

# UPWARD BOUND

NEWSLETTER | WINTER 2017

## UPWARD BOUND AND COMMUNITY SERVICE

**“We make a living by what we get,  
but we make a life by what we give.”**

**-Winston Churchill**

The mission of the Monroe County Community College Upward Bound Program is to assist students to successfully complete high school and to prepare them for post-secondary education. The program provides academic support, college preparation, social, cultural and career exploration.



Airport High School students collecting water for Flint, MI residents (2016)

We often hear and report about the opportunities given to our students to improve academically, the visits to colleges, universities, the trips to area businesses for career exploration and our annual 3-4 day trip to an exciting city. Seldom do we give the spotlight to one of our very important requirements of Community Service. Each Upward Bound student is required to complete 5 – 10 hours of Community service each year in addition to the 6 hours of participation in after school tutoring each week.

MCCC Upward Bound students have already given back to our community by having participated in the following Community Service Programs this 2016 -2017 school year.

Blood Drives, Busch's Food Drive, Child Care, Christmas Food Drive, Clothing Drive, Hope College, Magee Marsh Wildlife Area, Monroe County Historical Museum and Salvation Army.

A big THANK YOU! Goes out to our UB students. We are proud of your service to the Monroe County community.

### STAFF

#### ADMINISTRATIVE

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### TUTORIAL STAFF 2016-2017

#### MONROE HIGH SCHOOL

MATH: Matt Steele

SCIENCE: T.B.A.

ENGLISH: Amanda Sharpe

Upward Bound tutorials take place on Tuesdays, Wednesdays, and Thursdays from 2:30 - 4:30 pm in room A-111

#### AIRPORT HIGH SCHOOL

MATH: Matt Pinter

SCIENCE: Aaron Kipfmiller

ENGLISH: Cy Maughmer

Upward Bound tutorials take place on Mondays & Wednesdays from 2:30 - 4:30 pm, and Tuesdays 3:00 – 4:30 pm in room 15

# Why Community Service?

1. Students who participate in community service learning tend to do better in school. It gives them the chance to apply what they've learned in the classroom to real human needs.
2. Students who do community service work learn that they can actually make a difference with what they do.
3. Youths who take part in volunteering activities become more involved in their communities, and as a result, tend to care more about what happens in those communities.
4. Students participating in community service are often faced with challenges and tough problems to tackle. By working through them as a volunteer, they learn how to better solve problems, and enjoy the satisfaction of overcoming a hurdle.
5. Creating a lifelong habit of community service can help students become healthier over the course of a lifetime.
6. Taking part in community service teaches students skills that are valuable to employers, like problem solving, teamwork, and the ability to follow instructions.
7. Community service opens students up to a wealth of networking opportunities, allowing them to build new relationships within their community as they contribute. Students can meet new people, work with new organizations, and strengthen their ties to the community.
8. As students work within their community, they learn that they can be responsible for making great things happen. This helps to build a sense of responsibility in students, and a sense of pride when they see what they've done is actually helping others.
9. Volunteering allows students to take what they've learned and apply it beyond the classroom.
10. As students work in a real-life setting, they can use volunteering projects to explore and improve upon existing skills. Students can explore potential careers and find out what they need to develop in order to work in the field.
11. Students who participate in volunteering opportunities may be able to find more scholarships than they would without such experience.
12. Students will learn to develop leadership skills. This is valuable not just for schoolwork, but for higher education, careers, and further community involvement.

<http://www.onlinecollege.org>  
June 27th, 2012 written by Staff Writers

**“This country will not be a good place for any of us to live in unless we make it a good place for all of us to live in.”**

**- Theodore Roosevelt**

## Famous Upward Bound Alumni



**Oprah Winfrey**  
Tennessee State Univ.



**Viola Davis**  
Rhode Island College & Juiard



**John Quinones**  
St. Mary's Univ. (Texas)



**Jose Hernandez**  
Univ. of the Pacific & Univ. of California, Santa Barbara

### DR. ANTHONY QUINN, DIRECTOR - UPWARD BOUND PROGRAM



In order to understand the true impact of National TRIO Day, it is helpful to know that TRIO is a set of federally-funded college and university-based educational opportunity outreach programs that motivate and support students from low-income backgrounds—including military veterans and students with disabilities. Currently serving nearly 840,000 students from middle school through post-graduate study, TRIO provides academic tutoring, personal counseling, mentoring, financial guidance, and other supports necessary to promote college access, retention, and graduation.

