

NORTHFIELD
MOUNT HERMON
UPWARD BOUND

WELCOME!

- To all of our new scholars who were accepted into the program
- To the friends and parents of our NMH Upward Bound scholars
- To the generous donors who help make our program successful.

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The UB Scholar's Digest

Focus on UB Community

In addition to providing high school students with advising, tutoring, a rigorous summer program, and college visits, the Upward Bound program also prides itself on fostering an atmosphere of mutual respect and support amongst its diverse student body. Both UB students and staff are quick to point out the warm sense of community and security that the program provides. It was her observations of this pervasive culture that motivated former UB staff and Middlebury College graduate Eleanor Molyneux to begin analyzing just exactly what made Upward Bound a community and how UB students used their community to garner success.

Using structured interviews with small but representatively diverse groups of UB students, Molyneux discovered two things. First, UB students saw a significant difference between their high school communities and the UB community. UB students found that safety was the most important characteristic of their community. There were three main differences between the two communities: *student values*, *staff and student expectations*, and finally, *levels of freedom to explore identity*.

When selected for the Upward Bound program students enter with a common purpose: to succeed in high school and to go on to four year college. This common thread ties together students from diverse backgrounds through long study sessions, three summers of summer academics, endless SAT preparation and a final arduous college application process. Knowing along the way that others share this experience seems to contribute to the shared values felt by the UB students within the study. During the study, students used phrases like *goal oriented* and *high expectations* to define themselves and their peers. The study also found that it is not only the high expectations of UB advisors and staff, but also the expectations of their peers that create a sense of safety and freedom within a learning environment. Students noted that this helped them stand up to negative pressures in their school environments and also to ultimately stay focused on their college goals.

Relationships with staff and other UB students were also very important to their sense of success. Students used words like, *caring*, *nurturing*, and *open* to describe staff and the community created by them. Others talked about the *strict discipline*, acknowledging that although they didn't always like it, it did create a safe environment.

The final difference as defined by UB students, the freedom to form their own identity, speaks to the trust that is fostered by the program. Ongoing curriculum and informal discussions about all aspects of their identity including race, sexual orientation, gender, religion, class, ability, etc give students a chance to learn more about themselves and others with the help of caring adults. Students remarked that it was not okay to put down other students in UB, and this was very different from what they saw in their schools. Some talked about the freedom from stereotypes they normally experience at school. The freedom to develop themselves and their interests in an environment free from judgment and criticism made UB a safe place in comparison to their high school communities.

The results of the study indicate that an environment which fosters safety, high expectations, and purpose helps UB scholars succeed not only in high school and college but also throughout their lives.



UB SCHOLAR NOTES

Recent Awards or Honors



Tyrone B: Recently met a personal best with a 5:34 mile time!



Angel S: Angel recently received the Boys and Girls Club of Greater Holyoke Youth of the Year award which honors individuals who can be held up as a role model for other youth. There is an excellent article about Angel on the Boys and Girls Club website.

Jorge CM: Earned a position on the Massachusetts Junior Olympic Volley ball Team..

Kibbs F: After not placing the previous year Kibbs decided to try the Alpha Phi Alpha Oratorical Contest once again this year. This time he placed third and was awarded \$1000, Kibbs also read his speech in Eastfield Mall during an MLK day celebration.

Teddy D: Coca Cola Scholarship Finalist. After several rounds Teddy is still in the running for the scholarship worth \$10,000.

Andres V: Continues to take an active role in the Holyoke Youth com-

Recent Activities and Successes

Nick D: Participating in the Western Massachusetts District Choir. The Western Massachusetts District Choir is a select group of singers who are chosen by audition to perform along with the others in a concert at the University Of Massachusetts Fine Arts Center.

Cody T: Recently earned a part-time position with the Turners Falls Fire Department after serving as a volunteer.

Kevin HL: Kevin continues to work closely with middle school students by assisting in developing a math curriculum that is relevant to daily life.

Ruthie L: Attended the inauguration of President Obama



SENIOR SPOTLIGHT



Name: Mariah Garcia

School: Holyoke High

What has UB meant to you?

It has meant a lot because it helped me both academically and socially.

What are you looking forward to the most?

Meeting new people and being independent. I am looking forward to being somewhere new and also on my own.

Any ideas on a possible major?

I want to study criminal justice so I can become a probation officer.

What was the best part and the worst part of the college application process?

Choosing where I want to be and the freedom that goes along with that.

The overwhelming feeling of filling out all of the applications.

What will you miss the most?

I am very eager to get out of high school so I am not sure as of now, I am sure there will be some things though.

Any advice to next year's seniors?

Start the college application process now!! It will take you forever but it will be worth it.



Holy Cross, Clark, and UMass Amherst, are only a few of the colleges Mariah has applied to.

Possibly moving to warmer weather? Ta'Quawn has applied to colleges like Florida Atlantic and the University of Tampa. He has been accepted at Bridgewater State College and is waiting for



Name: Ta'Quawn Daniels

School: Springfield Central High School

What has UB meant to you?

UB is more than just an acronym, it becomes apart of you.

What are you looking forward to the most?

I am really looking forward to freedom, I want to be free from some of the barriers that hold me back. When I get to college I think there will be more opportunities.

Any thoughts on a possible major?

Right now I am undecided. I think I am too young to know what I want to do for the rest of my life.

Best and worst part of the college application process?

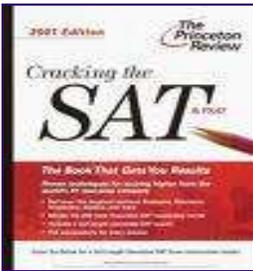
The best part of the process is being finished. The worst part is applying to some of the colleges that require a lot of essays.

What are you going to miss the most?

I am going to miss the hand-outs, you know, the ability to get off the hook for things. In college you are going to have to be a lot more accountable.

Any advice for next year's seniors?

It may seem pointless during the process, but in the end it will make sense. Also, try to retain as much of your individuality as you possibly can.



In the Upward Bound program, more students take the SAT

ACT VS. SAT: WHICH SHOULD YOU TAKE ?

Which came first, the chicken or the egg? Who really won the 2004 presidential election? These age old debates pale in comparison to the one facing high school juniors and seniors today. Which should I take, the ACT or SAT? While formerly a Midwest phenomenon, the ACT is quickly gaining popularity with high school students on the East coast. Myths abound on who will perform better on which test. Some say that students who are more analytical should take the SAT and those who can memorize should take the ACT. Admissions counselors deny any validity to these notions saying that the best way to do well is to study hard and take challenging courses. The UB curriculum centers on preparing students for the SAT but allows students to take also the ACT. While there is no sure sign that college admissions prefer either test, one thing remains true, college admissions offices love to see high scores no matter what the acronym is.

SAT

3 Hrs 45 Min

Math, English, Writing

ACT

2 Hrs 55 Min

Math, Science, English, Writing (op)



Advisor Ana Gonzalez works with Andres on his college essays as frustration sinks in...but for whom?

THE WRITER'S CORNER

It is no secret that writing an essay is a thorn in the side of many aspiring college students. Whether it is contemplating your thesis (Yes, you need a thesis!) or mastering a transition sentence, there are many components to writing a strong essay. Well, there is hope. Ask any UB senior who has finished his application essays. There are a few good strategies to improve your essay writing even before you get an assignment. Journal writing is a great way to practice writing logical sentences and transferring your thoughts to paper without the stress of being graded. Expanding your vocabulary by constantly learning new words can help you add just the right touch when describing something in your essay. Though writing and vocabulary lessons are a part of the UB curriculum, the easiest way to improve your writing and your vocabulary is not simply to read anything you can get your hands on. Listed below are a couple of websites that you might find helpful.

www.classbrain.com

www.englishbiz.co.uk

BOOKS WE ARE READING

Kevin H-L: “As I Lay Dying”

Nick D: “A Purpose Driven Life”

Tyrone O: “The Odyssey”

Nick B: “The Cleric Quintet”

Justin M: “Planet Hulk”

Keren F-S: “Of Mice of Men”

Cody T: “Lisa Bright and Dark”

Maryann M: “Macbeth”

Nikki B: “Siddhartha”

Angel S: “Tuesdays with Morrie”

Taisha L: “Moby Dick”

