

# UPWARD BOUND

## NEWSLETTER

WINTER 2021

### ADMINISTRATIVE STAFF

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Academic Skills Coordinator  
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CARLEY STRANYAK,  
Academic Skills Coordinator  
(JHS office), 734.322.2209  
cstranyak@jeffersonschools.org

MONROE HIGH SCHOOL,  
(MHS, Rm A-115), Please contact  
Anthony Quinn or Cheryl Prenkert

CHERYL PRENKERT,  
Administrative Assistant,  
734.384.4106 (MCCC)  
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### TUTORIAL STAFF 2020 – 2021



MATH: Matt Steele, Amanda Althouse  
SCIENCE: Matt Steele, Amanda Althouse  
ENGLISH: Laura Steele, Amanda Althouse  
*Upward Bound tutorials will be virtual on  
Tuesdays, Wednesdays, and Thursdays  
from 2:30 - 4:00 pm.*



MATH: Matt Pinter, Meagan Rupert  
SCIENCE: Matt Pinter  
ENGLISH: Holly Himick, Meagan Rupert  
*Upward Bound tutorials take place  
on Mondays, Tuesdays, and Wednesdays from  
2:30 - 4:30 pm.*



MATH: Matt Conkle, Jill Philippon  
SCIENCE: Grant Hesson  
ENGLISH: Bruce Pickens, Jennifer Crosley  
*Upward Bound tutorials take place on Tuesdays,  
Wednesdays, and Thursdays from  
3:00 - 4:30 pm*

## In memory of Ms. Dannielle Lambert Academic Skills Coordinator, Monroe High School Upward Bound Program

Ms. Lambert attended Monroe High School graduating with the Class of 1990. Dannielle began her college education at the University of Michigan to earn a Bachelor of Arts degree in Psychology.



Coordinator hired to be a tutor, mentor and friend to UB students at Monroe High School. She proudly held this position for the past thirteen years, She treasured the opportunity and respected

the assignment she was given to positively touch the lives of over 250 students throughout her tenure with the Upward Bound Program. Ms. Lambert never failed to offer genuine encouragement, reassurance, and compassion to her students and made every effort to share and demonstrate her love of lifelong learning through the many field trips and activities she planned for her students.

She continued her education at Eastern Michigan University. There, she earned her Secondary Education degree in 2000. In 2007, Monroe County Community College received a grant from the United States Department of Education's Upward Bound Program to provide services to the students at Monroe High School. Ms. Lambert was the first Academic Skills

Coordinator hired to be a tutor, mentor and friend to UB students at Monroe High School. She proudly held this position for the past thirteen years, She treasured the opportunity and respected the assignment she was given to positively touch the lives of over 250 students throughout her tenure with the Upward Bound Program. Ms. Lambert never failed to offer genuine encouragement, reassurance, and compassion to her students and made every effort to share and demonstrate her love of lifelong learning through the many field trips and activities she planned for her students.



**Ms. Dannielle Lambert will truly be missed.  
May 24, 1972 – December 3, 2020**

**From the Director's Desk:**



# MCCC UPWARD BOUND BRIDGE SCHOLARSHIP PROGRAM

This is a friendly reminder...

Seniors who graduate in good standing with the Upward Bound program are eligible to compete for the Bridge scholarship for the summer semester at MCCC. Students may take up to six credit hours during the summer semester at MCCC. These credits are transferrable to other institutions of higher learning. This scholarship includes:

- A. Tuition at MCCC for up to six credit hours of approved courses (e.g., college math and English)
- B. Books and supplies not to exceed \$100
- C. Tutoring and progress monitoring by Upward Bound staff

Please call Ms. Stranyak, Mr. Friedline or Dr. Quinn (with any questions regarding this scholarship and/or the eligibility requirements. Bridge Scholarship applications are available on the MCCC website under Upward Bound and from your Academic Skills Coordinator.

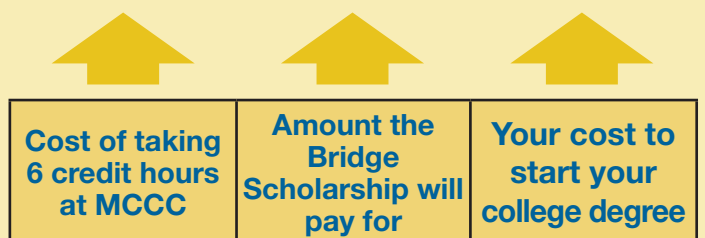
**DEADLINE FOR APPLICATION SUBMISSION IS APRIL 2, 2021!**

Bridge Scholarship participants are eligible to attend the 2021 Summer Cultural Trip.

Parents: Please encourage your student to apply to any of and all of scholarships available to him/her.

## BENEFITS OF THE BRIDGE SCHOLARSHIP

	What it Cost at MCCC	What the Bridge Scholarship Pays for	Your Actual Cost
Book	\$125.00	\$100.00	\$ 25.00
English 151 – 3 credit hours	\$343.50	\$343.50	—
Intro to Computer – 3 credit hours	\$343.50	\$343.50	—
Registration Fee / Semester	\$ 40.00	\$ 40.00	—
Tech Fee / per contact hour	\$150.00	\$150.00	—
<b>Total</b>	<b>\$1,002.00</b>	<b>\$977.00</b>	<b>\$ 25.00</b>



## From the desk of:



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

For a host of reasons, not the least of which is the forced isolation of the coronavirus pandemic, teens and young adults today are more stressed, anxious, depressed and lonely than ever. Other forces causing stress for teens include worries about their future, concerns about their image (or their brand), academic pressures, and being over-scheduled (school, sports, family, religious activities, etc.).