On February 24, 1986, a resolution was read (H. Con. Res. 278) expressing the sense of Congress that February 28, 1986, should be designated “National TRIO Day” and that the achievements of the TRIO programs should be recognized. National TRIO Day is meant to focus the nation’s “attention on the needs of disadvantaged young people and adults aspiring to improve their lives, to the necessary investment if they are to become contributing citizens of the country, and to the talent which will be wasted if that investment is not made.”

National TRIO Day is a day of celebration, reflection and action around increased access to higher education for low-income and first-generation students. Every year on the last Saturday of February, high school and college students, teachers, Members of Congress, local officials, TRIO Program staff, participants and alumni and many others:

- **Celebrate** the positive impact of Federal TRIO programs in our communities throughout the nation
- **Reflect** on the importance of educational opportunity programs in creating a fairer society for all Americans
- **Act** to protect and further access to higher education for low-income and first-generation students

## Student Leadership Summit (SLS)



Student Leadership Summit 2015  
(Traverse City, MI)

Upward Bound Students will be attending the annual MI-CAPP Student Leadership Summit February 24 – February 26, 2017. The conference will be held in Grand Rapids, Michigan. Each year, students from Airport High School and Monroe High School attend this event where they have the opportunity to meet with other Upward Bound participants in programs throughout the state. The students will spend the day in workshops aimed at raising their self-perception, consciousness, leadership and motivation for continued academic achievement.



# COORDINATOR'S CORNER

[Charles Friedline, Academic Skills Coordinator, Airport High School](#)



Okay, Upward Bound seniors (and families!), you've applied to the colleges you want to go to, and you have finished your FAFSA (hopefully!). Now it's time to figure how to pay for all of this. Your FAFSA report (and/or the financial aid office at your college) will tell you whether you have qualified for any federal grants or loans, and for how much. Chances are, however, whatever you qualify for will not be enough to cover 100% of the costs—which will not only include tuition, fees, and books, but also food, gas, car insurance, parking, rent (for some of you), and lots of other things you don't normally think of as college costs. Of course you can—and should!—apply for loans, but you want to take out as little as possible to avoid a massive debt after you graduate (a topic for another column). So, where else can you look? Well, how about looking for some free money? Yes, you heard me right: FREE MONEY—otherwise known as scholarships! There are a lot of people out there who would just LOVE to give you some money—and they won't ask you to pay it back! How do you go about finding this free money? Try starting with these five top-notch scholarship search engines:

- CollegeBoard.com ([www.collegeboard.org](http://www.collegeboard.org))
- Collegenet.com ([www.collegenet.com](http://www.collegenet.com))
- Fastweb ([www.fastweb.com](http://www.fastweb.com))
- Scholarships.com ([www.scholarships.com](http://www.scholarships.com))
- ScholarshipMonkey.com ([www.scholarshipmonkey.com](http://www.scholarshipmonkey.com))

There are literally thousands of scholarships out there, of all types and amounts—and not all of them require high GPAs and SAT scores. Use these search engines to find scholarships that you qualify for—and apply for them! Yes, it takes some work, and it is time consuming—but so is looking for a job (or getting to the next level of Plants vs. Zombies for that matter!), and we don't hesitate to put in the time and effort to do that. And, let me repeat: this is FREE MONEY, so it is absolutely worth some of your time and effort. In addition to these search engines, check the websites of the colleges you plan to attend and find their scholarship page. Read through, find the ones you think you may qualify for, and apply for them! FREE MONEY! Finally, check your high school guidance counseling office on a weekly basis for new opportunities. There are many local scholarships available. There is money out there for anyone who puts in the time and work, so don't miss out! And don't forget to ask your friendly neighborhood Academic Skills Coordinators if you have any questions or need any help!



*Students relaxing and having fun during lunch. Summer Session 2016*

# COORDINATOR'S CORNER



## Dannielle Lambert, Academic Skills Coordinator, Monroe High School

Please read the following article that contains valid, and reliable study habits to improve your grades. The following study habits are resourceful to any student whether you are an excellent, average, or below-average student. See me if you need additional information on improving any of your study habits, for example, if you would like to take a learning styles inventory.

Thanks,  
Ms. Lambert.

Article condensed from: <http://homeworktips.about.com/od/studymethods/tp/studyhabits.htm>.  
By: Grace Fleming. Updated January 8, 2016.

## 10 Great Study Habits

### **1. Write Down Every Assignment**

The most logical place to write down your assignments is in a planner, but you might prefer to keep a to-do list in a simple notebook or in your cell phone note pad. It doesn't really matter what tool you use, but it is absolutely essential to your success to write down every single assignment, due date, test date, and task.

