

Northern Vermont University - Lyndon Upward Bound

TRIO

UPWARD BOUND

Alumni Newsletter

Spring 2021



WOW what a year!

If someone had asked me this time a year ago how 2020 would go, there is no chance that I would've come even remotely close (pun absolutely intended). With that being said, things are slowly returning to normal. Stay focused on your future and your goals! It's easy to get bogged down with what has been going on in the world around us, and neglect ourselves in the process, along with the goals that we've been working towards. As Ryan's very wise English teacher once said, "don't get lost in the forest of thick trees." Stay the course, remember the bigger picture, and know that there are brighter days ahead. You are TRIO Upward Bound students for a reason, and now is the time to use the skills you've been building all these years. You are all very capable, resilient, bright, caring, and dedicated individuals.

No matter what's going on around you, you've always known how to push forward and continue working to achieve your goals, and you know better than most how to handle adversity. I know that some days may feel harder than others, but I want you to know that you are worth it. Every minute that you sit in class, every page that you turn, every flashcard that you write, every late night cup of coffee in the library, is an investment in yourself and a step towards a brighter future; a step towards achieving your goals. Work hard, but prioritize your personal wellbeing. Rest, eat well, get up and move your body when you can, and stay connected to family and friends. Speak gently with yourself and give yourself the same amount of respect and dignity that you give to other people. Know that you will always have Upward Bound in your corner. Please reach out if you need absolutely anything at all. We are so proud of you!



2021 Upward Bound College Graduates

The following is a list of our 2021 College graduates from the Lyndon Upward Bound program. As you can see, our students went to a wide variety of colleges and this list represents a 74% graduation rate (42/57) over the last 6 years! Several of these students will continue on in their education or enter the world of work. Our goal continues to be seeing our students graduate from college; not just enter college after high school. These scholars were in the exact same position four or five years ago (or more) that you are in now. It took a lot of hard work for these students to get where they wanted to be. And they are all AWESOME! ***Congratulations to this extraordinary cohort of Alums....***



Dreams come true with hard work...

<i>Michael Delaney</i>	<i>University of Vermont</i>	<i>BS Civil Engineering</i>
<i>Rebecca Doucet</i>	<i>Middlebury College</i>	<i>BS Neuroscience</i>
<i>Brianna Gingue</i>	<i>University of New Hampshire</i>	<i>BS Kinesiology & Exercise Science</i>
<i>Lauren Holt</i>	<i>Castleton University</i>	<i>BA Multidisciplinary Studies</i>
<i>Emily Klar</i>	<i>Middlebury College</i>	<i>BS Neuroscience</i>
<i>Molly Leighton</i>	<i>Husson University</i>	<i>BS Nursing</i>
<i>Alyssa Leonard</i>	<i>U of Maine at Farmington</i>	<i>BA Education</i>
<i>Shelby Loura</i>	<i>University of Vermont</i>	<i>BS Business Administration</i>
<i>Kaylee Noyes (2020)</i>	<i>VTC</i>	<i>BS Business Tech. & Management</i>
<i>Maranda Ruggles</i>	<i>Norwich University</i>	<i>BS Biology</i>
<i>Matthew Allen</i>	<i>NVU</i>	<i>BA Political Science</i>
<i>Melanie Gagnon</i>	<i>Castleton University</i>	<i>BS Nursing</i>
<i>Baylee Olden (2020)</i>	<i>CCV</i>	<i>AS Liberal Studies</i>
<i>Cassandra White</i>	<i>VTC</i>	<i>BS Dental Hygiene</i>
<i>Elizabeth (Bess) Reed</i>	<i>NVU—Lyndon</i>	<i>BS Business Administration</i>

Where current seniors will likely attend....

