



UB Scholar's Digest

Director's Notes...

UB MISSION

Our mission is to provide the skills and motivation for low-income and first generation youth to be successful in high school and to be able to enter and succeed in college.

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Greetings!

It has been a very snowy winter at UB! We are catching our breath after a week of exciting events and trips, including our annual Career Day and a trip to Boston for a Food Justice Conference. Alumni **Heather Hume** and **Omar Williams** joined us and shared their insight and experiences in their respective fields of transportation and accounting.



Our **seniors** are beginning to get good news from colleges and we are getting to know our new students through our afterschool programs.

Anna Rigali, our Holyoke advisor will be heading to Washington D. C. for the Council for Opportunity Policy Seminar with the hope of learning more about the legislative process. She is part of the Massachusetts delegation which will be engaging our representatives in discussions about the future of Upward Bound and other **TRIO** programs. Like all federally funded programs, Upward Bound is feeling the pressure of proposed cuts. It is more important than ever for all of us to continue to communicate the value and success of our programs. Please share your success stories and speak out!

Gisele Litalien

College and Career Exploration

Continued on page 3

After wrapping up an intense season of SAT preparation, UB students embarked on a new chapter of after-school enrichment this January: college and career exploration. During enrichment, students learned about balancing personal and professional values, researched careers online, explored college majors and brainstormed how they could

change the world. They also learned about the importance of grades, GPA and academic rigor in the college application process and how financial aid can help make college affordable.

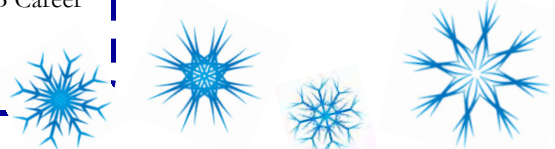
In February, students gathered at NMH for the annual UB Career Day, where 10 professionals – including

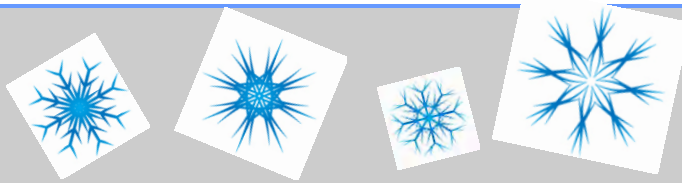
UB Attends Food and Justice Summit in Boston

On Saturday, Feb. 26th, UB staff and over 50 freshmen, sophomores and juniors attended the 2011 Northeast Food and Justice Summit at Northeastern University in Boston. The conference offered a plethora of food justice-related workshops that helped UB kick off its spring enrichment and Summer Academy food justice theme.

Students participated in interactive and informative workshops, including sessions on farm workers' rights, the truth behind fast food, gardening, multicultural food traditions, the impact of food systems on the individual, environment and community, "slow food" preparation, corner store "makeovers" and examining the food chain from "seed to plate."

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UB Scholars attend Food Summit in Boston



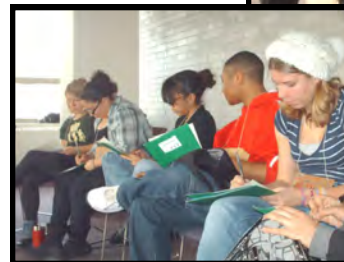
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The concept of food justice is a broad one, with many aspects and perspectives to consider. The workshops at the Summit reflected the multi-faceted nature of this issue and helped introduce UB staff and students to some basic information while helping everyone understand the relevance of food justice in our lives.

In “Food Justice 101”, students learned about workers’ rights issues and how to be a more informed consumer when making personal food choices. The workshop was presented by youth from interns in The Food Project, a Boston-based movement. In “Healthy Corner Store Makeovers,” students discussed how

corner stores and bodegas impact a community’s access to healthy food and the steps they can take to address the issue of “food deserts.” The workshop entitled “The People Behind the Food” presented information about the legal and societal factors that contribute to the exploitation of farm workers, while in another workshop, students talked about the connection between activism and food justice. “We talked about civil rights, Gandhi’s Salt March, the Greensboro sit-ins and the Black Panthers,” Renaissance junior Tim Flavin reported. In “Youth and Good Food,” students considered the impact of McDonald’s on our food system and discussed ways to stop corporate abuse of food.

