The UB Scholar’s Digest

Director’s Notes

Happy Spring!

After a long, cold winter we are really looking forward to all the great things that are happening this spring and summer. We are most excited about our new Early College Initiative. We have begun to develop collaborations with Greenfield Community College, (GCC), Holyoke Community College and Springfield Technical Community College. GCC will be teaching a 3-credit class for us this summer, Introduction to Humanities, as well as a math class. Most of our seniors will complete at least one college class before they graduate and they will hopefully earn credits that will count towards a degree.

Students are very excited to start college early. Some research indicates that students who take college classes during high school are more likely to enroll in and succeed in college. We think that the confidence and practical experience that our students will gain will make a big difference. The colleges are also providing college readiness testing that we will use to identify gaps that need to be addressed so that all of our students can start college without remediation.

Our social justice theme this year is worker's rights. Our students are reading One Proud Summer by Marsha Hewitt; a novel that tells the story of a 100-day strike Quebec that brought a town of thousands to the streets. We look forward to developing the theme through our writing curriculum, film series and social justice conference.

In February we had a wonderful Career Day Event. Twelve professionals from a wide range of fields came to inspire and inform our students. Our forty new students joined the full program that day and got a small taste of what it will be like to be together on campus this summer.

Most of our seniors have finally made their college decisions. We are celebrating with them while helping them prepare for the next steps. On April 25th, an Alumni panel featuring Keyona Jones, Danielle Brown and Andrew Mercado gave lots of valuable tips on how to thrive in college and beyond.

Our Commonwealth Corps member, Joshua Wyman, has taken students on many trips, including community service events at the Audubon Society, TRIO days in Framingham and lots of college visits. Josh continues to lead our new math support program at Turners Falls. We are lucky to have the dedication and talent Josh brings to our program. Special thanks to Josh for putting together our newsletter.
Congratulations to all of our Seniors!
Where they're headed...

**Greenfield High School:**
- Vasiliki Balis ‘14
- Hartwick College
- Manisha Malik ‘14
- Mount Holyoke College
- Paraskevas Felogoy ‘14
- UMass Dartmouth
- Cheyenna Woodard ‘14

**Massachusetts College of Liberal Arts**

**Springfield High School of Science and Technology:**
- Rohanna Brown ‘14
- UMass Dartmouth
- Carl Salters ‘14
- UMass Dartmouth

**Turners Falls High School:**
- Andre Beauregard ‘14
- Massachusetts College of Liberal Arts

**Holyoke High School:**
- American International College
- Bay Path College
- Bridgewater State University
- Canisius College
- Clark University
- Colby Sawyer College
- College of the Atlantic
- Dowling College
- Elizabethtown College
- Elms College

**Fitchburg State University**
- Franklin Pierce College
- Hartwick College
- Hobart and William Smith College
- Holyoke Community College
- Marist College
- Marlboro College
- Massachusetts College of Liberal Arts
- Mount Holyoke College
- Nazareth College
- Nichols College
- Providence College
- Regis College
- Sacred Heart College
- Saint Anselm College
- Salem State University
- Springfield Technical Community College
- SUNY Potsdam
- St. Michael’s College
- Stonehill College
- UMass Amherst
- UMass Dartmouth
- UMass Lowell
- University of New Haven
- Western New England University
- Westfield State University
- Wheaton College
- Worcester State University

**Springfield Central High School:**
- Diana Garcia ‘14
- Holyoke Community College
- Anne-Marie Fortilus ‘14
- UMass Dartmouth
- Sullynette Ortiz ‘14

**Westfield State University**

**Springfield Renaissance High School:**
- Leila Melendez ‘14
- Westfield State University
- Tynayko Melendez ‘14
- UMass Dartmouth
- Mariana Palacio ‘14
- Zaynah Henry ‘14
- UMass Dartmouth

**Jason Stough ‘14**
- Holyoke Community College

**So many College Acceptances!**
Carl Salters, Sci-Tech High School
What are the top 3 things you’ll take away from your time in Upward Bound?
Being on time, having content in my work, being accepting of other people
How has Upward Bound improved your life?
Because of Upward Bound I’ve definitely become more social and more open to ideas. I want more out of life.
What will you miss the most about Upward Bound?
The people, everyone in the program and the staff, they will always be friends to me.
Do you have any advice for new and current Upward Bound Scholars?
Keep trying to do your best, your best is the greatest thing you can do. And be open to any idea no matter what it is.

