

NVU-Lyndon

# Upward Bound

September 2021 Student Newsletter

# TRIO

UPWARD BOUND

**BUILDING EXPECTATIONS, CHANGING REALITIES**

## Congratulations on Your Dedication!

WOW! We are thrilled that we were able to see all of you this summer for the 40<sup>th</sup> Upward Bound Summer Residential program. We really feel that all of you participated fully and that you took advantage of the opportunity presented to you. We also hope that you will be able to use the summer program as a springboard to a great academic year at your high school. Every year in high school is an important year in your preparation for a college degree—make the most of your time academically, socially, and physically.

But we do want to thank you all again for your dedication, hard work, and flexibility this summer. Those of you who took advantage of this summer and worked hard became more prepared for college and for the school year ahead. If you did not meet your academic goals this summer that is OK. We are here to help! Being able to step up in the face of adversity and be resilient in times of uncertainty has always been a strength of TRIO students and most of you guys really proved that again this summer.

We really enjoyed getting to see all of you in person this summer and starting to build those relationships. Again, we hope to really use this to build on our work and help you get to the best college for you!



## Northern Vermont University COVID-19 Restrictions Update:

The Executive Committee of the Vermont State Colleges System Board of Trustees voted to require COVID-19 vaccination for all students enrolled in the 2021-2022 Academic Year. The safety of the students, employees, and local community members is top priority as the college continues to respond to the ongoing pandemic. **As you know, NVU has met or exceeded federal and state safety guidelines during the pandemic and will continue that as follows until further notice:**

- A full vaccination is required for all non-student, non-employee, and non-admissions visitors to our campus that are age 12 and above. Full vaccination means two weeks after the Johnson & Johnson version or two weeks after the second shot for Pfizer and Moderna. **This includes all Upward Bound students.**
- Face coverings shall be worn indoors by all faculty, staff, students, and visitors when in the presence of others and in common areas. When outdoors, and more than six feet apart from one another, masks are not required whether you are vaccinated or unvaccinated.
- NVU—Lyndon is not the only venue that is requiring vaccinations. Most colleges, Leadership Opportunities, and social gathering are increasingly adding a vaccination requirement. Yesterday the University of Vermont reported that 100% of the students on campus are now fully vaccinated.

What this means for Upward Bound is that we will offer 2 options for meetings with the Upward Bound staff. Students who are unvaccinated or do not feel safe coming to campus will have the option of a Zoom meeting with the staff. Students who are vaccinated will have the option of attending an in person event.

Unfortunately, COVID is still with us for the near future. We will continue to adjust our plans to meet the needs of our Upward Bound students.

**2022 Summer Program  
June 19<sup>th</sup>—July 29<sup>th</sup>**

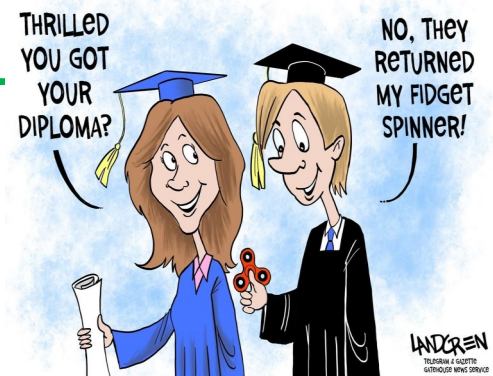
# 2021-2022 Upward Bound Calendar

September	18 <sup>th</sup>	9:00 – 12:00	HOPE Color Run	Bandstand Park
	19 <sup>th</sup>	10:00—12:00	Senior Common App Workshop	LAC 411
	19 <sup>th</sup>	1:00—3:00	Upward Bound Reunion Meeting	ASAC 100
	24 <sup>th</sup> —26 <sup>th</sup>		New England Student Leadership Conference	Fairlee, VT
October	10 <sup>th</sup>	1:00 – 3:00	Seniors/Parents FAFSA Meeting	LAC 411/400
	9 <sup>th</sup> —11 <sup>th</sup>		Vermont College Tours	
	12 <sup>th</sup>		NEACAC College Fair @ St Mikes	
	13 <sup>th</sup> or 16 <sup>th</sup>		Juniors take PSAT's	At Your School
	23 <sup>rd</sup>		Volunteer Work, Warm the Children	Pick and Shovel
	24 <sup>th</sup>		Volunteer Work, Warm the Children	Pick and Shovel
	27 <sup>th</sup>		Sophomore Summit at the University of Vermont	
	29 <sup>th</sup>		Volunteer Work, Warm the Children	Pick and Shovel
31 <sup>st</sup>	1:00—6:00	SAT Prep for Seniors	Burke Mountain Room	
November	6 <sup>th</sup>		Seniors Take SAT	
	6 <sup>th</sup>		Volunteer Work, Warm the Children	Pick and Shovel
December	1 <sup>st</sup>		Begin Discover Scholarship Essays	
	3 <sup>rd</sup> – 5 <sup>th</sup>		Volunteer work, Burklyn Arts	
	4 <sup>th</sup>		Seniors Take SAT 1 (if needed)	
	11 <sup>th</sup>		NVU—Johnson 50 <sup>th</sup> Celebration	NVU—Johnson
	12 <sup>th</sup>	1:00-3:00	Upward Bound Christmas Party	Bole Gym / Theater
January	16 <sup>th</sup>	1:00 – 3:00	Upward Bound Recruiting Meeting	Theater
	16 <sup>th</sup>		Upward Bound Discover Essays Due (Juniors)	
	30 <sup>th</sup>		Upward Bound Junior Essay and Matrix due	
February	16 <sup>th</sup> – 18 <sup>th</sup>		TRIO Day in Burlington, VT (Eligible Juniors)	
	21 <sup>st</sup> —25 <sup>th</sup>		STEM TRIP with Johnson	
March	6 <sup>th</sup>		Green Mountain Scholars Bowl at NVU—Lyndon	ASAC 100
April	4 <sup>th</sup>	5:30 – 8:00	UB Meeting and College Fair	ASAC 100 and Gym
	24 <sup>th</sup>	1:00 - 6:00	Junior SAT Review	ASAC 216
May	1 <sup>st</sup>	1:00 – 3:00	Mother's Day Give Away and Meeting	Bole & Theater
	7 <sup>th</sup>		Juniors Take SAT I	
	29 <sup>th</sup>	1:00 – 3:00	Final Upward Bound Meeting	Theater
June	5 <sup>th</sup>		Juniors Take SAT (if needed)	

