

UPWARD BOUND

NEWSLETTER

FALL 2025

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TUTORIAL STAFF 2025 – 2026



MATH: Lindsey Krzeminski, Kelly Vandeginste
SCIENCE: Lindsey Krzeminski
ENGLISH: Resa Waldecker

Upward Bound tutorials take place on Tuesdays, Wednesdays, and Thursdays from 2:15 - 4:15 p.m.



MATH: Meagan Rupert
SCIENCE: TBD
ENGLISH: Holly Himick, Meagan Rupert

Upward Bound tutorials take place on Mondays, Tuesdays, and Wednesdays from 2:30 - 4:30 p.m.



MATH: TBD
SCIENCE: TBD
ENGLISH: Brandey April Schultz

UB tutorials take place in the library on Tuesdays, Wednesdays, and Thursdays from 2:30 - 4:30 p.m.

Director's Desk – Dr. Anthony Quinn



The past summer we had a very successful and productive program. Congratulations and thanks to all of the Upward Bound students who participated in the 2025 MCCC Summer UB Program. We hope that you enjoyed coming to campus and taking part in all of the activities that we provided.

The summer program that took place from June 16, until July 25, 2025, consisted of classes in Math, Science, English, French, Japanese, and SAT Prep and our variety of workshops. In addition, we took a number of field trips to colleges/universities, museums and historical sites, Cedar Point and our Summer Cultural trip to Chicago, Illinois.

We are excited about our upcoming academic year at Monroe, Airport and Jefferson High Schools, and we are thrilled to once again work with your students.

Finally, I would like to thank our dedicated teachers, parents, guardians and staff, because without your help the program could not be successful. I wish all of our students a successful 2025-2026 school year!



2025 Award Reception



Summer 2025

This summer was for sure Fast and Furious! (In a good way). Thank you to all the students and families participating in our 2025 summer program. I heard many good things from the staff of MCCC about our Work & Learn students as well as the overall behavior of all students on campus this summer. Again, I have to say that our UB students are amazing. Along with the day-to-day class schedules, the students were able to enjoy the following on and off campus experiences:

- BGSU
- Cultural trip - Chicago, IL
- Cedar Point
- Zekelman Holocaust Center
- Detroit Institute of Arts
- University of Detroit Mercy



It is always exciting to see new friendships develop between students from the different programs. We look forward to the upcoming school year and cannot wait to plan for summer 2026! The UB Staff would like to hear your suggestions for future Friday Field Trips, Fellowship Trips and Cultural Trips. Mark your calendars for next summer (June 15 – July 24, 2026). We hope to see you there!



Chicago 2025



PARENTS/GUARDIANS: WAYS TO HELP YOUR TEEN SUCCEED IN HIGH SCHOOL

Attend Open Houses: Teens do better in school when parents support their academic efforts. Attending your school's open house is a great way to get to know your teen's teachers and their expectations. Keep in mind that parents or guardians can request a meeting with the teachers, principals, school counselors, or other school staff at any time during the school year.

Visit the School and Its

Website: Knowing the physical layout of the school building and grounds can help you connect with your teen when you talk about the school day. It is good to know the location of the main office, school nurse, cafeteria, gym, athletic fields, auditorium, and special classes. On the school website, you can find information about the school calendar, contacting school staff, special events like dances and class trips, testing dates, current grades and missing assignments, sign-up information and schedules for sports, clubs, and other extracurricular activities.

Support Homework

Expectations: During the high school years, homework gets more intense and grades become critical for college plans. Students planning to attend college also need to prepare for the SAT. Amid all these changes, many teens are learning how to balance academics with extracurricular activities, social lives, and jobs. An important way to help is to make sure your teen has a quiet, well-lit, distraction-free place to study that is stocked with supplies. Be sure to check in from

time to time to make sure that your teen has not gotten distracted.

Send Your Teen to School

Ready to Learn: A nutritious breakfast fuels up teens and gets them ready for the day. In general, teens who eat breakfast have more energy and do better in school. Teens also need the right amount of sleep — about 8 1/2 to 9 1/2 hours each night — to be alert and ready to learn all day. Early school start times — on top of schedules packed with classes, homework, extracurricular activities, and friends — mean that it is common for teens not to get enough sleep. Lack of sleep is linked to decreased attentiveness, decreased short-term memory, inconsistent performance, and delayed response time.

