

UPWARD BOUND

NEWSLETTER

FALL 2022

ADMINISTRATIVE STAFF

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TUTORIAL STAFF 2021 – 2022



MATH: Matt Steele, Kelly Vandeginste,
Amanda Althouse

SCIENCE: Matt Steele, Amanda Althouse

ENGLISH: Laura Steele, Amanda Althouse

*Upward Bound tutorials take place on Tuesdays,
Wednesdays, and Thursdays from 2:30 - 4:30 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 p.m.*



MATH: Stephanie Eby

SCIENCE: Kaitlyn Long

ENGLISH: Jennifer Crosley

*UB tutorials take place in the library on Tuesdays,
Wednesdays, and Thursdays from 2:30 - 4:30 pm.*

What have we been doing?



Upward Bound Summer 2022 participants



College and Career Fair



Making the world a greener place

From the Director's Desk:



Dr. Anthony Quinn
Upward Bound
Program Director

The past summer we had a very successful and productive program. It was our first time in three summers that we were all on campus together. Congratulations and thanks to all of our Upward Bound students who participated in the 2022 MCCC Summer Program. We hope you enjoyed coming to campus and taking part in all of the activities that we provided. The summer program that took place from June 20, until August 4, 2022, consisted of classes in Math, Science, English, Financial Literacy, and Japanese. In addition, we took a variety of field trips to businesses and colleges/universities. We are excited about our upcoming academic year at Monroe, Airport and Jefferson High Schools, and we are thrilled to once again work with your students. Finally, I would like to thank our dedicated parents and guardians because without your help the program could not be successful. I wish all of our students a successful 2022-2023 school year!

From the desk of:



Charles Friedline
Academic Skills
Coordinator
Airport High School

Coordinator's Corner

The beginning of a new school year, and the opportunity for a fresh start, is a great time to think about and set some short-term goals. Some of you may have already done this when you completed your Educational Development Plans (EDPs) during the summer program. But this is a good time to reflect on them, add to them, or change them if your priorities have changed.

If you are not sure how to start your goal setting, here are a few ideas:

- Think of areas in your life, or skills—academic or personal—you would like to improve. What is something you want to be better at?
- Think of new things you would like to try.
- Do you know what you want to do for a career? What are some things you can do (or need to do!) right now to make that happen?
- Make a plan to do these things—then break it down into small, achievable goals, that you can accomplish over a marking period or semester.
- Make sure your goals are specific and measurable. “Get better grades” is too vague. Which grades? Which classes? Try something more like, “I want to get at least a B in Chemistry first marking period.” Then you can measure your progress. Do you have at least a B? Then you are on track! If not, you have some adjustments to make.

Here are some examples of short-term goals:

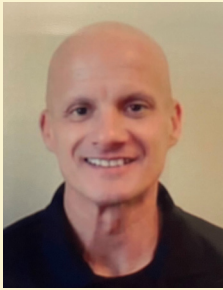
- For the first marking period, I will finish all my homework on time—and turn it in! No zeroes!!!
- I will find a consistent place and time to do homework—and stick with it
- I am going to get organized (get a planner, some folders, and some colored highlighters, etc.)
- I will explore at least three colleges (and/or careers) this marking period
- I am going to set limits on my social media use, playing games, etc. (You can definitely do these things—taking short breaks can be good for your mental health. Just don't go down the rabbit hole and do it until two hours past bedtime while your homework sits there unfinished! Set reasonable limits.)

Each of you will set different goals, of course, it is just important that you do it. Having goals will keep you accountable to yourself. It will give you specific targets and a way to track your progress.

And seek help when you need it! There may be times when you are falling short of your goal because there is an obstacle of some kind—and that is okay. If you don't know who to turn to for help—start with me! I may not have the answers or be able to help with every situation, but I can point you in the direction of someone who can.

AHS Reminders:

- Students: If you have not already done so, take a moment to sign up for 2022-2023 Remind notices. Text @bad6hh8 to 81010 or 734-344-5422
- Families: Join our UB Families 2022-2023 Remind group by texting @c8833f3 to 81010 or 734-344-5422
- Check us out on Facebook at “Airport High School Upward Bound”

From the desk of:

Jeffrey Rubley
Academic Skills
Coordinator
Monroe High School

Welcome back for the 2022/2023 school year at MHS. The start of a new school year is a logical time to reflect and revisit academic goals as well as starting and maintaining strategies that promote student success.

