

SUNY PLATTSBURGH UPWARD BOUND STUDENT NEWSLETTER

DECEMBER 2022 - JANUARY 2023

BRIAN'S STUFF

Hello Everyone,

The holiday season is now upon us with plenty of snow to make it officially winter! As you will soon find out reading these pages, UB has had a very busy fall and will keep that going in the coming months to offer you plenty more exciting opportunities.

I know it's not quite the same as the Summer Program, but it's important to participate and stay connected with Upward Bound throughout the school year. Meeting with your UB Counselor regularly and participating in events keeps you on point with your studies and consistently planning for your college future.

Plus, we always have fun!

See you next year at our next great event!

~Brian

TAKE A PEEK INSIDE:

- Pg 1 - OTAGS Winners
- Pg 2 - Counselor Corner
- Pg 3- College Applications
- Pg4- Career/College Spotlight
- Pg 5- Senior page
- Pg 6- Poetry Place
- Pg 7- Puzzler/Green Notes
- Pg 8- Honor Rolls/Birthdays
- Pg 9- Recent Events
- Pg 10- What is Pathful Explore?
- Pg 11- College rankings
- Pg 12- Upcoming Events/
Scholars Inc.

OFF TO A GOOD START WINNERS

Seniors who are still on track with their college application materials are entered into a monthly drawing for some cool UB swag!

OCTOBER- CALEB ALBANO

NOVEMBER- HAROLD CARTER

DECEMBER- CAMDYN MAYO

Let your UB counselor know what UB goodies you choose!



**"I JUST LIKE TO SMILE.
SMILING'S MY FAVORITE"**





COUNSELOR'S CORNER



with *Kristina*

TIPS FOR STAYING MOTIVATED

Whether you're preparing for school tests, the SAT/ACT, or trying to complete college applications, staying motivated this time of year can be difficult! Winter break is a great time to regain momentum and revisit how you keep up with your work. How do you continue to finish each quarter strong? Check out these ways to stay motivated and on track!

• **Prioritize Assignments**

Make a list to get an overall picture of your workload before you start to tackle any of it. Then, make a plan.

It's best to prioritize your more challenging and time-consuming assignments. Although it's tempting to work on the simplest tasks first, you'll be able to manage your schedule better if you start with the ones that take more time and effort to accomplish.

By tackling your more difficult and time-consuming studies first, you'll find yourself feeling more motivated to complete the easier assignments that lie ahead. Think of it as descending from the peak of a mountain rather than struggling to scale one.

• **Set Attainable Goals in Smaller Chunks**

Changing your approach can help you stay interested in what you're doing. Some high school assignments tend to feel formulaic after a while, and you may end up feeling like you're just going through the motions. This can cause you to feel demotivated and drained. Change things up to challenge yourself.

If your eyes are hurting from staring at your math textbook all night, go online and try to find videos from lively instructors who take another approach to solving math problems. Give [Tutor.com](https://www.tutor.com) a try!

• **Surround Yourself with Supportive People**

You are surrounded by people who want to see you succeed, so don't be afraid to ask for help! Mentors can be teachers, family friends, or even your school counselors. They are there to help you reach your goals and can help you create a study plan that works for you. Try reaching out to your friends and peers in school as well, and see if you can all bring together a focused study group.

• **Make it Fun!**

One of the easiest ways to get motivated is to find a way to make your work fun. I know it seems impossible to make filling out applications or studying for a test fun, but there are ways. For example, filling out college applications with friends makes the work go by a lot faster. Instead of dreading the work, you look forward to talking to your friends and getting their opinions. As for studying, instead of quizzing yourself, why not grab a few classmates and play trivia!

If you can find a way to enjoy your work, you won't need motivation – or rather your motivation will be the enjoyment you get from doing it. Feel free to reach out to your UB Counselor to learn more tips on staying ahead of your academics!

COLLEGE APPLICATIONS!