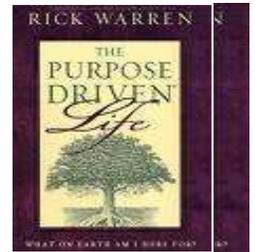
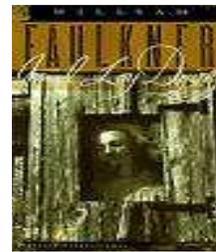
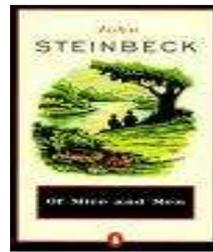
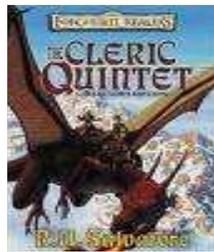
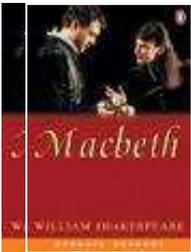
Lindsay W: “Twilight”

Teddy D: “Grendal”

Adam F: “Catcher in the Rye”

Drew H: “Cats Cradle”

Gayle S: “Out Stealing Horses”



WHAT'S SO GREAT ABOUT A GRAPHIC NOVEL?

BY: JUSTIN M & DREW H

One of the most immediate ways to boost your vocabulary and writing skills is to read. The increasing popularity and accessibility of the graphic novel genre contributes to improved vocabulary and philosophical lessons for teens, though they may not know it. Many of the most popular varieties focus their plots around the pressures of being a teenager, the consequences of war, living in a dysfunctional family, and modern allegories of historical events and stories. Many young readers believe that graphic novels bring together the best elements of a movie and a good book. - *Drew H.*

A lot of people think that graphic novels are just children's stories. In my opinion there is a lot more to them than just pictures and action. Graphic novels have tackled important issues and have been a big influence in a lot of peoples lives. They have taught me about heroism, pride and even love. For example, in the graphic novel Sin City, the main character, Hartigan, is forced to do time in jail in order to prevent a girls death. When he hears the girl is going to be killed anyway he has to come to grips with the knowledge that his sacrifice was for nothing. This illustrates the moral decisions that people have to make in life and just one of the many thought provoking situations in graphic novels. - *Justin M.*



Gayle Sullivan: Franklin County Academic Advisor

Where do you live? House that my husband and I built ourselves in Conway, MA

Favorite Music? Folk-Rock-Progressive with some Blues thrown in

Favorite Book? "The Last Report on the Miracles at Little No Horse" by Louise Erdrich

Favorite. Quote? Strike while the iron's hot!

Random Fact? I work with clay and make wheel-thrown pottery.

What is your favorite part about working for UB? Talking to a student about something and realizing it is the first time that he/she has heard it; and appreciates it.

Who is your Hero? My grandmother who organized the first labor unions in the New England textile mills

What is your favorite thing to do when not working at UB? I would have to say going on long bike rides, where you can stop half-way and get ice-cream and goodies. The twenty mile rides.



Ana Gonzalez: Holyoke Academic Advisor

Live In? Currently I live in New Hampshire with my husband, Dave, and 8 year old daughter, Autumn. We have a 13 year old dog named Hobie and 10 chickens that provide hours of entertainment.

Favorite Music? My favorite music, book, and author is whatever my 8 year old daughter is into at the moment. My being involved in her interests provides an avenue for us to maintain connectedness in our hectic lives.

Favorite. Quote? Robert Frost's poem "Nothing Gold Can Stay"

Random Fact? I have 7 nieces and nephews, and 7 Grand nieces and nephews.

What is your favorite part about working for UB? Spending time with the Holyoke Scholars.

Who is your Hero? First, I would have to say that my daughter Autumn is my hero. But a close second is going to have to be Drew.



Drew Hammill: AmeriCorps Member

Where do you live? I live in Greenfield, Ma

Favorite Music? I enjoy a lot of music, but my heart is in country, folk-rock, and Queen

Favorite Book? I think it is Kurt Vonnegut's "Cats Cradle"

Favorite. Quote? "I don't believe in charity. I believe in solidarity. Charity is so vertical. It goes from the top to the bottom. Solidarity is horizontal. It respects the other person. I have a lot to learn from other people." - Eduardo Galeano

Random Fact? I ran 18 miles one time, and I know how to quilt.

What is your favorite part about working for UB? The nature of my position gives me the opportunity to see many people and hear a lot of scholars speak, I have a lot of fun.

Who is your Hero? Patricia Corrigan, not the least of which is because she could be a secret agent.

What is your favorite thing to do when not working at UB? I think it is a tie between going to the gym or eating.



SOME UB COLLEGE ACCEPTANCES FAR TOO MANY TO LIST!

