

Northern Vermont University Lyndon Upward Bound

May 2021 Student Newsletter

Building Expectations, Changing Realities



Upward Bound Summer 2021

Re:Bound Summer

Academic Boot Camp



As the summer approaches we are getting more and more excited to finally see you all in person! As we think about the summer program, our number one priority is giving you the best experience possible and to help ensure that you are ready for college. As you know already, this Summer Program is going to be like no other you have experienced - even compared to last summer!

As of right now, the plan is to bring you all on campus by grade level for two weeks at a time with your high school cohort! This will allow us to work closely with you and offer in person programming while maintaining social distance recommendations and keeping each other safe. There are a number of things that could change this, so stay tuned! Rest assured: the teachers, TC's, and Rick, Kelsea, and Ryan are working tirelessly to provide you with an engaging, creative, fun and productive summer experience that will ultimately assist you on your pathway to college.

Based on the feedback from many of you, this will truly be our **RE:Bound Summer!** See it as an academic boot camp where we enhance your coursework and get you ready for next year. By keeping seniors, juniors and sophomores together as a group, we will be able to focus on your individual needs to get you ready. And have a true residential experience.

Just like last year, every Upward Bound student will have the opportunity to receive a much bigger Work Study stipend this summer if they are residential students. In order for each of you to be eligible for these stipends, we need a commitment from each and every one of you. In the next few weeks I will send out a contract to all of you detailing what we expect for your participation and availability for the summer stipend. **More to follow AS WE GET PREPARED FOR SUMMER 2021!** *The plan as we see it right now:*

Seniors
Juniors
Sophomores and Freshman

June 13th—June 25th
June 27th—July 9th
July 11th—July 23rd



Summer Orientation Meetings *June 5th—By Cohort!*

As you know we will not be following our traditional summer schedule, but are excited at the prospect of being able to have you on campus! We plan on starting the summer with **in person, on campus, cohort meetings on June 5th** to give you all the information you need to know about your summer session and detail what we expect of you in your classes, your work-study contracts, and the social part of the program.

Our plan is to meet each cohort student with 1 or both parents in ASAC 100 at your own table. We will have a quick introduction to the summer residential program, talk about classes, and expectations for the summer, take pictures, and then release all of you for the day. We want to meet you all in person as well as your families.

Rising Seniors will meet at 10:00am—11:30am
Rising Juniors will meet at 12:00pm—1:00pm
Rising Sophomores will meet 1:30pm—2:30pm

2021 Summer Program
June 13th—July 23rd

2020-2021 Upward Bound Calendar

May	12 th	3:30—4:30	Three for All Tour	Zoom Link
June	5 th	Final Upward Bound Meeting		ASAC 1000
			Rising Seniors will meet at 10:00am—11:30am	
			Rising Juniors will meet at 12:00pm—1:00pm	
			Rising Sophomores will meet 1:30pm—2:30pm	

Summer Program Cohorts

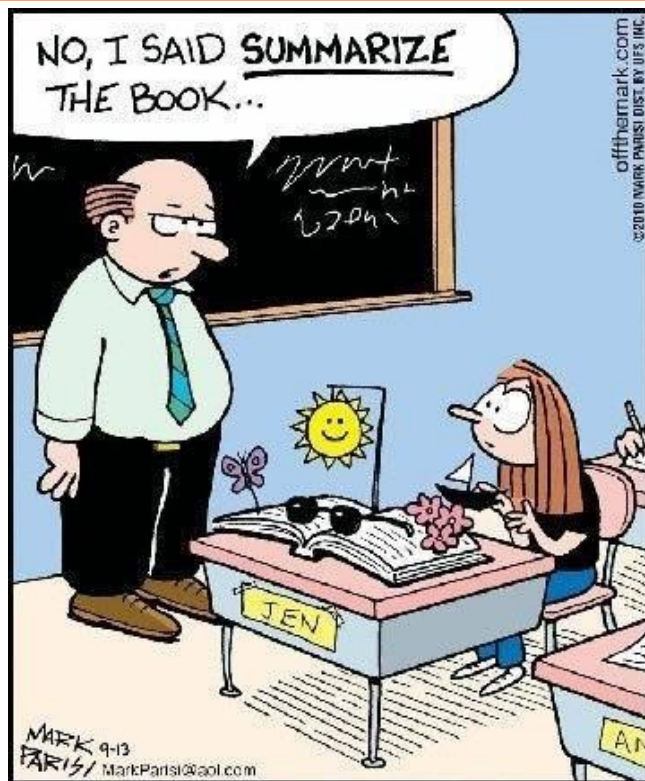
June 13 th —June 25 th	Seniors (and some Friday Workshop sessions)
June 27 th —July 9 th	Juniors
July 11 th —July 23 rd	Sophomores and Freshman

Finish Strong!