<i>Kai Aviles</i>	<i>U of Maine at Farmington</i>	<i>Education</i>
<i>Blake Betz</i>	<i>Plymouth State University</i>	<i>Computer Science/Engineering</i>
<i>Devin Daisey</i>	<i>New Hampshire Tech</i>	<i>Electrical Engineering</i>
<i>Miranda Degreenia</i>	<i>University of Vermont</i>	<i>Community & International Development</i>
<i>Marcy Flint</i>	<i>U of Southern Maine</i>	<i>Mechanical Engineering</i>
<i>Caroline Lowry</i>	<i>NVU-Johnson</i>	<i>Undecided</i>
<i>Natalie Martin</i>	<i>CCV</i>	<i>Radiology</i>
<i>David Moody</i>	<i>U of Maine at Orono</i>	<i>Mechanical Engineering</i>
<i>Kaori Moulton</i>	<i>NVU-Lyndon</i>	<i>Education</i>
<i>Emma Powers</i>	<i>U of Southern Maine</i>	<i>Education</i>
<i>Ozora Rice</i>	<i>NVU—Lyndon</i>	<i>Elementary Education</i>
<i>David Richardson</i>	<i>Saint Michael's College</i>	<i>Political Science</i>
<i>Patrick Stowell</i>	<i>VTC</i>	<i>Civil Engineering</i>
<i>Evan Thorn</i>	<i>Central Maine CC</i>	<i>Cyber Security</i>

Updates and Opportunities

Stay Connected With TRIO!

You've graduated from UB and moved on to bigger and better things, but never forget where you came from! The New England Education Opportunities Association (NEOA), and The Council on Education (COE) often host events for TRIO alumni. You should take advantage of the opportunity to socialize, gain more professional experience, and reconnect to your TRIO roots! Think about attending the virtual Alumni gathering on April 6th (https://www.neoaonline.org/alumni_rsvp.php), and follow NEOA and COE on Facebook for

more information and updates. You should also join the "Alumni of Educational Opportunity Programs of New England" Facebook group, and head over to [TRIOAlumni.org](https://www.trioalumni.org) to register to the TRIO alumni network. COE is also asking for TRIO alums to submit their stories to add to the website and share on social media! To submit your story go to: <https://fs3.formsite.com/coecoecoeco/>



Too Infinity..... And Bed, Bath, and Beyond!

Coffee makers, blenders, comforters, oh my!

If you are looking for something for your dorm room or apartment, chances are we may have it in the attic! We have an abundance of Bed, Bath, and Beyond donations! Before you go and spend your hard earned money to buy things you need, give us a call! We will look around for you and see what we have. Or, if you are around during spring break, come visit us at the UB office and do some shopping! It will be great to catch up with you and you can finally replace that dirty old toaster...



New Website, Woo Hooo!

That's right, NVU-Lyndon UB finally has our very own website! Here you will be able to find out what UB has been up to and what events we will be partaking in. We even built a page specifically for alums! Check it out for information, news, opportunities, and new and backlogged newsletters! Check it out:

www.lyndonupwardbound.com



Amber Wolf Named NEOA Achiever Rising Star



Amber Wolf was recently awarded the New England Educational Opportunity Association (NEOA) Rising Star Award for her academic achievements to date, and participation in the TRIO Upward Bound program. The NEOA Rising Star Award honors emerging leaders who strive toward the highest levels of personal and professional accomplishment, who excel in their chosen field, devote time and energy to their community in a meaningful way, and serve as a role model for other low income, first generation, and college bound students and students with disabilities. Amber was a member of the Upward Bound program at Northern Vermont University – Lyndon, where she participated in a six week residential program, took classes on the NVU-Lyndon campus, participated in community service, leadership trips, cultural activities and college tours, and utilized the help of Upward bound counselors to explore colleges and careers, and to create her unique path to college.

Amber grew up in the Upper Valley of Vermont in the town of Vershire, and graduated from Rivendell Academy in Orford, NH. She worked incredibly hard, taking advantage of every opportunity presented to her and excelling academically. Very involved in the school, Amber was a National Honor Society Inductee, board member of the Cross Rivendell Trials Association, and helped organize Rivendell's first ever Cross Country team, earning the central Vermont League (CVL) Division 4 championship in 2012 and 2013. She also studied for a semester at The Mountain School in Vershire, joining 45 other bright, motivated students to live and work on the farm in a collaborative, academic, and work-based community. Amber achieved all of this while maintaining high honor roll status in a very rigorous curriculum filled with college prep, honors, dual enrollment and college level classes including one at Dartmouth College.