Instill Organizational Skills:

Learning and mastering the skills of getting organized, staying focused, and seeing work through to the end will help teens in just about everything they do. But this is not usually explicitly taught in high school, so teens can benefit from some parental guidance with organization and time-management skills. Parents and guardians can help teens keep assignments and class information together in binders, notebooks, or folders that are organized by subject. Creating a calendar will help teens recognize upcoming deadlines and plan their time accordingly. Don't forget to have your teen include non-academic commitments on the calendar, too.

Offer Help With Studying:

When there is a lot to study, help

your teen to break down tasks into smaller chunks and stick to the studying calendar schedule so he or she is not studying for multiple tests all in one night. Remind your teen to take notes in class, organize them by subject, and review them at home. You can help your teen review material and study with several techniques, like simple questioning, asking to provide the missing word, and creating practice tests. The more processes the brain uses to handle information — such as writing, reading, speaking, and listening — the more likely the information will be retained. Utilize the Upward Bound Program's tutors and contact coordinators along with the UB Director to ensure your student is receiving assistance in areas that he/she may be struggling.

Get Involved: Volunteering at the high school is a great way to show you're interested in your teen's education. Keep in mind, though, that while some teens like to see their parents at school or school events, others may feel embarrassed by their parents' presence. Follow your teen's cues to determine how much interaction works for both of you, and whether your volunteering should stay behind the scenes. Check the school or school district website to find volunteer opportunities that fit your schedule. Even giving a few hours during the school year can make an impression on your teen.

Take Attendance Seriously:

Teens should take a sick day if they have a fever, are nauseated, vomiting, or have diarrhea. Otherwise, it is important that they arrive at school on time every day,

because having to catch up with class work, projects, tests, and homework can be stressful and interfere with learning. Teens may have many reasons for not wanting to go to school — bullies, difficult assignments, low grades, social problems, or issues with classmates or teachers. Talk with your teen — in addition to, an administrator or school counselor — to find out more about what is causing any anxiety.

Make Time to Talk About

School: Make efforts to talk with your teen every day, so he or she

knows that what goes on at school is important to you. When teens know their parents are interested in their academic lives, they will take school seriously as well. Because communication is a two-way street, the way you talk and listen to your teen can influence how well he or she listens and responds. It's important to listen carefully, make eye contact, and avoid multitasking while you chat. Remember to talk with your teen, not at him or her. Be sure to ask open-ended questions that go beyond "yes" or "no" answers. When teens know they

can talk openly with their parents, the challenges of high school can be easier to face.

Lastly, take advantage of the Upward Bound Program. We are here to help to provide the resources and instructors to help you succeed. If you have any questions, please contact your High School Coordinator or Director.

Taken from kidshealth.org
Sincerely, Dr. Anthony Quinn

FAFSA

<https://www.studentaid.gov/h/apply-for-aid>

Academic year	FAFSA available	FAFSA due
2026-2027 Fall	NOW	June 30, 2027 Corrections by 9/12/27

The FAFSA (Free Application for Federal Student Aid) is an application for financial aid that college students have to fill out annually beginning in their senior year of high school.

Fees required for students to go to college add up fast! These fees are application fees, test fees, dorm deposits, etc. Upward Bound is here to help reduce those costs. Before you pay anything, please ask us first.

FAFSA for incoming college freshmen

Submitting your FAFSA form the year before you plan to attend college can be a bit confusing, because a school will only consider you for aid once you're an admitted student. But **most colleges recommend applying for FAFSA even before you've been accepted so that your information is on-hand by the time you hear about an admissions decision.**

State FAFSA deadline

The last deadline to be aware of is your state's FAFSA deadline. **FAFSA.gov** provides a list of state deadlines, which also include Canadian provinces and US territories. **As with federal student aid, many states have limited funds and hand out assistance on a first-come, first-served basis.** The sooner the better to fill out your FAFSA!