Cheyenna Woodard, Greenfield High School
What are the top 3 things you’ll take away from your time in Upward Bound?
My roommate, she made it really fun. The level of support was great. How helpful the staff was, they really made a difference.
How has Upward Bound improved your life?
Well, I’m going to college! It’s made going to college much easier. It’s also change my perspective on things, like meeting new people and being accepting of them. It’s also helped me not be so stressed in life.
What will you miss the most about Upward Bound?
Just being a part of the program and having all of its support.
Do you have any advice for new and current UB Scholars?
Your first year can be stressful, but it’s not worth giving up over.
Briana Brennan, Holyoke High School

What are the top 3 things you’ll take away from your time in Upward Bound?
My friends, who I plan to stay in contact with. “Patience is a virtue”. And to strive for the future.

How has Upward Bound improved your life?
It’s helped me come out of my shell and be more social. It’s also helped me with time management and keeping my life flowing smooth.

What will you miss the most about Upward Bound?
Definitely all the people in the program and all of the opportunities it gives you.

Do you have any advice for new and current Upward Bound Scholars?
Make every moment count, because it really is amazing and like none other.

Anne-Marie Fortilus, Central High School

What are the top 3 things you’ll take away from your time in Upward Bound?
Time management and being on time; Being mindful of others; “Patience is a virtue”

How has Upward Bound improved your life?
It’s made me more open to expressing myself in a positive way, I’m able to understand people better.

What will you miss the most about Upward Bound?
I will miss the people who surrounded me with support throughout. My time at UB.

Do you have any advice for new and current UB Scholars?
Always stay focused on your work and go to class on time. Don’t procrastinate and stay positive.
The Rising Cost of Not Going to College

Joshua Wyman

It’s not a secret that college is expensive. The news is full of stories about the rising cost of tuition at many colleges and universities. Tuition increases happen at both public and private institutions, so most students and their families can expect to see their college costs and debt burden to be high. Many are beginning to question whether it is worth going to college, given the high costs and debt load taken on by students.

Students who obtain a Bachelor’s degree on average earn $26,000 more than per year than high school graduates without degrees, making $57,000 a year, according to the 2009 US Census. College graduates earn $37,000 more than students that do not finish high school. That kind of extra money is a nice incentive for those looking to own a home one day, start a retirement fund and have a comfortable lifestyle.

Students who complete a four year degree are also less likely to feel the effects of unemployment. According to the Bureau of Labor Statistics, the unemployment rate for those with an Associates degree or higher was 4.3%, compared to the 14.3% of those with a high school diploma and under. And while finding work for many living in the U.S. can be difficult, the added boost of a having a college degree can increase the chance of getting a job in one’s desired field.

What is being done to bring down the cost of something so beneficial? In August 2013, President Obama announced a plan to make colleges more accountable and more affordable by creating a ranking system. The rankings will be linked to measurable outcomes including graduation rates. The goal is to make colleges more accountable for the money they receive so that students will be more likely to graduate and leave academia with job prospects and the ability to pay their student loans.

Obama’s plan will result in a list compiled by the Department of Education by 2018 for students to use when deciding on a school. The plan also pushes schools to examine ways to cut costs while still offering an exceptional education such as offering Massive Open Online Courses, (MOOCS) which have been gaining some support recently for their low costs (in some cases they are free), and the high number of students they can reach. Other ways to reduce costs include increasing the use of technology and online interaction for students and faculty; as well as recognizing previous education and promoting dual enrollment for high school students.

New UB Students Sound Off!

Brianne Ramirez ‘17
What do you like about Upward Bound so far?
I really like the unity that the staff and students have. Also, they provide extra help.

What made you want to join Upward Bound?
There was a meeting about Upward Bound and I decided to apply based on the information I was told. Also, it sounded like a great opportunity that I didn’t want to regret missing later on.

What are you excited about for the summer?
I’m excited about meeting new people, exploring new Activates, and learning new things.