### **2. Remember to Bring Your Homework to School**

It sounds simple enough, but many F's come from students forgetting to bring a perfectly good paper to school with them. Does your homework have a home? Is there a special place where you always put your paperwork each night? To avoid forgetting your homework, you must establish a strong homework routine with a special homework station where you work each night. Then you must get in the habit of putting your homework where it belongs right after you finish it, whether this is in a special folder on your desk or in your backpack. Prepare every night before bed!

### **3. Communicate With Your Teacher**

Every successful relationship is built upon clear communication. A student-teacher relationship is no different. Miscommunication is another one of those factors that can cause bad grades, despite good efforts on your part. At the end of the day, make sure you understand every assignment that's expected of you. The more questions you ask, the more prepared you'll be.

### **4. Organize With Color**

Devise your own color-coding system to keep your assignments and your thoughts organized. You may select a single color for each class (like science or history) and use that color for your folder, your highlighters, your sticky notes, and your pens. You'll be surprised to discover how much strong organization skills can change your life!

### **5. Establish a Study Zone at Home**

Take the time to assess your individual style and your real needs and plan for the perfect study place. After all, if you can't concentrate, you certainly can't expect to learn very well. Students are different. Some need a completely quiet room free from interruptions when they study, but others actually study better listening to quiet music in the background or taking several breaks.

### **6. Prepare Yourself for Test Days**

You know that it's important to study for test days, right? But there are other things you should consider in addition to the actual material that the test will cover. What if you show up for test day and the room is freezing cold? For many students, this would cause enough of a distraction to interrupt concentration. That leads to bad choices and bad answers. Plan ahead for heat or cold by layering your clothing.

### **7. Know Your Dominant Learning Style**

Many students will struggle in a subject without understanding why. Sometimes this is because students don't understand how to study in a way that matches their brain style. Auditory learners are those who learn best through hearing things. Visual learners retain more information when they use visual aids, and tactile learners benefit by doing hands-on projects. Every student should examine and evaluate their habits and their natural tendencies and decide how they might be able to improve their study habits by tapping into their personal strengths.

### **8. Take Fabulous Notes**

There are a few tricks to taking fabulous notes that really help when it comes to studying. If you're visual person, you should make as many doodles on your paper as you can. Useful doodles, that is. As soon as you realize that once topic relates to another, comes before another, is the opposite of another, or has any kind of connection to another—draw a picture that makes sense to you. Sometimes the information will not sink in until and unless you see it in an image.

### **9. Conquer Procrastination**

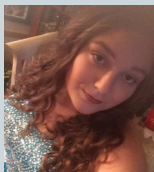
When you put things off a lot, you end up putting things off until it's too late from time to time. It's that simple. When you procrastinate, you're really taking the chance that nothing will go wrong at the last minute--but in the real world, things do go wrong. Imagine it's the night before a final exam and you have a flat tire, or an allergy attack, or a lost book, or a family emergency that keeps you from studying. At some point, **you will** pay a big price for putting things off.

### **10. Take Care of Yourself**

Some of your personal habits might be affecting your grades. Are you feeling tired, achy, or bored when it comes to homework time? You can change your grades by practicing a few healthy homework habits. Change the way you feel by taking better care of your mind and your body.

# UB Student Spotlight

## Madison Downing, 10th grade, 2 years in Upward Bound - Airport High School



**1. What are your plans after you graduate from high school?** "I would like to go to med school and become a pediatric surgeon."

**2. What keeps you motivated in school?**

"My friends give me healthy competition and I feel like I have to keep up."

**3. How is Upward Bound inspiring you to want to continue your education after high school?** "It makes me really think about my future and what I want for myself."

**4. Who in your life has influenced you the most?**

"My Aunt Jenni." **Why?** "She is always encouraging and helps me stay positive."

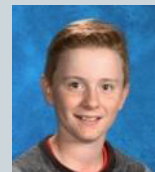
**5. One goal I would like to achieve before I graduate high school is:** "To receive my CNA to make money while in college."

**6. Your words of advice for someone thinking of joining the Upward Bound Program:** "You definitely should because it will be some of the best experiences of your life."

**7. What are your hobbies and/or extracurricular activities?**

"Upward Bound, crew, volunteer work and B-Lunch."

## Noah Parrott, 10th grade, 2 years in Upward Bound - Monroe High School



**1. What are your plans after you graduate from high school?**

"I would like to go to college"

**2. What keeps you motivated in school?**

"Being able to go to college."