Agoney, Jacob - SUNY Plattsburgh, St. Lawrence Univ., SUNY Potsdam, Clarkson University, SUNY Binghamton
Albano, Caleb - SUNY Plattsburgh, SUNY ESF, SUNY Binghamton
Ashcroft, Hollyann - Bard College, Hartwick College*, Hamilton College, St. Lawrence Univ.
Barber, Brodie - SUNY Plattsburgh
Barber, Kaz -
Bertrand, Brandon - CCC, NCCC, SUNY Plattsburgh, SUNY Oswego
Bourgeois, Jordeyn - SUNY Plattsburgh, SUNY Geneseo, St. Bonaventure Univ.
Bourgeois, Paige - Nazareth College, SUNY Fredonia, SUNY Potsdam
Carpenter, Zaedyn - RIT, Marist College, SUNY Canton, SUNY Poly, SUNY Plattsburgh, Clarkson Univ., RPI
Carter, Harold - SUNY Plattsburgh, SUNY Brockport*, Clarkson Univ.
Clyburn, Ethan - Univ. of SC - Columbia, SUNY Plattsburgh, SUNY Canton
Dade, Aiden - SUNY Plattsburgh, SUNY ESF, SUNY Oneonta, Stony Brook, SUNY Morrisville
Darrah, Xander -
Doelger, Felicity - UVM, SUNY Plattsburgh, Cornell Univ., Johns Hopkins, NYU, St. Lawrence Univ., Siena College*, Univ. of Maine - Machias
Dubuque, Austen -
Durgan, Kylee - SUNY Plattsburgh, SUNY Cortland, SUNY Binghamton, SUNY Brockport*, Stony Brook. Le Moyne, SUNY Albany
Edmonds, Damari -
Eldred, Jade -
Estes, Ryder - CCC
Farnsworth, Ashley - CCC
Ferdinandi, Elliott - NCCC, CCC
Gadway, Lucas -
Gebo, Roland - CCC
Gonyea, Lucas - SUNY Plattsburgh, CCC
Gonzalez, Benjamin - CCC
Hennebury, Andrew - SUNY Plattsburgh, SUNY New Paltz, Fordham Univ., Siena College*, Suffolk Univ., SUNY Brockport*, UVM, SUNY Binghamton, Northeastern University
Herne, Curtis -
Hoy-Bechard, Chelsea -
Jock, Allyson - SUNY Canton
Keliihananui, Ninah - Hawaii Pacific Univ., SUNY Plattsburgh, SUNY Fredonia, UMass-Boston, Utica Univ., SUNY New Paltz

Kelty, James -
Kujabi, Awa - SUNY Plattsburgh, Howard Univ., Siena College, Univ. at Buffalo, UVM, Le Moyne, Quinnipiac Univ., SUNY Stony Brook, SUNY Cortland, St. Lawrence Univ.
LaMere, Lauren - Russell Sage
Laurin, Hailey - SUNY Canton, Wentworth College, Univ. of Rhode Island, Woodbury Univ., Suffolk Univ., Western Colorado Univ., Metropolitan State Univ. of Denver
Lewallen, Makayla -
Lilley, Ava - Bowdoin, Clarkson, Manhattan, UAlbany, Stony Brook Univ
Magoon, Kenna -
Martin, Morgan - SUNY Cortland, Houghton Univ., SUNY Brockport, SUNY Geneseo, SUNY Oneonta
Mayo, Camdyn - SUNY Canton, Hudson Valley CC, CCC
McChesney, Sequoia - SUNY Adirondack, SUNY Plattsburgh, SUNY Canton, SUNY Polytechnic, Alfred State
Mead, Jo-Ann - SUNY Plattsburgh, CVPH Radiology
Millayes, Natasha -
Monteleone, Matthew -
Parah, Kylie - Buffalo State, SUNY Plattsburgh, SUNY Brockport, SUNY Oswego, City of NY College, SUNY Canton, Brooklyn College
Parker, Gavin - NCCC
Perry-Rowe, Patrick - SUNY Plattsburgh, SUNY Canton, SUNY Binghamton
Phillips, Shelbie - SUNY Canton, SUNY Cobleskill, SUNY Delhi, SUNY Alfred
Rivers, Isabelle -
Rivers, Kendra - SUNY Plattsburgh, SUNY Potsdam, Cazenovia College, CCC, SUNY Binghamton, SUNY Oswego
Sharp, Joshua - SUNY Plattsburgh*, SUNY Cortland, SUNY Polytechnic
Sherman, Aubrey -
Thurber, Abigail - SUNY Plattsburgh, SUNY Fredonia, SUNY Purchase, SUNY Brockport, Utica Univ., Merrimack College, Skidmore College, Syracuse Univ.
Tomah, Alexis - Cazenovia College, Hartwick College, Marymount Manhattan College
Trombley, Tatiana - Siena College, Russell Sage, Univ. at Buffalo, SUNY Oswego, SUNY Plattsburgh
Zeng, Steven - Wilkes Univ, Clarkson, SUNY Plattsburgh, U Buffalo, St. Bonaventure, Penn State, RIT, U of Rochester, Stony Brook Univ

