a rut when you are studying. Shake things up as much as you can—this will help keep you focused and on task and will also help you to find the best method for studying for you! Use flashcards, but also reread your notes, and have a friend test you. If you're studying a foreign language, stick labels to objects around your house! Also, change your setting! If you find studying in your bedroom to be challenging, move to your living room or outside, even try the library or a Dunkin'! Our surroundings can have a serious impact on our ability to learn—find the right one for you.

Try pictures!

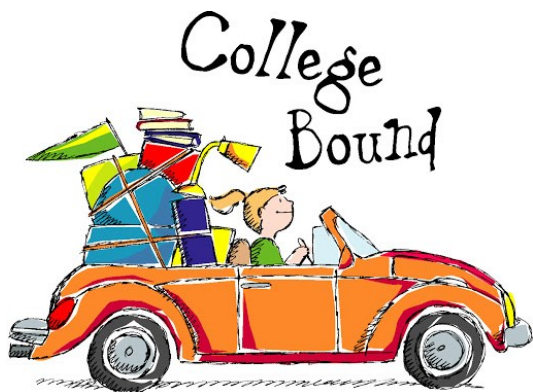
For certain subjects, seeing is knowing! Do not be afraid to use visuals and graphs to help commit the concept to your memory. For foreign languages, including a picture along with the vocabulary word can dramatically change your ability to remember the answer. Diagrams for remembering parts of the brain or countries in Europe can be essential in helping you to remember your test material.

Be kind to yourself

It isn't healthy or helpful to cram the night before a major test, so plan ahead. Your brain and grades will thank you for it later. Space out your study sessions, plan breaks for snacks and fresh air, and try to make studying enjoyable and worthwhile! Everyone learns different, so take the time to try different methods for studying, one is bound to stick. The better you get at studying now, the easier it will be in the future. And if you are still having a difficult time, don't be afraid to ask for help! Your teachers, parents, guidance counselors, and even your trusty UB staff may be able to help.



Junior Discover Essay's and Matrixes



We want to start by saying “**thank you**” to all of you who worked hard on your Junior Essays, Discover Essays and Matrixes and got them to us in a timely manner. We really enjoyed reading through all of them and getting a better idea of what all of you are thinking in regards to college. These documents provide us with important perspective so that we can better serve you!

At this point, you should have met with one of us to discuss your essays and matrix. If you have not done this already, please reach out to us ASAP to schedule a meeting!

Remember—this is the beginning of a multi-step journey to creating essays that can be submitted alongside your college applications. The more you work on them between now and next fall, the better shape they will be in and the less last minute work you will have to do! Be sure that these essays truly reflect who you are and what you have to offer your choice universities. ***And don't forget the “so what”!***

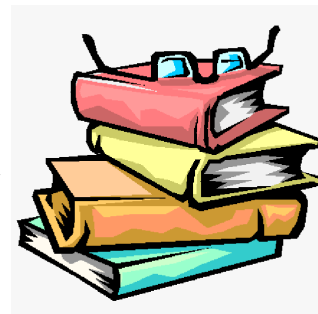
And, in regards to your matrixes, continue trying to build or refine your list. Remember, you should have a total of about 7 schools on your list including: 2-3 safety schools, 2-3 target colleges, and 1-2 reach schools. Do some research and attend our virtual college visits—this should help you get a better idea of what a “right fit” college looks like for you.

See the cartoon below? This is why you need viable colleges on your list! Safety schools that you will attend—not just to fill an Upward Bound requirement! **There is money out there for you—but you just have to have the right colleges on your list! - Just Ask Evan....**

So... what should I be doing?

Believe it or not you are on your way to college! In only a few short months you will be working through the common application for college and filing for financial aid. Anything you can do now to become better prepared is only going to make the fall easier for you. Below are some things you should be prioritizing:

- Editing your Discover Essays based on the feedback you received from Upward Bound.
- Researching colleges—both new ones and those that are already on your matrix!
- Attending Virtual Information Sessions and taking advantage of Virtual College Tours! UB has at least one Virtual Visit scheduled for every month—take advantage of these!
- Maintaining good grades and getting all of your school work done.



- Reading more and diverse literature! Read the newspaper, fiction and nonfiction literature, classic and contemporary reads, even our newspaper. Read more and read often.
- Stay active. Go for a walk when you can, come and snowshoe with UB... whatever you like to do to stay active, keep doing it!
- Take care of yourself! Prioritize sleep, nutrition, and self care whenever possible.

