

Upward Bound Quarterly Newsletter 1st Edition



08/24/2018

NSU Upward Bound Summer Session

Volume 1, Issue 1

This summer was for sure Fast and Furious! (In a good way) Thank you to all the students and families participating in our first summer!

It was truly exciting to see the new friendships and mentoring bonds developed between the students and summer staff members. The job shadowing opportunities and hearing what the students gain is also inspiring!

It was an exciting six weeks filled with many learning opportunities for both the students and the staff. As a brand new program with everyone meeting for the first time on the first day of the summer session, we all jumped into unfamiliar territory and lived to tell the tale!

We look forward to the upcoming school year and cannot wait to plan for summer 2019! We hope to see you there!

Along with the day-to-day events living on a college campus, we were able to have the following off campus experiences:

- Visited the Oklahoma Aquarium
- Toured the USS Batfish
- Explored the Illinois River
- Toured University of Arkansas
- Experienced traditions at Cherokee Heritage Center



Special points of interest:

- ✓ Learn about TRIO
- ✓ FAFSA 101
- ✓ Summer Highlights
- ✓ Student Leadership Conference

Where's my money!?!?



I know we are all anticipating the stipends from the summer session. Earlier this month letters were sent out to students missing documentation. This is required in order to process the paper-

work to get the checks issued. I will be submitting all the paperwork I have in my possession this week for processing. If your documentation is still missing, your check will not be processed.

Once the checks are printed, they will NOT be mailed! I am required to have a signature from each student when I issued the check. The plan is to meet you at your high school to give you the check.

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TRIO - What exactly is it?

Upward Bound is part of the TRIO umbrella of grants issued by the US Department of Education. There are actually seven different programs funded to serve students.

It began in 1964 with **Upward Bound** as part of President Johnson's War of Poverty. These programs help students prepare for college while improving academic achievement and standardized test scores. In 1965 **Talent Search** began. These programs work with 6th - 12th graders to teach the processes to enter postsecondary education. The purpose of these two programs is to get students whose families never went to college, to go to college.

After a few years, these programs were sending students to colleges, but they found the students struggled once they got there. 1968 was when **Student Support Services** was born, making us TRIO. Student Support Services works

with college students in pursuit of a two (associates) or four (bachelors) year degree.

In 1972 congress realized there were other areas of our population who should benefit from these programs. First, with all the soldiers coming back from the war, they added a veterans leg to Upward Bound creating **Veterans Upward Bound**.

These programs help veterans get into college. That same year, the department added **Educational Opportunity Centers**. These programs help adults in pursuit of an educational program past high school or high school equivalency. They also help adults who once attended college, to get back into college.

In 1986 the, in wake of the Challenger Explosion, the **Ronald E. McNair Post-Baccalaureate Achievement Program** (often referred to as McNair Scholars) was implemented. This program is

for college juniors and seniors to prepare underrepresented populations for a doctoral degree.

Finally, in 1990 **Upward Bound Math Science** was started. This program is like Upward Bound, only they have an emphasis on STEM. These programs prepare students for STEM fields.

All of these TRIO programs are grant programs and are funded for five years. They are renewable grants. Currently there are 3,115 TRIO programs serving 814,800 students nationally. .

TRIO is the longest running educational grant program in the world! We are the longest running program because we work. TRIO has contributed to over 5 million people attaining a college degree with many other successful outcomes.

Oklahoma Aquarium





FAFSA - Financial Aid 101

Seniors! This year is going to fly by! It is crucial to fill out your FAFSA as soon as you are able. It doesn't open until October 1st, so you have a moment to breathe.

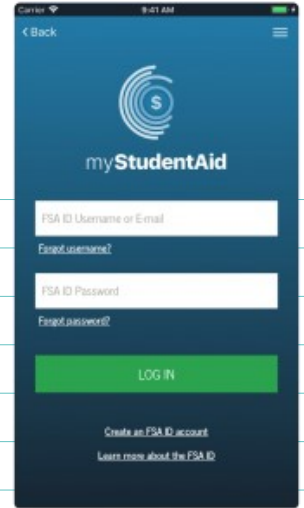
Filling out the FAFSA determines your eligibility for State and Federal grants, Federal Work Study, Federal Student Loans, and some scholarships.

We will have a financial aid workshop to learn more details. However, in the meantime, you and your parent can create your FSA ID. fsaid.ed.gov The FSA ID is what you use to electronically sign your FAFSA. Each student needs an FSA ID and one parent

needs an FSA ID. The parent who is listed first on the taxes should also be the parent who signs the FAFSA.

When the FAFSA opens, you can ensure the accuracy of the information if you use the IRS Data Retrieval Tool to connect your financial information to the taxes from 2017.

You don't have to have a computer at home to fill out the FAFSA anymore. They have created an app for your convenience. It is called My Student Aid. Please make sure you are getting the app from the US Department of Education and not some random company or organization.



There's an app for that!

