

# UPWARD BOUND

## NEWSLETTER

WINTER 2019

### ADMINISTRATIVE STAFF

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### TUTORIAL STAFF 2018-2019



MATH: Matt Steele  
SCIENCE: Matt Steele  
ENGLISH: Amanda Althouse, Laura Steele  
*Upward Bound tutorials take place on  
Tuesdays, Wednesdays, and Thursdays from  
2:30 - 4:30 pm in room A-111*



MATH: Matt Pinter, Meagan Bruck  
SCIENCE: Matt Pinter  
ENGLISH: Cy Maughmer, Holly Himick, Meagan Bruck  
ALL SUBJECTS: Elijah Jaworski  
*Upward bound tutorials take place on  
Mondays & Wednesdays from 2:30 - 4:30 pm,  
and Tuesdays 3:00 - 4:30 pm in room 15*



Math: Matt Conkle, Jill Philippon  
Science: Grant Hesson  
English: Bruce Pickens, Jennifer Crosley  
*Upward Bound tutorials take place on  
Tuesdays, Wednesdays, and Thursdays from  
2:30 - 4:30 pm in the school library*

FEBRUARY 15-17, 2019

## BREAK THROUGH TO EXCELLENCE

MI-CAPP STUDENT LEADERSHIP SUMMIT

Students from all three of our Upward Bound Programs will be heading to Ann Arbor for the annual Student Leadership Summit. They will attend sessions to include topics such as (but are not limited to): Preparing for College/College Life, Financial Literacy/Paying for College, Etiquette, Developing Leadership Skills, Public Speaking, Resumes & Cover Letters, Good Citizenship, Know Your Rights, Leadership in Your Community, Health, Empowerment, Breaking the Cycle, etc.

### Student Ambassadors

As a participant in the Student Leadership Summit, students are encouraged to take the lead and further utilize their leadership skills. Student Ambassador Duties: Demonstrate leadership and appropriate professional conference behavior; Moderate conference workshops; Serve as a master/mistress of ceremonies (Scholarship Banquet, Presentation, etc.); Introduce guest speakers; Collect conference evaluations; Serve as Greeter(s) to welcome arriving registrants; Information Ambassadors to help registrants find meeting and meal locations, and other duties as assigned.

### Student Leadership Awards

The MI-CAPP Student Leadership Summit Committee is currently seeking nominations for the Outstanding Student Leadership Awards, which will take place during breakfast on Sunday, February 17, 2019 at the MI-CAPP Student Leadership Summit. The MI-CAPP Outstanding Student Leadership Award is your team's opportunity to recognize the "best of the best" within your program, and to encourage them to continue to strive towards their goals.



- "Fred Astaire" (aka, Legend Fiedler) getting a private dance lesson during our trip to the Sofia Quintero Cultural Center in Toledo.



# WHY DO WE HAVE THE UPWARD BOUND PROGRAM AT MONROE COUNTY COMMUNITY COLLEGE?

Since 2008, many people here at MCCC have witnessed young high school students wander through our halls, run up and down the stairways, at times are loud, and sometimes messy all while they attend the UB Summer program on campus.

There are many employees of MCCC who wonder why these students are in this program, why we have a summer program on campus and who are these students. I asked our students to answer some questions so we can all get a better understanding of "Why do we have an Upward Bound Program at Monroe County Community College?"



## 1. Why did you decide to join Upward Bound?

- My guidance counselor described a program that would help me stay focused on my academic path; I thought it would be beneficial.
- The numerous opportunities I have been given has proven that I was right to apply.
- This program helps me to explore all my options and shows me how to achieve my goals.
- It has given me a nice quiet place to do my homework.
- I thought about the amazing benefits and want to better prepare myself for college.
- I needed more help with my homework and wanted something to do for the summer.
- It was an opportunity to help me decide, plan, and prepare for my future.
- It helps me with homework, looking at colleges and money.
- I like that I can work with friends on homework and get help from teachers if needed.
- I was having trouble in school and decided that I needed to get my grades up; it worked.

