

Upward News

Bound Letter

Quarterly Newsletter 🍷 September–November 2024

Education by Engagement

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Welcome Back Everyone!

Another school year is upon us. We hope each of you had some time to rest and recoup after the amazing 2024 Summer Program. You accomplished so many great things this summer, and we look forward to continuing this positive momentum this academic year. We are in communication with your sending schools finalizing center meeting schedules. We hope to be meeting with you in-person by the third week of school. Please check your VTTRIO email regularly for updates. We are planning to send out quarterly newsletters this year, meaning a lot of information will be accessible in each newsletter. These will stay posted in the Google Classroom, and we will have hard copies as we meet with you in person. We hope you can join us for our annual apple picking event on September 13, at NorthCourt Orchard in Enosburg.

The SUMMER 2024 *Recap!*

We had an amazing summer together as an Upward Bound Community! We kicked the summer off with a week of New Student Orientation, then moved into 4 weeks of residential programming with our Juniors and Seniors, and ended with a Junior/Senior/BRIDGE student Leadership Trip to Portland, Maine! Let us recap what we did in those 6 weeks!

New Student Orientation

The goal of New Student Orientation was to get all new students familiar with each other and the program. During NSO week we introduced TriO; learned about different types of colleges; became familiar with Upward Bound curriculum; got creative with art activities; began college exploration; and engaged in lots of team building. We finished out the program with some seriously amazing ropes course action!



Junior/Senior Program

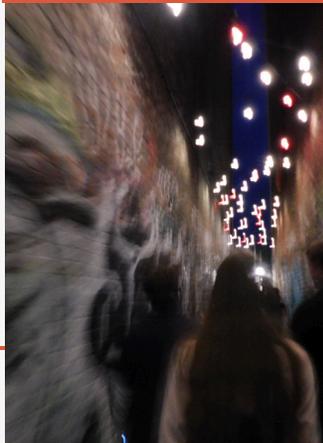
This summer was full of academic learning, service learning projects, dual enrollment courses, college research, elective programming, college tours, and a whole lot of fun and team building! We maintained a beautiful garden and hosted another successful Story Walk event in partnership with the Lamoille Family Centre

19 students completed and passed their DE course, earning some college credit before HS graduation! Go you! Our rising seniors started working on their college essays; the rising juniors fine tuned their college lists; and almost the entire program biked from Johnson to Morrisville. Volleyball, electives, UB Olympics, and a lot of laughing, fun, and great memories were made!



Leadership Trip Portland, ME

We toured Plymouth State University on our way to Portland, and also saw New England College. We spent time exploring the city on foot learning about the history and ; checked out the Portland Museum of Art; spent an afternoon looking for whales on a whale watch; and saw a show! What a great way to wrap up the summer program!



CENTER MEETINGS

Weekly Calendar



CENTER MEETINGS!

Bellows Free Academy

To Be Determined - please check email

Enosburg Falls

Friday's in Mrs. Metcalf's room,
11:13 - 11:38 am

Lamoille Union

Thursday's, starting 9/12; in Mr.
McKenna's room

Missisquoi Valley

Every other Tuesday starting 9/10;
12:43 - 1:13 pm in Mrs. Miller's room

North Country

To Be Determined - please check email

Peoples Academy

To Be Determined - please check email

Richford

To Be Determined - please check email

IF YOU MISS A CENTER MEETING....

If you know you will be missing a center meeting please let us know in advance by email. We understand sometimes things come up and you might not know

We still want to connect with you, even if you miss a meeting!

Please complete this Google Form that counts for a missed meeting. Have it filled out by the end of the week that you missed. UB core staff will email this to you as well, but feel free to take initiative and get it done!

WEEKLY CHECK-IN FORM

<https://forms.gle/xipLRo1ZozRETfrT9>



FALL EVENTS

SEPTEMBER-NOVEMBER

September 13th Apple Picking, 4 - 6pm

There will be an after school opportunity to pick some delicious apples! We will be heading to Northcourt Orchard in Enosburg on **Friday September 13th**. Leaving the UB office at 3:15pm. **Please email a core staff member and let us know if you plan on joining so we have enough space in the vans! You are welcome to meet us at the orchard at 4pm.** Dinner will be provided.



UB STUDENTS APPLE PICKING IN THE FALL OF 2023



UB STUDENTS AT THE NESLC IN 2022

September 20th-22nd New England Student Leadership Conference

Sara Crane, Sylvan Hathaway, Jessie Allen, and two others will be joining us in Fairlee, Vermont, for this Leadership Conference!