The conference also gave UB students a chance to explore the Northeastern University campus in the heart of Boston.



Left: students write poetry in the “Poetry and your Story” workshop. Above: UB scholars explore Northeastern University.

Staff Spotlight: New Role at UB

Sharon Gralnick

Hometown: Long Island, NY

Current town: Brattleboro, VT

Position: Turners Falls Academic Advisor; Assistant Director



What do you enjoy about your new role at UB? Getting to know new kids! And working in a new community.

What goals do you have for your students this year? For them to push themselves to the edge of their comfort zone and to work to become the best of who they are.

What is your favorite food from Alumni Dining Hall? Meatless Mondays in general.

What is the last book you read that you loved? *Island Beneath the Sea* by Isabel Allende. (Recommended to me by Gisele!)

What’s your favorite part about the winter? The snow that sticks on trees. And going on walks at night. Definitely *not* bundling my newborn up — it takes like 20 years.

College and Career Exploration

(continued from page 1)

UB alums Heather Hume and Omar Williams – gave presentations about their careers.

This year's event featured speakers in the fields of video game design, allied health, criminal justice, public transportation, accounting, information technology, neonatal nursing and engineering. UB students took advantage of the opportunity to learn about so many different career paths; they asked insightful questions and some even connected with the professionals afterward. Holyoke High junior Naomi Robles and Renaissance freshman Leila Melendez each spoke to presenters about finding internships in their communities in the fields of forensic psychology and criminal justice.

After the presentations, the students enjoyed a delicious meal in Alumni Dining Hall and split up to participate in fun group activities ranging from yoga and Thriller-dancing to basketball, board games and watching a movie.

The next few days in mid-February were busy ones for UB students! On Tuesday, a group of students visited Stonehill College in Easton, Mass. and Wheaton College in Norton. On Wednesday, another group toured Fairfield University in Fairfield, Conn. and Connecticut College in New London. Thursday's trip was to UMASS Dartmouth, where sophomores and juniors toured the campus while seniors applying to the school interviewed and tested for the College Now program. Visiting colleges also gave UB students a chance to reconnect with alumni; they met up with Vianca Ramos, (Holyoke High 2010) a freshman at Fairfield University studying accounting, and Julian Jiminian, (Renaissance 2010) an engineering freshman at UMASS Dartmouth.

UB students enjoyed the chance to see new places, ask questions, picture themselves on college campuses and consider new possibilities for their futures. Work hard, scholars — one day you'll be giving tours yourselves!



In January, several UB students participated in the 9th annual Franklin County Legislative Forum for Youth held at Greenfield High School. The event, organized by YouthServe AmeriCorps members and the DIAL/SELF program, presents high school students with a unique opportunity to engage in

UB Students Participate in Legislative Forum for Youth

an open dialogue with legislators from Massachusetts state and local government. Among the legislators in attendance at this year's forum were Senator Benjamin B. Downing, Representative Denise Andrews, Sen. Steve Brewer, Berkshire Rep. Gail Cariddi, Greenfield Mayor Bill Martin and District Attorney David Sullivan. In two roundtable-style sessions, students asked the legislators questions about issues and laws affecting their

UB scholars and GHS students **Yasmin Forbes, Cheyenna Woodard, Rahul Malik** and **Manisha Malik** attended the forum. Woodard, a freshman, participated in discussions with Sen. Downing and [the DA]. "I asked Sen. Downing why the state had to close the elementary school and why the building is just sitting there; why can't they open it again?" Woodard said she enjoyed hearing what her fellow students had to say and hearing the responses from the legislators, affirming that she would like to attend the forum again in the future.



February Event Highlights

Wheaton College



Stonehill College



UMASS Dartmouth



Career Day Activities



New students gear up for Upward Bound



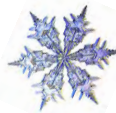
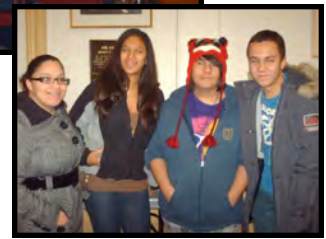
At the New Student Orientation at NMH on Saturday, Jan. 15th, UB staff, Student Ambassadors and current UB scholars welcomed new students and their families to the program.

