

# UPWARD BOUND NEWSLETTER – FALL 2020

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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 through Google Meets.**

## THE SUMMER THAT WENT VIRTUAL



Weekly  
delivery  
of  
supplies  
and  
meals



**We had to be creative. Our Friday Field Trips were out. Friday Funtivities on Zoom were in.**

- ❖ June 19 – Yoga
- ❖ June 26 – Cooking
- ❖ July 10 – Painting
- ❖ July 17 – STEM Project (Build a Lighted Speaker)
- ❖ July 23 – Ice Cream Social (aka Ice Cream Truck Delivery)
- ❖ July 24 – Talent Show



Friday Cooking Class virtually lead by  
MCCC alumna, Chef Jackie Corser



Barn Owl Studios - Painting



## UPWARD BOUND 2020

Of course, we are disappointed we were not able to celebrate with you in the usual Upward Bound way. But, your achievement is still an event to be applauded and recognized. All of you have worked hard for four years to reach this triumph called graduation. You have learned and grown so much academically and emotionally. We are beaming with pride and are proud to call you Upward Bound Alumni. Below is a list of our 2020 graduates.



### AIRPORT HIGH SCHOOL 2020

**Olivia Anderson** - Her favorite memory was visiting NYC and loved having lunch in Mr. Friedline's office. Olivia plans on attend MCCC. Olivia's words of wisdom are: Join a club or two, you won't regret it.

**Breah Bell**

**Emily Davis** – One of her favorite memories of UB was dancing with all the friends on the dinner cruise in NYC and a lot of walking. Emily plans on attending Purdue University to study Health and Wellness. Her words of wisdom are: Put yourself first and always focus on bettering yourself.

**Grace Drewior** – Grace's favorite trip was Nashville. She was in Varsity Voices in high school. She plans on attending Adrian College to study accounting. Her words of wisdom are: Do as much as you can with Upward Bound in your senior year.

**Madeleine Eby** – Mia loved visiting NYC with UB and playing volleyball in high school. She plans on becoming an EMT.

**Seth Ellison** – Seth always enjoyed the summer program. He plans on attending MCCC for the Fall 2020 semester and will study nuclear engineering.

**Paul Justice** – His favorite memory of UB is going to Chicago and hanging out at Navy Pier. His favorite memory from high school is winning the district championship in wrestling. Paul plans on attending MCCC to study welding technology/Metallurgy. His words of wisdom are: Get ahead on scholarships and if a lucrative career opportunity presents itself, don't be afraid to change some plans up to better your future.

**Massimo Menna**

**Anne Self** – Visiting NYC with friend is a great memory. Going to all the dances with my friends was her favorite memory in high school. Anne plans on attending MCCC to begin her studies in Pediatric Psychology. Her words of wisdom are: Don't take this time for granted because this is the best time in your life. I know it doesn't seem like it, but it is, so just have fun.

**Savanah Simpson** – Savanah's favorite memory is the UB summer program and the trips taken. She plans on attending MCCC. Her words of wisdom are: Cherish every moment of high school. Not only does it fly by so fast but it can also be taken away so fast.

**Deja Wetzel**

**Kayleah Wetzel**

**Addison Wilhelm**

**Alissa Wojcik** – NYC was a blast and she loved everything about it. Her favorite memory of high school was the day she was forced to dance in front of the entire school, "my adrenaline was high, lol". She said it was fun and worth it. Alissa plans on studying psychology at MCCC. Her words of wisdom are: Do all that you can. Don't take anything for granted. I got my senior year taken from me (Covid -19). When you get school taken from you instead of finishing you begin to realize that it was not that bad. Fellow seniors that claimed they hated school are now missing it. DO the spirit week and go all out. I promise you it is not lame or weird, it's so much fun! Don't make yourself miserable, do what you got to do and have fun while you are doing it. Leave your mark on Airport.

**Kaitlyn Wonsowski** – Best memory was laughing at lunch during the UB Summer Program. Her favorite high school memories were getting on Winterfest Court, playing volleyball and lunch in Friedline's office. Her words of wisdom are: Take advantage of the after-school program and attend the UB Summer Program. It is worth it.



## **JEFFERSON HIGH SCHOOL 2020**

Special Congratulations goes out to the first Upward Bound Graduating Class from Jefferson High School!!!!