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

Upon graduation, Amber was finally able to indulge her more worldly inquisitions. Not only has Amber had a passion for traveling and culture, she also saw the value that a more worldly perspective would bring to her professional career. She was selected to go to Japan as part of the HELIO program to design a school on the Island of Osakikamijima. For two weeks Amber traveled, learned from a master calligrapher, studied the architecture and art/cultural practices, visited their parliament, discussed plans for the intellectual foundation of the school, and presented her work with a group of other students to the town and the town's Mayor. From there, Amber spent nearly 8 months circumnavigating the globe; visiting eight countries in seven months as part of a cultural exchange called WorkAway. She volunteered with families and did a variety of jobs: from dairy farming in New Zealand, and attending an Italian cooking school in Australia, to tending an olive grove in Italy, and a wine vineyard in England.

Amber returned to Bar Harbor Maine after almost a year abroad and accepted a full time position with the MDI Biology Lab as a Resident Advisor for summer students in the community lab: completing cruise ship monitoring, water quality testing, and phytoplankton monitoring - looking for toxic species that make people sick through consuming certain seafood. That position propelled Amber into her current position as a Research Assistant in the Drummond Lab working on kidney regeneration. She has excelled in this role and really values the impact that she is making in the field of science. With that being said, Amber never fails to continue to look toward future opportunities and has recently applied to 14 different Ph.D. and M.A. programs for Clinical Psychology.

It is safe to say that Amber truly is a Rising Star, and she is the exact person TRIO programs like Upward Bound are made for - bright, inquisitive, motivated, passionate, social, dedicated, kind, and community centered. Although she did not grow up with all the tools and resources that are needed to be successful in higher education, Amber worked incredibly hard to beat the odds stacked against TRIO-eligible students. She has taken full control over her education, created opportunities for herself and went on to earn her bachelor's degree, travel the world, build a career, and achieve an enormous amount of success for her age. She is now extraordinarily happy in the beginning of her professional career and is excited for the endless opportunities that her future holds!

Rebecca Doucet 2021 VEOP Scholarship Winner!!



Our very own Rebecca Doucet is the recipient of this year's Vermont Educational Opportunity Program's 2021 Graduate essay competition. This \$1,000 scholarship is awarded annually to an exceptional college student who intends to pursue a graduate degree upon completion of their bachelor's program. Becky is currently a senior at Middlebury College and will receive a Bachelor of Science in Neuroscience this spring. Becky is an exceptionally motivated and talented young scholar, and will be the first in her family to graduate from college with a four-year degree. Becky has worked very hard on graduate applications this year, and will attend Tuft's Medical School in the fall pursuing a Master's Degree in Biomedical Science.

As we all know, TRIO students often times have to work diligently to create their own path to college, and Becky is no exception. Becky took initiative in high school, joining the Northern Vermont University – Lyndon Upward Bound Program in order to become better prepared for college socially, culturally and academically. As a four-year participant of the program, she really took full advantage of every opportunity presented to her; attending many college tours, Leadership trips like JFK and the New England Student Leadership Conference and Community service such as Warm the Children and the H.O.P.E Color Run. Becky also took full advantage of the three summers that she spent with Upward Bound exploring careers and colleges, taking classes, serving in the

community, preparing for the SAT, and thinking critically about her future. Becky also took a full college preparatory course load at Lake Region Union High School full of AP, Honors and Dual Enrollment Classes. It was due in large part to these achievements and her educational dedication that led to her acceptance at the renowned Middlebury College.