Director Gisele Litalien and academic advisors from Holyoke, Springfield and Franklin County introduced freshmen, sophomores and their families to the goals, expectations and culture of Upward Bound.

New students shared their excitement and apprehension with the group and discussed their academic goals with their families and new advisors. Student

Ambassadors **Summer Forcier, Alex Carlo, Aliona Oлару, Nidhi Malik, Katherine Casado** and **Rosa Oliveras** introduced new students to UB's "No Diss" policy and led ice-breakers to help everyone get to know each other.

After lunch at Alumni Hall, Ambassadors led new families and students on tours of the NMH campus. The entire UB community is excited to welcome its newest members!



New Students Talk about the UB Experience



Tynayko (Ty) Melendez, freshman, Springfield Renaissance School: "It's fun! The people are nice and it helps me in school. My goal is to get on the Honor Roll at least once; I've never been on it before."

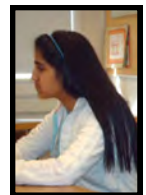


Tameka Hebert, sophomore, Greenfield High School: "I like how we go off into groups, do work and compare our work to others'. This year I want to get a B or higher in pre-calc. I'm looking forward to checking out different colleges and meeting new people."



Briana Brennan, freshman, Holyoke High School: "I like getting help with my homework. My goal this year is to do the best I can!"

Manisha Malik, freshman, Greenfield High School: "I like that if you need help you can come after school to get it. They keep you on track and help you know how to go to college. They tell you about GPA and grades; I didn't know before that GPA was so important, and now I know that every grade matters!"



Paraskeva (Pary) Felogloy, freshman, Greenfield High School: "I'm looking forward to meeting new people and figuring out which college I want to go to. My goal: get good grades!"

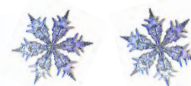


Senior Spotlight: Highlighting outstanding UB Scholars



Ziggy Hopper-Collins
Hometown: Springfield, MA
College Acceptances: Bridgewater State College, Framingham State College, Westfield State University, Worcester State College, Elms College, Roger Williams University, Salem State College

Springfield Renaissance School



How did it feel to receive your first college acceptance letter? For Elms, I saw that huge envelope in the mail, and I knew what it was from the movies. I opened it and I was by myself at the time, so the only one who saw me screaming and jumping was my dog. I called everyone – I was so happy. I feel like a number one draft pick; everybody wants me!

What was the most challenging part of the application process? Choosing a college. Once you choose a college and you know you want to go there, you work hard to do everything you can to get accepted. That's why I chose so many – I applied to nine colleges.

How has UB helped? When I look at my peers, they're struggling to apply to two or three places and I'm already done. UB gave me a head start; before our school was even thinking about senior year, we were applying to college after months of research. I can't name another free program that offers as much as UB. Shout out to Breyana!

What are you looking forward to in your college career? Studying health and physical therapy, and maybe math (there's a demand for it). I'm looking forward to getting to a major, being happy with it, and officially being on my own

and making decisions for myself.

What advice do you have for students just starting UB? Come into it with an open mind. It's true what the seniors say: you will love this place. My first year, I was not a fan, but now I can't say goodbye.

Would you rather be able to fly or breathe underwater? Both! When times got bad, I'd fly above the whole world, singing songs to bring people together. Then when they got better, I'd go back underwater with Spongebob and take clarinet lessons with Squidward.



Greenfield High School

What was challenging about the college application process? Actually, I thought it was really easy! Chris guided us; it's not that difficult if you stay open-minded. Writing the essay was the hardest part. You want them to see who you are and everything you've been through and try to put it into 500 words.

What was fun about it? Picking what college I wanted, getting a feel for the place on college visits. Seeing if a college was a place I'd feel comfortable in.

How did UB help? The financial aid part. My mom hadn't really done it before, and if I'd had to do it on my own, we wouldn't have had a lot of guidance. UB also helped me choose realistic colleges to apply to that my family can afford; UB gave me a reality check.

What do you look forward to doing in your college career? Getting my degree! Being able to say that I did what no one else in my family could, knowing the stereotypes people have of me aren't true of me. I look forward to looking back, know-

ing what I did to succeed. I can get there; I have a lot of people rooting for me!