Xavier Vargas ‘17
What do you like about Upward Bound so far?
It helps me plan my future for next year and for college.

What made you want to join Upward Bound?
I got nervous on how I still needed help on college and high school so I joined.

What are you excited about most for the summer?
I’m excited for going to the classes up there.

Anika Wasse ‘16
What do you like about Upward Bound so far?
I like how we got to look at College Board, look at careers in different fields, and get college ready.

What made you want to join Upward Bound?
My sister encouraged me to join, it gave her discipline for school, and gave her access to college.

What are you excited about most for the summer?
I’m excited for the college experience and the added academics. Also to meet new people and participate in all the activities.

Jacksiel Colon ‘17
What do you like about Upward Bound so far?
I knew if I joined I would have an extra boost in school.

What made you want to join Upward Bound?
There are always people there to help you and give you support.

What are you excited about most for the summer?
The experience. It’s my first summer going away from home, and I’ll get to be in a college like setting.
This past February, 20 of our students from the Holyoke, Springfield, and Franklin County schools, were invited to attend this year’s TRIO Day hosted by the New England Educational Opportunity Association, (NEOA). The event which was held over the course of two days, February 20th and 21st, at the Sheraton Hotel and Conference Center in Framingham, Massachusetts, brought together TRIO programs from across New England, and even New Jersey, and New York state.

The first day was filled with events that allowed our students to meet with other TRIO program students and build a greater sense of community. Events included “ice-breaker” activities; speeches from Karen Keim the NEOA President, Mitchell Chester, Commissioner of the Massachusetts Department of Elementary and Secondary Education, and Shani Turner, a poetry slam, academic jeopardy, games and a dance.

The highlight of the first day, however, was the college visits. Tours of 15 colleges across Eastern Massachusetts were offered. Our students had the fortunate opportunities to visit Northeastern and Worcester State University. Students were given tours of academic building, resident halls, athletic facilities, and they had lunch in the dining halls. In addition students were given an information session which included presentations on residential and academic life followed by questions and answers.

The second day was equally stimulating for students who attended seminars on various college related topics. There was also a college fair, with representatives from colleges and universities from around New England. At the close of the two days, Massachusetts House Representative Tom Sannicandro, of the 7th Middlesex District, spoke, emphasizing the importance of attending college and affirming his support of TRIO programs like Upward Bound.

TRIO programs are Federal outreach and student services programs designed to provide services for individuals from disadvantaged backgrounds. TRIO includes eight programs targeted to serve and assist low-income individuals, first-generation college stu-
Alicia Hathaway:
*Turners Fall High School ‘12*
*Greenfield Community College*
“I currently work full time as a Developmental Assistant at LifeSkills inc in Greenfield MA. LifeSkills is a day habilitation for adults with mental disabilities. I am also in school part time at Greenfield Community College.”

Michelle Gage:
*Mohawk Regional High School ‘02
Merrimack College ‘06
Springfield College ‘09*
“I am about to sign a contract for a private practice in Amityville, NY with other psychologists and psychotherapist.”

Keyona Jones:
*Springfield Central High School ‘10
Umass Amherst, ‘14*
“I am graduating this May from the University of Massachusetts. I'm graduating with my B.A in both African American Studies and English. Currently, I am president of Delta Xi Phi Multicultural Sorority Inc. and plan to continue my position next semester when I being my Masters program! I will be continuing my education as an African American Studies major. I will not be stopping there! I plan to apply for a PhD program after I complete my Master’s at UMASS.”

Alyssa Adams:
*Turners Fall High School ‘13
Clark University*
“This semester I've been taking courses to complete my psychology requirements. I also joined a few clubs. One is Acts of Kindness, where I've become the community relations liaison. We do nice things for students around campus. I am also the secretary of OPEN which advocates for LGBT rights and works to create a safe space for LGBT people on campus. I've also hosted a few prospective students on overnights which was a great experience. I've met a lot of new people and I've really adjusted to being at Clark. I love it here!”