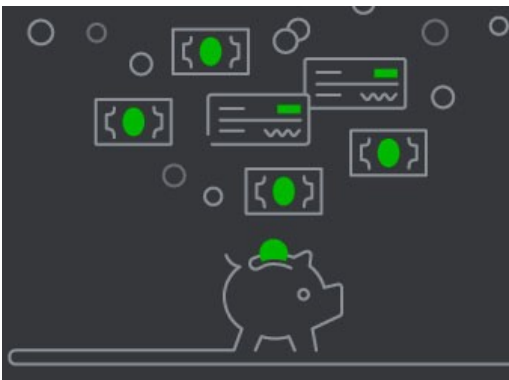
Seniors ~

Grants vs Scholarships

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

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

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



Look Closely at Each Award Letter!

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

\$20,000 a year! After a college accepts you, you'll receive a letter outlining how much the school will cost and what kind of financial aid package you'll receive for one year. All financial aid award letters don't look the same, but they contain the same general information.

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

Check Your Student Aid Report!

It is very important to have an accurate SAR. All of your financial aid awards are based on the information listed on the information you provided on the FAFSA

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



**SCHOLARSHIPS
& GRANTS**

Seniors Scholarships and Grants

VT EPSCoR:

April 1st 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: Early response applications due **April 2nd**, regular response applications due **May 3rd**. The Stephen Phillips Memorial Scholarship Fund offers renewable, 4-year scholarships to students with financial need who display:



- Academic achievement—good grades and a demanding, rigorous course load.
- Strong writing ability that demonstrates thoroughness and attention to detail. Much of your application will be judged on your essay!
- A strong “sense of other” as displayed through community service or family responsibility, and demonstrated in your application essay.
- A strong work ethic and leadership qualities (works part-time or has a compelling reason for not working), and demonstrated grit and resilience in the face of hardship.

All Upward Bound seniors with a 3.00 or higher GPA should apply for this very important scholarship! <http://phillips-scholarship.org/>

The New Hampshire Charitable Foundation

April 16th

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 16th 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.

Your College Financial Aid Award Letters!

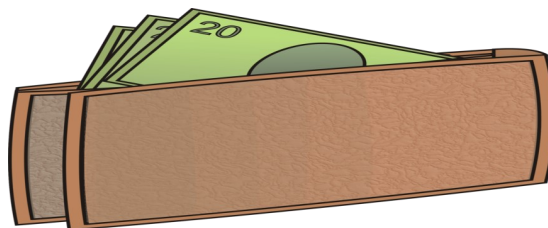
As your Award Letters start rolling in please make copies and share them with us. We collect these every year to help you evaluate the letters to find your best deal, determine your eligibility for the Phillips Scholarship, and to get a sense of what schools are giving our students—which will help us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

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

Be Smart and Work Hard!

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

Bernie Sanders



Career Spotlight

Computer Sciences

Today, technology is more than just a fact of life. It is a tool that we use on a daily basis. From computers to cell phones, we are always connected to and relying on technology. Because of this, Computer Science has grown in popularity as a college major over the last decade. In fact, the Bureau of Labor Statistics projects there will be a 16% increase in jobs centered around computer and information technology science over the next 10 years.

Computer Science degree programs tend to be fairly versatile. Students pursuing these degrees are trained for many different career paths and can find work in the technology sector, government, financial services, healthcare, communications, and so much more.

Further, there are many different branches of computer sciences that students can choose to concentrate on in their studies. These include the ever more important cyber security branch, web development, information technologies, software development, data analysis, and more.



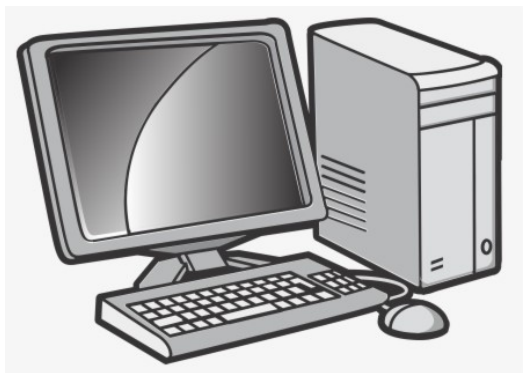
Possible Careers

Computer Network Architect
Computer Systems Analyst
Information Security Analyst
Computer Programmer
Computer Technology Teacher
Web Developer
Software Developer
Database Administrator
Cybersecurity Consultant
Computer Hardware Engineer
IT Project Manager
IT Consultant
Multimedia Programmer
Systems Analyst
Games Developer
Technical Writer
Data/Computer Scientist
Mobile App Developer
Technology Manager
Company IT Professional
Cloud Engineer
IT Sales Professional
Telecommunications Research

Where Can I Study Computer Science?