**2022 Summer program Dates: June 19<sup>th</sup>—July 29<sup>th</sup>**

*“The quest for certainty blocks the search for meaning. Uncertainty is the very condition to impel man to unfold his powers.”*

- Erich Fromm





## Upward Bound Reunion Meeting September 19<sup>th</sup> ASAC 100

Our first get together of the year will be on September 19<sup>th</sup> at Northern Vermont University at Lyndon. We would like to invite all of our vaccinated Upward Bound students to campus for an in person meeting. During this time you will:

- See the Upward Bound video—starring all of you!
- We will also be outlining our expectations for the school year and the various activities that we have planned for you, with a bit of time built in for socializing.
- Get a copy of the Upward Bound Summer Yearbook!
- Additionally, we hope to empty out part of our year long collection of Bed Bath and Beyond donations for all of you to take!

Parents are definitely invited and encouraged to join us and see the summer through our students' eyes. For families who are not vaccinated or who do not feel safe in a group setting, we will offer a Zoom meeting at 3:00pm. **Mark those calendars—we do expect to see all of our vaccinated students at this group meeting!**



### Seniors Common Application Workshop September 19<sup>th</sup> 10:00AM—1:00 PM in LAC 411



Due to popular demand, we will once again have a Common Application Workshop for our Seniors! This workshop has worked well these past couple of years and students have found it helpful. It will help us to make sure that you have added all of the important people to your college application, have the correct colleges identified, and also make sure you understand the difference between inviting a recommender and assigning a recommender. Although we do not think this is too complicated, we also know that working on this in a large group will help all of you get an important piece of your senior year started! Misery loves company and why not be happy together! **If you are not vaccinated or you feel unsafe on campus, we will schedule a Zoom meeting with you or see you at your school. For those who attend, we will feed you before our Reunion Meeting, which will began at 1:00 PM!** So, spend the day with UB and get your Common App out of the way!



## Upward Bound Opportunities!

### Stipend Checks all year long!...

... IF you do well in school and do what we ask! Similar to the summer, as long as you are in good standing with your school and with Upward Bound and don't owe us anything, you will receive a \$40 stipend check every month!

To be eligible, students must do the following:

- Maintain regular attendance, participation, and completion of assignments at school; no failing grades.
- Full attendance at all program meetings unless cleared by Rick or Ryan
- Send us your yearly class schedule in September (Ryan and Kelsea will ask for these during your first school meeting with UB.)
- Attend and participate in all college tours, community service, leadership trips, and other outings, virtual or not, with Upward Bound that are appropriate for you.
- Juniors: complete the Discover Essays and Upward Bound Junior essay and matrix in January; and take the PSAT in October.
- Seniors; Complete the FAFSA, VSAC and Profile (if necessary) financial aid forms; submit your common application by December 1<sup>st</sup>, apply for VSAC scholarships and all others that UB recommends for you, and send us ALL award letters as you receive them.



### Your GPA: *The Importance of a B Average*

Many of our students, almost 80%, have above a B average - what translates to a 3.0 for most colleges. If you have a low GPA, your goal should be raising it to a 3.0 GPA. If your GPA is higher, aim for the stars! Here are a few reasons why attaining at least a 3.0 GPA is so important:

**First of all**, you probably will get a reduction in your car insurance, now and while you are in college (Gavin!).

**Secondly**, you will be eligible for scholarships both, from colleges and private scholarship programs, which you will be grateful for in your senior year. A perfect example of this is the Phillips Scholarship—students with averages below a 3.0 are not eligible to even apply! Remember, our students have picked up thousands of dollars from the Phillips Scholarship in the past, and the last few years the process was more selective than ever with only 1 of our students being chosen! **Ask David Richardson about being a Phillips Scholar!** Your GPA is a very important part of this puzzle.

**Lastly**, you can only increase your chances of being accepted at a school of your choice if you have performed well in high school: your high school grades are the most accurate predictor of future success in college and the first thing colleges look at when evaluating your application. **Be proud of your abilities, and work to your true potential this year!**



### 2021 HOPE Color Run

The 7<sup>th</sup> Annual H.O.P.E. Color Walk & Run will be taking place on Saturday, September 18<sup>th</sup>. All Upward Bound students are invited to participate—as a volunteer, a runner, or an organizer! Right now HOPE is working with the local community to see if they can once again provide this opportunity for students of NVU—Lyndon and Upward Bound.