## 2. What are your goals and/or dreams?

- My goal is to keep my head on straight and go to college.
- Get a family, a good job, and have a good life.
- I want to surround myself with good people that will not distract me from being the best I can be.
- Graduating high school, then college, then become successful.
- Have a career that I can be happy in and something that I enjoy doing.
- I would like a career in psychology.
- I want to be financially stable after college.
- One of my goals is to write a novel.
- I would like to be an engineer, a pediatric nurse, an orthodontist, an art teacher, a world history teacher, a veterinarian.
- I would like to be a photographer and a model.



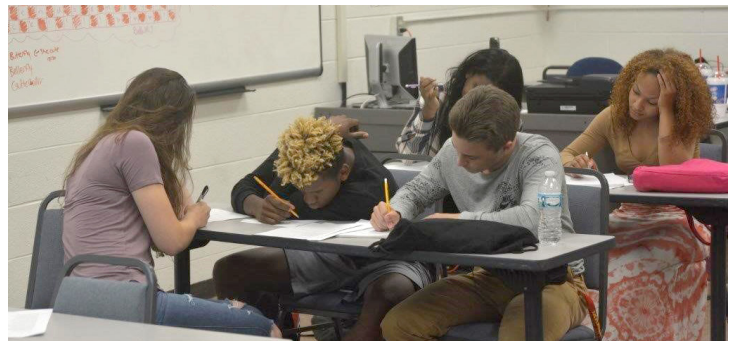
### 3. Are you more optimistic about your future since being in the program?

- I am aware that I can do anything (legal) if I apply myself.
- Upward Bound keeps me on track.
- I am confident that this program will push me in the right direction for applying to colleges/taking the SAT.
- Because the coordinator will help me understand what life will be like after high school and how to have a good life, I am more optimistic.
- It made me realize that I need to take school more serious.
- Yes, I will receive the help I need and have time to do my homework.
- Yes, I have been getting better grades (no C's lately).
- Since my grades are improving, my future will get better.
- I know I am doing the best I can.
- It has given me more confidence in myself.



### 4. What sort of changes are occurring in your school life because of UB?

- I have made friends with people I never would have seen myself being friends with.
- I have less stress about homework because I can get help with it in UB.
- I am getting better grades and people have had a better outlook on studying.
- UB has given me the opportunity to go places that I would not normally go.
- I have been getting my homework done, even when there is no after school tutoring because I have realized how important it is.
- I have more focus on life after high school. I am more conscious of my grades.
- I am more responsible with my work and have a better work ethic. It has taught me better ways of studying.
- Staying after school for two hours is a big change, but I like that it is easier for me to concentrate than it is at home.
- I have been getting A's and B's instead of C's and D's and I have a peaceful, non-stressful environment to do my homework.
- Our Academic Skills Coordinator tells us that we are an Upward Bound Family, and she could not be more right.

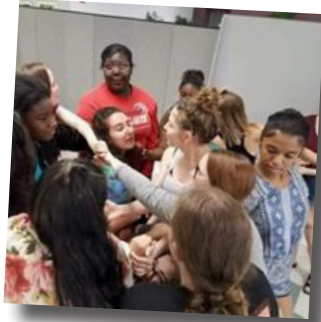


MCCC



**5. How would you describe the UB Group atmosphere in your school?**

- Everyone is comfortable with each other so it makes it easy to admit you need help.
- We have kids with different personalities crammed into a room, we all benefit from each other though.
- Welcoming.
- Kind and pleasant.
- We are a funny group of people.
- Idyllic and blissful.
- Very positive, open and friendly.
- Fun, fresh, relaxing.
- Everyone helps you out.
- Feels like home.



**6. Describe yourself in one word.**

Ambitious, Artist, Blunt, Calm, Complex, Enigma, Fearless, Helpful, Hyper, Intuitive, Joyful, Pessimistic, Observant, Responsible, Self-deprecating, Smart, and Student-athlete.



JHS (Above) and AHS (Below) students visiting the Toledo Zoo.