**Abigail Bartel**

**Brianna Bellestri**

**Haley Best**

**Jaydon Britt** – Dedication, Super Scholar - Jaydon is attending U of M

**Taylor Dmytrusz**

**Quinten Elek** – Honor Roll

**Haileigh Ellison** – Honor Roll

**Legendary Fiedler** – Honor Roll – Legend is attending Columbia College in Chicago

**Bobbi Foster** – Positive Attitude - Bobbi is attending MCCC

**Tatum Graham** – Super Scholar – Tatum is attending Oakland Univ.

**Erica Hemwall** – Positive Attitude, Honor Roll – Erica is attending Mich. State Univ.

**Kaitlyn Hemwall** – Super Scholar - Katie is attending U of M

**Ebony Herington**

**Rebecca Kozsey**

**Allen Lin** – Super Scholar

**Gabriel Linderman**

**Erin Murphy** – Erin is attending MCCC

**Elizabeth Sancho** – Dedication, Honor Roll

**Erinn Sancho** - Dedication

**Connor Simons** - Dedication

**Cole Stoia** – Dedication, Super Scholar - Cole is attending Western Michigan University.

**Alexis VanDevelde** – Super Scholar

**David Watkins** – Honor Roll – David is attending MCCC

**Bradyn Williams** – Super Scholar

**Rose Wood** – Positive Attitude – Rose is attending Lee Univ. in Tennessee

**Hao Zheng** – Positive Attitude – Hao is attending Mich. State Univ.

**Outstanding Seniors – All of the Seniors listed below were also TOP 10 GRADUATES AT JEFFERSON HIGH SCHOOL.**

Tatum Graham

Allen Lin

Bradyn Williams

Kaitlyn Hemwall

Alexis VanDevelde



## **MONROE HIGH SCHOOL 2020**

**Samantha Gonzalez** – Dedication, Positive Attitude, and Super Scholar – Sam is attending MCCC and plans on majoring in nursing.

**McCarty Mendoza**

**Alyssa Messier** – Alyssa is attending MCCC

**Hanna Mowrer** - Super Scholar – Hannah entered the U.S. Air Force in August 2020

**Shan-Toyria Morrow** - Dedication

**LaZarria Nixon** - Dedication

**Regan Pfeiffer** – Positive Attitude - Regan is attending MCCC and is pursuing a degree in Early Childhood Education.

**Zikiyha Pippens** - Dedication

**Nicholas Straub**

**Sydni Young** – Positive Attitude, Super Scholar



**Congratulations to Melissa Linden!  
Michigan State University Graduate.  
Melissa is a 2015 Monroe High  
School graduate and an Upward  
Bound alumna.**



## From the Director's Desk:

## Dr. Anthony Quinn

### Nine Tips for High School students to stay on track during the Pandemic

Studying alone can be stressful, but having to study at home during coronavirus self-quarantine is a whole new challenge. Here are eight, easy-to-follow study tips for managing the COVID-19 stress, staying on task and riding this out while achieving your academic goals.

#### **1. Plan.**

Did you know that planning is one of the best stress management techniques and writing your plans, notes, school projects, etc. in a paper planner can help you retain and remember more information? Consider unplugging from time to time to supplement digital apps and online learning portals with a paper planner, notebook or notepad.

Stay on track of your academic work and your school's expectations by gathering all your school resource documents, study-at-home curriculum and any and all instructions from your teachers. Then transfer exam dates, project deadlines, quizzes, assignments, etc. into a monthly calendar. Once you've plugged in important monthly dates into a calendar, break each week out into a weekly study schedule that works for you.

#### **2. Keep everything organized in one place.**

Students, teachers, bloggers and a lot of us collect notes, to-dos, important dates and more on random slips of paper. To avoid anything slipping through the cracks, track all of this info in one place. An [academic planner](#) is the best tool for this, or you can use basic school supplies like a binder and dividers. The point is to keep all pertinent documents and info handy in one convenient place so you can see it all at a glance, stay organized and stress less about forgetting something. Organization increases productivity and reduces stress.

#### **3. Are you a visual learner, auditory learner, social learner or solitary learner?**

Students learn many different ways. Study according to your personal learning style.

#### **4. After studying, practice explaining what you've learned.**

If you can explain the lesson to someone else, then your studying has paid off. A simple-but-effective study tip is to test your studying habits by describing what you studied. There are several ways you can do this while still observing social distancing:

- Practice explaining what you've learned to family members that are self-quarantined with you during the coronavirus outbreak.
- Practice virtually with friends online.
- Practice in front of a mirror.
- Record yourself explaining what you've learned.
- And, work with your Upward Bound tutors/Instructors and peers

#### **5. Tap into the power of music.**

The right type of music can be a powerful tool that can boost your mood, energy and focus. Find a study playlist that inspires you. Thousands of students around the world stay focused with custom playlists. Explore the best playlist for studying & find your inspiration.

#### **6. Study with friends ... ONLINE.**

While we are all doing our best to practice social distancing and reduce the spread of the coronavirus, safe social interaction is still helpful, especially for studying. Consider organizing virtual study groups with your friends and with Upward Bound to not only get your dose of socializing during self-quarantine but also to hold each other accountable to your academic goals.