H.O.P.E. (Helping Other People Everyday) is a local organization whose mission is to support families by filling basic needs and improving human life. Upward Bound students have volunteered at their Color Run & Walk in the past and we are looking forward to doing it again! We hope to have another great crew of students at the event! Please let us know if you would be interested in helping out with this event. You may participate in the Run, handout T—Shirts, throw color, or help with the children's run. This will be a memorable and colorful event!







## Being an Upward Bound Scholar!

### *What Classes Should I Take in High School?*

The first thing that you need to understand as a college bound student is that **High School Graduation Requirements are not the same as College Preparation!** Each college has different requirements that you have to meet before they accept you. Upward Bound also requires our students to meet the Academic

Competitiveness Grant (ACG) Guidelines—it is part of our grant! In order to be best prepared for college, you should have as broad a preparation as possible in high school. Competitive candidates for admission typically have the following:

- 4 years of English
- At least 3 years **each** of social studies, math, foreign language, and science, with additional years of study in the areas of your greatest interest. You also can't forget to plan ahead to fulfill all of the graduation elective requirements for your high school, such as art, physical education and computer classes. It would be a shame to have to drop a college prep class your senior year to get that final art credit so that you can graduate!

**Below is a sample schedule for you to follow:**



#### *General College Requirements*

Freshman Year	Sophomore Year	Junior Year	Seniors Year
English 9	English 10	English 11	English 12
Algebra 1	Geometry	Algebra 2	Stats, Pre Calc or Calc
Earth Science	Biology	Chemistry	Physics
World History	US History	Psychology	Social Studies elective
Foreign Language 1	Foreign Language 2	Foreign Language 3	
PE	Health / PE	Computers	Art / Music



#### *Selective College Requirements*

Freshman Year	Sophomore Year	Junior Year	Seniors Year
English 1 Honors	English 10 Honors	American Lit Honors	AP Literature
Geometry Honors	Algebra 2 Honors	Pre-Calc	AP Calculus
Biology Honors	Chemistry Honors	Physics Honors	AP Biology
World History Honors	US History Honors	AP US History	AP Psychology
Foreign Language 1	Foreign Language 2	Foreign Language 3	Foreign Language 4
PE	Health / PE	Computers	Art / Music

\* Note: Keep in mind that every school is a bit different. Most schools have a college prep track; they may call these classes Honors, Accelerated or CP. Dual Enrollment classes are also recommended!

\* Also, your school may have a different order in which they recommend you take classes.

## Sophomores

**What a tenth grade student should be doing is being an excellent tenth grade student.**



**Find the Best High School Schedule:** Colleges love to see academic rigor in a student's schedule. Talk with Upward Bound and your high school counselor about picking the classes that will not only challenge you and suit your academic interests, but also impress college admissions officers. But remember to be realistic!

**Extracurricular Activities:** Make sure you are participating in extracurricular activities--clubs, sports, committees, music groups, student government. Colleges like students who are not just focused on the classroom. They want to admit students who will add to the college community, so participation in activities will show that you will take part in the larger community.

**Make Friends and Enjoy your High School Experience:** Especially in the time of the Virtual Classroom, making friends and enjoying yourself is really important. And it is great practice when you enter college and start finding some new life long friends! Don't just focus on college. High school is a time for friendships and fun in addition to academics.

**Be a Teenager!** Remember - you're a teenager, be one. I want to caution you not to act irresponsibly, but have fun, go to school dances, football games, hang out with friends when you can, get your drivers license. Grow up smartly, not quickly.

**Think About a Job!** If there is a job that you're interested in, see if there is a way to intern or volunteer in your area. This may involve actually talking to people and that includes your teachers and school counselors! Once you find them, try to connect with them and possibly even shadow them. This worked for Gavin this year and he landed a job working at Kirby Mountain Kennels—playing with puppies!

### **Upward Bound Activities for Sophomores**

- ◆ *Sophomore Summit – October 27<sup>th</sup> UVM!  
This may be Virtual this year!*
- ◆ *Warm the Children  
We are working with the Pick and Shovel*
- ◆ *Take Advantage of College Tours  
Virtual and In Person!*
- ◆ *Attend all UB events!*
- ◆ *Do Not Change Classes without talking to us*





## Juniors

### Juniors and Parents \*Virtual\* College Planning Meeting

Juniors and Parents, although we will not have a formal Junior meeting this year, we would love to meet with any of you to answer questions about this very important year! As you know—this is the last full year that college's will see before they decide to accept you!

We will look at the year ahead and what we expect you to be doing to prepare for college. To prepare for this, you should have selected rigorous class schedules, and that is a huge piece of the puzzle, but there are other ways that you can and should be preparing as well. We'll explore the road map together at this meeting with your families!