Many of you have worked very hard in your classes this year. We want to encourage you to continue to work hard even when the weather gets nice—yes, even in Vermont! There is a real danger of mentally checking out of your classes after your April vacation—don't do it! Your last marking period and your final exam will have a huge impact on your year end grades.



You have to believe that every grade and every class does count. It is very important to leave a good impression with your teacher as the year winds down. Work hard in your classes—show your teachers you are interested in your grades (and subject matter) and go for extra help if you need it. This could make an impact on your final grade. Work hard and work smart until the very end!!



Selecting Classes for Next Year!



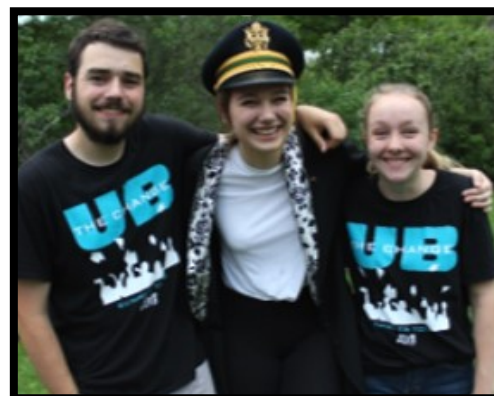
Please remember, when you select your classes for next year, you need to follow the rigorous curriculum contract that all of you signed when you became a member of Upward Bound. Some of your schools have already done this and several of our schools will be doing it in the next few weeks. We will be sending out both a survey and summer class request sheet in the next week or so. **As a reminder, your contract requires:**

- * 4 years English (Writing & Literature)
- * 4 years of Math (Algebra 1 & 2; Geometry; Trigonometry or Pre-Calc; honors Statistics; calculus)
- * 4 years Science (Biology, Chemistry, Physics)
- * 2 years Foreign Language or more! (the same language)
- * 3 Years Social Sciences

U B The Change!

You don't have control over the circumstances around you, but you DO have the power and ability to work hard, stay focused, and make great choices that will make life easier for you down the road. Life isn't always easy, and sometimes things happen that are out of our control, but there's really no point putting too much energy into things we can't change. What we can control is our attitude, how we react, how we adapt, and where we choose to focus our energy.

You are in Upward Bound because at one point you told us that you wanted to be more prepared for your future. This is true of all of you today, and we know you are all capable of graduating from college and creating a bright future for yourself with a great career, financial security, happiness, and comfort. We want this for all of you and this is why we hold such high expectations for you all! We can see your potential and all the work we do with you is to help you reach your fullest potential. Remember, the harder you work now, the more opportunities (and money) will come your way in the future! Keep working hard, moving forward, and making good choices. We'll show you the way, but you're the one in the drivers seat. Many of you are in driver's ed. and I hope you know what happens when you let go of the wheel!



We Promise You Success in Post Secondary Education... Not Your Dream College

SORRY! But this is a tough fact and something that you should have in mind as you move through your high school years as we begin helping you prepare for college! Every year, when we are working with our seniors, it becomes apparent that some students simply expected that, somehow, they would magically end up at the college of their dreams no matter what. I am sorry to tell you this is not the truth. The college process involves many different moving pieces and it is different for every student. As we have demonstrated to you many times over the years —most seniors will attend their safety or target colleges.



Here are two important facts about this year:

1. Some of our students (even some of our strongest students) were not accepted to some of the schools that they applied for, or they were waitlisted. Colleges and Universities across the U.S. have seen a huge increase in college applications in 2020 and 2021. That trend may continue.
2. Many of our students were not offered enough financial aid by some of the schools that they were accepted to. This happens every single year. There are some schools that we can predict will give poor financial aid, and you should definitely heed our warning about them! For other colleges, we simply won't know until you receive the letter.

You and Upward Bound do not have control over how colleges make their acceptance decisions or how much financial aid they will give you. ***But you do have a huge amount of control over what you can offer a college!*** We promise to make you the best candidate possible for college, and our students will attend some of the best colleges in the world. But all students are different and their needs and abilities will help them decide what college meets their educational goals.

You have control over how hard you work, what classes you take in high school, and what you do in your community. Colleges and scholarship foundations evaluate you holistically, looking at you as a new member of their community. If you follow our suggestions you will be well prepared for success in college, but we do not promise that you will be able to attend any college you want. All you can do is work hard to meet and exceed your Dream College's expectations! **Just ask David Richardson!**

Want to become a lifeguard??? This would allow you to lifeguard during the summer well into your college years. This is a pretty low stress, high paying summer job on the beach that also affords you the skills to help someone if they are in trouble. Call us ASAP and we will give you details! And pay for it!!!!

Upward Bound is Not Free!

Well, it is free - but not really! What we mean by this is that all of our program funding comes from your parents' federal tax dollars through the U.S. Department of Education. We have to account for every penny of that money and then report back to the federal government. So we have to be very careful about paperwork and how we use these federal tax dollars. In fact, the US Department of Education gives us \$4,900 each year per student to make sure that you go to and graduate from college!



Blah, Blah, Blah. Now this is where you come in. We do expect all of our students to take advantage of what our program offers and we expect every student, new and old, to be a fully participating member of our program. For students, we expect you to attend all of our meetings, take our advice, and work hard in all of your classes. It also means that when you do have to miss an event, you call us beforehand to tell us why! Our experience and background allow us to help you make decisions that you may not even be aware of. Students who are more involved with us do better academically, financially, psychologically, and socially when college arrives.

So although Upward Bound is free to you and your family, we do expect a great deal from you. Be an active participant and get all you can out of this experience. As you can tell by what is coming up this summer, these experiences will always be free to you and may have an impact on where you attend college and how much you pay. All of the work we will be doing together over the coming years will have you better prepared for your life as a college student, and that is what it's all about!



Summer Work Study Stipends

Although we do not expect to have our traditional Work Study component this summer, we are still planning on awarding every **residential UPWARD BOUND** student a summer work study stipend. This will also include seniors. Our federal grant allows us to award larger summer work study stipends if our students do certain things. During most summers, this means working Jobsites and participating in our Career and College Counseling classes. This summer, each cohort will have a list of things to do to ensure that we can meet the requirements for the work study stipend.

For most students it will be relatively easy: attend the residential component, attend the college counseling seminars, participate in career and college searches, and college and career exploration activities. You will all get a specific list as we get closer to summer, but here is a quick overview:

- ⇒ **Seniors** will not attend the summer program or the college and career counseling but will have to present the 4 year college curriculum for their chosen major, submit all of their financial aid award letters, and their college email, address, first semester class list, and join us for a College 101 Workshop in July!
- ⇒ **Juniors** (rising seniors) will attend senior seminar, develop their college essays, complete their FAFSA and VSAC or NHCF forms, and complete a practice Common Application. Additionally, they will research and present a 4 year college plan for their intended major.
- ⇒ **Sophomores** (rising juniors) will develop a college matrix, develop of college bound resume, and investigate careers that will meet their needs. Additionally, they will interview someone who is employed in their chosen career.
- ⇒ **Freshman** (rising sophomores) will complete the Self-Directed search, complete and fill out their Upward Bound activities sheet, evaluate their transcripts, and research majors that match their personalities!

It will be an interesting summer but these activities will help you to become a more focused student with a better understanding of what careers will match your income expectations. We can't wait for Summer!



Upward Bound Virtual College Tours! ***Here are the new ones we have coming up!***

The University of Maine at Farmington
May 21st 3:30—4:30

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. **Alyssa Leonard** just graduated from the college and can't say enough great things!

Three For All Tour ***Virtual College Tour*** ***May 12, 2021, 3:30—4:30***

We have the incredible opportunity to see three of our most accessible colleges in a 1 day Tour! The University of Vermont, Champlain College, and St Michael's College have invited all of the Upward Bound programs from the state. This event is designed to enhance college awareness for Upward Bound students. Each College will have a presentation by admissions staff on topics ranging from pre-college preparation to student life on campus.

