

UPWARD BOUND

NEWSLETTER

FALL 2023

ADMINISTRATIVE STAFF

DR. ANTHONY QUINN, Director,
734.384.4279 aquinn@monroeccc.edu
Office: Z-286, La-Z-Boy Building

CHARLES FRIEDLINE,
Academic Skills Coordinator
(AHS, Rm 65) 734.869.7199
cfriedline@airportschools.com

Upward Bound JHS Office, Rm 115
aquinn@monroeccc.edu
cprenkert@monroeccc.edu
734.384.4106

JEFFERY RUBLEY,
Academic Skills Coordinator
(MHS, Rm B-221) 734.265.3643
Google voice 734.265.0105
rubley@monroe.k12.mi.us

CHERYL PRENKERT,
Administrative Assistant,
734.384.4106 (MCCC)
Office: Z-286, La-Z-Boy Building
cprenkert@monroeccc.edu

TUTORIAL STAFF 2023 – 2024



MATH: Kelly Vandeginste,
SCIENCE: TBD
ENGLISH: Resa Waldecker
*Upward Bound tutorials take place on Tuesdays,
Wednesdays, and Thursdays from 2:30 - 4:30 pm.*



MATH: Meagan Rupert
SCIENCE:
ENGLISH: Holly Himick, Meagan Rupert
*Upward Bound tutorials take place on Mondays,
Tuesdays, and Wednesdays from 2:30 - 4:30 p.m.*



MATH: TBD
SCIENCE: Kaitlyn Long
ENGLISH: Jennifer Crosley
*UB tutorials take place in the library on Tuesdays,
Wednesdays, and Thursdays from 2:30 - 4:30 pm.*

Director's Desk – Dr. Anthony Quinn



The past summer we had a very successful and productive program. Congratulations and thanks to all of the Upward Bound students who participated in the 2023 MCCC Summer UB Program. We hope that you enjoyed coming to campus and taking part in all of the activities that we provided.

The summer program that took place from June 19, until July 28, 2023, consisted of classes in Math, Science, English, Spanish, SAT Prep and our variety of workshops. In addition, we took a number of field trips to colleges/universities, museums and historical sites, a boat ride to learn about the history of Detroit and our Summer Cultural trip to Boston, MA.

We are excited about our upcoming academic year at Monroe, Airport and Jefferson High Schools, and we are thrilled to once again work with your students.

Finally, I would like to thank our dedicated teachers, parents and guardians because without your help the program could not be successful. I wish all of our students a successful 2023-2024 school year! Lastly, I would like to thank Carley Stranyak for her invaluable service that she provided to the Upward Bound program for the past five years. We wish her luck in her new endeavor.



2023 Awards Reception



SUMMER 2023

This summer was for sure Fast and Furious! (In a good way). Thank you to all the students and families participating in our 2023 summer program. I heard many good things from the staff of MCCC about our Work & Learn students as well as the overall behavior of all students on campus this summer. Again, I have to say that our UB students are amazing. Along with the day-to-day class schedules, the students were able to enjoy the following off campus experiences:

- Adrian College
- Boston, Massachusetts
- Cedar Point
- Diamond Jack - Detroit River History Cruise
- Eastern Michigan University
- Michigan Science Center
- Motown Museum
- Sauder Village
- University of Michigan, Museum of Natural History
- University of Toledo

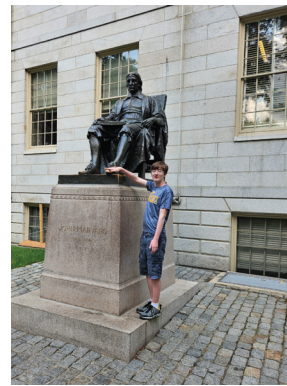
It is always exciting to see new friendships develop between students from the different programs. We look forward to the upcoming school year and cannot wait to plan for summer 2024! The UB Staff would like to hear your suggestions for future Friday Field Trips, Fellowship Trips and Cultural Trips. Mark your calendars for next summer (June 17 – July 26, 2024). We hope to see you there!

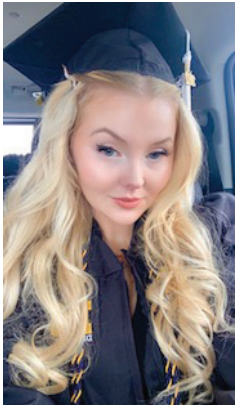


We survived 6 weeks!