What advice do you have for students just starting UB? Don't stress! The world's not going to end if you get a bad grade. But don't slack; give it your all so that in the long run you know you tried your hardest. Try not to give up!

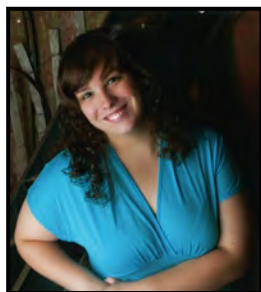
If you had to pick one food to eat for the rest of your life, what would it be? Mac and cheese because it's so good – and healthy! My grandma makes it and it's delicious.



Yasmin Forbes
Hometown: Queens, New York
College Acceptances: UMASS Dartmouth, Worcester State College, Westfield State University

Senior Spotlight: Highlighting outstanding UB Scholars

(continued from page 5)



Caitlin Anable

Hometown: Holyoke, MA
College Acceptances: Westfield State University, DePauw University, Bay Path College, UMASS Lowell

Holyoke High School



How does it feel to be finished with the application process?

It felt great to be done with all my applications, I felt like I had a big load lifted from my shoulders. I felt excited when I heard from the first college; I knew I had a great safety school in case I did not get into any other college.

What was the hardest part about applying to college?

Submitting the applications! Even though I triple-checked everything, I felt as if they still were incomplete and not good enough.

How did UB help? They made sure I knew what I was doing every step of the way. They triple-checked my essays.

What are you looking forward to studying, doing or experiencing at college? I want to major in physical therapy. I am looking forward to have free time, to relax and do things I enjoy doing.

What advice do you have for students just starting UB?

Listen to what Upward Bound has to say, they know what they're talking about.. Work hard in school because at the

last minute you may want to apply to a competitive program that doesn't offer many spots.

What superpower would you rather have: invisibility or seeing into the future?

I would choose invisibility because if I knew what is going to happen in the future, I could change it so it wouldn't be like what I originally saw. It also would take the surprise out of life. For example, if I could see into the future to find out what schools I got into or not, I wouldn't get as excited when I see the letter!



College acceptances to date . . .

Anthony Adorno: Westfield State University, Wheelock College, Guilford College, Roger Williams University

Caitlin Anable: Westfield State University, DePauw University, Bay Path College, UMASS Lowell

Nick Beaulieu: UMass Dartmouth, UMASS Lowell, Clarkson University

Anna Bocharnikova: Massachusetts College of Liberal Arts, UMASS Amherst

Hector Carasquillo: Westfield State University, American International College

Sarah Crowell: Bridgewater State College, MCLA, UMASS Dartmouth, UMASS Amherst

Katie Cutting: UMASS Dartmouth, MCLA, Lasell College

Keren Fernandez: Holyoke Community College, Westfield State University

Yasmin Forbes: UMASS Dartmouth, Worcester State College, Westfield State University

Chanel Garcia: American International College, Westfield State University

Ziggy Hopper-Collins: Bridgewater State College, Framingham State College, Westfield State University, Worcester State College, Elms College, Roger Williams University, Salem State College

Adrie Murray: Fitchburg State College, North Carolina Agricultural and Technical State University, Springfield College, UMASS Dartmouth

Tyrone O'Banner: Bridgewater State College

Kathie Rivera: Chatham University, MCLA, Bridgewater State College

David Suriel: Westfield State University, Framingham State College



Congratulations UB Seniors!

Class Notes from UB Alumni

Amy Bernardo, Holyoke High 2007, Mitchell College

I am currently in my last semester at Mitchell College and will be graduating in May with a Bachelor of Arts in Criminal Justice with a concentration in Programs and Treatment. I also just sent in my application to Westfield State University for the Master's in Social Work Program. I am sitting anxiously and in anticipation of their decision, which I will not receive until April!

This semester I have to complete a 120-hour internship and I am completing it at the Southern Council for Alcohol and Drug Dependency (SCADD) in New London, CT. I am striving to become a drug and alcohol counselor, possibly with convicted felons. I love every minute of college and it is going to be difficult at graduation when my friends and I go our separate ways.

Some advice for the esteemed UB Scholars would be to not be hasty about making decisions, as they decide your future!