Raiza Ramos:
*Springfield Central High School ‘09
Westfield State University
Westfield State University*
“I'm currently a Community Support Program (CSP) worker for the Gandara Center. I was recently accepted into the MSW program at Westfield State University. I will start in the Fall. I'm still a proud single parent! My daughter will be turning 6. She is my motivation for going to graduate school. Also I would like to thank UB for helping me be the person that I am today. I learned so many great skills. I'm so happy that I took advantage of all the great services. My life would not be as great as it is today without UB.”

If you’re an Alumnus of Northfield Mount Hermon Upward Bound, we would love to hear from you! Drop us a line and let us know what you’re up to. We may even feature your story in our next newsletter!
Breyana Roman

When I arrived in Washington DC for the Council for Opportunity in Education’s annual Policy Seminar, I was excited by the numerous TRIO staff and supporters I encountered. It reminded me of the incredible impact that TRIO programs have across the nation. Experienced TRIO professionals mixed with emerging TRIO leaders to prepare for the Policy Seminar. Policy Seminar is an opportunity to participate in TRIO advocacy, something that every TRIO professional should experience. Not only do we get the opportunity to be activists for our programs, but we also become connected to our TRIO colleagues and share best practices, stories and much more.

I will admit that I was nervous heading into Policy Seminar. I was unsure of what to expect, unsure if I would be able to go to Capitol Hill and be able to talk to our legislators. Luckily, my nerves were quickly assuaged in the days leading up to the Hill visits. COE’s programming for Policy Seminar was so helpful and so inclusive; they were able to give the newcomers practical information for advocacy through a number of sessions with TRIO professionals who have been coming to Washington DC for several years and sessions with the very experienced and knowledgeable COE staff.

Policy Seminar is an opportunity for all of us working in TRIO programs to get fired up about what we can do to make sure our programs are sustained. We were all in Washington fighting for our programs across the nation, but I also enjoyed hearing from individual states about how TRIO staff is working with the State Legislature and local government to garner support and draft legislation for programs. I believe they may have inspired other states, Massachusetts included, to start building a relationship with local and state government to generate more support for our programs across our respective states. Hearing from states like Hawaii and Ohio helps us all to remember that the work doesn’t stop in Washington DC, the work continues everyday in our states, hometowns and programs.

After three days of invaluable preparation, the time came to make our way to Capitol Hill. Our team from Massachusetts, made up of new and experienced TRIO professionals and TRIO alumni, felt confident and ready to meet with our congressional offices and confident in asking our representatives to support a $52 million increase in TRIO funding. Usually, the meetings are conducted with the representative’s staff, but to our surprise and delight, we had the chance to meet with two of the Congressmen themselves, Representative James McGovern and Representative William Keating. Both representatives were very interested in the programs we support and the work we do. We left lasting impressions of TRIO and its impact and departed Capitol Hill feeling satisfied with our advocacy efforts. In the end, all of our Representatives and both Senators signed onto House and Senate Letters supporting an increase in funding.

My connection to Upward Bound and TRIO was deepened during the time I spent at Policy Seminar. I hope to return many more times over the course of my career in TRIO.
Joshua Wyman

In January of this year NMH Upward Bound scholars joined hundreds of thousands of people across the country to commemorate Dr. Martin Luther King Jr. Day through community service projects. Our students were invited to participate in a clean up project at the Arcadia Wildlife Sanctuary in Easthampton, MA. The Sanctuary which is part of the Mass Audubon, covers 621 acres of diverse terrain, including wetlands, meadows, and forests. In addition to caring for the beautiful landscape, Arcadia also operates a pre-school, a summer camp for kids, and multiple nature clubs for adults.

Students who participated in the January 20th project helped to clean and organize the pre-school facilities and the nature programs Arcadia uses in its educational programs. Seven UB students took part in the event. After cleaning projects were completed, students went on a guided nature walk through the forest section, where they saw deer tracks, learned about various trees and plant life that still grow during the winter, and learned to identify several kinds of tracks left by small animals such as raccoons, mice, and even squirrels. The Audubon personnel were so pleased with the service our students provided that our students were invited back on April 20th for another community service day at Arcadia!