You do not need to apply directly to your state to qualify for aid. Instead, you need to submit your FAFSA by - **2026–27 Academic Year – State of Michigan Deadline – July 1, 2026**

Call the Federal Student Aid at 1-800-4-FED-AID (1-800-433-3243) or <https://studentaid.gov>

FAFSA simplifies the process of applying for financial aid by allowing you to apply for several different types at once. With one form, you'll be considered for grants, loans, work study jobs, and more:

- **Grants** are aid that you don't have to pay back as long as you successfully finish your degree. Scholarships are also awarding that you don't need to pay back, but they tend to be merit-based or intended for certain groups of people, rather than for students with financial need.
- **Work study jobs** are part-time jobs available to enrolled undergraduate, graduate, and professional students. In exchange for your labor, you'll earn income to help cover some or most of your educational expenses.
- **Federal** student loans usually feature a lower interest rate than private loans and come with some benefits, such as flexible repayment plans like income-based repayment (IBR). The amount of money you're allowed to borrow each year depends on what year you are in school, whether you're an undergraduate or graduate student, and your dependency tax status.

The types of aid and the amount of aid you get will depend on your financial situation. **Once you've accepted admission at the school of your choice, you should receive a letter detailing what aid you will receive.**

What Types of Financial Aid Must Be Repaid

<https://www.savingforcollege.com>

Student loans are the primary form of financial aid that must be repaid, usually with interest on top of the borrowed amount. Federal student loans may be subsidized or unsubsidized. If your loan is subsidized, the federal government pays the interest while you are in school and during any grace periods. Interest on unsubsidized student loans begins to accrue right away, and it is not covered by the federal government. Subsidized loans are awarded based on a student's financial need, unsubsidized loans are not. So, you do have to pay back some types of financial aid awarded through the FAFSA process, but not all types of aid.

MONROE COUNTY COMMUNITY COLLEGE Financial Aid contact info:

734.384.4135

fastudent@monroeccc.edu

**From the
desk of:**

Dr. Justin Wisniewski
Academic Skills
Coordinator
Monroe High School

Welcome back folks!

Hope you all had an enjoyable summer. This year's summer program over at the college was an absolute blast, and all those who attended really had a good time together. Pictures of our numerous adventures, and summertime escapades, have been posted on Classroom, so be sure to take some time to check them out if you haven't already.

This summer session was also particularly memorable and eventful in that Monroe High School won the coveted UB Cup!

Principal Pollzzie was thrilled when I told him the good news, and he has agreed to proudly display the Cup in the MHS trophy cabinet. So if you've yet to see it in all its resplendent and aureate glory in person, be sure to stop by near the main office to check it out / take a picture with it at its new home.

This collective accomplishment serves as a real milestone that showcases the positive growth of our program and of our students (i.e. you), as it is the first time MHS has won the UB Cup competition in its four-year existence. And for those of you who may not have known, historically speaking, of the three competing schools that currently participate in the UB tournament, Monroe was the first one to be established in this part of the State. So UB MHS is the 'OG', which makes this win all the sweeter!

So make no mistake, this collective feat of bringing home the UB Cup is not to be underestimated, and remains a pretty big deal. You should all be very proud. I wanted to once again thank and congratulate all of you who attended the college this summer, and who contributed to this exciting Cinderella story, and moving victory for Monroe. Those who were there can tell you it was a very emotional and close finish in the end, and it took all of us working collectively and participating together across multiple events as a team to realize this joint accomplishment, and bring the trophy home to MHS. Competition was extremely intense across all three schools, but MHS persevered, really pulled together, and made it happen. Kudos to you all, and job well done!

Needless to say, I am very proud of each and every one of you.

Plus, now I get to smugly lord this victory over the other two UB coordinators from Airport and Jefferson for an entire year—something which I have already begun to do extensively and with great pleasure. ;)

I knew within the first few weeks of meeting you guys that you were a good group, filled with talented people who are destined to accomplish great and extraordinary things. You objectively PROVED that much this summer—to yourselves, to each other, and to everyone else. So when you walk down to the trophy cabinet, and gaze upon the Cup, let it serve as a clear and steady reminder to you of that fact.