Schools in New England:

Northeastern University
Southern New Hampshire University
Massachusetts Institute of Technology
Norwich University
Champlain College
The University of Vermont
The University of New Hampshire
The University of Massachusetts—Amherst + Lowell
Clarkson University
Manchester Community College
The University of Southern Maine
Northern Vermont University
And more...



Considering Computer Sciences as a career?

You should take classes in: science classes, like physics and chemistry, English classes which focus on reading and writing skills, math—more rigorous courses such as statistics, trigonometry, and calculus, and computer/IT classes if they are available to you.



LYNDON UB STUDENT SPOTLIGHT



Evan Thorn

Evan Thorn is a passionate and motivated senior from Lyndon Institute who has worked tirelessly this school year in order to make his college dreams a reality. As a freshman at Lyndon Institute, Evan knew that he wanted to pursue a post-secondary education and secure a bachelor's degree – something that has yet to be accomplished by members of his family and a goal that, unfortunately, was not well supported at home. To accomplish this lofty goal and to gain more knowledge about educational and career prospects and opportunities, Evan realized that he would need outside support and guidance. This is what brought him to seek out and join the Northern Vermont University – Lyndon Upward Bound Program three years ago. Since Evan joined Upward Bound he has not only been able to find a career path that he is passionate about and explore the right colleges for him, he has also taken full advantage of everything the program offers and has shown tremendous growth academically, culturally and socially. With help from Upward Bound, Evan has transformed into a scholar with a strong work ethic, positive attitude and outlook on life, and an unequalled motivation.

Evan's passions currently lie in the field of computer science, which has led him to seek out degree programs in cyber security where he will surely flourish. During one of his many summers with Upward Bound, Evan was able to harness his love of computer science and devote over 100 hours of service to filming, editing, and creating our program's annual summer video yearbook. He was diligent in his work and loved watching his ideas and hard work come to fruition. While Evan has been able to dedicate much of his time and effort toward securing a promising future for himself, it has not always been easy. The promising scholar has had to juggle his Upward Bound responsibilities and opportunities with school, where he takes the most challenging courses he can handle, responsibilities at home, and his part-time job. While none of this has been particularly easy for him, his unerring ability to manage it all with a smile demonstrates just how dedicated Evan is to his academics and to achieving his dreams of attending college.

Thank You to Evan:

Evan's commitment to his education has paid off. He has received one of the best award letters that we have seen this year from any college! Evan is not the smartest student we work with nor does he have the highest SAT's but he listened closely to what we have been telling him, applied to the right schools that are GREAT matches for him and now he has the opportunity to truly become the students he is capable of!

Evan can be anyone he wants at CCMC and he will have a brand new start....and Upward Bound will be there with him until he completes his education goals!

Congratulation Evan

I am proud of you!

The Management!



What's more, Evan's hard work has begun to pay off in the form of scholarships. With help from the Upward Bound team, Evan completed and submitted applications to his top schools – Champlain, Northern Vermont University, the University of Vermont, Wentworth Institute of Technology, the University of Southern Maine, and Central Maine Community College. While it is still rather early in the application process and Evan is patiently awaiting many college decisions, he has already heard back from Central Maine Community College and has received incredibly exciting news! Thanks to his hard work and impressive application, CMCC has awarded him over \$8,000 in scholarships and grants to attend. This is a great start for Evan, who looks forward to hearing from the other schools that he has applied to as well as from the numerous scholarships that he has applied for. We are proud of his hard work and certain that he will do great work at whatever school he ultimately chooses.

Colleges Our Seniors Have been Accepted at...

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!