Green = Accepted

Red = Attending

* = Scholarship



CAREER SPOTLIGHT: INDUSTRIAL/ MANUFACTURING ENGINEER

Career Description:

Industrial engineers find ways to eliminate wastefulness in production processes. They devise efficient systems that integrate workers, machines, materials, information, and energy to make a product or provide a service.

Duties:

Some industrial engineers, called manufacturing engineers, focus entirely on the automated aspects of manufacturing processes. They design manufacturing systems to optimize the use of computer networks, robots, and materials.

Required Education:

Industrial engineers must have a bachelor's degree. Employers also value experience, so cooperative education engineering programs at universities are also beneficial.

Earnings:

The median annual wage for industrial engineers was \$88,950 in May 2020. The median annual wage for machinery manufacturing engineers was \$84,780 in May 2020.

Future Outlook:

Employment of industrial engineers is projected to grow 10 percent from 2019 to 2029, faster than the average for all occupations.

Programs Nearby:

Rochester Institute of Technology (RIT)
Binghamton University
SUNY Buffalo
Clarkson University
SUNY Canton
SUNY Polytechnic



COLLEGE SPOTLIGHT: ROCHESTER INSTITUTE OF TECHNOLOGY (RIT)

Fast Facts:

- Enrollment: 16,868 undergraduate students
- Degrees offered: Bachelor's through Ph.D. programs
- Over 300 student clubs and organizations
- 27 theater, dance, music or other arts organizations perform on campus
- Supports a diverse student body on campus

Industrial Engineering-
Bachelor's of Science

Overview:

An industrial engineering degree provides you with the skills to optimize, design, and manage the operational and manufacturing processes by which goods are made and distributed, and services provided. Industrial engineers aid companies globally, balancing sustainable design with skillful construction of systems.

Unique Program at RIT, Cooperative Education:

RIT has career experiences through co-ops and internships that gives students hands-on experiences with top companies in their area of study.

These experiences take your knowledge and turn it into know-how.

Engineering co-ops enable students to apply their engineering knowledge in professional settings while making connections between classwork and real-world applications.

Other areas of potential study:

- Advanced Manufacturing
- Data Analytics
- Human Factors/Ergonomics
- Sustainable Engineering
- Healthcare Systems Engineering



SENIORS

TIME FOR SCHOLARSHIPS!



Congratulations to all of you who have their college applications submitted and their financial aid applications complete! For those of you who aren't quite there, time is ticking. Colleges seem to be getting decisions out quicker this year than in year's past, but the sooner you get your application packages in, the more money you could be eligible for.

The next part of the process is to start looking for scholarships to apply for. This takes a little bit of effort on your part, but it could mean more free money for college! One thing is for certain, if you never apply, you will never get the award! The best place to start in a place very close to home, your School Counseling Office. Each of these offices and school webpages have a list of local scholarships available to students in your school. We have all of these links on our Senior page on the UB website. These local scholarships may have specific criteria for each scholarship, but there are many open to all graduating seniors.