Summer Highlights - New Food I Tried



- HUHOT
- Mongolian
- Burnt Pizza
- Vegetarian Burgers
- Olive Garden
- All the food that I ate
- Hamburger Pizza
- American Food
- Apple
- Mexican Food
- Flounder at Red Lobster
- Meatball Pizza
- Cereal
- Hawaiian Pizza
- Burnt Burgers
- Fried Squid

Sleeping Beauties



USS Batfish



Summer Highlights—Favorite Quotes

- Don't be a Patrick
- If You Didn't make Mistakes, You Wouldn't get far.
- Never make Yourself feel like nothing, to make Someone else feel like everything.
- It's Situationship Not A Relationship
- Close your eyes to what you can't imagine.
- I made a million mistakes but I'm successful despite of them.
- Woah, Wait It's Summertime why they tryna throw Shade?
- Though She be but little she is fierce
- Whatever you do, never regret it because it may lead you to the right direction.
- I got an oil for that!
- No one is Weird, they're just limited edition.
- Dear Algebra, Please Stop asking me to look for your X She left you and I don't Know Y.
- Have fun, be safe, make good choices, call your mom if you need anything.
- You can't shame someone who wears fake pants.



Illinois River





Cherokee Heritage Center



Summer Highlights - Best Memory

- Becoming really cool with staff and my new sister Jessica
- Learning to get a job
- Logan barfing in the car
- Capture the flag
- Fitness Center
- Meeting New People and where they came from
- Playing Hide & Seek
- Making friends
- Having capture the flag
- Me bringing a lamp to keep Ghost away
- Getting my feet eaten by the fish @ the River
- Sleeping
- Buffalo Wild Wings (the funny talk with Lisa)
- Watching Riley fall
- Stories with Corey
- Car rides ~w~ Lisa
- Cory's Stories
- Falling after jumping over the stairs
- Going to the Aquarium
- Watching Jennifer dancing with a pillow case over her head
- Going to the Library to watch fortnite
- Playing in the rain
- Incredible Pizza Trips
- Splash pad & stories with Corey
- Playing in the rain
- When we all got together in groups in activities
#Relationships #Huhot #Family #Summa 2K18 #I have oils 4 that #Blessed #Miss #CJ DOESN'T APPROVE #DOM <3

Summer Highlights - Things Learned

- New monster names
- Cherokee
- Cherokee
- Stickball, Cherokee, Basket, Volleyball
- Making a basket
- Cherokee
- Not to leave without permission
- Cherokee
- Just because you have money for college there's a lot of other ways!
- Beading
- College Life
- Speak Cherokee
- I have Oils for that! -Lisa 2018
- Card trick
- Me! <3
- New names
- Stickball
- To make a copy...
- How to make a basket & bead work
- How to make Medallion
- {not to call everyone your friend}
- How to make a basket <3



Summer Highlights - Favorite Moments

- Movies in the auditorium, Failed attempts of hide and seek in Lounge & BT, Getting Cherokee Name :)
- Going to the FIT
- Movies in the auditorium
- The food!!!
- Going to the river
- Sleep
- Recording Malcom <3
- Splashpad <3
- Playing in the rain
- Codie playing Pocahontas in Cherokee Class
- Playing Stickball -ayosgi-
- Chloe's Cool voice
- Capture the flag
- Laughing at everything
- CJ hearing Charles in Charge all day :)
- Watching Riley Fall



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Upward Bound (UB) is an intensive intervention program that prepares students for higher education through various enrichment courses. Campus-based UB programs provide students instruction in literature, composition, mathematics, science, and foreign language during the school year and the summer. UB also provides intensive mentoring and support for students as they prepare for college entrance exams and tackle admission applications, financial aid, and scholarship forms. More than 70,000 students are being served by 956 Upward Bound projects. Recent analysis from the U.S. Department of Education showed that 86 percent of Upward Bound students in the 2013–14 high school graduation cohort enrolled immediately in college following high school graduation.

SWASAP Student Leadership Conference

SWASAP stands for Southwest Association of Student Assistance Programs. It is the regional organization service TRIO programs in Arkansas, Louisiana, New Mexico, Oklahoma and Texas. Every year they put on a student leadership conference. My students have had a blast every time I have been able to take a group.

NSU Upward Bound is going to be taking a group. The conference is September 21st through 23rd. We pay for EVERYTHING! We just need the students to attend with a positive attitude, open mind, and willingness to grow.

There are only 30 spots available! This opportunity will be on a first come-first serve basis. Once I have received 30 COMPLETE packets, I will start a waitlist in case someone has to back out.

Please take a moment to look over the packet. You can also find additional information about it from the SWASAP website swasaptrio.org/SLC.

Don't delay! Submit your SLC Packet today!



STUDENT LEADERSHIP CONFERENCE

"Empowering a Legacy of Leaders"

SKY RANCH, VAN, TEXAS • SEPTEMBER 21 - 23, 2018

Registration is now open

Upward Bound Pays!



Student workshops will be provided by:

