

Northern Vermont University- Johnson

Upward Bound Program

"Education By Engagement"

January 2019



UB LAUNCHES

NEW STEM LEADERSHIP PROGRAM



The NVU-J UB program has officially joined forces with the T³ Alliance and created a new STEM Leadership Program for our students interested in exploring Science, Technology, Engineering, and Mathematics. The vision of the (T³) *Teaching Through Technologies Alliance* is to provide a replicable, adaptable, and scalable curriculum and comprehensive support mechanism that can be widely adapted to increase STEM interest and engagement of high school students. The project focuses on three technological areas related to unmanned aerial system, 3-D printers, and codeable digital devices. Course content, instruction, and robust interactive communication will enable instructors and students to: 1) exchange current activities and ideas across sites; 2) collaborate on problem-solving; 3) discover STEM fields and career paths; 4) access instructor training and support; and 5) establish two-way communication with STEM career professionals and societies.

The T3 program is led by the University of Alaska- Fairbanks UB program and enjoys a close working partnerships with the Council for Opportunities in Education, Educating4Leadership, and Thrive Design Enterprises. The project is currently working with over 36 Upward Bound sites in 18 EPSCoR states. By engaging the students in hands-on technical learning and enabling them to apply this knowledge in a service project of relevance to their communities, the project will encourage the students to further pursue STEM study and careers. As a newly participating member of the alliance our UB community is excited to be able to provide our students with new learning opportunities beyond the typical classroom.



Our new **STEM Leadership Program** will be led under the direction of Richford High School Math and Science Teacher and ISC Mr. Ryan Bushey. This program will include weekend classes dedicated to establishing our 2019 summer program STEM initiatives and offer participants the opportunity to travel to Orlando, Florida. While in Florida our students will visit the Kennedy Space Center, including a special lunch with an astronaut, and a special physics workshop conducted at the Walt Disney World Resort. After reviewing the STEM leadership program applications we have selected 12 students to participate in the experience. We have selected from **Richford High School - Alison Barkley, Jessika Herron, Samantha Ryea**, from **Enosburg Falls High School - Ethan Bryce, Amy Fackler, Jenna Hansen, Alivia McAllister, Dakota Wiley, and Tyler Duso**, from **Lamoille Union High School - Maple Snow**, from **BFA St-Albans - Emma Tetreault**, and from **Mississiquoi Union High School - Grace Kinney**. We will be holding our first organizational meeting for parents and students on the NVU-J campus on Sunday, February 3rd from 12:00 - 3:00 PM. Additional class meetings have been set for Sunday, February 17th and Sunday, March 17th from 10:00 AM - 5:00 PM. The Orlando trip will take place from Saturday, April 20th - Wednesday, April 24th. The team will then present to the entire UB community at our May 11th Saturday College Meeting. Please make sure to congratulate all of our talented STEM leaders! |

Program Reminders

Saturday College Meetings

We truly enjoy having the opportunity to bring the UB community together throughout the academic school year. We hope you have enjoyed participating in the Fall Saturday College meetings and were able to join us at the December Burlington Bookstore meeting as well. Saturday College Meetings serve several important things; they allow us to stay connected as a learning community, strengthen your UB connections, complete your UB assignments, and assist you build upon your college portfolios. These meetings also serve to keep us all moving forward in preparation for the upcoming 2019 Summer Program. Let's keep up the great work!



Permission Slips



We recommend students take advantage of as many UB special events as possible. Check out the upcoming events calendar on page 8 for a full list of activities. To attend any of these events you will need a permission slip signed by you and a guardian. These permission slips will outline the behavior and participation expectations for those attending. Permission slips for upcoming events can also be found on the Dollars For Scholars Website! (see link on page 8)



Missing UB Assignments

As a college bound student participating in the NVU-J UB program we have certain assignments we ask everyone to complete during the academic school year. Generally these assignments can be completed during our Saturday College meetings. All UB assignment worksheets can be found on our D4S website at: <https://nvujupwardbound.dollarsforscholars.org> they will be located under the heading "Saturday College". Students are asked to complete any missing assignment within a week after they have been assigned or from the date of the missed meeting. If you still have unfinished assignments please complete them today. Please also complete your quarterly goals sheets and have them peer reviewed at one of your center meetings. Checking in on your goals every so often helps us challenge ourselves and keep growing as students.

UB Quarterly Stipends

Each quarter UB will issue a stipend check to every student. Generally these academic year stipends are \$40. To receive this full stipend award you need to attend your center meetings on a regular basis, attend all Saturday College Meetings, and turn in your UB assignments on time. We hope to issue every student their full stipend amount each quarter to provide a little spending money or to put away in your college savings. We know it isn't much, but we know we keep you busy all year long and this is a small way for us to say **THANK YOU** for everything you contribute to our community, and everything you are doing to prepare for your academic future.

VTtrio Email Accounts

We are constantly reminding everyone your vttrio email account is an important tool we used to reach out to you. When we try to contact you, or send out event notifications this is the account those emails will go to. Please be checking your account regularly! What does regularly mean? At least twice a week. Not checking these accounts could mean missing out on fun opportunities. Nobody wants that. If you ever get locked out give Erica a call at (802) 635-1267 or email her at Erica.fuller@vttrio.org. She will help you unlock your account!

Keep Reading!

**This newsletter has been
designed to keep you updated
on important events.
Get Informed & Stay
Engaged!**

TRIO
UPWARD BOUND

Applications and Acceptances

Our Seniors Have Been Busy!



49 Colleges Applied To
13 Scholarships Applied To
16 College Acceptances
10 FAFSA Completed
10 VSAC State Grants Completed

... collectively that's over **46** hours of work on applications!

We would like to take the time to recognize our current seniors. The Class of 2019 has been hard at work focusing on their educational futures. They have been applying to colleges, filing for state and federal financial aid, researching and applying to scholarships, on top of their rigorous senior course load. Great work Seniors!

Where may they be next fall?

***Note:** Are you a senior and don't see your name listed below or schools are missing? Make sure to update the UB office with all applications and acceptances, as well as award letters!

Student	Applied & Accepted *
Fellows, Savannah	Hofstra, Merrimack, Norwich, RIT, U of New Haven
Flint, Ethan	Keene State, Middlebury, Juniata, Yale
Follensbee, Alexis	Wells*, Hartwick*, Saint Rose*, Westfield State, NVU Johnson & Lyndon*, SUNY Plattsburgh*, U Albany*, and Potsdam, Lynn University*, Nichols College*
Hakey, John	CCV, NVU Johnson & Lyndon
Hansen, Jenna	UVM*, SMC* , Middlebury, Wellesley, Smith, Boston University, Tufts University
McManus, Evan	NVU Johnson & Lyndon, UVM, Mass College of Liberal Arts*
Singleton, Reanne	Marist, Kalamazoo College* , Western Michigan Uni.* , NVU-Johnson * , Castleton University*
Tetreault, Emma	UVM, U of Rhode Island, Roger Williams, Northeastern, U of Tampa, U of Miami, Coastal Carolina University
Trimm, Kyra	UVM, SMC, Champlain College

**The clock
is ticking...**

Seniors!



Seniors - We Don't Believe in Senioritis.....

Graduation is just around the corner. This will most certainly be one of the most stressful times of your high school career. This past fall you rushed to apply to colleges and financial aid, and things have just calmed down. But don't let your guard down. Grades and attendance continue to matter as you finish your senior year. Lets see what the FastWeb has to say about avoiding senioritis:

1. Stay Focused Instead of focusing on why you *shouldn't* have to be in high school anymore, focus on why you *should*. The same work ethic that you close out with your senior year will be the one that you carry on to college, and it's important to end on the right foot.



2. Stay Organized

Organization is another factor that will help you avoid senioritis. Typically, when seniors fall behind on their schedule, things begin to go downhill. Keep up with all that you have to do by staying organized!

3. Keep Your Eyes on the Prize

Graduation is now less than six months away. Yes, that is the same argument that someone with senioritis could make, but if you look at it from the point of view that you have to pass in order to graduate, it makes focusing on your grades a lot easier.

4. Remember All the Hard Work

You cannot let 12 years of academic struggles and all of your hard work go to waste simply because you are now tired of being at school. All those hours studying and all the time in class is not worth wasting simply to get lazy at the end of your final year.



5. Colleges Can Change Their Minds

Did you know that a college still has the option to change its mind regarding your acceptance? If your grades drop or if your academic performance is not consistent with what it was at the time of your application, your acceptance isn't guaranteed. Things can change, and senioritis will play a negative role in this situation. If that's not enough to keep you motivated through the last few months of your high school career, then I'm not sure what would! Just remember. It's almost over, but it's not over yet. Keep your head in the game.



Did You Know? Dollars For Scholars is in partnership with FastWeb. Every semester, Fastweb helps thousands of students pay for school by matching them to scholarships, grants, and internships, for which they actually qualify. Did you also realize you are a member of a Dollars for Scholars Chapter! Questions call us.

Other Senior Reminders

- Use your Dollars For Scholars Profile and guidance office to find scholarships you are eligible for.
- Review and use the VSAC booklet "Scholarships For Vermonters" to find additional scholarships.
- Attend all UB Saturday College Meetings, keep in touch with ISC and UB office with all College related updates.
- Wait until you have received **ALL** of your financial aid award letters before you deposit at a college this spring!
- Mark your calendar now for the **NVU-J Class of 2019 Senior Dinner with UB on May 14th from 5:30 - 8:00 PM**
- Start thinking about the UB Summer 2019 BRIDGE Program - activities, programming and your available dates.

TEST DAY	DEADLINE
March 9	February 8
May 4	April 5
June 1	May 3

Juniors!

achieve
more®

SAT

Register For The SAT This Spring!

The SAT

Taking the SAT is considered the best way to show colleges you have the skills and knowledge they want most. The SAT is focused on what you're learning in high school and what you need to know to be successful in college.

Be Prepared

To make sure you do your best, you should take challenging courses in school, and practice for test day. The best preparation for the SAT is classroom learning. Working hard and taking on challenging coursework will help you build the knowledge you need to be successful on the tests and ready for both college and career training programs.

Practice

The College Board's test developers and the online learning experts at Khan Academy worked together to bring you Official SAT Practice. Find full-length practice tests at www.satpractice.org for details.

Retesting

Research shows that students who take the SAT a second time usually improve their scores. Do your best to prepare, but if your first set of SAT scores aren't what you hoped for, you can retest and try to raise your scores.

Get your SAT Fee Waiver from the UB Office!

* We will be registering all of our Juniors for the SAT at the upcoming 1/26/2019 Saturday College Meeting. At this meeting we will provide our 12 digit code to each student and it will stay on your College Board account and waive the cost of an additional SAT and SAT Subject tests. You will also be able to use this code to receive college application fee waivers!

Register in 6 Simple Steps:

It's a good idea to plan ahead and be prepared before you start to register.

1. Sign in to your free College Board account. Your parent or counselor can't register for you.
2. Provide your full, legal name and other identifying information. Make sure it's the exact same name and information shown on your photo ID.
3. Decide if you want to answer other questions about yourself. This takes time, but it's worth it if you want colleges and scholarship organizations to find you.
4. Decide whether to sign up for the SAT with Essay. We recommend it but only some colleges require it!
5. Upload a photo that meets the requirements (a forward facing headshot of good quality, with both eyes visible).
6. Check out, using your FEE WAIVER and print your Admission Ticket.

Sophomores!



Your Team 1 to Team 2 Transition is Quickly Approaching...

By this time you have had the opportunity to step on a handful of college campuses. What did you like? What did you find less appealing? These are important questions to ask as you prepare for your Team 2 summer. *Before June 30th when you arrive on campus for week one of the Junior/ Senior summer program you will go about collecting a list of 20 colleges that you have interest in.* This activity will allow you to compare and contrast different school, consider what is important to you as a student on a college campus, and get one step closer to discovering when you want to go to college. Here are some helpful tips to help you begin your search.



Academic Programs: When you go to college your focus should be your academic program. First begin to consider what topics you are interested in studying or pursuing a career in. If you want to be a Wildlife Biologist you will want to find a college that offers a undergraduate degree pro-gram in Animal Biology. If you had your heart set on attending Harvard, you may find that that is not a program they offer, and you may want to look elsewhere. Also consider minors that college has that may interest you. Minors are often times concentrations that help you specialize your major.



Explore Locations: Get out of your comfort zone and bring it back in. Everyone should have at least one in state school on their list and one out of state school. There are impressive colleges all throughout the country that can offer wonderful educational opportunities. Consider different climates, major cities and cultures that can help enhance your experience.

Extra-CurricularActivities: It is wild to think but only a small percentage of time will be spent in a classroom when in college. Many will estimate that for each hour in the classroom you will spend another hour outside of the classroom completing assignments, studying, and preparing for class. That still leaves a lot of time for clubs, sports, work or other opportunities. Check out what kinds of clubs and leadership opportunities each campus offeres. Usually found under the Campus Life tab.

Make A List: Keep track of your searches and begin a list of schools you can see yourself attending. In addition make notes on why you found that school interesting. That way you can jog your memory and remember why you like that school. Your Team 2 faculty will provide you with a template to keep track of your list. For now just start with a pen and paper!



New Recruits!