Below are a few recommended on-going strategies that promote student success:

- Start the new school with an organized locker and backpack. If you are missing needed supplies, please let your coordinator know. Spend time each day and week keeping your items organized so they are accessible and easy to find.
- Choose a set study/homework area at home with good lighting, adequate supplies, and an adequate clean, flat table space. Avoid completing work in front of the television and/or while in bed.
- Consider asking for the help of an older sibling or parent for homework you are having difficulty with.
- Use a student planner, Google Calendar, or some other method to track homework assignments and tests due dates. Tracking and marking completed homework will keep you focused on what is due and will serve as a reminder of what needs to be turned in.
- Keep graded assignments organized so you can access them to study for tests/assessments.
- Set and stick to a consistent bedtime and wakeup schedule with at least 8 hours of sleep per day so you are affording yourself the number of hours the average teen needs of sleep to be able to produce at an optimal level.
- Be sure to consume enough calories for your age/size throughout the day ensuring you eat at least the recommended amount of protein, vegetables/fruit, fiber, grains, and water. It is also recommended students take a multivitamin.
- Review your goals and check your grades in Power School at least weekly.

MHS Reminders:

- Students: If you have not already done so last year, take a moment to send Mr. Rubley a text at 734-265-0105 with your first and last name.
- Check us out on Facebook at "Monroe High School Upward Bound"
- After school tutoring will be Tuesdays, Wednesdays, and Thursdays starting Tuesday, October 4th from 2:30-4:30PM. Tutoring will be held in the new Upward Bound room number B-221.



Students bring your fully charged, school issued device to school daily. Make it a habit to carry your charger to and from school with you so you can charge the device at school if needed.



From the desk of:

Carley Stranyak
Academic Skills
Coordinator
Jefferson High School

Welcome back, students! The 22-23 school year has officially commenced, and we are excited for the fresh start and many opportunities that a new school year brings! Some of you may feel excited about going back to school, while others of you may be feeling a little anxious, but both feelings are very normal. Excitement and anxiety may seem like opposites, but they actually FEEL very similar?! Both excitement and anxiety can give you butterflies in your stomach or increase your heart rate, but excitement is JOY-based while anxiety is FEAR-based. If you are feeling a little anxious about the new school year, here are some tips to help you reduce the fear, and lean into the joy of a new school year:

- Establish a routine: Wake up and go to bed around the same time each day, and make sure to get at least 8 hours of sleep. Don't forget to give yourself enough time to eat a healthy breakfast. After school, block out time to do your homework, and include some "wind down" time in your day to read a good book, stretch, or watch your favorite show.
- Get organized: Make sure you have what you need in order to have a successful year. I recommend having a different folder for each class and using a planner to stay on top of assignments and events. If you need school supplies, healthy snacks, or transportation to and from school, please let us know.
- Get involved: You belong here! Getting involved in school allows us to make friends and engage in new experiences. It's easier to feel confident in our abilities when we have a community of people behind us cheering us on. Being an active participant in Upward Bound is a great way to connect with others who are like you.
- Engage in positive self-talk: Anxiety can often make us feel like we are not good enough, smart enough, strong enough, etc., but that's not true! Being kind to yourself, and repeatedly reminding yourself about how CAPABLE, SMART, and STRONG you are will help you battle the negative feelings associated with anxiety. Positive self-talk is a skill and should be practiced every day!
- Reduce your caffeine intake: If you are someone who often feels anxious or fidgety, it is recommended to reduce or eliminate your caffeine consumption. Caffeine increases our heart rate which can make us feel anxious or nervous, and it even reduces the feel-good chemical, serotonin, in our brains.



If you need transportation home from After-School Tutoring please email Ms. Stranyak

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.



Disney World Adventure

UPCOMING EVENT

University of Michigan Football game on November 19th in Ann Arbor, MI

Time of game to be announced at a later date.

Tickets have been purchased for 10 students from each school to attend.

Stay tuned for more information to come.

The University of Michigan stadium is a cashless venue



Theme Park Design Workshop

AFTER-SCHOOL TUTORING FOR THE FALL OF 2022

Airport High School

Tutoring started Monday, October 3rd and will run on Monday, Tuesday and Wednesday from 2:30-4:30pm.

Jefferson High School

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

Monroe High School

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



Toledo Zoo – Friday Field Trip



Cedar Point – Fellowship Trip

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



Lourdes University Visit



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,
Newport, MI 48166



Monroe High School
901 Herr Road
Monroe, MI 48161



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

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



Kennedy Space Center - Cultural Trip 2022

*“If you want to
know what a man’s
like, take a good look
at how he treats
his inferiors, not
his equals.”*

–Sirius Black, from Harry
Potter and the Goblet of Fire



The Wizarding World of Harry Potter - Diagon Alley - Universal Orlando Resort