Most of our juniors should plan on attending this event. I will forward you a copy of the digital registration form as soon as I have it. This is truly a great opportunity too see and compare three colleges that give our students decent financial aid every year! The schedule is as follows:

3:30 – 3:35 pm – Welcome

3:35 – 4:00 pm – Presentations from each school

4:00 – 4:30 pm – Student panel from each school

Please let me know ASAP if you are interested in this! Our Juniors will have the first option!



**CHAMPLAIN
COLLEGE**



**The
UNIVERSITY
of VERMONT**



The National Coalition for College—College Fair ***May 19, 6:00—10:00***

This is another event that is offered to all students across the nation and we wanted to make you aware of it. If you want to get out of the Northeast and attend a selective college, this would be a great fair for you to attend. More than 130 colleges will gather to share information about their schools. If you are interested, visit www.coalitionforcollegeaccess.org to register. Here is a glimpse of the times and some of the colleges

6 – 6:50 p.m. Johns Hopkins University, Rutgers University, Carleton College, Hamilton College, Northwestern University, University of North Carolina at Chapel Hill, University of Vermont, Elon University, Miami University - Ohio, New England Conservatory of Music, University of Pittsburgh, Olin College of Engineering, Princeton University

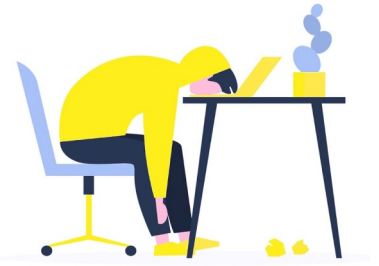
7 – 7:50 p.m. Colorado College, Furman University, Rice University, James Madison University, Skidmore College, University of New England, Vanderbilt University, Middlebury College, Amherst College, Bucknell University, Cornell College, Washington University in St. Louis

8 – 8:50 p.m. Arizona State University, Texas State University, The University of Texas at Dallas, Wellesley College, Barnard College, Harvard University, Williams College, American University, Franklin & Marshall College, University of Oregon, Kenyon College, Austin College, The College of Wooster, University of Notre Dame, Ursinus College

9 – 9:50 p.m. Caltech, Claremont McKenna College, Harvey Mudd College, St. Edward's University, Haverford College, Lehigh University, University of Florida, Western Washington University, Arcadia University, Knox College, The University of New Mexico, University of Michigan, Case Western Reserve University, Rutgers University - Newark, Swarthmore College, University of Georgia, Bates College, College of the Holy Cross, Reed College, University of Chicago

How to:

AVOID BURNOUT



What is Burnout?

Causes of Burnout:

Having unclear goals or expectations.

Lack of organization / time management

Experiencing an excessive workload.

Having little or no support from your school, boss or organization.

Lacking recognition for your work.

Having monotonous or low-stimulation work.

Warning Signs:

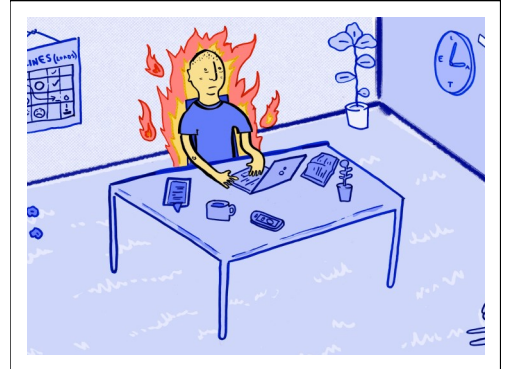
Specific symptoms of burnout include:

1. Having a negative and critical attitude at work.
2. Dreading going into work, and wanting to leave once you're there.
3. Having low energy, and little interest at work.
4. Having trouble sleeping.
5. Being absent from work a lot.
6. Having feelings of emptiness.
7. Experiencing physical complaints such as headaches, illness, or backache.
8. Being irritated easily by team members or clients.
9. Having thoughts that your work doesn't have meaning or make a difference.
10. Pulling away emotionally from your colleagues or clients.
11. Feeling that your work and contribution goes unrecognized.
12. Blaming others for your mistakes.
13. You're thinking of quitting work, or changing roles.

"A state of physical, emotional, and mental exhaustion caused by long term involvement in emotionally demanding situations." OR "A state of fatigue or frustration brought about by devotion to a cause, way of life, or relationship that failed to produce the expected reward."