### *Junior Year Requirements!*

- ◆ *Work Hard in all of Your Classes*  
*This is your most important year!*
- ◆ *Take the PSAT in October*
- ◆ *Write Discover Essay's, they are due in January*
- ◆ *Complete Junior Essay including:*
  - ◆ *Reapplication to Upward Bound (an essay outlining your educational plans)*
  - ◆ *Update your Summer College Matrix with Realistic Colleges!*
- ◆ *Attend All College Tours or Virtual College Tours of the colleges that most interest you.*
- ◆ *Participate in the Green Mountain Scholars Bowl at NVU—Lyndon in March*
- ◆ *Attend TRIO Day Celebration in Burlington, VT in February (if you can!)*
- ◆ *Participate in the NVU—Lyndon College Fair*
- ◆ *Attend SAT Prep in April*
- ◆ *Take the May SAT!*

### *PSAT's In Your School*

**Juniors**— your first official step toward attending college will be when you take the PSAT. You should be able to take this test in October at your school, but double check with the guidance office to make sure. We have already sent a list of all of our Upward Bound juniors to each of your schools, notifying them that you are eligible to take the PSAT for free. You must find out who registers students at your high school and let them know you will be taking this test.

**We expect all of our juniors to take the PSATs.** This will be a school based test and you will hear lots more from us as we get closer to the test date! But also remember that you need to push yourself this year to meet your academic and scholarship goals. This is the money year for you! Remember, you are better prepared than 90% of your classmates and the PSAT will seem so much shorter than what Bill put you through this summer!



# Seniors ~

Do not miss this very important meeting!

## Seniors and Parents Oct 10<sup>th</sup> FAFSA Workshop ZOOM or In Person!

All of our seniors are in the last semester that most colleges will look at before making a college admissions decision. This is their last chance to impress the admissions folks as well as the scholarship foundations. It is an important time, and one that is often accompanied by anxiety for students and parents alike! Our experience is that after this meeting students and parents will feel more prepared for everything to come this fall, and through the course of the entire school year. That's what UB is for!

This year we will have our FAFSA Workshop on Sunday, October 10<sup>th</sup>. We will meet with all of our seniors and their parents throughout the day. We plan to do this in person with vaccinated students but you will also have the option to participate by ZOOM! There will be a short overview of the Free Application for Financial Aid (FAFSA) and the VSAC Grant application and then we will let you start the application. Ryan and I will be available to answer questions throughout the day! We will talk about timelines and parent responsibilities, as well as where our students can look for scholarships. The admissions and financial aid process can be confusing no matter who you are, and this will be a helpful, in-depth review for students and families.

We will fill out the FAFSA! The goal of this workshop is to ensure that our students (and parents) get the most financial aid possible and make good choices about their college education. You can never have too much information about the college process. So please, prioritize this meeting for you and your student... students and parents please be sure to have your FSA ID for this meeting. Parents—if you can do this before the meeting it will save you about 20 minutes! In early October I will send you some other forms to fill out that will help get you prepared for this important event. Please make sure to get everything ready before the meeting!

**If you have any conflicts with this meeting please let me know.**



How long will it take?

FSA ID:

**20 Minutes**

Initial Application:

**30 Minutes**

FAFSA Corrections

**10 Minutes**

## Seniors and Parents! Get Your FAFSA ID's now!

Your FSA ID is your electronic signature for the Free Application for Federal Student Aid (FAFSA) and it will identify all scholarships and loans that you can get for college! We strongly recommend you create an FSA ID, a username and password combination, before the October FAFSA Meeting! You can start the process by going to FAFSA.gov. Although you can get your FSA ID as you're completing the FAFSA form online, getting it ahead of time will reduce errors and save you about 20 minutes when we do the actual paperwork!

All Upward Bound students *and* one of your parents will also need an FSA ID so that he or she can sign your application electronically. Although you can't fill out or send your FAFSA (the Free Application for Federal Student Aid) yet, you can go online and get an FSA ID for yourself, and one of your parents will need one too. We will use this ID to fill out your FAFSA together at the October FAFSA meeting. **Write it down, keep it somewhere safe, and, even better, share it with Upward Bound and we will put it in your file! Questions? Call us.**

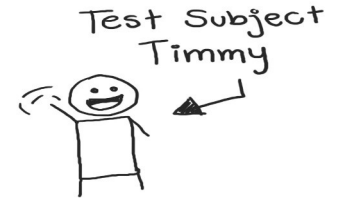




# Seniors ~

## Your College Boards!

And yes Upward Bound, you should plan on taking the SAT this year! Although most colleges will waive their SAT requirement this year, many scholarship foundations will still use the SAT to help determine who gets money! And with your work this summer, know that you are better prepared than 90% of the students out there!



**SAT's: November 6<sup>th</sup>** We expect all of our seniors to take the regular SAT on November 6<sup>th</sup>. We will offer you an extensive SAT review with our SAT Gurus on October 31<sup>st</sup> hopefully at NVU-Lyndon. All of you should have been offered waivers when you took the PSAT but if not we can help you get them. Call us! If you are thinking about an early SAT, or your school is offering a school based test, please let us know ASAP! That deadline comes up fast!

**ACT's:** If you are interested in taking the ACT let us know ASAP. Waivers are harder to come by but we can usually find a few for you. We have the "Cracking the ACT" book in our office and we are more than happy to give you one. The ACT prep material is a little different than the SAT, but there are similar strategies that you can use. Most of you should plan on taking the ACT on **October 23<sup>rd</sup>** (registration deadline September 17<sup>th</sup>) for Early Action or **December 11<sup>th</sup>** (registration deadline, November 5<sup>th</sup>) for all regular candidates!