#### **7. Decrease test anxiety by increasing practice.**

Test anxiety affects students of all ages and rehearsing the material helps you feel more relaxed on exam day. Take advantage of whatever online resources your school has available (e.g., practice tests, interactive quizzes, virtual flashcards, etc.). If you're not sure your school offers online resources, email your teacher(s) and even do a general search online for "practice test examples" within your subject, where you'll find plenty of helpful practice materials to

help you prepare for your exam. Also, check in with your Upward Bound tutors, Coordinators and director to assist you with valuable online resources.

### **8. STAY ORGANIZED!**

From high school to college and grad school, there's a lot to keep track of. That's where the power of organization comes in; without it, things can feel overwhelming. Break your academic goals down by quarter or semester; make a realistic plan to meet those goals; then, get organized to make it easier to follow your plan. You've got this!

**9. UPWARD BOUND.** Make sure you utilize the your Upward Bound program. We will have online tutoring and meetings throughout the week. In addition, we will have SAT prep to help you to receive the best possible score when you take the SAT. We are here to help you in any way we can to ensure your academic success. If you have any questions you or your parent(s)/guardian should feel free to contact your coordinator and director.

Citation

<https://www.erincondren.com/blog/study-tips-for-highschool-and-college-students/>



**From the desk of Dannielle Lambert, Academic Skills Coordinator, Monroe High School**

**The following is important information for seniors:**

#### **1. College Applications and Fee Waivers:**

Seniors, if you have not already started applying to colleges/universities, it is NOW time to start. Upward Bound will take care of any and all application fees. Provide me with the information on where you are applying; and, I will submit a college application fee waiver letter to that institution on your behalf.

#### **2. Monroe High School Transcripts:**

Official transcripts are sent to the colleges and universities that you choose by Monroe High School electronically through Parchment. It 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** to sign up.

#### **3. 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.

***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)  
[www.collegeboard.org](http://www.collegeboard.org): [www.fastweb.com](http://www.fastweb.com)

### **VOCABULARY for the COLLEGE BOUND**

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. Some websites are listed below:

- (1) **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.

- (2) **“Building a Better Vocabulary”**: <http://guidetogrammar.org/grammar/vocabulary.htm> This website contains useful tips, common Latin and Greek roots (at least half of the English language are derived from these roots).
- (3) **“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**

**ALUMNI:** If you were working in an essential industry during the time period of Michigan’s stay-at-home order, you may be eligible for FREE college credits!

According to the Detroit Free Press, about 625,000 essential workers in Michigan who put in time during the height of the COVID-19 lockdown and do not have a degree are eligible for free college.

The program is called Futures for Frontliners—and it is not limited to those in medical fields. It also covers people who worked in manufacturing, nursing homes, grocery stores, sanitation, delivery, retail and more.

If you enroll and attend your local, in-district community college, you will be able to get your degree tuition-free. That means you won’t pay any tuition, contact hours, or mandatory fees out of pocket.

Go to [michigan.gov/Frontliners](http://michigan.gov/Frontliners) to find out if you are eligible and to apply. Do not miss this great opportunity!

**SENIORS:** October is college application month. If you have not already, it is time to get those college applications started. By now, you should know which schools you are hoping to attend, so get online and knock them out! At this point, do not worry about cost or how to pay for it. Right now, just get your applications in to your colleges of choice. There is no point of fretting about how to pay for a particular college if you have not even been accepted yet. There is time to worry about money later on.

Some of them may require essays, so start your rough drafts right away. Then, ask an English teacher and your Upward Bound coordinator to take a look at them for you and get some feedback. Make sure to go into Parchment and submit your transcripts and SAT scores.

Some colleges and universities charge an application fee, but as an Upward Bound student, **you do not have to pay those fees!** See your Upward Bound coordinator about getting the fees waived. Community colleges do not charge fees, and their applications generally do not require an essay, so those are the quickest and easiest ones to do. So, knock those out first!

**FAFSA:** The Free Application for Federal Student Aid (FAFSA) opens on October 1. This is the part of the process that is most intimidating for both parents and students, but believe me, you’ve got this. Your Upward Bound coordinator is standing by to help, and we will get you through it. All you need is a copy of last year’s taxes and a log in and password to get started. See your coordinator right away for details and help with questions you may have.

Finally, don’t forget all the resources you have available to help you with all of this: your high school counselor, your teachers (English teachers, in particular), the college admissions and financial aid offices—and, of course, your friendly neighborhood Upward Bound coordinator! Please come and see us if you have any questions or need help with ANY part of the process—even if you just need to vent about it!

We are here for you!