October 5th, 10am - 2pm Saturday College Meeting at VTSU - Johnson

All students, please join us for the first Saturday College of the year! Transportation and lunch will be provided. We plan to welcome our new Team 1 students, share UB updates, and provide workshops

RSVP BY SEPTEMBER 30TH BY EMAILING THE OFFICE & LET US KNOW IF YOU ARE USING UB TRANSPORTATION. THE SCHEDULE WILL BE SENT OUT AFTER WE KNOW WHO IS COMING FROM WHICH SCHOOLS



UB STUDENTS AT THE OCTOBER MEETING IN 2023

Fall Season Contest New Upward Bound Logo

Continuing the new tradition we set last year, this seasons contest will be the UB Logo Contest!



ALL ENTERIES DUE DECEMBER 1ST

THE 2023 WINNING LOGO BY MARSHALL MOFFATT

October 11th, 10am - 2:30pm Sophomore Summit at VTSU- Johnson

All current sophomores are invited to come to Johnson for a day or networking with other sophomores from UB programs, participate in college and career workshops, and learn more about TRIO!

TRIO

FALL EVENTS

SEPTEMBER-NOVEMBER

October 9th, NEACAC College Fair at St. Michael's College

This is one of the largest college fairs of the year! Many of your sending schools will provide transportation during the day to attend this college fair, and we encourage you to take advantage of this. The core staff will be at the fair. If you need transportation, or would like to attend in the evening please let us know. This is a great opportunity to bring your family to learn more about colleges. [Click here for a list of participating schools.](#)



UB STUDENTS TOURING PLYMOUTH STATE SUMMER 2024



UB STUDENTS AT WARM THE CHILDREN IN THE FALL OF 2023

October 18th, 19th, 20th & 24th Warm the Children Service Project

Warm the Children is an amazing volunteer opportunity where we support school aged children get winter clothing from the Pick & Shovel in Newport, VT. We will open this opportunity up to students from NCUHS, PA, LUHS, and RHS. Transportation and meals will be provided. Let us know if you are interested in participating.

November 2nd Saturday College Meeting

**Possible college tour-
TBD- Stay Tuned!**

RSVP BY OCTOBER 28TH



UB STUDENTS AT THE NOVEMBER SATURDAY COLLEGE MEETING IN 2023



UB STUDENTS AT THE FIRST GEN/ SOPHOMORE SUMMIT AT UVM DURING THE FALL OF 2023

November 8th, 10am - 3pm First Generation Celebration Day at UVM

All current sophomores and any juniors that didn't attend last year are encouraged to join us for the First Generation Celebration at UVM, which includes a campus tour, first-gen student panel, meeting other UB students, and an admissions session. Transportation provided.

FALL TEAM ASSIGNMENTS

Team One Sophomores

September

- Review, sign, and return Academic Year Contract

October

- Login to Pathful Explore and complete the October assignment. Details can be found in the Team 1 Google Classroom, along with your login information.

November

- Use Tutor.com at least once this month by submitting a writing piece for review or attending a tutor session. Login information will be reviewed at the October Saturday College Meeting.

Team Two Juniors

September

- Review, sign, and return Academic Year Contract

October

- Register for the PSAT with your school counselor.
- Add 1 college to your College Comparison Chart.

November

- Add 1 college to your College Comparison Chart.
- Use Tutor.com at least once this month by submitting a writing piece for review or attending a tutor session.

Team Three Seniors

September

- Review, sign, and return Academic Year Contract

October

- Create an FSA ID and MYVSAC account.
- Register for the SAT or ACT.
- Begin CSS Profile if applying to UVM, or other schools that require it
- Revisit Senior Action Plan deadlines and dates (Begin Applications)
- Ask recommenders for college applications and give them the deadline for returning these to you.

November

- Complete the Senior Google Form [HERE](#).
- Revisit Senior Action Plan deadlines and dates

Everyone

September

- Give the UB office a copy of your 2024/2025 class schedule.
- Email the UB office with a list of three schools in New England you are interested in touring this year.

October

- Attend the Saturday College Meeting.

November

- Attend the Saturday College Meeting.

REMINDER

The more events you attend the more opportunities you experience, and can earn your stipend \$\$\$. Check out the full list of Fall Events listed in this newsletter!

RECRUITMENT

We are currently recruiting current sophomores and juniors into the program. Now is a great time to recommend the program to friends and peers!



Resources and Contacts



CORE STAFF CONTACT INFO!



Program Director
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Graduate Assistant
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ACADEMIC TOOLS!



Google Classroom

[Team 1 Google Classroom](#)

[Team 2 Google Classroom](#)

[Team 3 Google Classroom](#)



A Service of [The Princeton Review](#)

All students have access to Tutor.com.
Your username is your VTTRIO email and password is **upwardbound**. Let us know if you have any trouble logging in.

CHECK OUT OUR SOCIAL MEDIA!



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Updates coming soon!



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Website
New website coming soon!