**So WHY do we have the Upward Bound program at Monroe County Community College**

1. We are giving students the time, place, and help they need to improve themselves academically.
2. We are giving students the chance to reach their dreams and achieve their goals.
3. We are giving students a chance at a future that they will be proud of.
4. We are giving students a chance to see that they can make changes for the good in their lives.
5. We are giving students a sense of belonging.
6. We are letting students realize who they are.

**Questions for you to ponder:**

1. Think back to high school; were your goals and dreams similar to the Upward Bound students' goals and dreams?
2. Reading about why our students joined the program, how it has changed their school life and the atmosphere they now have to study and do homework, would you have joined Upward Bound if you had had the opportunity?
3. How would you describe yourself in high school? Are there any similarities?



**Upcoming Events**

**February 1, 2019 –**

*Jefferson High School Upward Bound will be going to a Toledo Walleye STEM NIGHT and hockey game at the Huntington Center. The Penta Career Center and various community partners will have interactive STEM displays set up before the game.*

**March 2, 2019 –**

*Jefferson High School Upward Bound will be going to see Charlie and the Chocolate Factory at the Stranahan Theater in Toledo, Ohio.*

**Summer Cultural Trip 2019 –**

*Charleston, South Carolina*

**Just For Fun | Answers below**

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# UB Student Spotlight - Then and Now



**Noah Parrott - MHS**

**10<sup>th</sup> Grade - 2 years in Upward Bound  
Senior Year - 4 years in Upward Bound**

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

10th Grade - I would like to go to college.

Senior Yr. - I will go to college.

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

10th Grade - Being able to go to college.

Senior Yr. - Seeing people who are on the wrong path motivates me not to go down that road. That is why UB is so helpful. It deters me from going down the wrong path.

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

10th Grade - By helping me go to college and get a career.

Senior Yr. - The support they give me gives me the realization to set a good post-secondary plan, like college. It is now a realistic goal and not a far-away dream.

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

10th Grade - My parents, Why? They motivate me to do better.

Senior Yr. - My parents because they are there to help my brother and me succeed.

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

10th Grade - Get good grades.

Senior Yr. - have a good plan for after high school and have at least a 3.9 GPA.

**6. Your words of advice for someone thinking of joining the Upward Bound Program:**

10th Grade - It is a lot of fun and is helpful to go to college, win, win.

Senior Yr. - It is the most helpful thing you can do for yourself. It keeps you on track and provides help for anything you need.

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

10th Grade - Basketball, Baseball and Upward Bound.

Senior Yr. - Fishing Club, Upward Bound, Positive Peer Influence (PPI), Student Prevention Leadership Team (SPLT), Trojan Mentor, TFT Leader, Student Leader, Officer in BPA, and Basketball.



**Isabel Homayed - MHS**

**10<sup>th</sup> Grade - 1 year in Upward Bound  
Senior Year - 3 years in Upward Bound**

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

10th Grade - College after and get a job.

Senior Yr. - Go straight to the nursing class, CNA Program.

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

10th Grade - My parents and that I will actually be the only person in my family to go to college.

Senior Yr. - Graduating, passing grades, and medical school.

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

10th Grade - Being able to look into different colleges.

Senior Yr. - Giving me multiple experiences, information, and opportunities.

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

10th Grade - My mom because she still fought for some education even though she never went to college.

Senior Yr. - My mom, she wants me to be the first of her children to go to college and be what they always wanted to be.

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

10th Grade - Be good at math.

Senior Yr. - get through English and math. English 12 with Yates is hard!!

**6. Your words of advice for someone thinking of joining the Upward Bound Program:**

10th Grade - Don't be a jerk. You are not cool.

Senior Yr. - Don't be afraid to ask questions or ask for help.

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

10th Grade - Reading, drawing and writing.

Senior Yr. - Writing, working at the hospital, and sleeping.



## From the Director's Desk:



Technology and social media plays a pivotal role in the way colleges and universities communicate with students and share information online. Today, universities and colleges that are the savviest use social media platforms to reach students at every stage of their academic journey, from applications to enrollment to graduation. Most colleges and universities have social media pages such as Facebook, Twitter, and Instagram. While you're surfing, tweeting, double-tappin', or posting take some time to look up your top college choices and connect with them.