Another place to look is your future college. Scholarships based on your grades (merit-based) are usually listed on the school's website, and may involve an additional application to be considered. Don't leave any money on the table when it comes to funding your education!

The last spots to consider when looking for scholarship money are community organizations and your employer, if you have a job. Larger chains definitely offer scholarships to their employees, but smaller ones may as well.

Here are some examples of local scholarships offered in our area:

AuSable Valley Central School

- Frank Besau and Pauline Besau Wamsganz Scholarship Fund
- Henry Caito Family Fund
- Wilmington Fire Department - Shawn Coarding Memorial Scholarship

Saranac Lake Central School

- Tyler Leidig Summer Basketball Camp Scholarship
- Howard V. Littell Scholarship Fund
- Brian Muldowney Memorial Scholarship Fund

Malone Central School - Franklin Academy

- Craig T. Chisum Memorial Scholarship Fund
- Matamek Scholarship Fund
- Franklin Academy Class of 1967 Scholarship Fund



POETRY PLACE

The Cremation of Sam McGee BY ROBERT W. SERVICE

There are strange things done in the midnight sun
By the men who toil for gold;
The Arctic trails have their secret tales
That would make your blood run cold;
The Northern Lights have seen queer sights,
But the queerest they ever did see
Was that night on the marge of Lake Lebarge
I cremated Sam McGee.

Now Sam McGee was from Tennessee, where the cotton blooms and blows.
Why he left his home in the South to roam 'round the Pole, God only knows.
He was always cold, but the land of gold seemed to hold him like a spell;
Though he'd often say in his homely way that "he'd sooner live in hell."

On a Christmas Day we were mushing our way over the Dawson trail.
Talk of your cold! through the parka's fold it stabbed like a driven nail.
If our eyes we'd close, then the lashes froze till sometimes we couldn't see;
It wasn't much fun, but the only one to whimper was Sam McGee.

And that very night, as we lay packed tight in our robes beneath the snow,
And the dogs were fed, and the stars o'erhead were dancing heel and toe,
He turned to me, and "Cap," says he, "I'll cash in this trip, I guess;
And if I do, I'm asking that you won't refuse my last request."

Well, he seemed so low that I couldn't say no; then he says with a sort of
moan:
"It's the cursed cold, and it's got right hold till I'm chilled clean through to the
bone.
Yet 'tain't being dead—it's my awful dread of the icy grave that pains;
So I want you to swear that, foul or fair, you'll cremate my last remains."

A pal's last need is a thing to heed, so I swore I would not fail;
And we started on at the streak of dawn; but God! he looked ghastly pale.
He crouched on the sleigh, and he raved all day of his home in Tennessee;
And before nightfall a corpse was all that was left of Sam McGee.

There wasn't a breath in that land of death, and I hurried, horror-driven,
With a corpse half hid that I couldn't get rid, because of a promise given;
It was lashed to the sleigh, and it seemed to say: "You may tax your brawn
and brains,
But you promised true, and it's up to you to cremate those last remains."

Now a promise made is a debt unpaid, and the trail has its own stern code.
In the days to come, though my lips were dumb, in my heart how I cursed
that load.
In the long, long night, by the lone firelight, while the huskies, round in a ring,
Howled out their woes to the homeless snows—O God! how I loathed the
thing.

And every day that quiet day seemed to heavy and heavier grow;
And on I went, though the dogs were spent and the grub was getting
low;
The trail was bad, and I felt half mad, but I swore I would not give
in;
And I'd often sing to the hateful thing, and it hearkened with a grin.

Till I came to the marge of Lake Lebarge, and a derelict there lay;
It was jammed in the ice, but I saw in a trice it was called the "Alice
May."
And I looked at it, and I thought a bit, and I looked at my frozen
chum;
Then "Here," said I, with a sudden cry, "is my cre-ma-tor-eum."