THAT is who you are.

And THAT is what you are capable of.

Continue to surprise the world...

Looking forward to this fall, be sure to keep your moods and your ambitions riding high, and make the most of all the positive momentum that this meaningful moment has afforded you, so that you may all the more easily overcome whatever obstacles and hurdles the world

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may have in store for you and want to throw at you (as there will always be plenty of those throughout life—but never a one which cannot be successfully overcome somehow with significant perseverance and determination; and you have already clearly shown that you are in no short supply of either).

Should you need some additional help along the way, don't hesitate to reach out to me, or one of our brilliant UB tutors, who will be returning this year: Mrs. Vandeginste and Ms. Waldecker. They are knowledgeable, friendly, and always willing to help. They possess a demonstrated expertise and finesse for helping students stay on track, or for getting them back on track. So don't shy away from asking them for their valuable help should you end up needing it.

For tutoring this year we will be sticking with the same days as last year: Tuesday, Wednesday, Thursday, though we may try to begin and end 10-15 minutes earlier this year. I will provide you with official start times once I have them. But our first hour of tutoring will still remain devoted to more serious individual quiet-study time and tutor consultation. And our second hour will once again allow for more collaborative group-work, alongside our ongoing tutoring sessions. And we will still put aside the last half-hour for much more laid-back 'chill-time', if the first hour goes well. An updated copy of the MHS UB Weekly Tutoring Schedule will be posted on the B-221 door.

The UB room has also been recently furnished and equipped with a new carpeted quiet-study area, for independent study (which, by popular request, also comes replete with colored fairy lights). This space is reserved for individual quiet reading, or independent study work only. Collaborative groupwork must continue to be done at tables or desks (*wah-wah*). But if you have some serious studying to do, and some independent work that you need to get done, feel free to make good use of this new area of the UB room, as this space has been explicitly designed and reserved just for you in mind, so try it out, and take it for a spin this fall.

We have had tons of fun together this past year, and I remain very proud of all of you, and of what you have accomplished within a relatively short amount of time. Both individually, and collectively as a group, you have made a tremendous show of personal and academic growth, and you continue to step it up, and raise the bar for what others, and the world at large, expects of you.

'Good on ya' for that. ;)

And keep it up.

Welcome back, and enjoy your fall semester.

Best, -jw

Koda Cup MHS 2025



**From the
desk of:**

Charles Friedline
Academic Skills
Coordinator
Airport High School

Coordinator's Corner

Welcome back, Upward Bound!

We are so happy to be back for another school year, but I have to tell you, this issue of the Upward Bound Newsletter is one that almost didn't happen—or at the very least could have been delayed indefinitely.

In August, some Upward Bound Programs which have September 1 start dates (including ours) received notice that our Grant Award Notifications (GANs) were going to be delayed. The GAN is notice that the funds for the coming year have been released and are available for us to use.

As August 31 approached, we were told that the delay was going to continue (with no indication of how long the delay was going to be). The Department of Education granted us a "no-cost extension." This means that although we did not receive our funds for the year by September 1, we could continue to operate using funds left over from last year (if there were any!). Programs that did not have left over funds were forced to temporarily shut down and furlough or lay off staff members. Fortunately, our programs had leftover funds so we were able to continue.

We were even more fortunate not to have received a grant cancellation notice, as some programs did!

We have finally received our grant funds for 2025-2026, so we are fine. For now. However, Upward Bound is a federal grant-funded program, approved by Congress, and, as such, it is vulnerable to shifts in politics. This is nothing new; Upward Bound has been in jeopardy before, and it will be in jeopardy again as the winds of politics shift. There is a lot of support for Upward Bound on both sides of the aisle in Congress (and other TRIO programs), and so far, that has made the difference between our ability to continue offering services or NOT being able to.

But this is where YOU come in. Because Upward Bound exists, or ceases to exist, at the pleasure of Congress, YOU have a voice in what happens.

If you value what the Upward Bound Program means to you and your family, I encourage you to reach out to our representatives in Congress to let them know. They need to hear how important it is to the people they are serving—the people who ultimately decide whether they get to stay in office or not!