As a student at Middlebury College Becky has been extraordinarily successful, earning dean's list and College Scholar Honors for maintaining a high overall GPA for all four years. Last year Rebecca was inducted into the BOLD Women's Leadership Network, an organization open to juniors who identify as women and have demonstrated strong leadership skills and academic ability. This is a very prestigious accolade that comes with a \$40,000 scholarship. This past summer, Becky also interned at the Dartmouth Hitchcock Medical Center with the Stroke Team: calling patients, conducting surveys, logging patient data for quality improvements, and working on a project aimed at improving the documentation and quality of stroke patient education. Becky has also been a mentor for the Middlebury First Gen program that helps first generation students transition to college.

Rebecca remains a dedicated member to her community and actively works to give back whenever she can. As an AmeriCorps member with the Lyndon Economic Opportunity AmeriCorps Program (LEAP), Becky became a Residential Tutor Counselor for the NVU – Lyndon Upward Bound program in 2017 as a rising college freshman - one of very few who can say this. Being 18 and in charge of 15-17 years old high school students is a very challenging task, but Becky really stepped up and proved her leadership skills; bringing an immense amount of professionalism, charisma, and energy to the position. Aside from her responsibilities with her suite of 6 girls, Becky assisted in all matters of residential living, tutored in academic classes, mentored all 50 on campus students, transported students to off campus events and volunteer sites, taught elective classes such as Anatomy and Physiology, Yoga, and Photography, led meetings with her suite, and helped facilitate and organize downtime events and activities. Rebecca returned to this role for four additional summers and voluntarily picked up more responsibility each summer. Her dedication to TRIO and Upward Bound is extraordinary, and we have really appreciated and benefitted from her efforts - and so have our students!

It is this passion and dedication to education, both her own and that of the students and peers she has surrounded herself with, that led VEOP to award Rebecca with this scholarship. She is the embodiment of the exact student that VEOP and Upward Bound seeks to serve and support. Becky has been extraordinarily successful in all of her educational pursuits thus far we have no doubt that she will continue to achieve great things as she moves on to pursue a Master's degree at Tuft's Medical School in the fall. Becky, we are so proud of who you've become and all that you've been able to accomplish in your short life so far!



Finish with a **BANG!**

Tips for ending your semester with success

You've made it to the end of the school year and the weariness has almost certainly begun to sink in. Don't give in! It is so important that you stay strong and keep working hard, ensuring that you end your semester and year on a positive note. Here are some tips for ending your semester on a successful note!

Don't Procrastinate!:

Tackling a huge essay or project in one, 8 hour sitting will ensure a less than stellar grade. Break up your work and tackle it in small chunks, across a longer period of time. This will ensure you get the best quality of work out of yourself as possible!

Studying:

First and foremost, find a space that works for you! Studying in your bed may be too distracting for it to be effective, find a new space! Second, don't over study! Cramming and focusing on the same material for too long won't help. Be sure to break up your study sessions to reset!

Get Organized:

Set your goals and do your best to make a schedule, plan ahead, and stick with it! This will ensure that you can get everything accomplished when you need to.

Be Kind to Yourself:

Making sure that you are getting enough sleep, exercising regularly, and eating three healthy meals per day are just as important as completing your homework and studying. You have to ensure that your body and mind are fueled up and ready to tackle the end of the semester.

Ask for Help:

If you are struggling, reach out! It's that simple! It is better to ask for help than to stay silent and fail. Be an active member in your education. Don't give up!

“Maybe a pandemic isn’t the best time to be in college....”



....Here’s why you’re wrong.

A college degree is important, now more than ever... but with tuition rates increasing, wages staying stagnant, and cost of living increasing - plus the added stress of virtual learning, COVID-19 protocols, and the current political climate - it is easy to wonder if a college degree is worth it all. The answer is yes, absolutely, and here’s why:

- **People with a college degree earn an average of \$900,000 more in their lifetime than someone without a degree.** Yes, you may be able to earn more working at uncle Joe’s garage or selling bracelets on Etsy than you would as an entry level social worker, or an English teacher, but you’re likely to maintain that salary for most of your life whereas a college degree allows for a huge amount of upward mobility. Not to mention that having a degree opens up more opportunities and almost guarantees that you will always find a job, no matter where you go!
- **Stop monetizing the college experience!** Yes, of course one reason for going to college is to get a good paying job so you can support yourself and have nice things... but it’s much more than that! College provides four years of self discovery and growth, networking opportunities, development of transferrable skillsets, real life experience, and a liberal arts education! People with a college degree have better time management and critical thinking skills, are more open minded, tend to be happy at their place of work even if they are unsatisfied with the pay, and have skills and experience that allow them to switch careers easier and move up within an organization.
- **Become a more informed, educated and involved citizen!** We are living in “unprecedented times” as Bernie Sanders would say, but that’s all the more reason to go to college! This is the best way to stay informed about what is going on in the world, and learn how to give back and contribute to positive solutions.
- **It is affordable!** There is so much talk about student loan debt in



the world right now, but Upward Bound students typically borrow much less than the national average to get a degree. You did a lot of work in Upward Bound to identify the right schools, career paths and scholarships in order to make school more affordable for you. If you listened to Rick’s advice, you’re probably not paying much more than your EFC per year to go to college. If money is really a problem for you, let us know and we can help!

Get Involved with Your Campus!

Yes, even during a pandemic!

Half of the college experience is getting involved with your campus, taking part in the fun and unique activities being put on by your Student Activities Board, and making friends! The COVID-19 pandemic has certainly made getting involved far more challenging—but not impossible! Here are some ways that you can still get involved with your campus community, and still stay safe and healthy!

Student Government: At the end of the day, college campuses are still live and active. Students are still living in their dorms and attending classes. That means that, despite any restrictions or safety protocols being enacted on your campus, your student body still needs to be represented! If you are passionate about making sure that student's have a voice in the decisions being made on campus, a position with the student government is for you! Reach out to representatives or other students who you know are members and find a way to join.

Student Activities Boards: Again, students are still living on campus and attending classes. Moreover, colleges know that students are feeling the effects of isolation now more than ever so activities and chances for socialization and engagement are incredibly important. Using the health and safety protocols being enacted by your college, you should still be able to organize COVID safe activities. If you have some great ideas to help get students engaged and socializing, you should reach out and find out more about joining your Student Activities Board!



Get Outside!: The temperatures are warming up, the snow is melting, and the time to get outside is now! Your campus almost certainly has a few wide-open green spaces where you can (safely) gather with some friends. Bring a Frisbee or football, or set up a socially distance study session or picnic. Or, put on a good pair of shoes and go for a long walk or hike! Getting outside, in the fresh air, is a great way to see friends in a safe and healthy way and, if you plan effectively, get some productive studying in!

Use the Internet Wisely: You should definitely be limiting your screen time as much as possible, especially if you are spending a lot of time completing homework electronically or attending classes through Zoom. But, sometimes, socializing with friends would be impossible without the internet. If you have a gloomy, rainy afternoon, or if it is simply safer to socialize from your own spaces, you can hang out with friends online! Use a video-calling service to chat with a friend or loved one and even play games! Resources like JackBox Games are great for engaging with your friends, even if it has to be from a distance.

Become a Leader: For some students, finding ways to be a leader or role model in their immediate community is just as important for helping foster that sense of togetherness. Campuses are always looking for students to work as Residential Assistants, as Peer Mentors or Leaders, to fill positions with Public Safety or with the Technical Department. There are always ways for you to become involved in helping your campus to function and your college is always looking for exceptional student leaders.





So you think you want to transfer???

Think again! Unless there are extenuating circumstances, it is often better to try and tough it out. You chose this school for a reason, and you did the work in high school to identify schools that would meet your needs, so chances are this was a good fit for you and your best choice financially. Transferring is an option, and we can help you if this is really what you want to do, but here is why you should try to tough it out:

Credits don't always transfer and you don't want your hard work to go to waste! Often times transferring means delaying graduation... and spending extra money to do so!

Financial aid issues: If a scholarship doesn't agree with your decision to transfer, they can choose to pull your award. Your financial aid at one school isn't guaranteed, and you will likely have to pay more as a transfer student, even if you received a better offer in high school.