Welcome to Upward Bound! We are so excited that you have made the decision and commitment to join Upward Bound. We have 7 new students who joined us just before the holiday break. Their first chance to meet the Upward Bound Community will be on **January 26th, 2019** at their very first Saturday College Meeting at NVU-J. Please take the time to give our new students a big UB welcome and make them feel at home!



Enosburg Falls HS

Ethan Bryce (10)

Kaitlyn Diette (10)

Kaitlynn Donna (11)

Meghan Donna (10)

Dakota Wiley (10)

Lamoille Union HS

Ethan Bartlett (10)

Faith Garrett (10)

December 2018 - Upward Bound Memories



Upcoming Events

RSVP by emailing, messaging, or calling the UB Office.

Here is a list of all upcoming Upward Bound sponsored events. Remember that we generally will always ask for students to RSVP to an event so that we have an accurate head count to make accommodations for. When you RSVP the following are acceptable: RSVP via Facebook, email Assistant Director, Erica at Erica.Fuller@vttrio.org, by calling the office phone, or by carrier pigeon. Take your pick!

FEBRUARY

3rd - STEM Leadership Program Kick off Meeting with Parents at NVU-J Campus
8th - Scientist For A Day @ Dartmouth
17th - STEM Leadership Meeting at NVU-J Campus
26th & 27th - Junior Retreat to New Hampshire (Plymouth State University & Ice Castles)



MARCH

2nd & 3rd - Green Mountain Scholars Bowl @ Adirondack Community College
17th - STEM Leadership Program Meeting at NVU-J Campus
30th - Saturday College Meeting @ NVU-J (All Students)

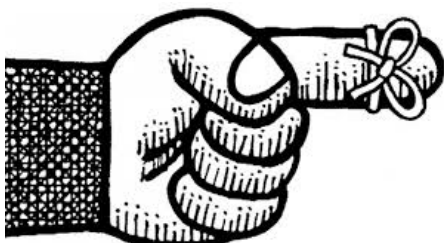


APRIL

10th - VSAC College Pathways @ NVU-J
17th -19th - JFK Leadership Conference, Boston, MA (Tentative Date - Due to Government Shut Down)
20th-24th - Magic of STEM Leadership Field Experience, Orlando, FL
30th - NEW UB STEM College Tour & Conference, Plattsburgh New York (Clinton Community College)


MAY

11th - Saturday College Meeting @ NVU- J (All Summer Program Students) No Seniors
14th - Senior Dinner @ NVU-J



All special events require a permission slip. To find permission slips and event descriptions go to our Dollars For Scholars Web-site! <https://bit.ly/2QHCaMF>

A portrait of a smiling woman with long brown hair, wearing a green jacket, sitting in a restaurant. The background shows a dark interior with a patterned chair back and some tables with glasses.



UB Scholarship Alert!



Summer Program

Below we have posted the tentative dates for the 2019 Summer Program. Our hope is that having these dates during the Spring will allow for you to participate in the summer program to the fullest existent. *Note: Dates are subject to change at anytime.

New Student Orientation Week:

Sunday, June 16th– Friday, June 21st, 2019

This week of programming is for ALL NEW STUDENTS no matter what grade they have just completed. During this introductory week the students will get an overview of what it means to be a member of the Upward Bound community, learn about on campus resources, financial aid, career searches, and much more!



Leadership Trip to Upstate New York & Niagara Falls:

Sunday, June 23rd– Thursday, June 27th

Following New Student Orientation the entirety of the Upward Bound community will come together for the annual Leadership Trip. Students will spend five days together getting to know one another all while touring college campuses, experiencing college admissions presentations, exploring new cities; including Niagara Falls, staying in hotels, and on college campuses. Tentative campus tours include Cazenovia College, Syracuse, and Rochester Institute of Technology.



Junior/Senior Summer Program:

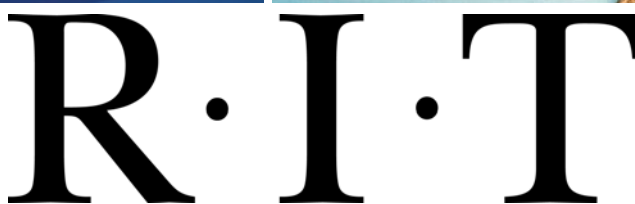
Week 1 Sunday, June 30th – Wed., July 3rd

Week 2 Sunday, July 7th - Friday, July 12th

Week 3 Sunday, July 14th– Friday, July 19th

Week 4 Sunday, July 21st– Friday, July 26th

The Junior/Senior Program will begin following the Leadership Trip. Our Rising 11th and 12th grade students will return to campus for four weeks of intensive summer programming including but not limited to participation in Dual Enrollment, a New STEM Course, or Service Learning Class, Team Seminars, Elective Classes, off campus field trips, team building, career exploration and much, much more.