Who should you connect with?

- 1.) Try currently enrolled students such as MCCC UB alumni. They can provide you accurate information about what college life is really like at that school. Remember, don't rely on just one student's story, but gather a number of stories to gain a fuller picture.
- 2.) Instant Message or email the admission counselor at that school. They love answering questions from potential students. They are likely to remember you later.
- 3.) Connect with other admitted students like you. Form a network early! Put some good use to your social media time this winter!
- 4.) Remember, make sure you have appropriate usernames on your social media account(s). You do not want to give the wrong impression.

Sincerely, Dr. Anthony Quinn

## From the desk of:



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

In November, the Upward Bound Program at Airport High School held a school-wide clothing drive. The drive was a rousing success—thanks in no small part to the students who planned and organized the school clothing drive and then showed up to help collect, sort, box, and load the many donations collected at the Annual Holiday Clothing Drive at the Carleton Hotel in Carleton, on Saturday, Dec. 1.

We were able to collect almost two full carloads from the high school alone. When combined with the donations collected at the Carleton Hotel, we filled a ten-foot truck and then some! The clothing donations (as well as several boxes filled with toiletry items—always a big need) were delivered to the Oaks of Righteousness in Monroe.

Students who helped were given community service credit for their work. The Upward Bound Program requires students to perform a minimum of ten hours of community service each school year. Why do we do this? Well, in the big picture, giving back to your community promotes personal growth and self-esteem. When people come together to give their time and energy to a worthy cause, they feel better about themselves; they meet new people and learn about their community and its needs and services. Volunteering strengthens the community, supports families and youth, improves schools, and allows worthy causes to save money and resources that would otherwise come from often under-funded budgets.

On a more practical level, students who perform community service gain new knowledge, skills, and valuable work experience. These can be added to job applications and resumes—and for high school students who have not yet entered the work force, may help them stand out and land a job they may not have otherwise been able to get.

Community service work is also an important part of a student's portfolio when applying to colleges and universities—especially schools with lower acceptance rates. Colleges and universities that are selective are flooded with applications from students with great GPAs and SAT scores, and often have to look at intangibles in order to select the best candidates. Strong extracurricular involvement, including community service, can make the difference between being accepted, and not being accepted, by your college of choice. The key to quality community service is to pick something you are passionate about or that you enjoy. This will help motivate you to do the work and will demonstrate that you are capable of committing your time to a project. So, if you have not already, get started today. Find your passion, get out there and work!

(Portions of this article obtained from the University of California San Diego)

### AHS Reminders:

- To sign up for Remind notices, text @mrfiedli to 734-344-5422
- Check us out on Facebook at "Airport High School Upward Bound" (<https://www.facebook.com/Airport-High-School-Upward-Bound-552651211432316/>)



## From the desk of:



**Dannielle Lambert**  
Academic Skills  
Coordinator  
Monroe High School

### The following is important information for seniors:

#### Monroe High School Transcripts:

Monroe High School electronically sends official transcripts to the colleges and universities that you choose through Parchment. This is a more efficient and secure process to send your credentials. Additionally, Parchment has "College Tools" available where one can do college searches; receive college recommendations, compare colleges, participate in a college discussion forum, and view college rankings based on actual student information. Simply go to [Parchment.com](http://Parchment.com) to sign up.

#### Scholarships:

There are thousands of scholarships available out there from all sorts of institutions and organizations. Scholarships are available through your high school, the colleges/universities one is applying to, locally, nationally, and through businesses and corporations. First, begin your scholarship search at the colleges and/or universities that you plan on attending. For example, MCCC has scholarships you can apply to and only use at MCCC.