## SAT vs. ACT

The SAT	vs.	The ACT
Content-based test	<b>Type of Test</b>	Content-based test
Reading: 1, 65-min section; Math: 1, 25-min section (no calculator) & 1, 55-min section (w/ calculator); Writing & Language: 1, 35-min section;	<b>Test Format</b>	English: 1, 45-min section; Math: 1, 60-min section; Reading: 1, 35-min section; Science: 1, 35-min section; Writing: 1, 40-min essay (optional)
reading, relevant words in context, math, grammar & usage, analytical writing (optional)	<b>Content Covered</b>	grammar & usage, math, reading, science reasoning, and writing (optional)
questions are evidence and context-based in an effort to focus on real-world situations and multi-step problem-solving	<b>Test Style</b>	straightforward, questions may be long but are usually less difficult to decipher
Math and Evidence-Based Reading & Writing are each scored on a scale of 200-800. Composite SAT score is the sum of the two section scores and ranged from 400-1600.	<b>Scoring</b>	English, Math, Reading, and Science scores will each range between 1-36. Composite ACT score is the average of your scores on the four sections; ranges between 1-36
no – you do not lose points for incorrect answers	<b>Penalty for Wrong Answers?</b>	no – you do not lose points for incorrect answers
questions increase in difficulty level as you move through that question type in a section (except reading passage questions, which progress chronologically through the passage)	<b>Difficulty Levels</b>	difficulty level of the questions is random
arithmetic, problem-solving & data analysis, heart of algebra, geometry, and trigonometry; formulas provided. Calculator on some sections!	<b>Math Levels</b>	arithmetic, algebra I and II, functions, geometry, trigonometry; no formulas are provided Can use a calculator on all sections
www.collegeboard.com	<b>More Information</b>	www.act.org

## Colleges Our Seniors Will Apply To!

These are the colleges that our seniors will apply to. At this point, students are still defining what schools will be the best match for them. Many of these schools may require the SAT II. Blue colleges require the PROFILE Financial Form.



<i>Elizabeth Bliss</i>	NVU-J	Plymouth State	UVM	Colby Sawyer	Middlebury	BC	Bennington	Skidmore
<i>Maple Bottinelli</i>	UVM	St. Mikes	Hampshire	BC	Barnard	Wellesley	Bowdoin	Middlebury
<i>Natalie Daigle</i>	NVU-J	NVU-L	Castleton	Thomas	UMF	UVM	Umass Lowell	BC
<i>Lauren Girouard</i>	UMF	Thomas	Keene	Plattsburg	Colby Sawyer	St. Mikes		
<i>Aggie LaFleur</i>	NVU-L	VTC	North Shore	Mt Wachusett	York CC	Great Bay CC		
<i>Courtney Lewis</i>	Castleton	USM	UVM	Plymouth	Norwich			
<i>Desiree Mendez</i>	NVU	Castleton	UMF	Keene				
<i>Ryan Moulton</i>	Castleton	Champlain	UVM	UNH	Norwich	John J	MIT	
<i>Ben Perreault</i>	NVU	Castleton	Keene	UVM	Bennington			
<i>Alex Pitt</i>	VTC	Norwich	Thomas	UVM				
<i>Aliceah Silver</i>	NVU	UMF	USM	UVM	Dartmouth			
<i>Madison Wilson</i>	UVM	St. Mikes	George Washington	Barnard	Boston U	BC	Northeastern	
<i>Jarrett Wilkins</i>	UVM	Husson	Plymouth	Springfield	UNH	Syracuse	BC	NVU—L

### Senior Reminders for September...

- Check to see if any of your colleges (only privates) require the PROFILE financial aid form. **PROFILE registration** should be done early in October (see student list!)
- Put the **Upward Bound Common Application workshop** on your calendar for September—Call us!
- Put the **Upward Bound FAFSA Workshop** on your Calendar for October, 10<sup>th</sup>.
- By the end of September, register for the **November 6<sup>th</sup> SAT** (deadline Oct. 8<sup>th</sup>). SAT waivers are available to all of you at your school. We recommend that you register for the SAT **ASAP**. Some of you are taking the ACT and I may be able to find waivers if you need them – make sure you register before the September 17<sup>th</sup> deadline for the October 23<sup>rd</sup> test date.
- Remember: have your **SAT scores sent to the colleges you most likely will apply to** this fall to avoid paying money later.
- Look to see if the **St Mike's College Fair** in October will be Virtual or In-Person—both are planned at this point! We may or may not attend, if you would like to do this let us know ASAP!
- Contact the people in your high school who you want to write college letters of recommendations **ASAP**. Make sure to give them a copy of your activity sheet.
- Check on **scholarships in your school**. The best place to look is the guidance office.
- **Work hard in all of your classes! Start strong, speak up, and let your teachers know you are ready to learn!**
- **Stay in close touch with Upward Bound!**





# Financial Aid

## The Top 5 Things that Every Upward Bound student should know!



- \* **Never Rule Out a College because of Cost Alone!**
  - \* It is How Much You Pay, not the Cost!
- \* **Compare College Cost before Applying**
  - \* Use the Matrix Format
  - \* Talk to us about our Experiences
- \* **Remember to Fill out the FAFSA and VSAC applications with Upward Bound**
  - \* Timeliness is more important than perfect numbers
- \* **Follow our Advice on Appropriate Colleges**
  - \* Remember, we are the ones that know both you and your family, but also know the colleges that have money for students like you!
- \* **Compare Award letters and Be a Good Consumer**
  - \* Then Make Your Choice and Celebrate!