It is that time again when seniors anxiously wait by the mailbox for news from colleges. For UB students this is the culmination of years of hard work, whether it be from studying in tutoring sessions, using school vacations to visit colleges, continuing their education in the Summer Academy, or drudging through those last college applications. While those moments seemed daunting at the time, it is now that seniors can reflect on how their hard work has been all worthwhile. So, with big decisions still left to make, we would like to say Congratulations to all our seniors. Good luck with your tough decisions!



Several UB students were accepted into Brandies this year.

"The horizons lean forward, offering you space to place new steps of change"
- Maya Angelou



Worcester State continues to be a popular choice for UB students.

Nelson B.

Worcester State College
Francis Marion University

Amy B.

MCLA
Worcester State

Jorge C.

Roger Williams University

Ta'Quawn Daniels

Bridgewater State College
Westfield State College

Casey D.

Bridgewater State College
Westfield State College

Teddy D.

Fitchburg State College
Trinity College

Evelina F.

Smith College
Mount Holyoke

Kibbs F.

Hampshire College
College of the Holy Cross

Adam F.

Westfield State College
Worcester State College

Alyssa Garcia

Wells College

Mariah G.

Fitchburg State College
Westfield State College

Immaculata G.

Westfield State

Kevin H.

Southern Vermont

Taisha L.

Framingham State College

Kayla L.

Barry University
University of Tampa

Justin M.

Worcester State
Bridgewater State

Tanya O.

Middlebury College
College of the Holy Cross

Raiza R.

Elms College

Angel S.

American International College
Elms College

Taniesha T.

Westfield State
Roger Williams University

Feleisha T.

Westfield State College
UMass Dartmouth

Andres V.

Westfield State College

Lindsay W.

Brandies University
MCLA

Ebony S.

Greenfield Community College

Cody T.

Greenfield Community College

CLASS NOTES



Natasha Vieu-Fleury, Holyoke, 2007

Worcester State College

Things are going well with me. My first year and half at Worcester State was great! I was majoring in Accounting and this past semester I was a Resident Assistant. I also ended up getting an internship with Pratt and Whitney in East Hartford which was a great experience. However, this past semester and the internship I had made me realize that accounting was not something I wanted to do for the rest of my life. So, I decided to change majors. I will be majoring in Nursing but more specifically, Pediatric Nursing. Nursing was something I had originally wanted to do

For this semester I will be working to save up money. I am reapplying to colleges to try and get into the Nursing programs. I forget what a pain it is to apply to college.

Tammy Audong: Holyoke, 2005

Simmons College, Senior

I'm finishing up my last semester at Simmons College, graduating with a degree in Biochemistry. After graduation I plan on taking a year off and then applying to graduate school for a Physician's Assistant program.

James Darga: Holyoke, 2005

I am doing great and living on my own. I have a job and am trying to get to HCC. I just need a few more credits to get my associates. I still pick up my trumpet and reminisce about the good old days. There were some great times. I miss everyone, and wish everyone well. Best wishes and may peace follow you where ever you shall go.

Mark Wasielewski: Turners Falls, 2004

Bridgewater State College, 2008

I am currently working in Holyoke for a company called Bankers Life and Casualty. Bankers Life is a company that not only sells life insurance, but also does retirement planning for seniors. Aside from looking for more work here at home, I am simultaneously looking for work to move out East - somewhere between Bridgewater State and Boston Things are moving slow, but I am not giving up!

Kevin Wasielewkie: Turners Falls, 2004

Franklin and Marshall, 2008

I graduated with a degree in Environmental Social Medicine (a major I created that is essentially Public Health) and an exploration in Music. After graduation I spent the summer leading two bicycle trips from Freeport, ME to Quebec City, CN with students aged 15/16. I met some friends who were also leaders on that trip and together we decided to stay in Maine for the year and are now living in Portland. I am hoping to start an EMT class soon to continue developing my skills for the future. Next Fall I want to begin a master's program at the Penn State school of medicine titled: Master's in Homeland Security and Public Health Preparedness. Best wishes!

Carmen Caban Otero, Greenfield, 2004

Trinity College

I am taking a year off from Trinity and hope to complete my final credit through Harvard's extension school. I am working full time in the greater Boston area.

Nohely Salazar: Springfield, 2004

St Olaf College, 2008

I graduated last May and I am currently back home, but thinking of moving because the job market isn't all that great here. I work for a nonprofit organization and I am thinking about pursuing writing.



