

Upward Bound News letter



Quarterly Newsletter 🙌 December 2024-February 2025

Education by Engagement

In this Newsletter:

- December Saturday College
- Center Meeting Schedule
- Fall 2024 Recap
- Winter Events
- Student Shout Outs
- College and Career Spotlight
- Team Assignments
- Alumni Advice
- UB Resources and Contact Info



Happy Almost Winter Everyone!

The December Saturday College Meeting is coming up on 12/7! Information can be found on the UB Instagram and the weekly check in form. We are heading to the movies, going out to lunch - gift giveaway, transportation provided, good fun! Please RSVP by 11/25.

DECEMBER SATURDAY COLLEGE MEETING

**SATURDAY, DECEMBER 7TH
10AM - 2PM**



**JOIN US FOR THE
FESTIVITIES:**

**RSVP FOR THE EVENT TO
LET US KNOW YOU ARE
COMING BY 11/25!**

**PROSPECTIVE NEW
STUDENTS WILL BE
JOINING US!**

ACTIVITIES OF THE DAY:

- A PRIVATE SHOWING OF MOANA 2 AT THE BIJOU THEATRE IN MORRISVILLE
- A BANQUET LUNCH AT THE CHARLAMONT!
- GAMES WITH PRIZES
- LOGO CONTEST VOTING
- HOLIDAY GIFT BAG GIVEAWAY
- RECEIVE YOUR FREE BOOK FOR THE READING INITIATIVE!

12/7 TRANSPORTATION PLAN

PICK UP:

- **MVU -SWANTON
HANNAFORD PARKING LOT
8:10 AM**
- **BFA - MOBIL (555 FAIRFAX
ROAD) 8::25 AM**
- **EFHS- HANNAFORD
PARKING LOT 8:50 AM**
- **NCUHS - WENDY'S PARKING
LOT 8:40 AM**
- **PA/LUHS- MCDONALDS
PARKING LOT 9:35 AM**

DROP OFF:

- **MVU -SWANTON
HANNAFORD PARKING LOT
2: 10 PM**
- **BFA - MOBIL (555 FAIRFAX
ROAD) 2:25 PM**
- **EFHS- HANNAFORD
PARKING LOT 2:50 PM**
- **NCUHS - WENDY'S PARKING
LOT 2:50 PM**
- **PA/LUHS- NO
TRANSPORTATION HOME,
PLEASE HAVE
PARENT/GUARDIANS PICK
UP AT THE CHARLAMONT**

CENTER MEETINGS

Weekly Calendar



CENTER MEETINGS!

Bellows Free Academy

Every other Wednesday in room A216, 9:40 - 10:15 am (12/11, 1/8, 1/22, 2/5,)

Enosburg Falls

Every other Friday in Mrs. Metcalf's room, 11:13 - 11:38 am (12/13, 1/10, 1/24, 2/7,)

Lamoille Union

Thursday's in Mr. McKenna's room, 1:00 - 1:40pm

Missisquoi Valley

Every other Tuesday in Mrs. Miller's room starting, 12:43 - 1:13 pm (12/10, 1, 1/7, 1/21, 2/4, 2/18)

North Country

Every other Wednesday in Room CC425, 2:25 - 3:00 pm (12/11, 1/8, 1/22, 2/5,)

Peoples Academy

Every Thursday in Guidance Conference Room, 10:50 - 11:20 am

OTHER WAYS TO CONNECT EACH WEEK

WEEKLY CHECK-IN FORM



Sent to your school emails every Friday!

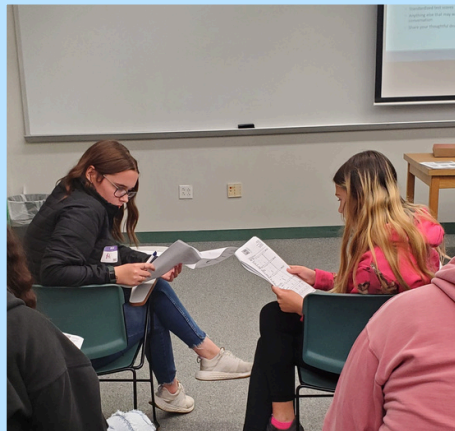
SCHOOL EMAILS



Please be regularly checking your emails, along with the weekly check-in from. This is where you will find info regarding upcoming events, transportation plans, permission slips, etc.!

The FALL 2024 Recap!

We had an amazing Fall together as an Upward Bound Community! We kicked off in September with apple picking at North Court Orchards in Enosburg, the directional sign unveiling at Old Mill Park in Johnson, and the New England Student Leadership Conference in Fairlee, VT. In October we joined for the Saturday College Meeting, NEACAC College Fair, Sophomore Summit, and Warm the Children events at the Pick & Shovel in Newport, where we supported 215 local students get winter clothing! We wrapped things up with a senior work day and Fall College Road Trip where we toured VTSU Castleton and Randolph campuses and attended a hockey game; closing the fall season with attending the First-Generation Celebration at UVM!



