

# UPWARD BOUND

## NEWSLETTER

WINTER 2025

### ADMINISTRATIVE STAFF

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### TUTORIAL STAFF 2024 – 2025



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

*Upward Bound tutorials take place on Tuesdays,  
Wednesdays, and Thursdays from 2:30 - 4:30 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: Kristin Rogaliner, Leigh Jewett  
SCIENCE: Kaitlyn Long  
ENGLISH: Brandey April Schultz

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



# TRIO SUCCESS GUIDE

**We all get stuck sometimes. School can be tough-and maintaining the focus and effort necessary to succeed can be difficult. Here are some things you can do to help you keep going when you're feeling stressed out, discouraged, or overwhelmed.**

### Surround yourself with positive people.

We come across all kinds of people in life. Choose to be around people who support and encourage you. Avoid people who are negative or critical.

### Practice positive self-talk.

You can help yourself stay positive just by changing your self-talk. For example, replace "I'm terrible at math" with "I'm smart-I can do this."

### Focus on your strengths.

It's good to work on your shortcomings and weaknesses but your strengths are where your future lies. Pursue your interests and look for ways to develop your talents and strengths

### Learn to accept negative feedback.

Whether it is a bad grade on a paper or a low score on a test, it can be tough to accept what others think of your work. Remember that all feedback is an opportunity to grow.

### Use motivating "self-notes."

Write motivating words, ideas, and/or quotes on sticky notes. Put these notes anywhere you're likely to see them.

### Figure out what motivates you.

Turn what competes with your schoolwork into a motivator. For example, get a paper done early so you can hang out with friends, or play a video game once your homework is done.

Woodburn Press Item 508 - 2024/2025 TRIO Planner

# February 22, 2025

## TRIO “DAY”

On February 24, 1986, a congressional resolution declared that the fourth Saturday in February be designated as “National TRIO Day”. This day is an opportunity to focus our attention on the needs of disadvantaged youths and adults and our community. National TRIO Day has become a tradition. Listed below are the TRIO programs and what they do.



**There are eight TRIO programs. These eight programs assist and support eligible students from middle school through college.**

- ▶ **Talent Search** programs help students in grades 6-12 learn about their education options, graduate from high school and enroll in college.
- ▶ **Upward Bound** programs assist and support students as they plan and prepare to continue their education beyond high school.
- ▶ **Upward Bound Math and Science** programs work to enhance the math and science skills of their participants, so they can confidently pursue a college degree – and have a career – in science, technology, engineering and/or math.
- ▶ **Student Support Services** programs assist and support students in college to help them succeed in their classes and complete their postsecondary education.
- ▶ **McNair Scholars** programs help students who have the potential to attain an advanced degree prepare for and attend graduate school.
- ▶ **Veterans Upward Bound** programs help veterans develop the tools they need to apply, get accepted and enroll in postsecondary programs.
- ▶ **Education Opportunity Centers** offer information and counseling to adults in order to increase the number of adults attending college.
- ▶ **Training Programs** provide conferences, workshops, etc. for project directors and those employed by TRIO programs.

**TRIO programs are administered and funded by the Department of Education. TRIO funds are distributed to institutions through competitive grants.**

**REMEMBER TO TAKE PICTURES!**





# STUDENT LEADERSHIP SUMMIT

March 7, 2025 – March 9, 2025

Grand Traverse Resort in Acme/Traverse City, Michigan

The MI-CAPP Student Leadership Summit is a yearly event. The Upward Bound staff have invited students from each school (Airport High School, Jefferson High School and Monroe High School) to attend this event this year in March. Participants attended team building activities with other students from across the state. They also attended workshops covering topics such as leadership, goal setting, stress management, and financial strategies for paying for college. The weekend event topped off with a Dinner Banquet/ Scholarship Ceremony and a dance for the students.



2025 Student Leadership Summit  
Traverse City, Michigan

## From the Director's Desk:



**Dr. Anthony Quinn**  
Upward Bound  
Program Director

Upward Bound 2025 graduates will be eligible to compete for the Bridge Scholarship Program. Students who are selected will have the opportunity to enroll for the 2025 summer semester at Monroe County Community College. Students selected in this program will have the chance to complete up to six credit hours free of charge.