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



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, Gavin



Upward Bound February Birthdays:

Desiree	03/05
Marcy	03/05
Kayanna	03/11
Emma	03/11
Adalia	03/24

March Student News

Kai Aviles recently got accepted to Plattsburgh State University! Congrats Kai!... **David Moody** was recently nominated for the U.S Presidential Scholar's Program! This is a huge accomplishment, congratulations David!... **David Richardson** recently attended an investing workshop through Bentley University... **Blake Betz** is watching the acceptance letters pour in as he takes apart and modifies an old GameBoy Advance... **Abby Harrington** is looking forward to skiing with her friends... **Natalie Martin** is busying planning out the next four years of her life... **Marcy Flint** was recently accepted to UMass Dartmouth!... **Felicity Perreault** promised to bring Ryan Dunkin Donuts... She and **Lily Miller** are both excited about taking Driver's Ed this semester and getting their license before the summer... **Lily** attended her first ever Upward Bound meeting last month! We are so glad to welcome you to UB!... **Evan Thorn** is trying to find a cure for senioritis... **Chelsea Ott** was the only Lyndon UB student to attend every single TRIO Day event! Outstanding Chelsea! She is also very excited for Scholar's Bowl!... **Natalie Daigle** has been very busy with four college classes and working full time... **Kaori Moulton** is working hard to finish out her senior year strong!... **Ben Perreault** has a superstar College Essay in the works!... **Devin Daisey** is thinking seriously about his future... **Ryan Moulton** is the best Moulton we have ever had in Upward Bound—just ask him!... **Raymond Lemrise** has been working on building an epic sledding track in his backyard... **Niomi Wilkins** is looking forward to crafting her schedule for next year... **Eli Hooker** has gotten his first official driving hours under his belt... Rick is going to stay off the sidewalks of Wheelock from now on... **Aggie LaFleur** is working hard to help her cheerleading team learn their choreographed routine... **Courtney Lewis** is preparing to play official games with her hockey team and take home some wins... **Megan Gifford** made a brownie/cheesecake hybrid to celebrate her sister's recent birthday... **Joey Sepulveda-Muniz** has been using his free time to make thoughtful cards to send to children in the hospital... **Devin Daisey** has been hard at work applying for scholarships... **Miranda DeGreenia** has clearly been polishing up her trivia skills—she showed off her knowledge at our Scholar's Bowl Practice Session... **Gemma Stowell** and **Madison Wilson** both attended a Boston University tour recently and asked incredible questions!... **Joy Ruggles** is dreaming of sunshine and warmer weather and has already begun planning her summer vacation with her family... **Elly Bliss** has been getting creative and crafty in her spare time... **Lauren Girouard** joined both Art Club and Model UN this semester... **Nya Jewell** has been researching careers in the medical field... **Marcy Flint** is working hard at Rivendell and is excited for the future... **Emma Powers** likes her odds of earning the Locally Social scholarship... **Maple Bottinelli** was inspired by Dr. Jack's Keynote address at TRIO Day... **Desiree Mendez** has worked very hard on her discover essays and is exploring physical education programs!... **Alex Pitt** is excited to tour USM... **Natalie Webster** is excited to go snow shoeing!... **Evan Thorn** is focused on his future and finishing out his senior year on a good note... **Lizzy Duranleau** has been killing it in the Hockey Rink... **Patrick Stowell** has been accepted at all of his colleges... **Grace Ulrich** can't wait for SAT Prep... her dad is not helpful... **Colby LaFleur** learned how to dunk over the February vacation... **Kayanna Burns** has a success plan for college—ask her about it... **Adalia Griffith** has a new house... we have missed **Will Carter**—did he slip away for another vacation?... **Hannah Jewell** is the 2nd best Jewell in the program... **Ozora Rice** has applied to many colleges and is waiting to hear back from them...

2nd Quarter Honor Roll

Lizzy Duranleau
 Nya Jewell
 Carter Gingue
 Patrick Stowell
 Benjamin Perreault

High Honor Roll

Makenna Emmons
 Eli Hooker

Lilyan Miller
 Aggie LaFleur
 Chelsea Ott
 Joy Ruggles
 Gemma Stowell
 Natalie Webster
 Elly Bliss
 Maple Bottinelli
 Kayanna Burns
 Madison Wilson
 Miranda DeGreenia



CONTACT US:

Upward Bound Office (802) 626-5000 626-6481
Our Toll Free Number (800) 254-500
Fax Number: (802) 626-4803
Rick Williams - home (802)-626-3814
 Email - richard.williams@northernvermont.edu
Ryan Fauci - cell (802) 431-5956
 Email - ryan.fauci@northernvermont.edu
Kelsea Goodrow - cell (603) 913-9334
 Email - ksg04070@nvu.vsc.edu
Web: <https://www.northernvermont.edu/academics/non-traditional-students/upward-bound/lyndon-upward-bound>
Mailing Address:
 Upward Bound
 Northern Vermont University-Lyndon
 1001 College Rd.
 Lyndonville, VT 05851