#### Monroe County Community College Fall 2019—Scholarship Application Workshop

##### The following websites are useful starting points:

[www.studentaid.ed.gov/types/grants-scholarships/finding-scholarships](http://www.studentaid.ed.gov/types/grants-scholarships/finding-scholarships)

[www.michigan.gov/ssg](http://www.michigan.gov/ssg)

<https://www.careeronestop.org/toolkit/training/find-scholarships.aspx>

<https://bigfuture.collegeboard.org/>

[www.fastweb.com](http://www.fastweb.com)

**SCHOLARSHIP APPLICATION WORKSHOP**

**TUESDAY, JANUARY 22 / 11 A.M. - 1 P.M. / CAREER TECHNOLOGY CENTER / T-164**  
**WEDNESDAY, JANUARY 23 / 4 - 6 P.M. / LA Z BOY CENTER / Z-289**  
**TUESDAY, FEBRUARY 19 / 5 - 7 P.M. / CAMPBELL LEARNING CENTER / C-08**

**WHAT YOU WILL NEED BEFORE YOU APPLY:**

- Please bring your **7 digit Student I.D. and MCCC email**. You will need to apply for admission to attend MCCC before you can apply for scholarships.
- If you are applying for need based scholarships, you are strongly encouraged to complete the FAFSA at [www.fafsa.gov](http://www.fafsa.gov).

**THE FOUNDATION**  
AT MONROE COUNTY COMMUNITY COLLEGE

**HAVE QUESTIONS? Contact The Foundation Office at 734.384.4177**

## From the desk of:



**Carley Schwartz**  
Academic Skills  
Coordinator  
Jefferson High School

The end of the first semester is quickly approaching, and Upward Bound students have been busy completing work and studying for tests and quizzes in our after school program. Our group is much larger this year, and with about 30-40 students attending the after school program each day, the location of tutoring has spread to include the library and other teacher's classrooms as well. Jefferson's UB students have also had the opportunity to attend a field trip each month. We toured Eastern Michigan University's campus in October, learned traditional Latin dances and made our own authentic Mexican lunch at the Sofia Quintero Art and Cultural Center in November, and visited the Toledo Zoo Lights before Christmas in December. We will be taking the month of January off as students prepare for exams, but plan to attend STEM Night and watch a Walleye game at the Huntington Center on February 1st.

As the school year continues, I would like to remind UB students the importance attendance has on their educational success. According to the campaign, Absences Add Up, being absent from school just twice a month can have a significant negative impact on your overall success. The campaign states that students with fewer absences generally "get better grades, develop healthy life habits, avoid dangerous behavior, and have a better chance of graduating from high school." They also say that, "students who attend school regularly also feel more connected to their community, [and] develop important social skills and friendships." Here are a few tips on how to improve attendance in order to make sure you are in school and on time each day:

**1. Make School a Priority-** Change your evening routine to one that will help you get to school successfully in the morning. Don't procrastinate the completion of your homework, be mindful of the time, and don't stay awake just to check your phone or watch television.

**2. Get a Good Night's Rest-** Waking up early can be a challenge, but waking up when you've only had a few hours of sleep can be near impossible. The National Sleep Foundation recommends 8-10 hours of sleep each night for teens, so work hard on going to bed at a reasonable hour.

**3. Plan Ahead-** Pick out what you're going to wear and pack your breakfast and lunch the night before. This will save you valuable time in the morning.

**4. Use an Alarm Clock-** If you aren't already, using an alarm clock is a great tool to help you wake up in the morning. However, instead of keeping it right next to you, place it across the room so that when it goes off in the morning, you cannot just hit snooze and rollover, but actually have to get out of bed to turn it off.

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



**Jefferson High School**  
5707 Williams Rd,  
Monroe, MI 48162



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



## **IMPORTANT INFORMATION FOR STUDENTS AND PARENTS/GUARDIANS**

**If a student has a missing form and/or file information or if a completed form is not received by the return date:**

**The program will not allow the student to participate in the field trip(s) and/or activities other than After-School Tutoring.**

**Until all forms are received from the student, the UB Program will put the student's stipend check on hold.**

## **HAVE YOU MOVED??? HAS YOUR PHONE NUMBER CHANGED???**

Did you know that 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. Not to mention, we are interested in keeping in contact with our students as we care about their educational success!

Please remember to call or email any of our staff should ANY of your contact information ever change.