While there is no way to wave a magic wand to make these problems disappear, there are many small things that teens can do to mitigate the effects of all these stresses, and to help them cope with all of it. Here are just a few that do not require a great deal of time or effort (because the last thing you need are more time-consuming and energy-draining obligations!):

**Make time.** This is the basic pre-requisite for just about all the ways to take of yourself. You need time, and it has to be part of a daily routine. It's not always easy to make time with everything going on in life, but learning to block it into your schedule is necessary. If you start now, it will become a habit. Many of the activities below don't require a lot of time, but it's the regularity that counts.

**Get some sleep.** I know this is easier said than done (especially with all those great television shows to stream. They're not going to binge watch themselves!), but lack of sleep is detrimental to your thinking, and your physical and emotional state. Most young people need eight to nine hours of restful sleep to function at their best. It's not easy fitting this into a schedule filled with academic, social, and recreational activities, but it sure has a big payoff. Try to have as regular a sleep schedule as possible, and you'll find that your "biological clock" will remember when to fall asleep and wake up.

**Creative expression.** Find a creative outlet to express your thoughts and feelings. Write in a journal, write a poem, draw a picture, play an instrument. Whatever you choose (and who says you have to choose just one!?), the key is to channel your emotional state through an art form. And you don't have to be classically trained in any of these art forms for this to work for you. You don't have to be perfect. Just dive in and do your best. This is for YOU—no one else even needs to see it or hear it. But expressing those feelings in a healthy way can help alleviate the stresses you are feeling.

**Play with a pet.** If you can have a pet where you live, there are few better methods of self-care. Cuddling with a pet, taking care of them, and feeling their unconditional love is something we rarely experience otherwise.

**Meet and communicate with friends.** Research has found that meeting with friends and talking about what's going on with you prevents burnout and promotes well-being. And the activities don't have to be just talking. Things like doing art projects together, playing with slime, or gaming all work. And despite the pressure to have huge numbers of "friends" or "followers," it only takes a couple special friends to make a big difference in your life.

**Turn off smart phones (at least for part of the day).** I know this sounds hard. And it is. But we really don't need it on constantly, as if it's surgically attached to us. So, try taking a break—even for just a little while. You may experience some withdrawal symptoms or anxiety about not being able to respond to something within seconds—but if you stop to think about it, how many texts or social media posts do you really need to see immediately? Very few! Once you try it, you may actually find it refreshing to have a break from the constant notifications.

I hope one or two of these suggestions resonate with you. Try them out—and take care of yourself.

(Content based on "11 Self-Care Tips for Teens and Young Adults" by Eugene Beresin M.D., M.A., Psychology Today)

### **AHS Reminders:**

- Students: take a moment to sign up for Remind notices. Just text @mrfiedli to 734-344-5422
- Parents and Guardians: Text @d63b6f to 81010 (or 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:



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

“If the plan doesn’t work, change the plan, not the goal” –Author Unknown

This school year has proved to be the most challenging one yet, and although many things have changed, the goals of Upward Bound remain the same. Upward Bound aims to provide students with the skills and motivation needed in order to be successful in their secondary and post-secondary education. Here is how Upward Bound at Jefferson has shifted the plan, while still working towards our goals:

- **TUTORING:** We meet three days a week via Google Meet. Jefferson High School teachers are present to answer any questions in English, science, math, history, and Spanish. If students do not have any questions, they can add this to their daily routine as a dedicated time to complete homework. NEW to the program, we also have a 24/7 tutoring service called NetTutor. This can be accessed by students through the UB Google Classroom.
- **COLLEGE FOCUS:** Since we are unable to tour campuses at this time, universities are coming to us! We have met with admissions representatives from Wayne State and the University of Toledo virtually, and plan to speak with Central Michigan University soon too!
- **MENTAL HEALTH FOCUS:** School can be stressful, but add a pandemic to the mix, and the stress multiplies. Fortunately, Jamie Eathorne, a health educator from the Monroe County Health Department, was able to speak with our students via Google Meet about different ways to manage stress, and what services are available to them in case the stress becomes too much to handle on their own.
- **SENIOR GOALS:** Our seniors are really doing a great job at maintaining their focus. Almost all UB seniors have completed their FAFSA and have applied to at least three colleges. Now, they are taking on the daunting task of applying for scholarships. Fortunately, Google makes scholarship essays easily shareable to be revised by myself or our English tutor.
- **NEW STUDENTS:** We are so happy that, even during this challenging time, 9th and 10th grade students are still able to see the value in joining Upward Bound! Applications and other materials are now available electronically so that both in-person and virtual learners can participate safely. Since the end of last school year, we have added more than 10 students to the program. There are still spots available, but they are filling up quick!

### **If you know of any Upward Bound Alumni, please tell them to update their contact information with us.**

- 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, if not more, 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.
- Have them check out the alumni information located on our web page.

### **POLICY ON FORMS & UPWARD BOUND FILE INFORMATION**

If a student has not submitted a required form OR if the student has missing information in their Upward Bound File:

1. The student will not be allowed to participate in field trips and/or activities other than After School Tutoring until the required form/information is submitted.
2. The student’s stipend check will be withheld until the required form/information is submitted.

Due to securing tickets and transportation for fieldtrips and other activities, it is essential that we know how many students will be participating. For this reason, if the required permission slip has not been submitted by the due date, the student’s name will be placed on a waiting list and he/she may not be able to participate in the activity.



# UPWARD BOUND OVER THE YEARS





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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



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



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



**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.**