How to Prevent Burnout:

1. **Work with a purpose:** focus on the deeper impact that you make everyday; how are you making life better for yourself or others? How could you add more meaning to that every day?
2. **Perform a work analysis:** take some time to outline what is typically expected of you, what your daily schedule looks like, and how much time you spend on different aspects of your life. This will help you better manage your time and figure out where you spend most of your time.
3. **"Give" to others:** Small acts of kindness not only make others feel good but they also can add to your personal sense of purpose and help you feel rejuvenated.
4. **Take Control:** It's easy to let responsibilities start to slip and that can lead to feeling overwhelmed, anxious and burned out. Taking control of your work load by planning, making lists, prioritizing tasks, and keeping calendars can help alleviate some of this pressure. Make sure to build in downtime as well!
5. **Exercise Regularly:** exercise contribute to your overall wellbeing, release endorphins in your brain that make you feel happy, helps you sleep better, reduces stress.
6. **Learn to Manage Stress:** easier said than done, right? Absolutely, but there are small things you can do daily to reduce stress like deep breathing exercises, meditation, keeping a stress diary, exercise, positive affirmations, taking short breaks often, and anything else that adds joy to your life!



Stress Vs Burnout

Stress is often relatively short-term, and it is often caused by a feeling that work is out of control. You might experience stress several days in a row, especially when you're working on a large project or under a tight deadline.

However, once the situation changes, stress often lessens or disappears entirely. (Stress can affect you over the long-term, however, if you're consistently experiencing these things.)

Burnout often takes place over a longer period. You might experience it if you believe your work is meaningless; when there's a disconnect between what you're currently doing and what you truly want to be doing; or when things change for the worse – for example, when you lose a supportive boss, or when your workload increases beyond a sustainable point.

You go through "the motions" instead of being truly engaged. Over time, this leads to cynicism, exhaustion, and, sometimes, poor performance.

The Hard Work is Just Beginning... But, We Promise, it will Pay Off!

As you move into your junior year of high school, you should be preparing to buckle down and get even more serious about your studies and your college preparation. By now you should've spent a considerable amount of time researching careers and ought to have a rough idea of what you want to study in college. In your junior year, you will begin to draft and refine your college matrix and to start writing your essays. To ensure that you are ready for these next steps with Upward Bound, here are some things you should be doing:

- **Consider what you look like on paper.** That may sound strange, but that is all that college admissions counselors will have to make a decision that could change your life. When you begin applying to colleges, they will be reviewing you based on your transcripts (the quality of the classes you have taken and the grades that you achieved in them), your letters of recommendation, your SAT scores, and your personal statement. It is vital that you figure out what sort of student you are on paper while there is time for you to adjust and improve! Here is how you can do that:
 - * **Make sure that your next two years will consist of rigorous, college preparatory, classes.** Again, because college admissions counselors will be looking closely at your High School transcript, it is important for your classes to make a good impression. Take the college preparatory course load that Upward Bound suggests, and take the highest level classes that you can manage (including AP, dual enrollment, and Honors level whenever possible).
 - * **Assess the grades you have been making—will they make a good impression on college admissions counselors? Could you be doing better?** If you are not impressed by your grades, then college admissions counselors won't be either. Figure out where you can do better and how you can improve your grades. This could mean working with a tutor or taking less challenging courses! Never hesitate to reach out to Upward Bound for help with this.
 - * **Evaluate your extracurricular activities—should you be participating in more? Less? Are they quality activities?** Regardless of how many extracurricular activities you are participating in, they need to be of good quality. Admissions counselors want to see you taking part in activities that have a positive impact on you and your growth, and demonstrate your commitment to a certain area or the community at large. Consider joining student government, an athletic team, or theatre. Challenge yourself!
- **Determine what you intend to study when you get to college, if you haven't already.** Once you have figured this out, you can take elective courses that will better prepare you to pursue this subject in college. Further, it will help you to determine what sorts of extracurricular activities will benefit you most. This is a vital step in the college preparation process! Reach out to Upward Bound if you are still having a hard time deciding.
- **Attend college visits (virtual and otherwise!) and start conducting your own research.** As previously stated, junior year is when we begin to create and refine your college matrix. The more colleges that you learn about now, the better prepared you will be to craft your matrix later. Also, if you are struggling to figure out what you want to study in college, browsing through major offerings at a college that interests you may help you decide! You never know what unique, interesting, and new degree program you may stumble across in your research!



