

UPWARD BOUND

NEWSLETTER

WINTER 2020

ADMINISTRATIVE STAFF

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TUTORIAL STAFF 2019-2020



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



MATH: Meagan Rupert and Matt Pinter
SCIENCE: Matt Pinter
ENGLISH: Cy Maughmer, Holly Himick
*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*

Vaping: What You Need to Know (kidshealth.org)



What Is Vaping?

Vaping is the inhaling of a vapor created by an electronic cigarette (e-cigarette) or other vaping device. E-cigarettes are battery-powered smoking devices. They have cartridges filled with a liquid that usually contains nicotine, flavorings, and chemicals. The liquid is heated into a vapor, which the person inhales. That's why using e-cigarettes is called "vaping."

What Are the Health Effects of Vaping?

Vaping hasn't been around long enough for us to know how it affects the body over time. But health experts are reporting serious lung damage in people who vape, including some deaths.

Some people use e-cigarettes to vape marijuana, THC oil, and other dangerous chemicals. Besides irritating the lungs, these drugs also affect how someone thinks, acts, and feels.



There are different kinds of e-cigarettes.

Many people use the Juul. This e-cigarette looks like a flash drive and can be charged in a laptop's USB port. It makes less smoke than other e-cigarettes, so some teens use them to vape at home and in school. The Juul's nicotine levels are similar to a cigarette.

Do You Have to Vape Every Day to Get Addicted?

Even if someone does not vape every day, he/she can still get addicted. How quickly someone gets addicted varies.

What about E-cigarettes That Don't Have Nicotine?

Most e-cigarettes do have nicotine. Even e-cigarettes that do not have nicotine have chemicals in them. These chemicals can irritate and damage the lungs. The long-term effects of e-cigarettes that do not have nicotine are not known.

Continued on the next page

Vaping: What You Need to Know

Why Should People Who Vape Quit?

People who vape need the right motivation to quit. Wanting to be the best, healthiest version of themselves is an important reason to quit vaping. Here are some others:

Unknown health effects: The long-term health consequences of vaping are not known. Recent studies report serious lung damage in people who vape, and even some deaths.

Addiction: Addiction in the growing brain may set up pathways for later addiction to other substances.

Brain risks: Nicotine affects brain development in teens. This can make it harder to learn and concentrate. Some of the brain changes are permanent and can affect mood and impulse control later in life.

Toxins (poisons): The vapor made from e-cigarettes is not made of water. The vapor contains harmful chemicals and very fine particles that are inhaled into the lungs and exhaled into the environment.

Sports: Vaping may lead to lung inflammation (irritation).

Money: Vaping is expensive! The cost of the cartridges over time starts to add up.

An affordable vape pen, replacement coils and juice may cost you as little as \$50 for the first month, while a full-featured box mod paired with an MTL tank, coils and juice may go up to \$120. After that, you should expect an average of \$30-60 per month for coils and juice.

vaping360.com



When Teens Quit Vaping - Understand Withdrawal

Nicotine addiction leads to very strong cravings for nicotine. It can also lead to:

- Headaches
- Feeling tired, cranky, angry, or depressed
- Trouble concentrating
- Trouble sleeping
- Hunger
- Restlessness

The signs of withdrawal are strongest in the first few days after stopping. They get better over the following days and weeks.

How Can Parents Help?

To help kids understand the risks of vaping and take control of their health, you can:

- Share this article with your child.
- Suggest that your child look into local programs and websites that help people quit vaping. Your health care provider can help you and your child find the right support.
- Lend your support as your teen tries to quit.
- Set a good example by taking care of your own health. If you smoke or vape, make the commitment to quit.

Talk to your kids about the reports of serious lung damage, and even deaths, in people who are vaping.