Some planks I tore from the cabin floor, and I lit the boiler fire;
Some coal I found that was lying around, and I heaped the fuel
higher;
The flames just soared, and the furnace roared—such a blaze you
seldom see;
And I burrowed a hole in the glowing coal, and I stuffed in Sam
McGee.

Then I made a hike, for I didn't like to hear him sizzle so;
And the heavens scowled, and the huskies howled, and the wind began
to blow.
It was icy cold, but the hot sweat rolled down my cheeks, and I
don't know why;
And the greasy smoke in an inky cloak went streaking down the sky.

I do not know how long in the snow I wrestled with grisly fear;
But the stars came out and they danced about ere again I ventured
near;
I was sick with dread, but I bravely said: "I'll just take a peep inside.
I guess he's cooked, and it's time I looked"; .. then the door I opened
wide.

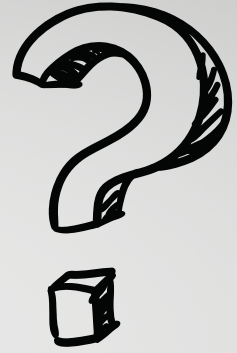
And there sat Sam, looking cool and calm, in the heart of the furnace
roar;
And he wore a smile you could see a mile, and he said: "Please close
that door.
It's fine in here, but I greatly fear you'll let in the cold and storm—
Since I left Plumtree, down in Tennessee, it's the first time I've been
warm."
There are strange things done in the midnight sun

By the men who toil for gold;
The Arctic trails have their secret tales
That would make your blood run cold;
The Northern Lights have seen queer sights,
But the queerest they ever did see
Was that night on the marge of Lake Lebarge
I cremated Sam McGee.

PUZZLER

RIDDLES

1. I'm where yesterday follows today and tomorrow is in the middle. What am I?
2. Forwards I am heavy, but backwards I am not. What am I?
3. What has one eye but cannot see?
4. What has 4 eyes but can't see?
5. Everyone has me but nobody can lose me. What am I?
6. What is a Mummy's favorite type of music?
7. What has to be broken before you can use it?
8. There was a plane crash and every single person died. Who survived?
9. When my father was 31 I was 8. Now he is twice as old as me. How old am I?
10. An apple is 40 cents, a banana is 60 cents and a grapefruit is 80 cents. How much is a pear?



Send your answers to Brian at brian.post@plattsburgh.edu

GREEN NOTES

TEEN SCHOOL BOARD MEMBER IN IDAHO WANTS TO EXPAND CLIMATE CHANGE CURRICULUM

Shiva Rajbhandari is a high school senior in Boise, Idaho. In September, he was elected to the Boise Board of Education. "Students are the primary stakeholders in our education," Rajbhandari says. So he says young people's perspectives on their education matter. One of the topics he and other students want to learn more about is climate change. He says he was introduced to climate change in his seventh-grade science class. That's more than students get in many other schools, but he says it's not enough. Rajbhandari wants to see the topic taught at all grade levels — starting in kindergarten, where teachers can establish basic concepts about caring for the Earth. He says it should appear across the curriculum.

"Climate change doesn't just apply to science, so why are we only teaching it in science, right?" he says. "Climate change has connections with English, with social studies, with history, with humanities." Social studies classes could study policies to reduce carbon pollution, and math students could learn about probabilities using data on climate impacts. "If schools are supposed to prepare us to be the leaders of the future, we need to know about the problems of today," he says. So he ran for office to make sure that when leaders make decisions about teaching climate change and other important issues, a student voice is at the table. ~YaleClimateConnections.org