Remember, the Upward Bound team wants to see you succeed! If you need help accomplishing any of these things, never hesitate to reach out! We are more than happy to help!

***Seniors—
The best is yet to***

College Orientation and Registration!

As you get prepared for your college experience, a few things to think about. Many of your colleges will invite you to a college orientation and /or registration in the next few months. I want to encourage you to go to the earliest orientation that you can—find out what your college is doing this year—you may have a Virtual Orientation! Many times, the sooner you get there the more options you will have for classes. I know many students who want classes that start later in the day rather than the ones that meet every other day at 8:00am. Some colleges will assign your registration day and may even offer it a few days before you move in.

And also understand that most colleges will contact you via email. For those Upward Bound students who do not check their email, you may want to start a new habit. You will find that many colleges are unforgiving when it comes to student excuses when they have been notified. I am on the judicial hearing panel here at Northern Vermont University-Lyndon and students who have disregarded their emails have been expelled from the college! Not for not reading emails—but for missing hearings that have been set up to determine their fate!

VSAC Grants and Scholarships!

The lady who lives in Wheelock told me that the VSAC Scholarships have been released, but we are still waiting on the actual GRANTS! Any Vermont student who wants to know about their **scholarship** awards can go online and see what they have been awarded! We hope to see some great awards this year from VSAC—but it will depend on how many students go to college and how much money the state sends to VSAC! Please remember that grant awards are based on your families need and come directly from what you put on your FAFSA.

Many students have called and reported that they have also received letters or emails detailing VSAC Scholarships that they have received. And also remember that **SCHOLARSHIPS** are based on grades and SAT scores. And, again, many of our students have reported as much as \$4,000 in scholarship aid from VSAC. Students who really worked hard on these applications seem to have done very well! If you have not reported to us about your VSAC grants and scholarships, please do so ASAP! It will only help us to help you and others!

Congratulations to all of you who have made a heroic effort to fund your education!

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!

Hey Seniors—May 1st was College Decision Day!

This past week is what we have been preparing for, for almost 4 years! Every Upward Bound student in this years senior class has made a thoughtful decision about where they will attend college in the fall. Although we may have a few last minute changes, our students have made their decisions.

If you have not done so—you need to send your deposit to the college of your choice unless your college pushed it back to June. Your deposit will confirm your attendance at this college and will also guarantee your offered financial aid. If you are still unsure and overwhelmed about what to do you can always ask for a short extension before you make your deposit. And many colleges are waiving the deposit if you have filled out both your VSAC and FAFSA financial aid forms and have an EFC below \$3,000.

Your next step following the deposit will be for you to attend the New Student Orientation at your college. This will help you select classes, hear what the college will offer to help support you, and may have you take college placement test! Check the next page for more detailed checklist about what happens next!

Upward Bound's May College Checklist!

Congratulations to all of the UB students who have made their final college decision. While the big choice has been made and the tuition deposit has been sent, there are still some things students need to remember before heading off to college in the fall. Here are 7 easy, but important, things to do after submitting your tuition deposit.

- **Make it social.** Spread the word to family and friends on Facebook (and UB Facebook), Twitter and Instagram. While you're there, join the Facebook group for your class, if there is one.
- **Notify colleges you didn't choose.** To be fair to the other schools on your list—and to the admissions counselors that helped you along the way—write a quick email informing them of your decision. Something as simple as, "Thank you for your consideration, but I have decided to attend [college name here] this fall," works perfectly.
- **Pay attention to your email and the mail.** The college may contact you to request information. Typically these requests have deadlines and these deadlines are sometimes non-negotiable. Therefore, students should make sure they open every piece of mail and every email from the college to ensure they respond to any request from the college. Missing a deadline or not submitting a requested document could jeopardize enrollment in the fall.
- **Sign up for New Student Orientation.** New student orientation is a great way for students to get familiar with the college, as well as meet other new students. Make sure the date is on your calendar and make plans to attend as early as possible. If you can, *attend the earliest orientation possible—you will have more choices! But also keep in mind that the closer to September, the better your chances are that it will not be a virtual orientation!*
- **Keep looking for scholarships.** Some scholarship applications extend all the way through June, so it definitely isn't too late to look for some that are unique, easy to apply for and could be perfect for you. Have you ever considered the importance of the number five?
- **Thank your references.** Without them, you would've been missing a major part of your application. Send an email—or even better, a handwritten note—to say thank you for writing such a stellar recommendation. And don't forget to mention where you're headed next!
- **Complete the forms.** Before you arrive on campus, you'll have to submit your housing application, health forms and so on. Stay on top of these deadlines to guarantee you don't have any issues come August.