## How Do Families Pay for College?

Past income	Present income	Future income
<ul style="list-style-type: none"><li>• savings</li><li>• college savings plan</li></ul>	<ul style="list-style-type: none"><li>• payment plans</li><li>• tax credits</li><li>• scholarships</li></ul>	<ul style="list-style-type: none"><li>• parent PLUS loans</li><li>• additional student loans</li><li>• private loans</li><li>• other borrowing options</li></ul>

An illustration showing a stack of green bills, a stack of gold coins, and a single coin, representing different forms of income or savings.

⇒ <b>Federal Pell Grant:</b>	<b>\$6495</b>
⇒ <b>Federal SEOG Grant</b>	<b>\$4000</b>
⇒ <b>Federal Stafford Loans</b>	<b>\$3500—\$8500</b>
⇒ <b>Federal Perkins Loans</b>	<b>\$5000</b>
⇒ <b>Federal Work Study</b>	<b>\$3000</b>
⇒ <b>Federal PLUS Loan—for Parents</b>	<b>Usually about \$2000</b>
<b>Cost of Attendance—all other aid received</b>	





## Thank You Students! From Rick, Kelsea & Ryan:



**Elly Bliss**, we are so glad that you could join us this summer. More importantly, we are so proud of the hard work and effort you have put into the college decision making process...**Maple Bottinelli**, thank you for showing up and making the most of everyday with Upward Bound – both in your classes and with your peers! Your goofball ways kept us all laughing and smiling this summer, and we appreciate it!...**Natalie Daigle** summer simply wouldn't have been the same without you! Thank you for asking challenging questions and working hard to set yourself up for success in the years to come!...**Lauren Girouard**, what can we say about our first Junior TCM? We know that, despite being a senior, you have many summers with Upward Bound ahead of you...**Aggie LaFleur**, you dedicated yourself wholeheartedly to your education and future success this summer and the benefits of that are going to show this year! Keep up the incredible work!...**Courtney Lewis** we are so glad that you chose to spend your summer with us instead of soaking up the sun in Arizona! ...**Desiree Mendez** we are lucky to have had you for nearly the entire summer! We are even happier that you could share your artistic talents with your peers!...**Ryan Moulton**, your quiet comedy and positive attitude never failed to bring smiles to everyone's faces. We are so glad that you could join us this summer!...**Ben Perreault**, our bonfire nights would've have been very different without your guitar! Oh, and we will never forget you dancing in the rain...**Alex Pitt**, thank you for always holding the door for us! And, of course, for joining us this summer. The program certainly would not have been the same without your kind smile and fire building abilities!...**Leashie Silver** your curiosity about college knows no bounds – and we are so happy about that! You took full advantage of the summer, having countless conversations about college! Keep asking questions and being active in your education, it will pay off! ...**Madi Wilson** we count ourselves lucky to have a role model like you in our midst – always lending your writing skills to help your peers improve and dedicating your time to inspire our newest members...**Jarrett Wilkins** it is hard to believe that this was your first summer with us! We are so glad that you joined us and have been all in ever since!...**Will Carter** we are so glad that you joined us this summer and took the opportunity to grow and learn – both academically and socially...**Lizzy Duranleau**, you are a juggling master! We applaud you for dedicating yourself to your education this summer, even though it meant juggling a lot of moving parts and working very hard. It will pay off, we promise!...**Megan Gifford** thank you for joining us this summer and taking full advantage of the program! We were so happy to see you break out of your shell and show off your true, vibrant personality!...**Bethany Goodwin** summer wouldn't have been as lively without you and your red hair! We are so glad that you could join us...**Jessalynn Gravel** you have been such a wonderful addition to our program! We are so glad that you could join us and have jumped in feet first, ready to take charge of your education and future...**Abby Harrington** you and your various animals, be those virtual ducks or sassy pictures of rats, were such a pleasure to have this summer! We are so grateful that you could join us and make us all laugh every day...**Thomas Hinton** thank you for bringing so much passion and commitment to the program this summer! It was clear that you made the most of your time here and that will definitely pay off in the years to come...**Eli Hooker** we are so glad that you could join us this summer! You came to class everyday with thoughtful questions and an eagerness to learn. Keep it up and you will be tremendously successful!...**Nya Jewell** it was so great getting to work with you this summer! You are a passionate and hardworking scholar and we know you will be successful this year and in the years to come...**Charlie Krebs** we feel so lucky to have had you join us this summer! You are a dedicated student and, turns out, an excellent player of "Everyone is John"!...**Colby LaFleur** we applaud you for dedicating yourself to your education this summer and know that the program wouldn't have been the same without you and your smooth dance moves...**Destany LaFleur** it was such a pleasure working with and getting to know you this summer! We cannot wait to work with you this school year to continue carving out your path to college...