This time our students helped clean up some of their nature trails by clearing leaves from pathways and roadways, helping to keep the facilities in working order and improving the appearance of the sanctuary. While only three students were able to attend this event, it was a great success. The students again were guided through a nature walk, this time observing some of the wildlife that exists in the undergrowth of the forest, including insects and small reptiles like salamanders.
Giving forward: The gift of seven years at UB

Adam Roberts

When I first came to work at a UB summer, I was myself a fresh-faced, eager young college student – only a few years older than some of the students with whom I was working. Some of our more long-term staff will remember this version as "long-haired Adam" or "pie-eating contest Adam" – yes, it’s true; I really did enter a pie-eating contest my first summer at UB.

I came with a much different story from most UB students, though. I had gone to a private high school much like Northfield Mount Hermon, and had received numerous *unearned* educational benefits, financial and otherwise (my great-grandfather on my dad's side had been pretty wealthy – like, live in a mansion wealthy – and set up a trust to pay for his great-grandchildren's private school education).

Coming from this privileged background, I expected, I think, that first summer at UB to be about "giving back." I was wrong. What opened up instead was a whole world of learning for myself: how to create successful and challenging spaces, as an educator; how to create safe spaces, as a dorm supervisor; and how to learn from and contribute to a multicultural community, as a white person. I was being given to.

Over the years, I returned to UB because it was such an amazing, diverse, strong, committed community. It was where I grew as a writing instructor, helping students craft personal essays for their college applications. It was where I grew as a mentor to young men, helping support thoughtful, sensitive, and curious alternatives outside the mainstream. And it was where I grew as a person – the first place I had ever been in the minority, as a white person – where I learned to think critically about race and class, in society, in education, and within myself.

After seven amazing years of working at Upward Bound's summer program – as a counselor, teacher, and dorm head – I will sadly no longer be heading up to NMH (and its glorious cafeteria) for the best summer job on the planet. But I also wanted to find ways to stay involved with the Upward Bound community. Was there a new way for me to contribute to UB?

After getting involved with an organization called Resource Generation – which organizes young people with access to wealth and class privilege to leverage those resources for social change – I started thinking about how I could redistribute some of that money that was still trickling down to me from my dad's side of the family. Upward Bound was one of the organizations I knew I wanted to support. in the end, I decided to make a seven year giving commitment: one for each of the summers I had worked at UB.

So that's my UB giving story. I don't give to UB just to "give back." I give to UB to give forward: to create more opportunities for students who did not receive the same educational opportunities that I did (because “the playing field” is tilted); and to help sustain a community that I know is deeply committed to leveling that playing field, creating educational opportunity, and challenging systems of oppression.

To all the students and staff who I've met and grown alongside at UB, along the way: thank you! Let's keep doing awesome work together.
College Preparation Assistants
Commonwealth Corps Service Positions (2)
August 14, 2014 - June 27, 2015

Make a difference in the lives of college bound youth in Western Massachusetts. Assist with college preparation, tutoring, mentoring, transportation, college visits, financial aid applications, service projects and other capacity building tasks. Be part of a small, dynamic team of advisors. Inspire and support deserving young people in Springfield, Holyoke, Greenfield and Turners Falls.

Serve an average of 37 hours per week. You must be a Massachusetts resident, 21 years or older, have a college degree, driver’s license, and access to reliable transportation. Experience with low-income, first generation youth preferred. Strengths in several academic areas (high school level) required. Bilingual (Spanish/English) candidates encouraged to apply.

These positions provide a great experience for people who are considering careers in teaching, social justice, social work or higher education. Benefits include a stipend of $434.78 every 2 weeks, health insurance, a completion award of $2000, training and extensive support.

To apply, send a cover letter and resume to upwardbound@nmhschool.org. Applications will be accepted immediately and reviewed until both positions are filled.
Massachusetts State Advocacy Day

May 16th, 2014
Time: 8-11:30am
Breakfast will be included.

Looking for TRiO Alumni!

Please contact:
Sharmese Gunn - sgunn@mwcc.mass.edu
Marcus Williams - williamsm@youinc.org

Follow and Like us on
https://www.facebook.com/MEOATrio
UB Alumni - Save the Date!
Make the Connection!
NMH Upward Bound Alumni Event
Sunday, June 22, 2014
2-5 p.m. (optional dinner)
You have so many great success stories to tell!
Come and keep the connection with UB
See old friends while inspiring our new students!
To register please email: daniellebrown119@yahoo.com