Irene Miller (Holocaust Survivor) with UB Students





UB Alumni Update – Makenna Baldwin

Words of Wisdom as a 2018 Airport High School Senior - “Join as many things as possible. Get involved. Do not forget about you. Do everything and regret nothing.”

Hello, my name is Makenna Baldwin and I am a Former Upward Bound Student, Airport 2018

Graduate, Monroe County Community College 2020 Graduate, and University of Michigan - Dearborn 2022 Graduate. Below is a small autobiography on my experiences, professional and academic, ranging from high school to now. I write this in hopes that it may help those who are reading find opportunities in the community that they may not have been aware of prior.

In high school, I was a 4-year Varsity Cheerleader and Vice President of National Honor Society. As well as, a member of Upward Bound, Interact, National Honor Society, and National Technical Honor Society. While in high school, I participated in the Downriver Career and Technical Consortium (DCTC) course for Dental and found my way into the field through that program. I started my first dental field job Junior year of high school and stayed within that field all through college. I did both Dental Office Administrative work and Dental Assisting. After my high school graduation, I went to Monroe County Community College (MCCC) and was granted the Presidential Scholarship. Here, I studied Pre-Health Sciences, worked as a Note Taker for Disability Services, joined Phi Theta Kappa, and graduated with my Associate of Science degree. Upon graduation, I was awarded the President's Academic Achievement Award in 2020. After graduating from MCCC, I transferred to University of Michigan - Dearborn. Here I was awarded transfer scholarships and studied Biological Sciences. While attending this institution, I was awarded first place for my presentation on Oral Systemic Link in Anatomy and Physiology. I graduated from here with Distinction in 2022 with my Bachelors in Biological Sciences. Upon completion of my degree, I left the dental field and did exploratory work in different avenues. I worked that summer for Michigan's Department of Natural Resources as a seasonal worker. I further explored my interest in Environmental Science and volunteered with Friends of the River Rouge and with the River Raisin Watershed Council. In the fall of 2022, I started working as a Laboratory Analyst in a medical testing lab and performed chemistry & microbiology experiments on plant organisms. While working there, I started a Master's program in Data Science at Eastern University- but then later decided to drop the program and complete a Data Analyst Certification through Google instead.

I recently started a position at Monroe County Community College in the Registrar department as the Registrar Assistant and Processor. I perform several different business administrative assistant duties, as well as, serve as a committee member to the Community Outreach Committee. I am still undergoing the Data Analyst Certification through Google and volunteer for the River Raisin Watershed Council. What brought me back to MCCC was my passion for knowledge, helping others, and the opportunities MCCC offers in exploring my passions. I hope to one day take on a faculty position here and possibly teach a discipline in science as an adjunct professor.

Feel free to reach out and email me at mbaldwin@monroeccc.edu. I will be happy to answer any questions you have.

Words of Wisdom from Makenna as a former UB Participant and college graduate.

- 1. Network!** - It is very important in your career development to make friends and get to know people. By doing this, you save yourself time and money by learning from their experiences.
- 2. Volunteer** - Volunteering helps you network, as well as see the environment of that field.
- 3. Ask Questions** - People are more than likely happy to answer any question about the field you are interested in. You also never know the experiences someone might have gone through that may help you. Ask people you know what kind of experiences they have had and you might be surprised on how everyone you meet can help direct you.
- 4. Explore** - Don't narrow yourself to one destination because you might miss a better opportunity. Explore every field of interest you might have!
- 5. Research** - Get as much information as possible. Examples: Before I decided on a college, I explored and asked around to see who would give me the most scholarships and help - so that I wouldn't have to be in debt. When in college, I utilized “site search” to find out everything the college had to offer me as a current and former student.

Parent/Guardian Page

FAFSA

<https://www.coursera.org/articles/when-is-fafsa-due>

The FAFSA (Free Application for Federal Student Aid) is an application for financial aid that college students have to fill out annually beginning in their senior year of high school.

Fees required for students to go to college add up fast! These fees are application fees, test fees, dorm deposits, etc. Upward Bound is here to help reduce those costs. Before you pay anything, please ask us first.