...**Raymond Lemrise** thank you for showing up, being present, making the most out of your time here, and asking the right questions this summer! We look forward to continuing working with you this school year... **Alan Moody** we count ourselves lucky to have had you join us this summer! You have been an excellent addition to our program and are so glad that you have decided to dedicate yourself to your education – it will pay off in the years to come...**Chelsea Ott** you are a rock star! We are so glad that you joined us this summer – your kindness and positivity truly added so much to our program...**Carver Parson** though our time with you was cut short, we feel so lucky to have had you in the program this summer! We are so glad to have such a kind and dedicated scholar in our ranks and can't wait to work more with you this school year...**Felicity Perreault** it was wonderful having you with us this summer! Thank you for choosing to prioritize your education and for being present and active every day of the program





**Joey Sepulveda-Muniz** we are so happy that you joined us this summer and that you really challenged yourself to grow and make deeper connections! We can't wait to continue working with you in the new school year...**Gemma Stowell** we simply cannot imagine what we would've done without your daily reminders to "straighten our crowns". You truly have a shining personality and, without you, we are sure that our summer would have been gloomy...**Cole Van Winkle** it has been such a pleasure having you in our program! Your dedication to your education this summer promises to pay off profoundly in the years to come – keep up the great work!...**Adrianna Webster** you have brought so much to our program this summer! We are so glad that you could join us and we look forward to working more with you during the school year...**Natalie Webster** we were so glad that you could join us this summer! Your dedication to your education is only rivaled by your dedication



to catching the biggest fish in Library Pond!...**Grace "Blades" Ulrich** you are the fishing Queen and we are so glad that you joined us this summer....the best is yet to come for you!...**Ray Brooks** it has been such a pleasure working with you this summer and watching you learn and grow! Your hard work and willingness to learn will serve you well in the coming years...**Maya DeCesare** you have been such a wonderful addition to our program! Thank you for joining us this summer and for making your education and future a priority...**Makenna Emmons** students like you are such a joy to work with! Your bubbly personality and dedication to your education added so much to this summer. We look forward to continuing working with you this school year...**Shannon Florentine** it is clear to us that your education is one of your top priorities and we applaud you for that! We are excited that you have joined the UB team and we look forward to working with you in the years to come...**Haylee Goodwin** we are so glad that you chose to join us this summer! Your passion and drive promise to take you places and we are excited to help you get there...**Summer Guilmette** we want to thank you for being our resident cheerleader this summer! You're kind and encouraging words to all of your peers and staff helped to make the summer a kinder, more welcoming place...**Kaylee Hillesland** summer just wouldn't have been the same without your creative spirit! We are so glad that you chose to dedicate yourself to your education this summer and look forward to working with you in the coming years...**Zofia Kosakowski**, though we only got to spend a week with you, we were so glad to have you! Your bubbly and upbeat personality is exactly what Upward Bound needs more of!...**Madi Lamont** you are such a kind and dedicated scholar, we count ourselves lucky to have you in our ranks! Thank you for challenging yourself this summer – we promise that it will pay off in the coming years...**Cady Robillard**, your funny stories and pictures of your cows never failed to brighten our days this summer! Thank you for prioritizing your education and choosing to join us this summer...**Vicki Scherer** it was such a pleasure getting to know you this summer! We look forward to working with you this year and now know where to forward all of our questions about Vermont history...**Felicity Sulham** you have been such a wonderful addition to the program! We loved working with you in class and watching you kick butt on the basketball court...**Kylee Betz** your spunky personality has been a wonderful addition to UB! We hope that you continue dedicating yourself to your education and we look forward to helping you do so in the coming years...**Julian Gutzmann** we are thrilled that you joined us this summer! It is clear to us that your education means a lot to you and we are



so excited to work with you in the coming years to help you meet your academic goals...**Andrew Hendrickson** we are so glad that you were able to join us this year! We hope that you have begun to see the impact that your hard work and dedication can have on your education and that you keep it up!...**Marcus Jacob** it was so nice to have you with us this summer and we hope that you take everything that you learned from your classes and teachers and use it to thrive in the coming school year...**Hannah Powers** your high energy and positive outlook truly added to our program! We are so glad that you chose to join us this summer and look forward to working with you in the coming years...**Jaedyn Vermeulen** it has been nice getting to know you this summer and we hope that you learned a lot from your classes and teachers!



**Thank you for Another Wonderful Summer!**

Our program is so strong because of you and all you do each summer, throughout the academic year, and beyond! Get ready for another great year with



**Northern Vermont University Upward Bound!**







# Remember—Free Events for Upward Bound Families

Just another reminder that we can almost always get you and your family free tickets to events on campus and at Catamount Arts. Sometimes you will need tickets and at other times, just your summer ID will do...let us know if you'd like to see any games or shows.....

Also, we publish sporting events, special events and movies on campus. We think that entertainment like this is worth a trip to NVU-Lyndon and the price is right—free!



## HIGH SCHOOL: HOW IT WORKS

aka: "the best four years of your life"  
 ↑ WRONG! it is actually the biggest learning experience of your life ← RIGHT!

**FRESHMAN YEAR:**

- ① it is not terrifying or like anything you see on TV
- ② DO NOT try and be friends with everyone
- ③ everyone hates the freshman, so don't act like you're better than everyone, because you're not
- ④ walk on the right side of the hallway, stairs - don't walk in packs AND stop screaming, you'll see your friends at lunch.

**SOPHOMORE YEAR:**

- ① this year contains a lot of drama
- ② LET'S LEARN TO DRIVE!
- ③ you'll learn that the mitochondria is the powerhouse of the cell.
- ④ freshman are annoying... I hope I wasn't like that

**JUNIOR YEAR**

- ① ~~SATs~~
- ② CHEMISTRY will consume your life
- ③ you have to start thinking about college
- ④ PLEASE STOP asking me what I want to be because I DO NOT KNOW.
- ⑤ Junioritis is real
- ⑥ you find your group of friends

**SENIOR YEAR**

- ① college applications = college acceptance letters "THE FUTURE IS OUT THERE"
- ② why am I still here?
- ③ how long until I graduate?
- ④ SENIORITIS
- ⑤ your last everything: prom, class trip
- ⑥ GRADUATION... finally!!