Reviewed by: Lonna P. Gordon, MD
Date reviewed September 2019

African American Museum/Underground Railroad Tour

February 11, 2020
Airport & Jefferson

Student Leadership Summit

February 21 – February 23, 2020
Airport, Jefferson & Monroe

Lawrence Tech, Exploration Day

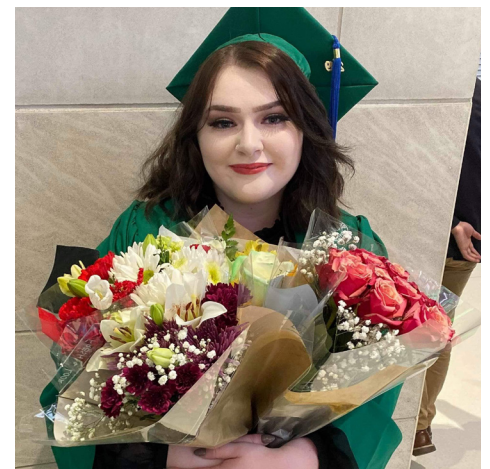
March 20, 2020
Airport and Jefferson

Aladdin at the RRCA

March 28, 2020
Airport & Jefferson

Digital Divas

April 17, 2020
Airport, Jefferson & Monroe



Melissa Linden is a 2015 graduate from MHS and an Upward Bound alumna. In 2018, she studied at Yonsei University in South Korea as a study abroad student. Melissa graduated December 14, 2019 with a BA in Communication and a Minor in Public Relations from Michigan State University.

She is considering continuing her education and may decide to go on.

What students are grateful for in Upward Bound at JHS?

Ms. Stranyak organized a Thanksgiving Pizza Party for her students. While they were together, she asked this question “What are students grateful for in UB?”

- The unity among differences
- Helping me finish my homework and keep high grades so I can do awesome things in class!
- The opportunity to meet new people
- Helping me get better grades
- Great friends and amazing tutors
- Ms. Stranyak! She is so helpful and kind.
- The ability to try new things
- Ms. S has brought so much joy to my life. I needed her positivity.
- Mr. Hesson and Ms. Crosley
- Ms. Stranyak’s encouraging attitude
- The opportunity to have a quiet place to do work and extra homework hours
- Friends, family, and food
- The opportunity to work with students
- I get to be with cool people
- G-Hess & Lyls
- Ms. S has been my friend when I had no one else
- To explore new possibilities for college
- I am grateful for all my Upward Bound friends
- All the positivity
- Caden, Kendall, Kylie, Sandrina, & Ms. Stranyak
- Having the opportunity to even attend college
- The food
- There are so many opportunities for you
- Super fun!
- It’s like a fun, little family
- Ms. Stranyak’s peace, love, and positivity
- We get paid!
- The opportunity to feel like I belong
- Mrs. Debord’s help on my portfolio
- Jaydon and Cole
- The chance to make new friends and have the opportunity to go places, all the fieldtrips



Do you know 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 for SIX (yes, SIX) years following their high school graduation? Not to mention, we are interested in keeping in contact with our students as we care about their educational success!
- Please REMIND THEM to call or email any of our staff should ANY of their contact information ever change.
- Have them check out the alumni information located on our web page.

POLICY ON FORMS & STUDENT 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.





CULTURAL ENRICHMENT TRIP – SUMMER 2020

ORLANDO, FLORIDA

June 27, 2020 – July 30, 2020

Join us for our first trip in the history of MCCC – Upward Bound to WALT DISNEY WORLD!

See the information below for the requirements for students to participate in this spectacular adventure.

- Student must have good attendance during the academic year.
- Student must achieve a cumulative GPA of 2.5 or better.
- Student should not have any behavioral occurrences (during the school year and/or summer program).
- Student must attend the summer program.
- Student must have completed the community service hours required of the program they attend.

Please check with your school's Academic Skills Coordinator if there are specific requirements to complete in addition to the requirements listed above.

SUMMER PROGRAM ATTENDANCE

We know that many families go on family trips, vacations, etc. during the summer break from school. We also know many students participate in band, sports, and have other summer obligations aside from Upward Bound. However, participation in the Summer Upward Bound Program is a requirement of the program and we highly discourage students from missing more than 4 days of our summer program. We understand that schedules can become hectic in the summer, but we encourage you to attend as much as possible. Participation in our end-of-summer trip is contingent in part on the student's attendance. Many find it to be their favorite part of Upward Bound. Students regularly indicate the summer program prepared them for upcoming classes in high school, but it also allows students to better adjust to college and makes the experience less daunting.

Field Trips and Other Activities

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.



From the Director's Desk:



The staff of the Upward Bound Program often speaks to our students about the characteristics of a good student. Here is a list of guidelines that describe a student who works hard and what teachers like to observe in their pupils. If you are one of the students that have displayed these characteristics, continue your great work. However, if you are a student who may need to improve in one or more of these categories, please continue to work hard.