Academic year	FAFSA available	FAFSA due
2024-2025	December 2023 (exact date TBD)	June 30, 2024

FAFSA for incoming college freshmen

Submitting your FAFSA form the year before you plan to attend college can be a bit confusing, because a school will only consider you for aid once you're an admitted student. But most colleges recommend applying for FAFSA even before you've been accepted so that your information is on-hand by the time you hear about an admissions decision.

State FAFSA deadline

The last deadline to be aware of is your state's FAFSA deadline. *FAFSA.gov* provides a list of state deadlines, which also include Canadian provinces and US territories. **As with federal student aid, many states have limited funds and hand out assistance on a first-come, first served basis.** The sooner the better to fill out your FAFSA!

You do not need to apply directly to your state to qualify for aid. Instead, you need to submit your FAFSA by - **2024-25 Academic Year – State of Michigan Deadline - May 1, 2024**

Can I change schools on my Student Aid Report (SAR)? YES

<https://studentaid.gov/help/change-schools>

If	Then
You have an FSA ID and we've already processed your application.	Select "Log In" on the home page of the <i>online Free Application for Federal Student Aid (FAFSA®) form</i> and log in. You'll have the option to "Add/Update Schools." You may add or remove colleges and then submit the corrections for processing. If you remove colleges from your FAFSA form, any colleges listed on previous transactions will still have the data from any transactions on which you listed them. However, they won't receive any new information you provide on transactions on which they're not listed.
You don't have an FSA ID but have a <i>Student Aid Report (SAR)</i> .	Find the Data Release Number (DRN) in the upper right corner of the first page of your SAR or on your "Confirmation" page. Call the Federal Student Aid Information Center at 1-800-4-FED-AID (1-800-433-3243) to make the changes over the phone.
You don't have an FSA ID and SAR.	You must call the Federal Student Aid Information Center at 1-800-4 FED-AID (1-800-433-3243) and request a copy of your SAR.

Types of financial aid

<https://www.coursera.org/articles/when-is-fafsa-due>

FAFSA simplifies the process of applying for financial aid by allowing you to apply for several different types at once. With one form, you'll be considered for grants, loans, work study jobs, and more:

- **Grants** are aid that you don't have to pay back as long as you successfully finish your degree. Scholarships are also awarding that you don't need to pay back, but they tend to be merit-based or intended for certain groups of people, rather than for students with financial need.
- **Work study jobs** are part-time jobs available to enrolled undergraduate, graduate, and professional students. In exchange for your labor, you'll earn income to help cover some or most of your educational expenses.
- **Federal student loans** usually feature a lower interest rate than private loans and come with some benefits, such as flexible repayment plans like income-based repayment (IBR). The amount of money you're allowed to borrow each year depends on what year you are in school, whether you're an undergraduate or graduate student, and your dependency tax status.

The types of aid and the amount of aid you get will depend on your financial situation. Once you've accepted admission at the school of your choice, you should receive a letter detailing what aid you will receive.

What Types of Financial Aid Must Be Repaid

<https://www.savingforcollege.com>

Student loans are the primary form of financial aid that must be repaid, usually with interest on top of the borrowed amount. Federal student loans may be subsidized or unsubsidized. If your loan is subsidized, the federal government pays the interest while you are in school and during any grace periods.

Interest on unsubsidized student loans begins to accrue right away, and it is not covered by the federal government. Subsidized loans are awarded based on a student's financial need, unsubsidized loans are not. So, you do have to pay back some types of financial aid awarded through the FAFSA process, but not all types of aid.

Does the FAFSA Cover Trade Schools?

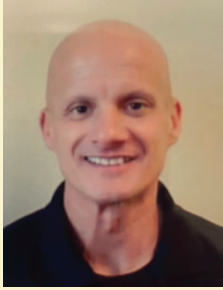
<https://www.coursera.org/articles/when-is-fafsa-due>

The federally-funded Free Application for Student Aid (FAFSA) can be used for trade schools, as long as the school is accredited. Your FAFSA application determines your eligibility for federal student loans, grants, scholarships, and work-study programs.

Attending an accredited trade school is important beyond ensuring that you will be eligible for federal aid. Be sure to do your research before applying. Accreditation means that your school meets teaching and assessment standards, and some certification or licensure agencies require that you graduate from an accredited school. Also, future employers will recognize your qualifications.