Adriana Lara, GHS (year,) Franklin and Marshall

I will be graduating this May from Franklin & Marshall College in Lancaster, Pa. It has been a rigorous and rewarding four years and I'm sad to see it come to an end. I had originally planned to go straight into graduate school but have decided to work instead. I am currently looking at UB-like programs, like the National College Advising Corps, where I would be working with high school seniors and helping them with the college application process. I can't wait to see where the next year will take me.



Adriana (center) with fellow UB alums Gordon Burnett (left) and Yogesh Malik at the UB Bowling Reunion in Holyoke this past December.

Alumni Spotlight: Highlighting Outstanding UB Alums



Jennifer Golych
Greenfield High School
1998, Westfield State
University 2002,
Smith College 2006

Jennifer with husband Jon Golych at their wedding. On left, UB alum Heather Hume (Holyoke High 1999)

I got my undergraduate degree in English literature and currently teach English at the Capital Preparatory Magnet School in Hartford, Connecticut. Before that, I thought I wanted to be an elementary school teacher and did observation hours at Westfield. While working other jobs after college, I started tutoring and loved it! I enjoyed the level of communication I could have with high school students. I

decided to get my Master's Degree in teaching English. (I recently found out the principal of my school, Steve Perry, was in the NMH UB program 10 years before I was!)

I really enjoy my students and totally love teaching. One of the good things about being in education is that there are other things I could do from here – mentoring or administration.

I recently came across a couple folders from my time in UB; they had articles and

felt like an exploration; now, I bring that into my classroom as much as I can.

I don't know if I could have gone to a four-year college if not for UB. I'm still close friends with some of the people from UB. When I was in high school, Greenfield was a lot less diverse than it is now. I used to joke around that I wouldn't know any Puerto Rican people if not for UB! I wouldn't have met so many types of people from other countries and all kinds of really cool backgrounds.



Alumni Spotlight: Highlighting Outstanding UB Alums



Tavares Brewington

Turners Falls High School 1995,
College of the Holy Cross 2000, Boston College 2004

Tavares (far right) was selected as one of only seven associates in the Greater Boston area to receive LCCR's first-ever "Civil Rights Recognition Award."

I credit the Upward Bound Program with helping to provide me with the ability and motivation and ability to attend college. I attended the College of The Holy Cross in Worcester, Mass., where I earned a degree in psychology. While at Holy Cross, I was a member of the varsity football team. I received the National Football Foundation Scholar-Athlete

award, as well as the college's Davitt Award for outstanding leadership and athletic performance. Following college, I attended Boston College Law School where I earned a JD. While in law school, I worked as a law clerk for the Massachusetts Attorney General in the administrative law division. After graduating from law school and passing the Massachusetts Bar Exam, I traveled to Klagenfurt,

Austria where I played and coached American-style football and traveled throughout Europe. Upon returning from Austria, I began work at the law firm Nixon Peabody LLP. Since joining the firm, I co-founded, and currently serve as co-chair of, the Associates for Civil Rights, a sister organization of the Lawyers' Committee for Civil Rights (LCCR) and co-authored an amicus brief on a 2008 U.S. Supreme Court decision involving the constitutionality of voluntary school desegregation plans. In 2009, I became a member of the LCCR's Subcommittee on Racial Violence and Police Brutality. Currently, I am an Assistant United States Attorney for the District of Massachusetts. In this role I work closely with federal, state and local law enforcement agencies to prosecute the violation of federal laws.



Alex Morse

Holyoke High School 2007,
Brown University 2011

This past January, UB alum Alex Morse announced his campaign for mayor of Holyoke. Morse, a Holyoke native and the first in his family to attend college, will graduate this spring with a degree

UB Alum Alex Morse Running for Mayor of Holyoke

in Urban Studies from Brown University in Rhode Island. As a student at HHS, Alex founded the school's first Gay-Straight Alliance. He was also the founder of Holyoke For All, the city's first LGBT non-profit organization, and for three years he sat on the Massachusetts Governor's LGBT Commission. He served as President of the Holyoke Youth Commission, where he brought the National Kids Vote Program to Holyoke and started a basketball league for out of school youth in partnership with the Holyoke Parks and Recreation Department and the YMCA.