1. Successful students attend classes on a regular basis. They are always punctual. These students listen and train themselves to pay attention. Generally, these students who either miss or arrive late to class, feel obligated to inform the instructor before their next class begins, if possible, on why they were late or absent. These students' excuses are legitimate and reasonable. A good student makes sure they complete all missed assignments (by contacting the teacher), and understand specifically what was covered in class. Successful students take responsibility for themselves and their actions.
2. Successful students will take advantage of extra credit opportunities when offered. The student demonstrates that they care about their grades and are willing to work to improve their marks, if necessary. He or She often do the optional (and frequently challenging) assignments that many students avoid.
3. Successful students are attentive in class. They do not talk, read, or daydream. In other words, these students are polite, considerate and respectful, even if they do become somewhat bored with the lesson. In addition, students participate in class. They ask questions that the instructor knows many other students may have in the classroom. These students are not interrupting, disrupting and preventing classmates from learning the material presented by the teacher.
4. Successful students see their instructors before and/or after class about grades, comments on their papers, and upcoming tests. They do not wait until the last week of grades or when final grades are complete to ask how they can improve their grade or why they received a grade. Successful students go out of their way to find the teacher and engage in meaningful conversation. These students demonstrate to the teacher that they are active participants in the learning process and that they take the job of being a student very seriously.
5. Successful students turn in assignments that appear neat and sharp. They take the time to produce a final product that looks presentable, and reflects care and pride in their work. Successful students complete their assignments because they are driven. Driven student complete all work and assignments on time.

Sincerely, Dr. Anthony Quinn

From the desk of:



Dannielle Lambert
Academic Skills
Coordinator
Monroe High School

In this competitive age, it is very important for our college bound students to obtain the upper advantage. One way to accomplish this is to improve students' vocabulary. There are many resources available on the Internet that students should utilize to the best of their ability. A few websites are below:

- (1) Vocabulary from "Vocabulary for the College Bound":** <http://penandpage.com/EngMenu/Vocabulary/voc10prep.htm>. There are 268 words listed on this website. Students are able to "click" on the word to view a definition, and a sample sentence for the word. Examples of the vocabulary word list include some of the following words:

ameliorate	jubilant	ascetic	contrite
conserve	derogatory	imputation	callow
chagrin	antediluvian	defunct	malign

Can you define the above-listed words? If not, you should be studying this website.

- (2) Vocabulary.com** is the easiest, most intelligent way to improve your vocabulary. It combines an adaptive learning system (The Challenge) with the world's fastest dictionary (The Dictionary) so that you can more quickly and more efficiently learn words. This website does not waste your time. They focus on the words that will help you succeed in the academic and business worlds. After you answer a few questions, the website creates a model of your knowledge. The website predicts vocabulary words you do not know, and teaches them to you. Vocabulary.com will send you a question of the week, along with word lists, blog excerpts, tips, and tricks.
- (3) "Building a Better Vocabulary":** <http://grammar.ccc.commnet.edu/grammar/vocabulary.htm>. This website contains useful tips, and common Latin and Greek roots (at least half of the English language are derived from these roots).
- (4) "Word of the Day" at <http://www.merriam-webster.com/word-of-the-day/>.** For the "Word of the Day", Merriam Webster provides the pronunciation, definition, and examples of the word. Additionally, the site provides an archive of past selections of the "Word of the Day."

From the desk of:



Charles Friedline
Academic Skills
Coordinator
Airport High School

Upward Bound seniors and families: I hope that by now, you have applied to the colleges you want to go to, and you have finished your FAFSA. Now it is 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. The total cost 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, what else can you do? Looking for some free money is a good place to start. Yes, you heard me right: FREE MONEY — otherwise known as scholarships!

Many people out there would just LOVE to give you some money. In addition, they will not 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)
- Scholarships.com (www.scholarships.com)
- Collegenet.com (www.collegenet.com)
- Fastweb (www.fastweb.com)
- ScholarshipMonkey.com (www.scholarshipmonkey.com)

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Continued from:

Charles Friedline
Academic Skills
Coordinator
Airport High School

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 Angry Birds 2 for that matter!), and we do not hesitate to put in the time and effort to do that. Again, let me say 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 of you who put in the time and work, so do not miss out! Do not forget to ask your friendly neighborhood Academic Skills Coordinators if you have any questions or need any help!