From the desk of:



Jeffery Rubley
Academic Skills
Coordinator
Monroe High School

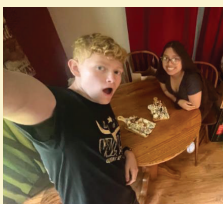
Welcome back for the 2023/2024 school year. The start of a new school year is a logical time to reflect on and revisit academic goals as well as starting and maintaining strategies that promote student success. Our Upward Bound Program was created to support economically disadvantaged students who aspire to graduate from college. Consequently, it is the expectation that students utilize their coordinator and tutoring sessions in order to maintain or obtain a GPA and SAT score that will result in getting accepted into the college degree program or your choice. Even though our program requirement is students maintain above a 2.0 GPA, students should try and keep their GPA above a minimum of a 2.5, because it is difficult to get accepted to most four-year colleges with a GPA lower than 2.5.

Below are recommended strategies that promote student success. Students should start implementing these strategies now and maintain them until you graduate. Students who do implement them are usually highly successful!

- Start the new school with an organized locker, backpack, and class binders/folders. If you are missing needed supplies, please let your coordinator know. Spend time each day and week keeping your items organized so they are accessible and easy to find. This is KEY!
- Use Google Calendar, or some other method to track homework assignments, tests, signed forms, due dates. Tracking and marking completed homework will keep you focused on what is due and will serve as a reminder of what needs to be turned in. Google Calendar is free and works seamlessly with the other Google Apps students use. Please do not be one of the dozens of Upward Bound students who struggle due to forgetting about work that is due. This issue is completely avoidable by starting and maintaining a calendar which is something most of you will have to do the rest of your adult lives.
- Check your Google Classroom for each class and your school email every day. Keep your e-mail organized by creating folders for each class on your schedule to save important emails, while keeping your inbox free from the clutter of old mail.
- Choose a set study/homework area at home with good lighting, adequate supplies, and an adequate clean, flat table space. Avoid completing work in front of the television and/or while in bed. It is also recommended students complete work at home during the same time frame, if possible, as well.
- Consider asking for the help of an older sibling or parent for homework you are having difficulty with. If you do not have someone to help at home, alert your coordinator because each program has a limited number of subscriptions to a resource that offers help to students after school hours.
- Make sure your goals when we review EDPs are specific and measurable. "Get a better grade in Math" is way too vague. Which grades? Which classes? Try something more like, "I want to get at least a B in Chemistry first marking period." Then you can measure your progress. Do you have at least a B? Then you are on track! If not, you have some adjustments to make.
- Set and stick to a consistent bedtime and wakeup schedule. Research suggests most teens need an average 8 hours of sleep per night to be able to produce at an optimal level.
- Be sure to consume enough calories for your age/size throughout the day ensuring you eat at least the recommended amount of protein, vegetables/fruit, fiber, grains, and water. It is also recommended students take a multivitamin.
- Check your grades in Power School at least weekly to be sure your grades are in line with your goals. If your grades are not in line, please problem solve what is causing them not to be. If you need help with this, please see your academic coordinator.



UB is a family thing



Funtivity Friday

MHS Reminders:

- MHS Students: If you have not already done so last year, take a moment to send Mr. Rubley a text at 734-265-0105 with your first and last name. This will sign you up to interact via text with Mr. Rubley.
- Like us on Facebook at "Monroe High School Upward Bound" +5 points toward stipend
- Join MHS Google Classroom; class code: ju23xsx +5 points toward stipend
- Complete and turn in your 2023/2024 Medical Information Form Update +5 points

From the desk of:



Charles Friedline
Academic Skills
Coordinator
Airport High School

Why do students have such a hard time asking for help? Asking for help is not a sign of weakness, and it doesn't mean you are not smart. Everyone—literally everyone—needs help sometimes. Yes, even me! I know, it seems impossible right...lol?

Far from being a sign of weakness or lack of intelligence, asking for help is a sign of maturity and strength. Failing to ask for help can cause you to struggle and even fail in a class. I love the impulse to try to sort something out on your own—and I encourage you to try that first. Any time you can solve something on your own, that is a great boost in your confidence, and helps to build problem-solving skills you are going to need in college—and in life. However, you must also learn to recognize when that is not working and when you are going to need to get some help.

The easiest way to tell when you need help is when you have tried a couple different ways to figure something out, or solve a problem, and you're still stuck. At that point, don't waste time or hesitate. Reach out right away.