**3. How is Upward Bound inspiring you to want to continue your education after high school?**

"By helping me go to college and get a career."

**4. Who in your life has influenced you the most?**

"My parents." **Why?** "They motivate me to do better."

**5. One goal I would like to achieve before I graduate high school is:** "Get good grades."

**6. Your words of advice for someone thinking of joining the Upward Bound Program:** "It's a lot of fun and is helpful to go to college, win, win."

**7. What are your hobbies and/or extracurricular activities?**

"Basketball, baseball and Upward Bound."

## Massimo Menna, 9th grade, 1 year in Upward Bound Airport High School



**1. What are your plans after you graduate from high school?** "I want to go to college for football and architecture of engineering."

**2. What keeps you motivated in school?**

"My family and dedication."

**3. How is Upward Bound inspiring you to want to continue your education after high school?** "The teachers who run the program inspire me to succeed."

**4. Who in your life has influenced you the most?**

"My dad." **Why?** "He works so hard every day to provide for my mom, my sister and me."

**5. One goal I would like to achieve before I graduate high school is:** "Get in the top 5 of my class."

**6. Your words of advice for someone thinking of joining the Upward Bound Program:** "Do it. It is a good time of learning and help. Plus you get paid."

**7. What are your hobbies and/or extracurricular activities?**

"Football, video games, sports, shot put, and girls."

## Isabel Homayed, 10th grade, 1 year in Upward Bound - Monroe High School



**1. What are your plans after you graduate from high school?**

"College after and get a job."

**2. What keeps you motivated in school?**

"My parents and that I will actually be the only person in my family to go to college."

**3. How is Upward Bound inspiring you to want to continue your education after high school?** "Being able to look into different colleges."

**4. Who in your life has influenced you the most?** "My mom."

**Why?** "Because she still fought for some education even though she never went to college."

**5. One goal I would like to achieve before I graduate high school is:** "Be good at math."

**6. Your words of advice for someone thinking of joining the Upward Bound Program:** "Don't be a jerk. You're not cool."

**7. What are your hobbies and/or extracurricular activities?**

"Reading, drawing and writing."



# Mark Your Calendars

**Monroe High School UB students:**

**Mexican Town, Detroit, MI  
April 27, 2017  
10:30 am to 5:00 pm**

**MCCC - UB Award School & Recognition Reception:**

Invitations will be mailed at a later date.

**Tuesday May 09, 2017  
La-Z-Boy Center  
1555 S. Raisinville Road, Monroe, MI**

**Airport High School Students:**

**STEM Conference  
May 19 - May 21, 2017  
CMU - Mt. Pleasant, MI**

**Reminder to Parents/Guardians:**

**Send in your student's picture for the award reception. Submissions must be made by March 27, 2017.**

# Just for Laughs

Q: What is the difference between a cat and a comma?

A: One has claws at the end of its paws and the other is a pause at the end of a clause.

See more at: <http://www.laughfactory.com/jokes/joke-of-the-day#sthash.3DnhlDdM.dpuf>

A teacher asked her students to use the word "beans" in a sentence:

"My father grows beans," said one girl.

"My mother cooks beans," said a boy.

A third student spoke up,

"We are all human beans."

See more at: <http://www.laughfactory.com/jokes/clean-jokes#sthash.uKkTmXz4.dpuf>

Teacher: "Annie, what's the chemical formula for water?"

Annie: "H I J K L M N O."

Teacher: "What are you talking about?"

Annie: "Didn't you say it's H to O?"

"One hard thing to explain to teens is how legitimately exciting it used to be when someone would wheel in an overhead projector." - @juliusharpe



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



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



**Airport High School**  
11330 Grafton Road  
Carleton, MI 48117



**Monroe High School**  
901 Herr Road  
Monroe, MI 48161



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## **What is Upward Bound?**

Upward Bound is a program funded by the U.S. Department of Education that prepares high school students for post-secondary education. Established in 2007, Monroe County Community College Upward Bound serves 110 students, grades 9-12. Students are enrolled from our target high school, Monroe High School, located in Monroe, Michigan and Airport High School located in Carleton, Michigan. Upward Bound is a challenging, preparatory program for students who demonstrate the ability or desire to attend college. All program services are free for participants.

## **Mission**

The mission of the Monroe County Community College Upward Bound program is to assist students in grades nine through twelve in the successful completion of high school and to prepare them for post-secondary education by providing academic support, college preparation, social, cultural and career exploration.

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