HONOR ROLLS

"THERE'S ROOM FOR EVERYONE ON THE NICE LIST!" - BUDDY THE ELF

HIGH HONOR ROLL

JACOB AGONEY
 CALEB ALBANO
 HOLLYANN ASHCROFT
 EMILY BISSONETTE
 BRANDON BERTRAND
 TESS BLAIR
 SOHIA BOSLEY
 JOCELYN BOUISSEY
 PAIGE BOURGEOIS
 ZOEY BUSHEY
 AIDAN CASTLE-HACKETT
 LEANNE COOK
 LANIE COOLIDGE
 LILLIAN COTTEN
 JACOB CRAWFORD
 AIDEN DADE
 BREE DAVIS
 HUNTER DEMAR
 ELLIE DODGE
 KAYLIN DUPREY
 JADE EL DRED
 ASHLEY FARNSWORTH
 MADISON FESSETTE
 LOGAN GADWAY
 GABRIEL GARRANT
 EMILY GAY
 LUCAS GONYEA
 BENJAMIN GONZALEZ
 ALAUNA GOODMAN
 JADE HAYFORD
 KAYLEE HAZLER
 ANDREW HENNEBURY
 ALLY JOCK
 BROOKLYNNE KADLAC
 NINAH KELIHANANUI

LIAM KOTSOGIANNIS
 MUNA KUJABI
 NOAH LABOMBARD
 CIERRA LADUKE
 HEAVEN LAFEVER
 HAILEY LAURIN
 BECCA LENNOX
 AVA LILLEY
 WILLIAM LIU
 ELLA LOBDELL
 KENNA MAGOON
 LACEY MARTIN
 MORGAN MARTIN
 SEQUOIA MCCHESENEY
 MIYAH MCCRAY
 ALEXIS MCDONALD
 MALIK MCDUFFIE
 JO-ANN MEAD
 MARI MENDOZA
 JADYN METCALFE
 CHASE NICHOLS
 DAWSON NILES
 CLAIRE LYNN OWEN
 PATRICK PERRY-ROWE
 SHELBY PHILLIPS
 AUBREY PICKREIGN
 CHLOR PRATT
 MADDISON RELATION
 ADEN RENTAS-PANTALEON
 KENDRA RIVERS
 HAILEY SASS
 AIDAN SAVAGE
 MADYSON SAVOIR
 JOSHUA SHARP
 CALI SHEASON
 CARISSA SMITH

ORYION SORRELL
 LILLIANA SOSA
 ABIGAIL THURBER
 ALEXIS TOMAH
 BROOK TROMBLEY
 TATIANA TROMBLEY
 VIVIENNE WAY
 DIANA WHITNEY
 HUDSON ZIEL



HONOR ROLL

CALEB BABBIE
 KENDRA BAISI
 BRODIE BARBER
 NOAH BESIO-MELECH
 ELLIE BOWERS
 CHRIS BROWN
 ZAEDYN CARPENTER
 HAROLD CARTER
 ALEX CHARLAND
 JAYDEN CONFESSORE
 REBECCA COOK-CHEVIER
 NATALIE CREIGHTON
 FELICITY DOELGER
 KALEB DUPEE
 KYLEE DURGAN
 SAM GONYO-LAFOUNTAIN
 MARISSA GUERARD
 JOSALYNN HART
 LEENA HOSELER
 JAMES KELTY
 CAMERON KENISON
 AWA KUJABI

MAKAYLA LEWALLEN
 CAMDYN MAYO
 CIERRA MCDONALD
 KENDRA MCLEAN
 NATASHA MILLAYES
 ANSON MULVEY
 GRACE MURRAY
 KYLIE PARAH
 GAVIN PARKER
 LIA PERRY
 LAINE RABIDEAU
 AVERY ROBERTS
 ELIJAH SCHENK
 SKYLER SMART
 ROZE STEWART
 MACKENZIE ST. JACQUES
 BAILEY ST. JOHN
 ZACH STROUP
 ASHTON TAYLOR
 KAYLIN TODD
 STEVEN ZENG