Who should you reach out to? Well, many of you seem to be intimidated by your teachers (you don't have to be!), so maybe start with a classmate. They may have the answer you need and you're good to go. If not, your teacher is your best resource. They are the expert in the subject matter—and it's their assignment! So, they should be able to help you.

There are a number of ways you can get help from your teacher. You can raise your hand and ask your question in class when the subject comes up. I know that's not easy for everyone. I was shy when I was in high school, and I know how hard it can be for some of you to raise your hand and speak out in class. So, find another way.

The bottom line is that the teacher has information you need, so you have to ask them. Maybe come in a little early and ask your question before class starts. Or maybe stay after class for a couple minutes. Or go to Tuesdays With Teachers (Airport only). Or email your teacher. Teachers are busy, so if they don't answer your first email in a reasonable amount of time, send a polite follow up, or ask them before or after class if they got your email. Be polite, but be persistent!

If you have tried all of this and you are still stuck, come to the after-school program and ask one of our tutors. You also have access to a tutoring app called PhotoStudy (see your coordinator for details).

The keys are recognizing when you need help, seeking it out right away (don't procrastinate!), and being persistent until you get the help you need. As an Upward Bound student, you have access to resources that not every student in the school has. So, take advantage of that, and success will follow!

AHS Reminders:

- Students: If you have not already done so, take a moment to sign up for the Upward Bound 2023-2024 Google Classroom. This is required. The code is ojgpk7x.
- Also, sign up for 2023-2024 Remind notices. This is also required. Text @6c33gak to 81010 or 734-344-5422
- Families: Join our UB Families 2023-2024 Remind group by texting @38k4b7 to 81010 or 734-344-5422
- Check us out on Facebook at "Airport High School Upward Bound"



From the desk of:



Carley Stranyak
Academic Skills
Coordinator at
Jefferson High School
from 2018 - 2023.

Welcome back students! I hope everyone is rested, recharged, and ready to take on a new school year. I love the energy that a new school year brings, but once the newness wears off, sometimes it can feel impossible to stay motivated. Here are some tips and tricks to stay focused in school, even when you're having to wake up at 6am in the middle of January:

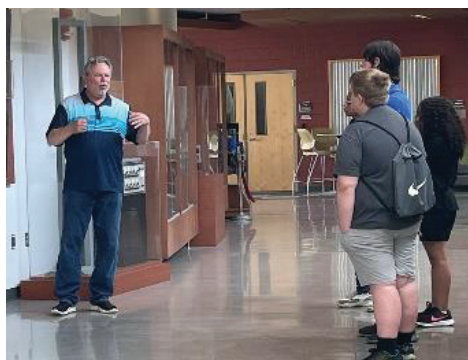
- **Make SLEEP a priority:** Consecutive nights of adequate sleep can take your brain from surviving to thriving! Sleep is necessary for your brain to process and retain information.
- **ORGANIZE your space:** There is a connection between your environment and mental health, so if your learning space is disorganized, your mind may be too. Take some time to declutter, and see if it increases your ability to focus.
- **Build in SELF-CARE:** Being a part of clubs, sports, and community events is such an integral part of the high school experience, but make sure not to overdo it. Build time into your daily routine to do something that brings you peace like listening to music or reading a book.
- **Express GRATITUDE:** We have to remind ourselves that not everyone has the opportunity to attend school and receive an education. How fortunate are we to have books, technology, and wonderful teachers to help us learn!

Thank you, Upward Bound! It has been an absolute pleasure to serve as the Academic Skills Coordinator of Jefferson High School for the past five years. I have enjoyed the incredible students that I have been able to mentor and the many memories that we have shared. Upward Bound has been such a positive experience to be a part of, and I look forward to the continued impact that it will have in our community. Go Bears!

IT'S NOT REALLY WORK IF YOU ARE HAVING FUN!



UPWARD BOUND 2023 SUMMER PROGRAM



Monroe County Community College
1555 S. Raisinville Road
Monroe, MI 48161



**Monroe County
Community College**
1555 S. Raisinville Road
Monroe, MI 48161



Airport High School
11330 Grafton Road
Carleton, MI 48117



Jefferson High School
5707 Williams Rd,
Newport, MI 48166



Monroe High School
901 Herr Road
Monroe, MI 48161



HAVE YOU MOVED??? HAS YOUR PHONE NUMBER CHANGED???

Please remember to call or email Upward Bound Staff when ANY of your contact information changes.