*Once again, Congratulations
Upward Bound
College Class of 2023
The Best is Yet to Come!*



Our Seniors College Choices

Congratulations



Kai Aviles	U Maine Farmington
Blake Betz	NVU - Lyndon / Plymouth
Devin Daisey	NVU-Lyndon
Miranda Degreenia	UVM
Marcy Flint	UMass Dartmouth
Caroline Lowry	NVU - Johnson
Natalie Martin	CCV
David Moody	Boston University
Kaori Moulton	NVU - Lyndon
Emma Powers	NVU - Lyndon
Ozora Rice	NVU - Lyndon
David Richardson	UVM
Patrick Stowell	VTC
Evan Thorn	Central Maine C.C.



Congratulations Seniors!

Almost all of you have made excellent college choices. But remember that this will be a transitional year for you. You are all very capable – that is why you were invited to Upward Bound. But good intentions do not make a college graduate. Hard work, good decision making, and perseverance will be the key to your success. College graduation will not just happen – you have to commit to working hard and staying focused to get your degree!

We are proud of you all.



Career Spotlight

Business

If you are considering studying business when you get to college, you aren't alone! Business is the most popular college major for undergraduate students in America. A business degree can be fairly flexible and prepares graduates for careers in many different fields, such as healthcare, marketing, information technology, financial services, and so much more.

Students can earn any level of business degree—Associate's, Bachelor's, Master's, and even Doctoral level degrees exist in this field! Many programs allow students to tailor their studies to suit their own individual interests. Securing a Bachelor's degree in Business ensures that graduates have the knowledge and skill set necessary to analyze data, supervise teams, make strategy decisions, and more. Those looking to specialize their degree program can focus their studies in:

- Business Management
- Entrepreneurship
- Human Resource Management
- Healthcare Administration
- Logistics
- Accounting
- Marketing
- And so much more...

Regardless of your specialization, students who achieve a Bachelor's degree in Business can anticipate an average, entry level salary, that ranges from \$50,000 to \$70,000. Adding on a graduate level degree, such as a masters, would only increase that figure.

Possible Careers

Accountant
International Management Analyst
Information Systems Manager
Financial Examiner
Healthcare Business Analyst
Emergency Management Director
Logistics Manager
Educator
Account Manager
Financial Analyst
Project Manager
Marketing Manager
Social Media Management
Management Consultant
Actuary
College Admissions Representative
Insurance Underwriter
Business Reporter
Human Resources Specialist
Account Executive, Sales
Investment Banker
Financial Advisor
Research Analyst
Loan Officer

Where Can I Study Business?

In New England:
The University of Vermont
Champlain College
Northern Vermont University
Dartmouth College
New England College
Boston College
Suffolk University
The University of Connecticut
Southern New Hampshire University
The University of New Hampshire
And more...



Considering Business as a career? You should be taking these classes in High School: math, as many advanced classes as you can manage, writing and composition classes, public speaking, computer courses, economics, as well as any business related courses your school offers—accounting, marketing, etc.

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: Natalie W., Natalie D., **YAC:** Gemma **Ultimate/Frisbee Golf:** Maple,
Softball: Chelsea **Lacrosse:** Felicity, Joy **Gymnastics:** Hannah
Student Government/ Council: Madi, David R., Gemma, Kayanna, Maple, Kaori,
McKenna **Tik Tok:** Felicity, Joy, Rick **Math Club:** Lauren, Madi
MUN: Lauren, Maple **Art Club:** Maple, Lauren **FBLA:** Carver, Raymond
Newspaper: Raymond **Lacrosse:** Felicity P, Lauren **GSA:** Victoria
Cheering: Aggie (co-captain), Miranda, Kayanna, Maple, Courtney
Baseball: Colby, Eli **Track:** Thomas, Raymond, Desiree, Natalie W.
NHS: Madi, Miranda, Emma, Maple, Blake, Kaori, Natalie D, Natalie, M, Chelsea
Ott, David R., Kayanna, Lauren, Elly, Eli, Raymond, Gemma
Rick's Fan Club: Maple, Patrick, Ryan, Natalie W., David R., David M., Blake, Nya
Literally Everything: Chelsea, Gemma, Kayanna, Davids, Madi, Lauren, Raymond
Sun Burning in Arizona: Courtney Lewis