<https://www.monroecc.edu/upward-bound/summer-bridge-scholarship>

▶ **This scholarship includes:**

- A. Tuition at MCCC up to six credit hours of approved courses.
- B. Books and supplies not to exceed \$100.00
- C. Tutoring and monitoring by Upward Bound Staff

▶ **In order to be considered for a scholarship you must fulfill the following requirements:**

1. A 75% attendance rate at tutorial sessions over the course of your junior and senior years.
2. A 75% attendance rate at activities (field trips, college visits, End of the Year Banquet etc.) over the course of your junior and senior years.
3. Must graduate from high school with a cumulative GPA of 3.0 or better.
4. Must have completed all senior year requirements by the required Deadlines (College Applications, FAFSA, Scholarships etc.).
5. Must complete an MCCC application and Bridge Application provided by your Coordinator for admission.
6. Students must have completed Upward Bound's summer program in the past two years in good standing.
7. Complete Bridge Scholarship Application by deadline of April 4, 2025. (Coordinators have the Bridge Scholarship Application and have been assisting students in applying prior to the deadline.)

▶ **Once students have been awarded the Bridge Scholarship, they may register for classes at MCCC.**

## MCCC SUMMER 2025 ACADEMIC CALENDAR

Registration begins	Monday, March 24
SUMMER SEMESTER CLASSES BEGIN	Monday, May 12
COLLEGE CLOSED - MEMORIAL DAY HOLIDAY	Monday, May 26
COLLEGE CLOSED - INDEPENDENCE DAY HOLIDAY	Thursday, July 3
COLLEGE CLOSED - INDEPENDENCE DAY HOLIDAY	Friday, July 4
SUMMER CLASSES END	Saturday, August 2

**From the  
desk of:**

**Dr. Justin Wisniewski**  
Academic Skills  
Coordinator  
Monroe High School

**Hello Everyone:**

I want to begin by thanking you all for such a warm welcome to the UB community at MHS, as well as for all the festive decorations. ;)

You can address me this year as either Dr. Wisniewski (pronounced: Vish-Nev-Ski), or simply Justin, which is a lot easier (and a little perk I don't afford my college or university students). ;)

**About me:**

I earned my Ph.D. in Philosophy from the University of South Florida, down in sunny Tampa. I also hold a Master's degree in Philosophy from Western Michigan University, with a concentration in Metaphysics and the Philosophy of Mind, received my Bachelor's degree in the same discipline from Michigan State, and picked up an Associate's Degree from Northwestern Michigan College, up in beautiful Traverse City.

I am a Monroe native, and dual-enrolled at MCCC while still in high school (something I would strongly encourage all of you to try, if you get the chance), and graduated right here from MHS in 2000 – so stepping into this position is very much like a homecoming for me, as it has allowed me to return to my old stomping grounds. ;) After the birth of our first child in 2012, my wife and I decided to relocate from Tampa back to Michigan to raise our kids in a midwestern small town, and in the place where we both grew up (she also graduated from MHS in 2002).

Over the past 2 decades, I have taught globally for multiple junior colleges, private liberal arts colleges, and large public research universities to more than 8,000 students from all around the world, including international students located in Asia, South/Central America, and Europe; I have mostly taught interdisciplinary courses in ethics, logic, critical thinking, & philosophy; teaching for Western Michigan University, Kalamazoo Valley College, the University of South Florida, the University of Tampa, Saint Leo University, and Hillsborough College.

Before stepping into the Academic Coordinator position here at MHS, I was previously a UB Mentor & Tutor in English, Mathematics, Biology, Chemistry, Physics, AP Psychology, & AP History, at Airport Highschool for the past two years (so I can help you with those subjects on tutoring days). ;)

In addition to my present work for the UB program, I am also the lead professor of philosophy at Monroe College, and serve as a remote Higher-Level Examiner for the International Baccalaureate non-profit organization, based out of Geneva, Switzerland.