BIRTHDAYS

DECEMBER

12/6 - GABRIEL GARRANT
 12/7 - CALEB ALBANO
 12/7 - STEVEN ZENG
 12/7 - WILLIAM LIU
 12/9 - RYDER ESTES
 12/11 - LEENA HOSELER
 12/13 - NOAH BESIO-MELECH
 12/17 - LUCAS ALLEN
 12/18 - CURTIS HERNE
 12/18 - SAM GONYO-LAFOUNTAIN
 12/19 - SEQUOIA MCCHESENEY
 12/20 - VIVIENNE WAY
 12/23 - LOGAN GADWAY
 12/28 - CALEB MEAD

JANUARY

1/2 - SKYLER SMART
 1/3 - LORALEI RIVERA
 1/6 - KALEE HAZLER
 1/6 - ORYION SORRELL
 1/7 - ALLYSON JOCK
 1/8 - CHELSEA HOY-BECHARD
 1/9 - BENJAMIN GONZALEZ
 1/9 - NATALIE CREIGHTON
 1/10 - KAYLIN TODD
 1/11 - CIERRA MCDONALD
 1/11 - MADYSON SAVOIR
 1/19 - JAYDEN CONFESSORE
 1/20 - LANIE COOLIDGE
 1/28 - TATIANA TROMBLEY
 1/29 - TREY MCGEE

RECENT EVENTS

Wow...what an action-packed fall season we've had at Upward Bound! Beginning with our class workshops in early October and wrapping up recently with our last college visit of the semester, it's really been great to see so many of you eager to participate. We once again visited most of our regional colleges; with **SUNY Potsdam, Clarkson University, SUNY Canton, St. Lawrence University, North Country Community College** and **SUNY ESF** (Virtual) making the list. We also ventured across the lake to the **University of Vermont** to take part in the annual **Sophomore Summit** in conjunction with the **First-Generation College Celebration**.

We also trekked down to **Binghamton University** to participate in the annual **NY Scholars Bowl**, bringing home the top prize again this year!

Nice work everybody!



SOPHOMORE SUMMIT



ADOPT-A-HIGHWAY



NY SCHOLARS BOWL- BINGHAMTON UNIVERSITY



WHAT IS Pathful explore?

From our website www.ubplattsburgh.org, go to the tab marked "Career". From that page you will be instructed on how to log on to an amazing resource, Pathful Explore.

So what is it? Pathful Explore is an amazing tool for students such as yourself to explore and plan for college. It has information on any career you can imagine, with videos from professionals in each field. It also has links to colleges that feature the program of study you may be interested in, with job outlooks and salary information. It's basically a one-stop shop for all things careers...and it's free to you!

Sophomores, start by logging on and start exploring careers that sound interesting to you. Play around and see what features and resources that will help start to narrow down what you may want to major in once college arrives.

Juniors, start exploring colleges related to your career interest and begin narrowing down your list. The search feature has a wealth of information right at your fingertips.

Seniors, hopefully your applications are already in, but you can also use the college search feature for any last minute applications you may want to submit. What you can really use is the [Scholarship Search](#) feature under the [Colleges](#) tab to search for statewide scholarships you may be eligible for.

There are also a ton of great [Life Skills](#) videos on a variety of topics all designed to assist you on your pathway to college.

Another great, free resource available to all Upward Bound students!

Log in instructions:

- Click the tab Pathful Explore
- Look up license name: State University of New York Plattsburgh-Upward Bound
- Username: `firstname.lastname.sunyub`
- Password: `ubjobshadow`