Krystle Wilson:, Springfield, 2003

Westfield State, 2007

I graduated with a BA in Sociology, but right now I'm working at the Friendly Ice Cream Corporation. I am also sending out my resume to some jobs that are relative to my field because I need more experience. I am still living in Springfield, MA but eventually I hope to move into a place of my own...somewhere where it is warm!

Saeed Ola: Holyoke, 2003

Swarthmore College, 2007

I've recently moved out to Newton, MA and I am teaching 6th grade math and social studies in Brookline. Hope all is well.

Darya Samokhina:Greenfied, 2003

State College PA

I am in State College, PA, and have been here for 2.5 years now...I'm going for dental hygiene at Penn College in Williamsport, about an hour away...it's a long drive but I'm used to it...I'm still not in the program, but it's my second semester there (I had to get my residency in PA before I went back to college) so I'm working on getting the credits that I need. Things are going well, and I'm soooo glad to be back in college!!!! 2 years off is too much!!!

Linh Mach: Springfield, 2003

Smith College, 2007

Life after Smith has been great. I moved to the Boston area and found a job doing HIV vaccine research at BIDMC under Dr. Norman Letvin. I'm part of what they call the ELI Spot assay team. We basically perform ELI Spot essays on various studies for the Vaccine Research Center and the Division of Acquired Immunodeficiency Syndrome. It's a very easy and laid back first job. I'm trying to spice up my work by assisting other research teams in the division during my down time. I began helping a group that is trying to decipher the kinetics of the virus in breast milk vs. blood. So that's making the job a little more interesting.

Alicia McCauliffe: Holyoke, 2003

Mount Holyoke College

I have been a very busy bee. In 2005 I moved from Massachusetts to the Portland, Oregon area. At the time I started as a teller with WaMu Bank (Now JP Morgan Chase), after 2 years I was promoted to a personal banker so now I open all accounts, do business consulting and services, consumer and business loans, and anything else you can think of. In April 2008 I bought my first home in Beaverton, Oregon (my sister bought her first home in Connecticut in the same month and coincidentally we moved into our houses on the same day!). Currently, I am still working as a personal banker and I am working hard to get licensed to do investments. This year is

dedicated to getting in shape and recently I joined a local volleyball league as well as the YMCA. I am considering finishing my degree with a business focus but I need to find out what that entails and if I can transfer credits. I miss UB, it was such a great program. I feel like I grew a lot from it

Ryan Spence: Springfield, 2003

Holyoke Community College, 2008

I finished up HCC and I am thinking about going to the Connecticut School of Broadcasting. After that I would like to attend Full Sail University for their entertainment business degree. Right now I work at the Cinema, Advance Auto Parts, and I also DJ at clubs and private functions..

Kristin Malone: Mohawk, 2003

Wheelock, 2007

Right now Noelle and I are actually in Florence, Italy. We have an apartment for two months, and we will also be traveling to Paris and Greece. Since Wheelock, I have been living on Martha's Vineyard and absolutely loving it. However, I have realized that it is time to move on, and made a decision for this winter to get a job and move away. I applied for child life (what I am certified in) jobs all over the country, but unfortunately, I did not get one. Hopefully I will have better luck next winter, but I keep trying! For now, Noelle and I just decided to take a break and travel, but I will be going back to the Vineyard where I have waitressed and nannied for the summer, and hopefully by next winter, I will have a child life specialist job. Ciao!

Michelle Gage: Mohawk, 2002

Merrimack College, 2006

Springfield College Graduate School

I am finishing my social work master's at Springfield College, with only 3 months left. I am working at a residential program for adolescents- I am the clinical case manager there. I'm enjoying the experience. I have to say that without UB, I'm not sure where I would have ended up.

Jerald Rosen (Dougie) : Springfield, 2002

Temple University, 2006

I am currently working for Comcast Corp. Their headquarters are located in Philly. I am a coordinator for the Public Affairs Dept. It is great! I am really enjoying myself. I plan on going back to get my masters in organizational development or perhaps social work. I am very interested in HR and want to do something before I go for my MBA in the future. I am truly grateful for the experience you have provided me. UB does great things! I appreciate all the hard work, the early classes and so much more, now more than ever. Uou and the staff and especially the program made a major impact on my life and future success!