Of all the things that I have accomplished during my academic tenure, my work within the UB program remains by far the most rewarding and most fulfilling of all these various undertakings. I am very passionate about this type of work, and I want you to count me as a valuable resource to help you succeed in all your academic endeavors. I truly believe in you, and your unlimited potential to accomplish great things for yourself, and for this world (which needs it, and needs you). And you'll now have strong advocate in your corner to help you achieve those goals every step of the way.

I hope that you end up finding the time we spend together in B-221, to be helpful, enjoyable, and enriching in some way; and I look forward to working with and getting to know each one of you over the course of this year. Rest assured, you'll be in good hands here...

Again, I am very glad to be here, want to thank you all again for the kindness you have already shown me, as well as the very warm welcome; we have a great team of tutors this year, and I can't wait to help you guys start crushing it here at MHS, and beyond. ;)

And don't forget, we've got a stuffed Husky (Koda) to win at this year's field day!

Best,  
Justin Wisniewski, PhD



## From the desk of:



**Charles Friedline**  
Academic Skills  
Coordinator  
Airport High School

### Attending College as an Investment: Is It Worth It?

Going to college is one of the “big ones.” In terms of significant life events, it’s right up there with getting married, buying a house, and having children. And like these other big life events, the decision to go to college is one of the most significant financial investments you can make in your lifetime. While the cost of higher education continues to rise, the potential long-term benefits—both financial and personal—seem undeniable. But is it always worth it? Well, let’s take a look at the costs, benefits, and other factors that influence the return on investment (ROI) of a college education.

#### The Rising Cost of College

In recent decades, tuition fees have skyrocketed. According to the College Board, the average cost of tuition and fees for the 2023-2024 academic year was approximately \$10,560 for in-state public colleges and \$39,400 for private institutions. This doesn’t include additional expenses like housing, textbooks, and personal costs, which can be tens of thousands of dollars more!

For most students, this means taking out student loans to help pay for it all. In the United States, the average student loan debt in 2023 was around \$37,000. This level of debt raises questions about whether the financial burden is justified by the potential rewards.

#### The Financial Benefits of a College Degree

Despite the costs, and despite what you may be hearing from a lot of sources with an anti-college agenda, college graduates still tend to earn significantly more than those without a degree. Now, all of us know that person who works in a trade who earns more than that other person who has a college degree. But, according to the U.S. Bureau of Labor Statistics, median annual earnings for bachelor’s degree holders in 2023 was \$75,000, compared to \$45,000 for high school graduates. Over a lifetime, this income gap can amount to more than a million dollars. Now, think about this: are you willing to invest \$37,000 in order to get a return of \$1 million dollars over time?

A college degree also opens doors to careers that offer job security, benefits, and upward mobility. Many industries, such as healthcare, technology, and finance, require a bachelor’s degree for entry-level positions.

#### Beyond Financial Returns

All of that being said, the value of a college education isn’t just about money. Attending college also provides opportunities for personal growth, networking, and skill development. Students often develop critical thinking, communication, and problem-solving skills that are increasingly important in a world which inundates us with information from many sources, many of which have self-serving agendas.

Furthermore, college can be a time to build lifelong connections with peers, professors, and mentors. These relationships can lead to opportunities that extend beyond the classroom and into professional and personal life.

#### Factors That Influence ROI

Not all degrees or institutions are created equal, of course. Factors that influence the value of a college education include:

**What you study can matter:** Degrees in fields like engineering, computer science, and nursing often lead to higher-paying jobs compared to degrees in the arts or humanities.

**Where you study may matter:** The prestige and cost of an elite college can impact career opportunities and earning potential in certain fields and areas, but more often the institution name at the top of your diploma is not as important as experience and other factors.

**Amount of student loan debt matters:** The amount of debt you accrue can significantly affect the net financial benefit of a degree. If you are going into a lucrative field, such as law or medicine, a higher student loan debt has less impact on your long-term earnings than, say, going into teaching or social work. That being said, choosing affordable institutions or seeking scholarships can help mitigate this burden.