ATTENTION UB STUDENTS

Get Ready For Summer 2019!

Please Make Sure to Let Us Know Your Thoughts Soon...



SUMMER 2019 ENRICHMENT COURSE SELECTION

NVU-J Upward Bound is excited to offer four college preparatory enrichment courses to students for the upcoming summer program. Please carefully review the course descriptions and rank order your preference below:

1 (most interested in taking) to 4 (least interested in taking).

Also remember if you are choosing to enroll in a Dual-Enrollment class you will need to apply and complete the state issued voucher process at your high school. Please make an appointment to discuss your plans with your ISC and follow-up with your guidance counselor. You should also consider and discuss what academic skills you hope to gain over the summer and review and update your PLP. Remember your summer schedule will also feature your Team Seminar Class, SAT Prep, and an elective class!

Introduction to Psychology (Dual Enrollment)

Rank #: _____

This course is an introduction to the study of human nature, including such areas as development, states of consciousness, learning, memory, stress and health psychology, psychological disorders, impact of the nervous system on behavior, and methods of research. **Students who enroll and are successful in this course will earn three college credits from Northern Vermont University.**

Quantitative Reasoning (Dual Enrollment)

Rank #: _____

The general goal of this course is to help you become more skilled in applying simple math and logical reasoning intelligently in various situations in your profession and your daily life. The emphasis in this course is on using numerical information sensibly, rather than on developing theory or complex techniques and formulas which you may never use. In short, you should find this course to be very practical. **Students who enroll and are successful in this course will earn three college credits from Northern Vermont University.**

STEM Leadership Course (THIS CLASS IS FULL)

Rank #: _____

This course will be an extension of the STEM Leadership program and will be designed to give students a hands on learning experience focusing on the use and understanding of technology. Working with our new T3 Alliance partners this class will use Technology that may include the following: Raspberry Pi's, Drones, and Three Dimensional Printers. Students will find real world applications of the technology, and determine how it can be used to assist their communities. **This will be a Math and Science intensive class. This is a non-credit bearing course that will enhance any resume.**

Service Learning: A Call To Action

Rank #: _____

This project-based learning course will allow students hands on experience working in the local community. Students will research several local non-profit organizations and develop an understanding of their operation and mission. In addition to selecting sites for potential service this class will conduct a site visit that will include interviewing staff members and assess site needs. Furthermore information will be shared with our STEM leadership team to identify how they might use technology and other projects resources to help address those needs. Students will also develop a formal written grant proposal to the UB staff seeking funds to support their project. **This will be a writing intensive course. This is a non-credit bearing course that will enhance any resume.**

Johnson Upward Bound Program

Office Contact Information

UPWARD BOUND CORE STAFF MEMBERS

Tony Blueter, Program Director

Tony.Blueter@vttrio.org

(802)635-1268

Erica Fuller, Assistant Director

Erica.Fuller@vttrio.org

(802)635-1267

TRIO

UPWARD BOUND



UPWARD BOUND IN-SCHOOL COORDINATORS

BFA– St. Albans

Elijah Church

Elijah.Church@vttrio.org

Enosburg Falls High School

Bridget O'Leary

Bridget.Oleary@vttrio.org

Lan Ullrich

Lan.Ullrich@vttrio.org

Lamoille Union High School

Kathi Cummings

Kathi.Cummings@vttrio.org

Missisquoi Valley Union high School

Cheryl Poulin

Cheryl.Poulin@vttrio.org

Sarah Miller

Sarah.Miller@vttrio.org

North Country Union High School

Adam Damon

Adam.Damon@vttrio.org

Amy Pickering

Amy.Pickering@vttrio.org

Peoples Academy

Sheila Jones

Sheila.Jones@vttrio.org

Richford High School

Allison Witherspoon

Allison.Witherspoon@vttrio.org

Ryan Bushey

Ryan.Bushey@vttrio.org

Faculty & Staff



Message us on [Facebook](#)
at: [upwardbound.jsc](#)



UPWARD BOUND TEAM FACULTY

TEAM 1 DeAnne Blueter (Deanne.Blueter@vttrio.org)

TEAM 2 Sarah Miller & Matt Mitchell (Matt.Mitchell@vttrio.org)

TEAM 3 Gary Wills (Gary.Wills@vttrio.org) & Lan Ullrich

www.NVUJUpwardBound.DollarsForScholars.org