Upward Bound May Birthdays:

Marcy Flint	05/03
Megan Gifford	05/06
Maple Bottinelli	05/25
Madisyn Lamont	05/10

May Student News

David Richardson won the Phillips Scholarship! Outstanding David, congratulations!...Kaori Moulton has deposited at Lyndon... woohoo!!... Raymond Lemrise is running for a position as Chapter Officer at the state level for the FBLA...Colby LaFleur has been landscaping in his free time– mostly digging holes on the baseball field...Miranda Degreenia was awarded the Freeman Scholarship from VSAC and has found a roommate for college! Outstanding Miranda, congratulations!... Maple Bottinelli plans to spend her vacation kayaking and enjoying the nice weather...Courtney Lewis is enjoying the warm weather in Arizona so much that she already got a sunburn!... Lauren Girouard made the Varsity Lacrosse team!...Victoria Scherer feels she did well on her SBAC test... Madison Wilson has been elected the Vice President of the National Honor Society!... Nya Jewell is getting certified to be a lifeguard... Megan Gifford made homemade Strawberry Jelly recently... Joey Sepulveda-Muniz has really been enjoying his biology class recently...Chelsea Ott has been very busy with school, Softball and Dance!... Aggie Lafleur recently got two Hamsters that she named Gismo and Gremlin... Eli Hooker has been enjoying the beautiful weather and Baseball...Felicity Perreault has been sharing her art on Tik Tok as a way to inspire others... Joy Ruggles is excited to play lacrosse for the first time ever this year!... Natalie Webster just got her first job and recently started driving with her permit... Ryan will be staying off the sidewalks of Lyndonville!... Gemma Stowell recently went to a Trauma and Youth workshop at Umbrella that she really found informative and insightful!... Ben Perreault recently celebrated his 17th birthday!... Marcy Flint is busy finding the perfect college... Blake Betz is anxiously waiting to hear back from Plymouth... Devin Daisey wants Ben, Blake and Samuel Jackson on his team during a Zombie Apocalypse... Natalie Martin has a great plan for college next year...Hannah Jewell has had a rough semester but is focused on her future and is enjoying Gymnastics!... Ryan Moulton no habla espanol which is also why he forgets to check his e-mail... Emma Powers is excited to work at Sugar Ridge this summer and get away from grocery stores... Patrick Stowell just bought himself a new truck... David Moody will attend Boston University next year... woohoo!... Caroline Lowry is excited to start a new job and is looking forward to Johnson next year!... Kai Aviles is getting excited to attend Farmington next year... Evan Thorn is working hard and getting excited for college... Desiree Mendez is enjoying track and field... Alex Pitt is working to get caught up and has a solid plan for his future... Ozora Rice has some big decisions to make... Aliceah Silver is working hard and is excited for the summer... Elly Bliss is enjoying her new job and says the SAT math section was weird... Lizzy Duranleau just got back from a family trip to Florida and is working hard to prepare her class schedule for next year...Thomas Hinton has been helping his family make maple syrup and trying knew events in track and field...Shannon Florentine has been enjoying softball... Natalie Daigle is determined to pass Driver's Ed and enjoyed a well deserved week off!... Jarrett Wilkins just got back from vacationing in North Carolina. Ryan is jealous!... Zofia Kosakowski is determined to be the best student from Rivendell that UB has ever seen... Ray Brooks has been working on their own movie!...Will Carter thinks he has a job at the Wildflower Inn...wash your hands Will....I eat there sometimes....Mackenna Emmons is enjoying her environmental club and can't wait to return to dance!...Madisyn Lamont is the best student we ever had from Danville...Felicity Sulham can't wait to get on campus this summer....Kaylee Hillesland is looking forward to a very rigorous summer academic program to get her ready for college.

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