From the desk of:



Carley Stranyak
Academic Skills
Coordinator
Jefferson High School

What is a grade point average, and why is it so important?! In the United States, we measure academic achievement by using a grade point average (GPA). Every course you take during your academic career has a certain amount of points assigned to it. Most schools allow a maximum of four points per course. These points are awarded based on how well you did in the course; a better grade will reward you higher points. Your GPA is tracked throughout your four years of high school, and then restarts once you are enrolled in college. Our objective in Upward Bound, is that all of our participants graduate with a minimum 2.5 cumulative GPA; however, students should always aim to obtain higher. GPAs should be considered and valued in both secondary and post-secondary education. Here are the top five reasons why you should be familiar with your GPA, and work hard towards maintaining it.

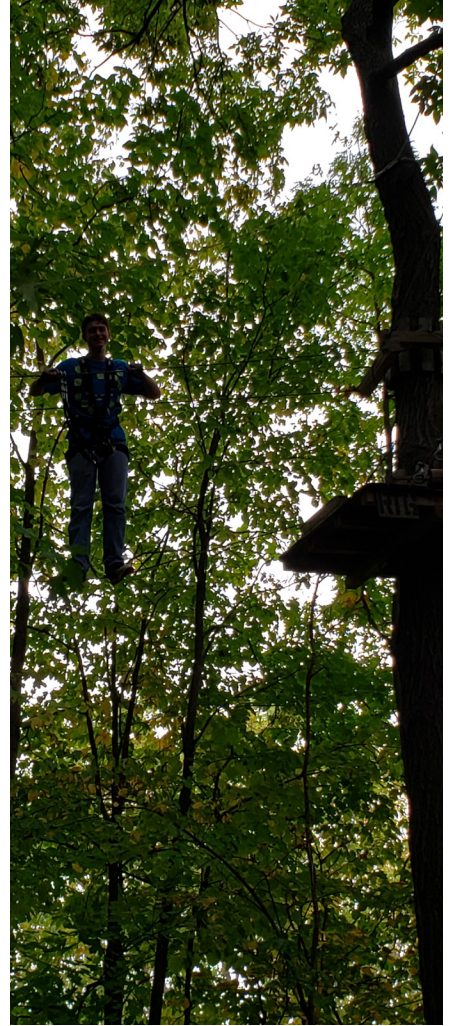
- 1. Admission into colleges and universities** - GPA is a one of the major factors colleges and universities consider when deciding to admit you. Experienced admissions officers will tell you that grades can determine success in a post-secondary institution better than test scores.¹ Maintaining a good GPA while in college is important too, as you may wish to be considered for a specialized program or graduate school.
- 2. Scholarships** - A scholarship is money awarded to students to help pay for their college expenses. There can be a variety of reasons that students win a scholarship; however, academic scholarships are very competitive. Having a high GPA when being considered for a scholarship has the potential of putting your application ahead of the rest.
- 3. Employment** - It is common for major employers to ask their applicants to submit their GPA and/or transcripts to find a potential new employee. Grades are an easy comparable for two similar candidates.² Many times this is the first proof of candidacy an employer will see, and having a higher GPA will help you stand out.
- 4. Increased lifetime earnings** - Research has shown that students who make better grades in school often make more money in their careers. These earnings grow with additional post-secondary education.¹
- 5. A reflection of YOU** - Maintaining a GPA that you are proud of is a direct reflection of yourself. It shows your dedication, determination, and perseverance to you and your education. It is said that students who achieve higher grades feel a sense of pride for their hard work, which leads to a boost in their overall self-esteem.¹

While your GPA is important, do not forget that it is not your only measure of success. Working hard, prioritizing your goals, and holding yourself accountable will help you be a high-achieving and well-rounded student.

¹ Du Plessis, Susan. "5 Reasons Why Grades Are Important." Edublox Online Tutor, 9 Dec, 2019, www.edubloxtutor.com/5-reasons-grades-important.

² Hade, Melvin. "5Reasons Why Your GPA Is Important." LinkedIn, 5 June 2016, www.linkedin.com/pulse/5-reasons-why-your-gpa-important-melvin-hade.

A DAY IN THE LIFE OF AN UPWARD BOUND STUDENT



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Airport High School
11330 Grafton Road
Carleton, MI 48117



Jefferson High School
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Monroe, MI 48162



Monroe High School
901 Herr Road
Monroe, MI 48161



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