UB STUDENT



Shout-Outs!

Senior College Applications- Where our students are applying to!

Jessie Allen:

- Michigan State University, Black Hawk College, UVM, VTSU

Chloe Decker:

- Plymouth State University, UVM, VTSU

Jazmyn Fletcher:

- Bridgewater State University, Champlain, Coastal Carolina University, Husson University, Plymouth State, UMass Lowell, University of New Haven, UVM

Kayleigh Fontaine:

- University of Connecticut, University of Maine, University of New England, University of Southern Maine, UVM

Chloe Guyette:

- VTSU

Josh Isabelle:

- UMass Lowell, UVM, University of Southern Maine, University of Pittsburgh,

Colby Kenny:

- Champlain College, UVM,

Colby Lumbra:

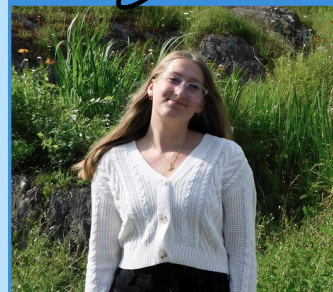
- VTSU

Lily Sevigny:

- UVM, Plymouth State, St. Michael's College, SUNY Plattsburgh

Camry Wright:

- Husson University (**accepted!**), VTSU, Plymouth State, University of New Hampshire



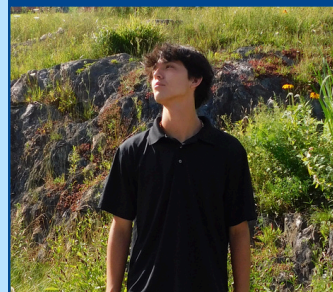
Jazmyn Fletcher

Shout out to Jazmyn for being our number one fan on instagram!



Jessie Allen

Shout out Jessie for being our number two fan on instagram!



Josh Isabelle

Shout Out to Josh for Volunteering at all four Warm the Children days!



Sylvan Hathaway

Shout Out to Sylvan for his Performance as Mr. Beauregard in the Lamoille Union High School Production of Charlie and the Chocolate Factory! (He even got Key Player!)



Sara Crane

Shout out to Sara for her performance in Lamoille Union High Schools 13th annual Benefit Dance Recital to raise money for "For the Love of Dogs".



Hannah Hull

Shout Out to Hannah for preparing to audition for both high school band and chorus districts, and all states for band. (Wish her luck!)

❄️ WINTER EVENTS ❄️

DECEMBER-FEBRUARY

SENIORS: College & Financial Aid Applications in December

Each of you should continue to work on completing all college applications, including one Vermont school. *Our goal for you is to have all school applications submitted before you leave for December break.* If you are **applying to UVM**, you should begin working on the **CSS Profile**, and also creating an **FSA ID** for you and your parent/guardian. The **FAFSA** will be open sometime in December. You can schedule a time with Jess to work on this together. Please email her directly to schedule an appointment. Gary is available for essay review, please reply to his email.

VSAC Scholarship deadline is February 12, 2025. We will offer a scholarship workshop in January.

PLEASE CONTACT US IF YOU NEED SUPPORT WITH ANYTHING!



UB STUDENTS ENJOYING THE SNOW IN 2019

January 11th Saturday College Meeting

Join us on January 11th, from 10am-2pm for our Saturday College Meeting at the VTSU-Johnson Campus. Be prepared to bring your snow gear, because after team workshops we will be hosting the first ever UB Snowman Contest (assuming we have enough snow!), along with other fun winter themed activities!

Junior Retreat in Nashua, NH- February 19 - 21, 2025

All current juniors, in good academic standing are invited to attend the Junior Retreat! This is a great event where you will tour NH colleges and universities, attend a huge college fair, meet hundreds of other UB juniors, and have some fun with UB! We will share more information in January, but let us know if you would like to join!



UB STUDENTS AT THE JUNIOR RETREAT IN 2024



UB STUDENTS AT THE CONFERENCE IN 2024

Stay tuned for spring events:
March 8 Saturday College Meeting, the Annual UB Scholar's Bowl & the JFK Leadership Conference in Boston, MA (4/17 - 4/18)

COLLEGE AND CAREER SPOTLIGHT



Biology and Biological Sciences

Boston College is a private university in Chestnut Hill, Massachusetts with about 9,500 students. This would be considered a medium - large size school, located in a city.

Boston College is known for rigorous academics, excellent athletic programs, and strong student outcomes. BC is a competitive school with a 26% acceptance rate, so 1 in 4 applicants are admitted.

Outcomes are strong though with a 94% retention rate after the first year, and a 91% graduation rate.