CLASS NOTES (CONTINUED)



than anything else so we think it may be better for me if I switch programs. Emory, Temple, and University of Maryland have good schizophrenia research programs. I love school and really happy to be learning things that interest me so much miss you guys and I wish you the best!

Danielle Brown: Turners Falls, 2001

Bridgewater State College, 2004

Former UB adviser, office manager.

I'm busy as always, but still think of you often. I'm working at Horizons for Homeless Children as a Playspace Programs Manager. Essentially, I design, install, and maintain playrooms in family homeless shelters in Greater Boston. Then, I manage a huge group of volunteers who play with the kids in the shelter while the parents are in meetings and groups. It's an incredibly rewarding job and working in Boston is fun. I'm taking advantage of all the entertainment opportunities out here and have seen several theatre and dance productions and a couple of Red Sox games, and a few really great concerts. I've also gone back to school. I'm taking American Sign Language classes for fun, and I'll be graduating this summer from Northeastern University with a certificate in Meeting & Event Planning. I'm also helping plan weddings and events on the side, so if you know of anyone who needs assistance in that area, let me know! If anyone wants to get in touch with me, feel free to e-mail me at [mailto:daniellebrown119@yahoo.com] daniellebrown119@yahoo.com. I look forward to hearing from you!

Nicholas Doolin: Springfield, 2000

Rochester Institute of Technology, 2005

After I graduated, I worked for Johnson and Johnson in Philadelphia for about 2 years. My position there was an IT Analyst. I left J&J and went to Accenture, and now I am an IT consultant. Currently I am on a project in New York for the mayor's office. I am also engaged and will be getting married this April.

Calista Trenholm: Turners Falls, 2000

Wheaton College, 2004

I've settled down in Houston, Texas and got married last August to a Houston native. I'm back in school now, working on my MBA in HR Management at Houston Baptist University. I am also working for an executive search firm that focuses primarily on HR positions. Things are going really well!

Khalima Bolden: Springfield, 2001

Tufts University, 2005

Boston University Graduate School

After I graduated Tufts I got a job at a hospital here, Brigham

and Women's Hospital, doing research for about 3 years. In my last year I applied to graduate schools and got in to the doctoral clinical psych program at Stanford and BU, I chose BU. I'm in my first year, just completed my first semester actually. I got all A's and now my second semester starts in a few days. So things are going well. However, though I love BU my advisors and I have been discussing applying to other programs because my research interests have shifted from purely child clinical psychology to child schizophrenia and bipolar disorder. BU mostly focuses on anxiety and mood disorders more so

NOTES FROM FORMER STAFF

Gerald Pambo: Summer 2006 TC

I just graduated last May from Bard, and now live in New York City. I got a job doing risk management at an investment bank in New York city. It has been quite a whirlwind of a career entry given all that is going on in the financial world right now.

Shirley Duong, Summer 2006, 2007 TC

This semester, I'm taking interesting courses, two of which are Personality Development through the Lifespan and Marriage Family Therapy (an intro course, mostly theory).



Allison Ortega: Summer 2006, 2007 TC

I am still here in Mozambique. I am in the northern part of the country, up in the mountains, in a town called Gurue. I started my second year of teaching a month ago. There are ups and downs but overall it has been a great experience for me. I feel like I have been fortunate.



Addie Wyman Battalen, 2003-2004 TC

I'm living in Cambridge and working as a clinician at a residential school for adolescent girls. I'm pretty happy there. If there's ever any UB-Boston events-I'd love to help out!

Highlights from our 40th Anniversary Celebration

On March 8th of 2008, over 200 people came from far and near to celebrate over forty years of NMH Upward Bound success. Former staff and alumni enjoyed meeting our current scholars and catching up with each other. Massachusetts State Representative Christopher Donelan was presented with the Howard Jones Award for his advocacy on higher education issues. Thomas Putnam, UB director from 1992 to 1999, and current director of the JFK Presidential Library shared his thoughts about those years. Brad Zervas, UB Director from 1990 to 1992 and current executive director of the Boys' Club of New York challenged everyone to step up to support the program. Alex Hiam, a trustee for the Edwin S. Webster Foundation was recognized for his outstanding support of the program. Leida Cartagena, UB '97 was presented with the Outstanding Alumnae Award. The UB Class of 2001 had the strongest showing! Watch



for our Summer Alumni Day notice and our 45th celebration in a few years! Thank you to everyone who made this a wonderful event.

Gisele