U.S. House of Representatives

Representative Tim Walberg

Phone: (202) 225-6276

Office Hours: Monday-Friday 9:00 a.m. - 5:30 p.m.

Email/Message: https://walberg.house.gov/address_authentication?form=/contact/email

U.S. Senate

Senator Rick Peters

Phone: (202) 224-6221

Email/Message: <https://www.peters.senate.gov/contact/email-gary>

Office Hours: Monday-Friday 9:00 a.m. - 6:00 p.m.

Senator Elissa Slotkin

Phone: 202-224-4822

Email/Message: <https://www.slotkin.senate.gov/contact/contact-senator-slotkin/>

Office Hours: Monday-Friday 9:00 a.m. - 4:30 p.m.

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TRIO/Upward Bound professionals, such as myself, make an annual visit to Congress to make sure they know about the work that we do—but they need to hear from you too—the students, alumni, and families whose lives have been changed by Upward Bound. One phone call or email can make a huge difference.

Thank you so much for your past and continuing support!

AHS Reminders:

- Students: If you have not already done so, take a moment to sign up for Remind notices. Just text @dk863b8 to 81010 or 734-344-5422
- Families: If you would like to join the UB Families 2025-2026 Group, text @ubfamil to 81010 or 734-344-5422
- Check us out on Facebook at “Airport High School Upward Bound” (<https://www.facebook.com/Airport-HighSchool-Upward-Bound-552651211432316/>)

From the desk of:



McKade Shultz
Academic Skills
Coordinator
Jefferson High School

Welcome back students for the 2025/2026 school year! I wanted to start off by saying that we had a wonderful summer program filled with many fun trips and a brand-new trading card program. I got the idea to create a trading card program from what we saw at MI-CAPP earlier this year. What I saw was nothing short of genius and many students participated to earn as many cards as possible but got me thinking about how I can bring that to our program.

There were a lot of careful considerations involved in implementing this card program such as: figuring out the card pool size; what kinds of rarities; how many of each rarity; what the different prize tiers would be; how one would win; card sets and how many; designs of cards; how students would earn cards; and much more. With so many moving parts it seemed doomed to fail but even in the face of adversity my Upward Bound colleagues continued to voice their strong support to make this program happen, and without their help this would not have been possible. In case you were wondering how students earned cards, rest assured that the teachers were generous enough to play a strong role in this program by administering cards to students as they deemed fair.

From day one students were very competitive, and it truly felt like they were highly invested in the program. Participation was high and morale was higher because three students could win a grand prize which, this year, consisted of a pair of Beats headphones, a Beats Pill speaker, and a high-end Anker portable charger. Aside from the grand prizes, students that had completed sets also won: Phoenix Theater VIP tickets; Phoenix Theater gift cards; MCCC/UB swag; calculators; and much more. The feedback from students, staff, and teachers proved to me that this will be a long-lasting element of the summer program.

I look forward to carrying that enthusiasm into this school year. Let's do our best to keep those grades up, stay in communication with me, and have fun this year. We have lots of potential

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field trips in the works and hopefully we can make them all happen. Go Bears!

JHS Reminders:

Students: If you have not done so, please join the JHS Upward Bound 2025-2026 google classroom. This is a requirement especially because I make lots of important announcements there. The code is cd2zlaiq.

Also, be sure to sign up for my Jefferson High School UB 2025-2026 Remind for additional updates. This is a requirement and will be a primary way to communicate on field trips as well. Text @9k8g47 to 81010 to get access to our Remind chat.

Lastly, I need all students to ensure that they are completing the Educational Development Plan (EDP) and the Medical Information Update forms.

IT'S NOT REALLY WORK IF YOU ARE HAVING FUN!



Monroe County Community College
1555 S. Raisinville Road
Monroe, MI 48161

TRIO

UPWARD BOUND



**Monroe County
Community College**
1555 S. Raisinville Road
Monroe, MI 48161



Airport High School
11330 Grafton Road
Carleton, MI 48117



Jefferson High School
5707 Williams Rd,
Newport, MI 48166



Monroe High School
901 Herr Road
Monroe, MI 48161