Popular Majors:

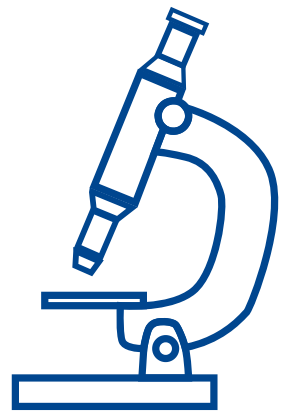
- Economics
- Communication & Media Studies
- **Biology & Biological Sciences**
- Political Science
- Mathematics & Statistics
- Psychology
- Visual & Performing Arts

Biology is a fast growing field with a wide range of high-paying positions and opportunities.

Earning your bachelor's degree in biology can prepare you to work and study living organisms, study the treatment of disease. work towards sustaining the natural environment. If you are thinking you would like to enter the medical field, earning a biology degree is a great stepping stone for this!

The field of biology requires a wide range of skills, employing scientific, mathematical, and practical professionals. For example, some of the careers you may pursue as a biology major include:

- Doctor
- Nurse
- Research Scientist
- Biologist
- Ecologist
- Nature Conservation officer
- Biotechnologist
- Science Writer
- Teacher
- Forensic Scientist
- Government Agency Roles
- Agricultural or Food Science Technician



Where else can I study biology?

- University of Vermont
- Vermont State University
- Northeastern University
- University of New Hampshire



WINTER TEAM ASSIGNMENTS



Team One Sophomores

December

- Use Tutor.com at least once this month

January

- Use Tutor.com at least once this month

February

- Explore two different careers in VJS. One that you have are interested in and one you have not thought about yet. Send Jess an email letting her know what you learn



Team Two Juniors

December

- Add 1 college to your College Comparison Chart
- Write an explanation of your top three school choices at the moment

January

- Add 1 college to your College Comparison Chart
- Submit Junior Retreat permission form, if applicable

February

- Attend Junior Retreat



Team Three Seniors

December

- Create FSA ID and MYVSAC account
- Continue working on applications and scholarships
- Complete Senior Check In Form, if you haven't already

January

- Continue working on applications and scholarships
- Notify the office of any college acceptances

February

- Submit VSAC Scholarship Application by February 12
Send all college acceptances to Jess via email
Submit VEOP Scholarship Essay to office with application cover sheet

Everyone

December

- Attend the Saturday College Meeting.

January

- Attend the Saturday College Meeting.

February

- Attend the Saturday College Meeting.

REMINDER

The more events you attend, the more \$\$ that you earn and opportunities you experience, check out the full list of winter events included in this newsletter.

RECRUITMENT

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

ADVICE FROM OUR FALL ALUMNI SPOTLIGHTS!

Find a way to study that works best for YOU! It took me a while but I finally have a rhythm and doing a lot better.

-Mikayla Terjelian '23

Everything in life is a privilege, UB is one of the greatest opportunities to explore who YOU want to be(not school or parents). Take advantage of everything the program has to offer, use the resources, stay connected and achieve your dreams. ALWAYS believe in yourself- you CAN do ANYTHING. But it takes work, showing your true self, and having goals.

-Mallory Jones '12

Upward Bound is a great opportunity to try new things, meet new people, and gain experiences you wouldn't normally have during the school year. Don't be afraid to introduce yourself to others, ask questions, and challenge yourself. This is your chance to grow and learn in a fun, supportive environment, so take full advantage of it. The connections and skills you develop will 100% benefit you long after the program ends.

-Brandon Dubie '14

Take advantage of all the opportunities and lean on staff and your peers for support. Don't let any negative energy get to you. Be goofy.

-Alijah Legault '16

Take advantage of everything Upward Bound has to offer. It is an amazing experience that can open many doors to your future and help you discover passions that you may not have had the chance to experience that will last a lifetime.

-Jordon Jewett '08

Keep going! You never know what you are capable of.

-Alexzandra Thompson '23

It's easy to feel like an outsider when you are working hard to achieve your dreams and others around you are not. Don't be afraid to stand out from the crowd if it means thinking big about what's possible for your future and aspiring to become more than what others believe you are capable of.

-Natalee Benzing '15

CHECK OUT THE UB INSTAGRAM WHERE WE POST ALUMNI SPOTLIGHTS EVERY WEDNESDAY!

Resources and Contacts



CORE STAFF CONTACT INFO!



Program Director
Jessica Courchaine
jessica.courchaine@vttrio.org
jessica.courchaine@vermontstate.edu
802-635-1267



Student Development Coordinator
Andrew D'Aversa
andrew.daversa@vttrio.org
802-635-1269



Graduate Assistant
Salina-Mae French
salinamae.french@vttrio.org
slf06130@vermontstate.edu

ACADEMIC TOOLS!



Google Classroom

[Team 1 Google Classroom](#)

[Team 2 Google Classroom](#)

[Team 3 Google Classroom](#)

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Your username is your VTTRIO email and password is **upwardbound**. Let us know if you have any trouble logging in.

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