Added work/stress: you probably remember what it was like in the fall of your senior year: elbows deep in college applications, financial aid forms, award letters, and scholarships all while trying to keep up in AP level classes, sports, extra curricular activities, and your part time job. Transferring is essentially the exact same process except instead of checking the "first year student" box on the application, you check the "transfer student" box. Do you really want to do this again?

Fitting in on campus: It's a lot easier to be a stranger on campus as a freshman than as a sophomore or junior. As a freshman, there are lots of opportunities and events geared towards

helping you find resources and make friends! As an upper classman you will find that a lot of your peers have already created their social circles and that can feel even more isolating.

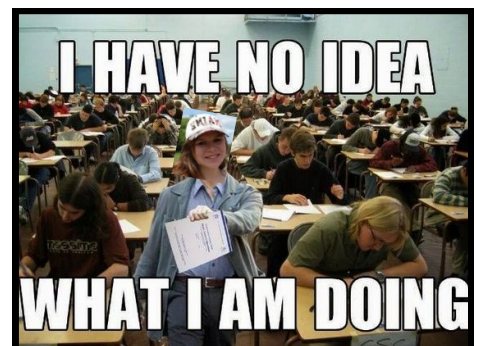


No guarantees that things will get better Sometimes changing schools will instantly make things better, but often times this isn't

the case. Really take some time to reflect about why you are unhappy and wishing to leave. Is it the college itself, college in general, or your own personal anxieties? Oftentimes finding the right resources and social supports on campus can make your experience much better - we can help you with this!

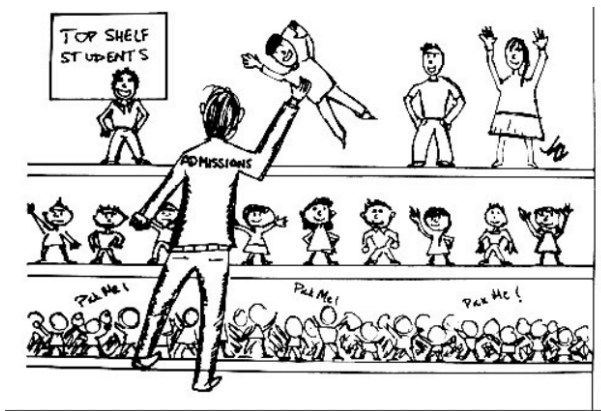
Still want to transfer?

Let us help you!



Alumni Gossip...

2020: **Madi Foster-Pudvah** has been very busy! She is currently in a theater production of Betty the Yetti playing Terra, an environmental activist! She is also working on campus and going to the climbing wall 2-3 times a week!... **Mara Duquette** was recently awarded the FLAG (Foreign Language Acquisition Grant) of \$5,000 to study abroad this summer! With any luck she will be spending 10 weeks in Amman, Jordan this summer.... **Dominique Bandy** is having a tough semester and is trying to balance work and school... **Mikayla Smith** made the Dean's List for the first semester at Simmons.. whohooo!... **Olivia Brimmer** was nominated for the Peer Leader program at NEC... **Mikaela**



Strzempko landed a sweet gig as a Certified Nursing Assistant!... **Melanie Coons** has decided to take some time off from school and is exploring future options... **Danielle Hallam** has been busy working two jobs and acing her classes!... **Haley Ott** is excited about her new minor... **Trinity Lahaye** recently started a new job as a pharmacy tech at Rite Aid!... **Shelby Ruggles** is hoping to be a camp counselor this summer in Georgia... **Dakota Collins** just moved into his first apartment!... **Astra Sleeper** has been raising lambs for her intro to livestock management class!... **Annabelle Doucet** made Dean's list for her first semester in college!... **David Moody** had a good first year in the Clarkson early college program but is applying elsewhere for the fall!

2019: **Kaitlyn Girouard** has been extraordinarily busy as an Economic Statistics tutor, RA for a space/environmental economics professor, co-president of the Rethinking Economics club, and an active member of the Middlebury College Republicans Club... Phew! As if that isn't enough, she has also been skiing with Becky in her free time, teaching SAT prep to a high school junior, and is considering Law School! **Brittney Smith** got accepted into an Earth Science Research internship this summer at Colorado State! She will be doing research on Tropical Meteorology!... **Noah Wilson** has been "nose to the grindstone" at Boston College... **Katelyn Brown** is getting ready to move to a new house in Maine and is excited to start clinicals next year!... **Emmitt Lambert** says this has been the "best semester yet!"... **Markus Lapierre** recently started barber school and is really enjoying it... **CeCe Jones** has been working on some new music that she's getting ready to release!... **Percy Poginy** has decided to take some time off from school... **Addison Broome** is planning to transfer to the University of Maine at Fort Kent... **Curtis Wyman** recently added a minor in Business Administration with a focus in entrepreneurship and is enjoying his classes so far!... Anybody need their teeth clean? Talk to **Meadow Yvon**! Meadow has had a rough year at Bridgeport but is proving exactly why she is a UB student! She is persevering, finding ways to be successful, and has created a great support system for herself. Way to go **Meadow**!



Alumni Gossip...

2018: **Aura Rich** is applying for an accelerated Master's Program in Public Health for the fall and will intern with Lieutenant Governor Molly Gray next semester!... **Nicholas Stowell** was recently accepted into Castleton's Athletic Training Master's program!... **Yannick Lescouzec** says he's having one of the best and busiest semesters at Manhattan!... **Delanie Ruggles** is about to be an aunt again and she is applying to the Social Work program at Southeastern College!... **Kirstyn Binford** is looking forward to a trip to Columbia in December!...



Nate Degray is happy to be able to attend in person classes... **Richie Dennis** says there's "nothing new or fun to report on" but is hoping to secure an internship for the summer... **Chelsea Paye** has had a hard semester but is doing her best and proving why she's a true Upward Bound scholar!... **Esther Demag** has had a good year at UVM and has been running and socializing a lot in her free time!...



2017: **Brianna Gingue** recently got an internship in Ohio doing health and wellness coaching!... **Rebecca Doucet** is off to Tuft's medical school in the fall!... **Alyssa Leonard** is currently looking for teaching jobs in New England... **Isabel Wildflower** is currently living in the United Kingdom but has plans to return to Boston in the near future... **Maranda Ruggles** is preparing to move to Florida post-graduation!... **Lauren Holt** has gone back to Kindergarten... To teach!... **Elizabeth Erbentraut** is having a great spring semester!... **Shelby Laura** says that life has been boring



lately and is currently on the job hunt!... **Michael Delaney** has been busy managing his workload and capstone design project... **Kaylee Noyes** graduated a semester early and recently landed a new job that will pay for her master's degree!... **Emily Klar** is gearing up to ship off to basic training for the Army National Guard in Missouri at the end of July! After 2 years of paramedic school she will be a Civilian Certified Critical Care Medic!...

2016 & Beyond: **Melanie Gagnon** is excited to graduate and is currently applying for nursing jobs!... **Cassie White** is gearing up to take the Dental Hygiene Clinical Board Exam and was recently awarded the Rena Katz Chernick Board Award!... **Matt Allen** is excited to be graduating this semester!... **Melissa Helstein** is nearly halfway through vet school and is excited to start clinicals next year!... **Bess Reed** is taking six classes this semester which will allow her to graduate!... **Amanda Wright** landed a fancy new job as an Executive Assistant at Northeastern University's Global Resilience Institute!... **Amber Wolf** was named this year's NEOA Rising Star and has been accepted to grad school!... **Cameron Newland** was this year's VEOP Achiever recipient!...



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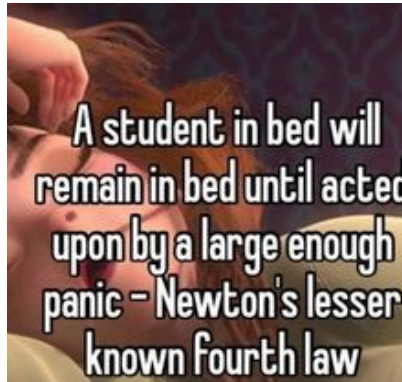
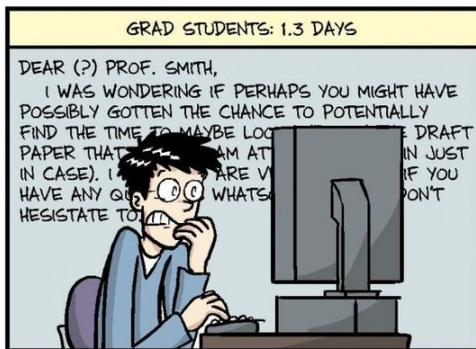
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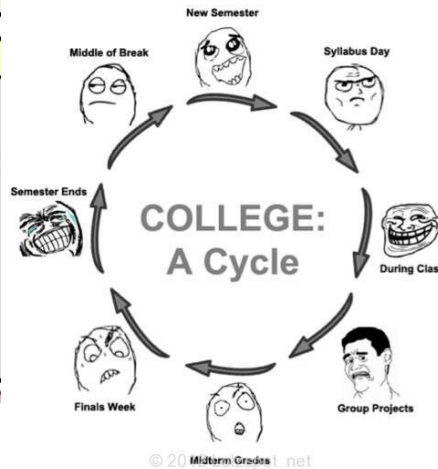
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So "Comic"al...

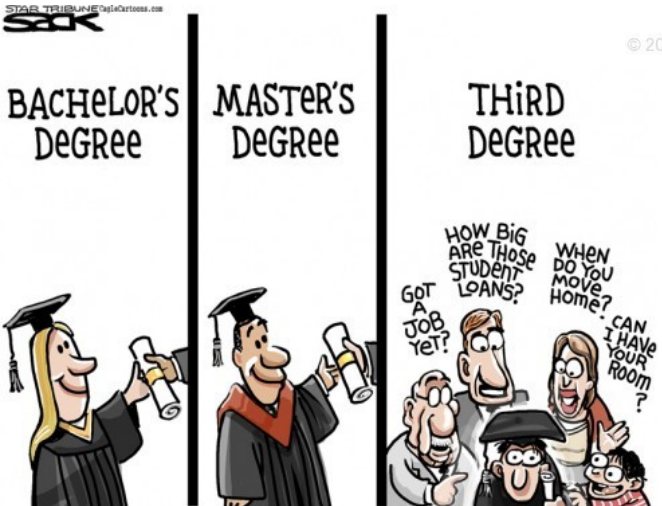
AVERAGE TIME SPENT
COMPOSING ONE E-MAIL



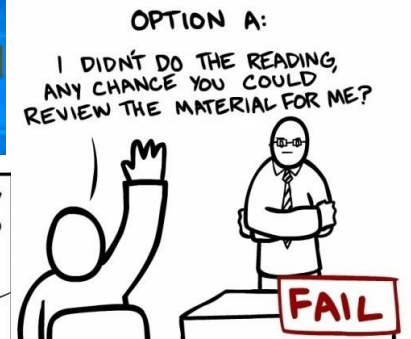
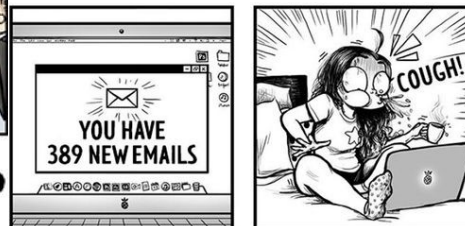
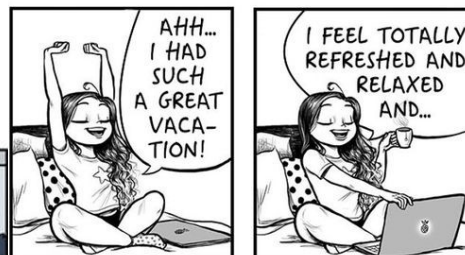
College in 4 pictures



Going into my exams like



Me starting my first semester of college vs me starting my last



IT'S IN THE SYLLABUS

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