#### **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 Stranyak, Academic Skills Coordinator, Jefferson High School**

Welcome back Upward Bound students! As we start the 20-21 school year, you may have noticed that learning looks a little different this year. Whichever way you are returning to your learning, Upward Bound is here to support you in your academic journey. Below, are a few tips for both those learning in person and those who are learning from home.

**Tips for in person learners:**

- **Keep your guard up (both literally and figuratively)-** Always wear your mask, and make sure to maintain at least 6 feet from your neighbor to allow for social distancing.
- **Get plenty of rest-** Getting 8-10 hours of sleep each night can boost your immune system, and help you fight off unwanted sicknesses.
- **Write everything down-** Use a planner to keep track of important information such as when homework is due or the date for your next quiz.
- **Rely on discipline, not motivation-** If you wait until you *feel* like doing your homework, you may be waiting forever. Create routines that allow you to accomplish what needs to be done, even when you don't feel like it. Do not procrastinate!
- **Ask for help and clarification-** There is always someone to help, you just have to ask! Don't be shy to admit that a concept is unclear, or that you're not sure what to do. Your teachers and the Upward Bound staff are here to ensure your success.

**Tips for remote learners:**

- **Check your equipment and hardware-** Are you set up for success? Make sure that you have a working device and stable internet connection that can run the programs that you need for school. If not, reach out for help immediately.
- **Find a quiet place-** Set up a quiet place in your home to be your "office." Make sure it is a place that is free from distractions where you will be able to focus. You can even decorate your space with some inspirational quotes or pictures of friends.
- **Set up a routine-** Creating a routine that mirrors a typical school day will help you stay focused while learning at home. Every day, dedicate a period of time to each of your classes so that you don't fall behind. I encourage you to change out of your PJ's sometimes too!
- **Stay in touch with your friends-** Maintaining your social and emotional health during this time is very important. Although you are learning from home, make sure you are still reaching out to your friends and teachers to avoid feeling alone.
- **Ask for help and clarification-** Just like our in-person learners, there is always someone to help, you just have to ask! Send an email or ask for to set up a Zoom meeting if you are feeling lost or unsure about what to do. Your teachers and the Upward Bound staff are here to ensure your success

**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.

**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.

#### AFTER-SCHOOL TUTORING FOR THE FALL OF 2020

##### **Airport High School**

Tutoring started Monday, October 5, 2020 and will run on Monday, Tuesday and Wednesday from 2:30-4:30pm.

##### **Jefferson High School**

Tutoring started Tuesday, October 6th and will run Tuesdays, Wednesdays, and Thursdays from 3:00-4:30pm.

##### **Monroe High School**

Tutoring started Tuesday, October 6th and will run Tuesdays, Wednesdays, and Thursdays from 2:30-4:30pm.



#### Quiz Time

Let's have some fun!

**Match the fun fact with the correct UB staff member. Send your answers along with your name to Ms. Prenkert by Nov. 9, 2020 [cprenkert@monroeccc.edu](mailto:cprenkert@monroeccc.edu).**

**Winners and answers will be posted on your schools Facebook page and on the MCCC - Upward Bound web page. Winners will be chosen on November 10, 2020.**

**Students who answer correctly will have a chance to win pizza, breadsticks, and pop delivered to their house. One winner from each school!!!!**

**Staff members from MCCC, AHS, JHS and MHS are also invited to guess – One winner from each location will receive a cupcake from Cakes by Stephanie.**

#### Fun Fact

1. \_\_\_\_\_ When I was little, I had to attend speech therapy for two years.
2. \_\_\_\_\_ I like watching murder dramas, like Criminal Minds, NCIS, and Law and Order: SVU
3. \_\_\_\_\_ Took classes at five different colleges or universities (MCCC, Lourdes University, Eastern Michigan University, Wayne County Community College, and Marygrove College).
4. \_\_\_\_\_ I love cats.
5. \_\_\_\_\_ I failed my driving test twice in high school.
6. \_\_\_\_\_ I qualify for dual citizenship in another country.
7. \_\_\_\_\_ I graduated high school at the top of my class.
8. \_\_\_\_\_ Appeared in a music video for the song, "Black Darker," by the band, Paris By Night.
9. \_\_\_\_\_ I played the clarinet in school.
10. \_\_\_\_\_ I enjoy listening to Sirius XM.
11. \_\_\_\_\_ I like watching reality/trash TV, documentaries and historical dramas.
12. \_\_\_\_\_ I eat chocolate every single day.
13. \_\_\_\_\_ I drove a snowmobile up the side of a tree.
14. \_\_\_\_\_ While in college, I worked as a security guard in a nuclear power plant.
15. \_\_\_\_\_ I am not fond of cats.

**Answer Guide** A = Mr. Friedline B = Ms. Lambert C = Ms. Prenkert D = Dr. Quinn E = Ms. Stranyak