Alex worked at City Hall in Providence, RI, where he was mentored for three years by former Providence Mayor and current Congressman David Cicilline. Since 2007, Alex has been a

Youth Career Counselor at CareerPoint in Holyoke, where he helps young people access employment and education. As a mayoral candidate, Alex seeks to improve education, economic development, public safety and city pride in Holyoke. For more information on Alex and upcoming campaign events, visit www.morseformayor.com.



Alex and his mom at his official campaign kick-off event in Holyoke this January.

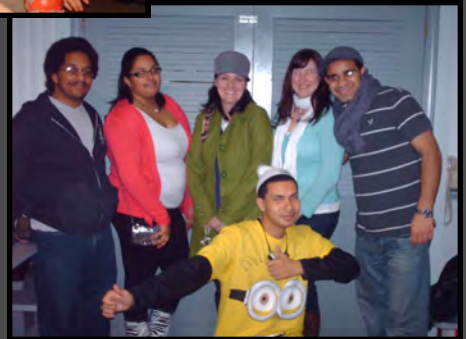
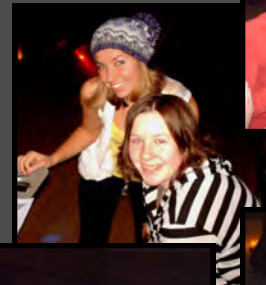
UB Scholars Continue to Beast!



Despite the cold weather, UB scholars were on fire this winter, collecting Beast Points in their schools' tutoring and enrichment sessions. Students are awarded Beast Points for participating in games and activities, showing leadership and achieving personal and academic goals week after week.

Several fun incentives were offered this season for students with high numbers of Beast

Points. In December, current students and alumni from Holyoke, Springfield and Franklin County reunited for a night of bowling and pizza in Holyoke. In January, three Franklin County students were rewarded for their beasting with a field trip to UMASS Amherst to see a live dance performance of the Balé Folclórico da Bahia, a world-renowned Brazilian dance company. Congrats, UBeasts!



Parents' Corner



Holyoke High students helped make and sell baked goods at a Nov. 14 fundraiser at Our Lady of Guadalupe Church in Holyoke. Proceeds from the sales support scholarships for UB seniors. Left to right: **Sam Lawson, Cassidy Melendez, David Suriel, Tyree Dennis, Jordan Avelino-Matos and Josue Lafontaine** (front). (Tyree's younger brother and hon-

orary UB scholar Ardazan also pitched in.)

The **Franklin County PAC** held a movie fundraiser in Greenfield in early March and the **Springfield PAC** is currently selling tickets for a 50/50 raffle fundraiser to be held April 14.

Thanks to all the effort and contributions of UB parents and students!



Leadership Spotlight: Highlighting Outstanding UB Leadership in the Community



Hector Carrasquillo

UB Senior, Springfield Renaissance School

“Last year, I was at my friend Steph’s house when I heard the news.” Hector Carrasquillo described watching TV and learning that Rafael, an old 8th grade friend, had been shot and killed in gang violence. “Ralfie,” Carrasquillo said, had been involved in the gang culture while the two were in middle school. “I was involved in that stuff as well, but by the end of 8th grade I didn’t want any part of it,” Carrasquillo recalled.

A couple months later, another incident of gang violence occurred in Springfield. This time, the victim was a teenager named Connor who died in an attempt to break up a fight among gang members. Several months later, Renaissance Principal Stephen Mahoney pulled students together to address the recent events. Carrasquillo gave a speech at this assembly. “It hurt me to know that I just left Ralfie in the dirt because I didn’t want to be part of that lifestyle anymore,” he said. “So I talked to the school. I wanted them to do something, but nothing happened.”

In early December 2010, violence struck the Springfield community again. Pito, a former Van Sickle Middle School

student and brother of a current Renaissance student, was shot and killed in a dispute between rival gangs. When Carrasquillo returned to school, Principal Mahoney gathered the seniors to tell them the news. “You could see the Van Sickle administration had been crying,” he remembered.

He continued, “There was a counseling session where they asked us questions. I was the only senior and brought up the idea that something should be done.” Referencing the deaths of Ralfie and Connor, Carrasquillo demanded, “What would we have done if it was a Renaissance student? Gathered for one day and then nothing? What happens in our city affects everyone.”

At a subsequent school assembly, Carrasquillo gave another speech and again referenced the pattern of violence their community had seen in recent years. “I said that something will be done; it’s unfair to live in these conditions. It was as if the killing was getting closer and closer: first a kid in the city, then the brother of someone at our school. Next thing you know it could be a kid in the school. I said if we have to march in the streets right now after the assembly, we’d do it.”

Carrasquillo met with the principal and other administrators to brainstorm ideas to organize an anti-violence march to City Hall a few days after Pito’s funeral. Together, the team picked a date and scheduled the march. Then, Carrasquillo said, there were rumors of retaliation.

The Springfield Police Department warned the school that the

gangs involved in Pito’s death may come to City Hall or could pose a threat to anyone connected with the march. “The police didn’t want anyone else to get hurt ... they informed us to let things die down.” Plans for the march were halted, but Carrasquillo said he hopes to continue his efforts in the spring.

“What happens in our city affects everyone.”

When asked what he thought could be done about gang violence in Springfield, he replied, “We’re doing all we can. All we can do is learn from what we do. We can’t expect this to stop just because of a march. We talked about opening a Community Center, an afterschool program where kids can go, but these cost money, money that we don’t have.” Despite the obstacles in the path toward attaining a safer community, Carrasquillo’s leadership around this issue has not gone unrecognized.

“I’ve gotten a lot of people telling me that I do an amazing job public speaking,” he said. “Teachers have been thanking me for opening up their eyes. The things that students see, the teachers don’t see. They didn’t grow up in this place; a lot of them don’t live here. They wonder why students act this way in class, why they use the language they use – that’s the way it is here. Kids don’t recognize their better selves, because they don’t know how to act.”

He continued, “The teachers don’t know how it is, how scary it is for kids to walk home from school at night, and go home where they’re down with gangs or their parents are in gangs. Now that I’m a senior, I can tell them: this is how it is.”

He said that his ability to act as both a leader and liaison between teachers and students has made him feel confident. In addition, his role in these events has further highlighted the skills he hopes to bring to future careers.

“I want to be a counselor in school, and to do that you need to understand other people; you have to know how to speak. I have this voice, this power, it’s great and useful. I might do administration too; as an administrator you can actually counsel kids, not just suspend them or take them out of school.”

Carrasquillo concluded, “I know for a fact that I want to work with teenagers.” He added, “Maybe I’ll be a UB advisor one day.”



Beast Point Challenge

1 Beast Point



1 Beast Point



Kenny says: "Mmmfmpmmpff!"

Translation: Hey UB scholars! Check out the Beast Point Challenge below! Match the WoW (Word of the Week) with the correct definition for 5 Beast Points. Definitions and example sentences for all WoWs can be found on the UB blog, www.upwardbound.nmhblogs.org.

- | | |
|-----------------------|---|
| 1. superfluous | a. (<i>v</i>) to pay close attention; to listen carefully |
| 2. grapple | b. (<i>adj</i>) very generous |
| 3. penchant | c. (<i>v</i>) to come to terms with something challenging |
| 4. equivocate | d. (<i>adj</i>) having a sharp, strong smell or taste |
| 5. heed | e. (<i>v</i>) to strengthen or support |
| 6. dearth | f. (<i>n</i>) a preference or fondness for something |
| 7. munificent | g. (<i>adj</i>) highly eager or excited |
| 8. agog | h. (<i>adj</i>) extra; more than what is necessary |
| 9. bolster | i. (<i>n</i>) a lack, absence or deficiency |
| 10. pungent | j. (<i>v</i>) to be purposefully vague or unclear |



UPWARD BOUND

Northfield Mount Hermon School

NMH Upward Bound Program

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www.nmhschool.org/

upwardbound

www.upwardbound.nmhblogs.org

THE UPWARD BOUND PROGRAM at NMH is a federally funded (Department of Education) initiative designed to provide low-income students with the skills and motivation needed to succeed in college. The students are usually the first in their family to go to college. UB scholars receive tutoring, advising, enrichment, a rigorous, six-week summer program and intensive assistance with the college and financial aid application process.

Upward Bound Staff

Gisele Litalien, Director

Sharon Gralnick, Assistant Dir., Turners Falls Academic Advisor

Breyana Roman, Springfield Academic Advisor

Chris Lievense, Greenfield Academic Advisor

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Striving for the future, each and every day!