2022-23 BEST COLLEGES U.S. NEWS & WORLD REPORT RANKINGS



NATIONAL UNIVERSITIES

1. PRINCETON UNIVERSITY
2. MASSACHUSETTS INSTITUTE OF TECHNOLOGY
3. HARVARD UNIVERSITY
4. STANFORD UNIVERSITY
5. YALE UNIVERSITY
6. UNIVERSITY OF CHICAGO
7. JOHNS HOPKINS UNIVERSITY
8. UNIVERSITY OF PENNSYLVANIA
9. CALIFORNIA INSTITUTE OF TECHNOLOGY
10. DUKE UNIVERSITY
11. NORTHWESTERN UNIVERSITY
12. DARTMOUTH COLLEGE
13. BROWN UNIVERSITY
14. VANDERBILT UNIVERSITY
15. RICE UNIVERSITY
16. WASHINGTON UNIVERSITY IN ST. LOUIS
17. CORNELL UNIVERSITY
18. COLUMBIA UNIVERSITY
19. UNIVERSITY OF NOTRE DAME
20. UNIVERSITY OF CALIFORNIA, BERKELEY
21. UNIVERSITY OF CALIFORNIA, LOS ANGELES
22. CARNEGIE MELLON UNIVERSITY
23. EMORY UNIVERSITY
24. GEORGETOWN UNIVERSITY
25. NEW YORK UNIVERSITY

REGIONAL UNIVERSITIES-NORTH

1. PROVIDENCE COLLEGE
2. BENTLEY UNIVERSITY
3. RHODE ISLAND SCHOOL OF DESIGN
4. LOYOLA UNIVERSITY MARYLAND
5. THE COLLEGE OF NEW JERSEY
6. UNIVERSITY OF SCRANTON
7. BRYAN UNIVERSITY
8. EMERSON COLLEGE
9. SUNY POLYTECHNIC INSTITUTE
10. ST. JOSEPH'S UNIVERSITY
11. MARIST COLLEGE
12. BERKLEE SCHOOL OF MUSIC
13. ITHACA COLLEGE
14. CUNY--BARUCH COLLEGE
15. LE MOYNE COLLEGE
16. MANHATTAN COLLEGE
17. SUNY GENESEO
18. MONMOUTH UNIVERSITY
19. SIENA COLLEGE
20. ST. BONAVENTURE UNIVERSITY
21. CUNY-HUNTER COLLEGE
22. CANISIUS COLLEGE
23. ELIZABETHTOWN COLLEGE
24. MASSACHUSETTS MARITIME ACADEMY
25. NEW YORK INSTITUTE OF TECHNOLOGY

HERE'S WHAT TO KNOW ABOUT THE RANKINGS

Each September, U.S. News and World Report releases their Best College Rankings, a well-known national list that students applying to colleges can use to consider top schools.

Over time, U.S. News has placed greater emphasis on a school's ability to improve students' chances of social mobility, which includes factors such as the graduation rate of Pell-eligible students and average student indebtedness upon graduation. These factors make up about 40 percent of the ranking. The remaining 60 percent of the ranking are based on a variety of factors, including faculty resources, student selectivity (average test scores, GPA, and class rank) as well as the financial resources the school has available per student.

Due to COVID-19, more colleges and universities have become test-optional or stopped requiring test-scores all together. As a result, the U.S. News rankings place much less emphasis on average scores for admitted students, which was an important factor in the past.

UPCOMING EVENTS

DECEMBER 19-JANUARY

NO SCHOOL VISITS- HOLIDAY BREAK

JANUARY 20

FAMILY NIGHT- SUNY PLATTSBURGH HOCKEY GAME

FEBRUARY 15-17

NATIONAL TRIO DAY- WARWICK, RI (SELECT JUNIORS ONLY)

MORE TO COME IN SPRING....

JUNE 26-AUGUST 3

UB SUMMER PROGRAM



UB SCHOLARS INC. - WHAT IS IT?

Upward Bound Scholarship Inc. is our program's scholarship fund that we ask for your help to fundraise throughout the school year. Remember the recent Basket Raffle and Lottery Ticket sales from the past?

This scholarship fund assists current UB students with costs associated with preparing for college (such as CAP & AP courses), and awards annual scholarships to UB alumni who are currently enrolled in college.



Another way to help...

Upward Bound Scholars Inc. also participates in AmazonSmile which contributes 0.5% of participating purchases to our organization. Make sure to select SUNY Plattsburgh Scholars Inc. in the list of charitable organizations!