## Upward Bound September Birthdays:

Cole Van Winkle	09/06
Ryan Moulton	09/10
Jarrett Wilkins	09/13
Alan Moody	09/13
Eli Hooker	09/14
Alex Pitt	09/14
Jessalynn Gravel	09/16
Madison Wilson	09/25
Courtney Lewis	09/26
Hannah Jewell	09/28



## Chomebooks!

We still have over 40 Chromebooks sitting at the office! If you need a computer or would like a separate computer for your school stuff please reach out to Rick or Ryan!

### CONTACT US:

<b>Upward Bound Office</b>	(802) 626-5000 626-6481
<b>Our Toll Free Number</b>	(800) 254-5001
<b>Fax Number:</b>	(802) 626-4803
<b>Rick Williams - home</b>	(802)-626-3814
	Email - richard.williams@northernvermont.edu
<b>Ryan Fauci - cell</b>	(802) 431-5956
	Email - ryan.fauci@northernvermont.edu
<b>Web:</b>	www.lyndonstate.edu/academics/upward-bound
<b>Mailing Address:</b>	Upward Bound Northern Vermont University-Lyndon 1001 College Rd. Lyndonville, VT 05851

# Northern Vermont University Lyndon Upward Bound



## Excellence in the Vermont Tradition 2020 - 2021

The Northern Vermont University - Lyndon Upward Bound Program recently concluded it's 41<sup>st</sup> year. It was a year like no other but marked with a number of exciting highlights that included:

- **69% of our** Upward Bound students made the **Honor Roll** at their schools at least once semester this year!
- And, **22%** of our students are members of their school's **National Honor Society** and 2 have been elected president.
- **Our former students had an average college GPA of 3.2.**
- **90%** of our **residential summer staff** were alumni of this program!
- **David Moody was the Valedictorians** of his high school—Craftsbury Academy.
- **Kaori Moulton** was the **Salutatorian** of her school—Blue Mountain Union and received a full tuition scholarship from Northern Vermont University —Lyndon.
- The **Upward Bound Scholarship Fund** gave out over **\$16,000** to former Upward Bound students in college.
- **David Richardson** received the Stephen Phillips memorial Scholarship for \$24,000!
- Elly Bliss was selected by Senator Bernie Sanders to participate in a Students Town Hall to talk about the effects that Covid has had on her education. She joined 15 other students from throughout the state.
- **Rebecca Doucet** won the **Vermont Educational Opportunity Programs Graduate Scholarship** for \$1000.
- **Kai Aviles** were awarded the **Dell Scholarship** worth \$20,000!
- Our students coordinated Vermont's "**Warm the Children**" program in the fall which gave away over \$12,000 of new warm winter clothing to **180 children** in need from 25 local schools.
- 12 students from 4 local schools volunteered at the **Burklyn Arts Holiday Craft Fair**.
- Upward Bound students supported a local family with food and Christmas presents through **Hand to Hand**.
- **3 students** attended the **JFK Student Leadership Conference** joining 100 other students from throughout New England.
- **6 students** participated in the **Three for All College day** hosted by the University of Vermont, Champlain College and St Michael's College
- **50 students** and **2 alumna** participated in our regional **TRIO Day Celebration** hosted by the state of Maine where they met with hundreds of other Educational Opportunity program participants, heard inspiring speakers, had a virtual college fair and were able to see all that Maine can offer.
- Upward Bound students had the opportunity to tour **18** different colleges last year.
- **8 students** participated in the **17<sup>th</sup> annual Upward Bound Scholar's Bowl** - the first ever Virtual Scholars Bowl hosted by Plattsburgh Sate University. They took home a 1st and 3<sup>rd</sup> place trophies.
- **18 students** were the guests of the **University of Vermont's Sophomore Summit**.
- **Tim Chamberlin**, Director of Guidance, was awarded the VTSCA Counselor of the Year Award.
- **Steve Perry** was named the 2021 VEOP Educator of the Year!
- **Amber Wolf** received the New England Educational Opportunity Associations Rising Star Award.
- **Upward Bound** returned to campus this summer and offered a Cohort Model Summer program, working with 55 students.
- We offered **21** academic courses and **14** elective classes during the virtual summer program.
- Our Seniors scores a staggering **200** points above the national average for similar income students on the SAT!

### College Freshman and their choices

- **76%** 13 of our 17 students will transition into college next year and only 1 student will attend a private college!
- 3 students received full need based awards and will not have to borrow any money for their education.
- And all but 1 student received adequate financial aid to reach their post secondary goals.

<b>Kai Aviles</b>	University of Maine—Farmington	<b>Kaori Moulton</b>	NVU - Lyndon
<b>Blake Betz</b>	Plymouth State University	<b>Emma Powers</b>	NVU - Lyndon
<b>Miranda Degreenia</b>	The University of Vermont	<b>Ozora Rice</b>	NVU—Johnson
<b>Marcy Flint</b>	UMASS Dartmouth	<b>David Richardson</b>	The University of Vermont
<b>Curtis Gingue</b>	Vermont Technical College	<b>Evan Thorn</b>	Central Maine Community College
<b>Natalie Martin</b>	Community College of Vermont	<b>Patrick Stowell</b>	Vermont Technical College
<b>David Moody</b>	Boston University		