**Where you live matters:** Graduates in areas with a high cost-of-living may find their salaries stretched thinner than those who live in more affordable areas.

#### Is College Always the Best Choice?

So, while attending college is a significant investment, it can also yield substantial returns, both financially and personally, over the course of your lifetime. However, it’s not a one-size-fits-all decision. You should carefully consider your career goals, financial situation, and alternatives before committing to this path. With thoughtful planning and informed choices, college can indeed be one of the most rewarding investments you ever make.

(Portions of this article written with the assistance of ChatGPT)

#### AHS Reminders:

- Students: Sign up for 2024-2025 Remind notices. This is required. Text @6c33gak to 81010 or 415-799-2512
- Families: Join our UB Families 2024-2025 Remind group by texting @ffg44kc to 81010 or 415-799-2512
- Check us out on Facebook at “Airport High School Upward Bound”

**From the desk of:**

**McKade Shultz**  
Academic Skills  
Coordinator  
Jefferson High School

## Hello Jefferson Upward Bound Parents/Guardians and Students,


I hope everyone is doing well this year!

I am excited to fill the role as academic skills coordinator at Jefferson High School. Many students have already made themselves at home, and I feel very welcomed. I am excited to bring some new ideas to Jefferson High school and assist all Upward Bound students in any way I can. New activities, trips, workshops, and more are in the process of being created, and I will keep parents and students updated once implemented. Parents, if you or your student have any questions, please feel free to contact me via email at [mshultz@jeffersonschools.org](mailto:mshultz@jeffersonschools.org). I am confident that we will do great things together, and I look forward to a fantastic year!

As an update to things, the afterschool program will continue to meet as normal. I, along with the tutors, will always be present to assist students. In addition to providing academic support, you may also find yourself making new friends, receiving a stipend, opportunities to go on trips, college application assistance, and much more. So, if you know an 8th, 9th, or 10th grader who can benefit from our program please encourage them to fill out an application! We will have quite a few vacancies soon so please consider referring someone. Students, if you refer someone and they get accepted, you will receive 10 points toward your stipend!

### JHS Reminders:

- Students, please be sure you are checking your email and Google Classroom (code: bspj5lh) for pertinent information.
- Don't forget to follow us on Facebook at "Jefferson High School Upward Bound".

A cartoon illustration of a yellow school bus driving on a road. The bus has "SCHOOL BUS" written on its front sign. A driver wearing a blue cap and glasses is visible in the driver's seat. The background shows a stylized city skyline with blue buildings and green hills under a blue sky with white clouds.

**If you need transportation home from After-School Tutoring please let us know.**



# 2025 Upward Bound Summer Cultural Trip

July 28, 2025 – July 31, 2025

Trip destination is still a secret but details will be available soon!



**In order to be eligible for the Fellowship Trip or Cultural Trip, a student MUST:**

- To attend the Cultural Trip - Carry a cumulative GPA of 2.5 or better for the previous academic year.
- Commit to attend the summer program (With no more than four excused & ZERO unexcused absences)
- Display Excellent Behavior both in and out of the classroom and follow their home school's Code of Conduct/Disciplinary Code.
- Have a Positive Attitude, Be Kind, and Demonstrate Respect and Responsibility







**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

## Upward Bound 2025 Graduates

**Keep us updated on what you are doing after you graduate high school.**

The U.S. Department of Education requires our staff to contact every student that receives services from Upward Bound on an ANNUAL basis, for SIX (yes, SIX) years following your high school graduation? After 4 years of getting to know you and seeing you grow as individuals, we are interested in keeping in contact with all of you as we care about their educational and life success!

- Please remember to call or email any of our staff should ANY of your contact information ever change.
- Check out the alumni information located on our web page. [//www.monroeccc.edu/upward-bound/alumni-contact-form](http://www.monroeccc.edu/upward-bound/alumni-contact-form).
- Every September after you graduate high school complete the Alumni Form (link above). Your information will go directly to Dr. Quinn.



**EASY PEASY LEMON SQUEEZY!**