



Brian's Stuff

Hello Everyone,

UB has just wrapped up its school visit schedule for the year which can mean only one thing....summer is right around the corner! We are all very busy putting the final touches on what is shaping up to be another great UB Summer Program. The College Mentors are in the middle of their finals week, but will have the next month to rest up before you all arrive. The teachers are also finishing another busy school year but as always, will have some great classes for you to take this summer. We can't wait!

Seniors, enjoy your last weeks of high school but don't forget to keep in touch with your college in the coming weeks (some great tips on p.5!). We have the UB Senior Celebration next week to recognize all your achievements. We will also have some great gifts and a couple of very valuable scholarships...see you there!

To everyone else, finish the school year strong and enjoy this great spring weather...see you all soon!

~Brian



Counselor's Corner with Kailah

PERSONALITY & CAREERS



We all know personality plays an important role in our everyday lives. Your personality affects everything from your favorite color, your style, your friend group, to things like what kind of student you are and where you may decide to go to college.

While you may think you know all there is to know about yourself, personality assessments can be eye-opening!

I completed the Career Clusters Interest Survey (CCIS) on Pathful, and you can see my results below. I would describe myself as empathetic and compassionate, as well as being dedicated to social justice and advocacy. The top 3 career clusters that I fall within are Human Services, Education & Training, and Law, Public Safety and Security. If you know me, you know all of this makes sense! My Bachelor's degree is in Criminal Justice & Social Justice (Law, Public Safety & Security), and my Master's Degree is in Clinical Mental Health Counseling (Human Services). As for the Education & Training cluster, I feel that this cluster falls into counseling and social justice, by teaching people how to best advocate for themselves. My job as an Upward Bound Counselor is a perfect match for my personality, and my top 3 career clusters!



With the help of [pathful.com](https://www.pathful.com), you can take multiple assessments to help match your personality traits with a career cluster or field. Try it out!

Having a career that meshes with your personality traits sets you up for success with a more productive and positive job performance.

Name: Kailah Easton	Date Taken: May 11, 2023	
Career Cluster		Score
Human Services	Careers in this cluster are dedicated to serving the public's basic mental and physical health needs.	26
Education and Training	Careers in this cluster are dedicated to teaching skills, content, and life lessons to students and clients of all ages.	24
Law, Public Safety and Security	Careers in this cluster are dedicated to enforcing laws and regulations, protecting communities and individuals from danger, and defending people's rights.	22

RECENT EVENTS

LEADERSHIP & GOVERNANCE

On April 17-18, UB embarked on its annual **Leadership & Governance** trip to Albany to visit Albany Law School and the New York State Capitol. Joining us on this awesome trip were **Trinity Carter, Brooklynne Kadlac, Claire Lynn Owen, Kendra McLean and Jady Metcalfe**. These Ubers were introduced in front of the NYS Assembly, had a meeting with Assemblyman Billy Jones in his office, and got to hang out with our famous alum, Judy Raphael! Great job representing us!



JOB SHADOWING DAY

Upward Bound held its annual **Job Shadowing Day** on May 4th this year with nearly 40 Ubers in attendance. Students were placed at sites of their career choice, and shadowed a professional in that field for the morning. Placements ran the gamut of careers such as engineering, health sciences, education, law enforcement and journalism. We then all reconvened at the Pizza Palace for a delicious lunch...nice work everyone!



HONOR ROLLS

HIGH HONOR ROLL

Jacob Agoney
Caleb Albano
Hollyann Ashcroft
Tess Blair
Jocelyn Bouissey
Paige Bourgeois
Zoey Bushey
Zaedynd Carpenter
Aidan Castle-Hackett
Leann Cook
Lanie Coolidge
Lillian Cotten
Aiden Dade
Hunter DeMar
Ellie Dodge
Felicity Doelger
Austen Dubuque
Jade Eldred
Ryder Estes
Ashley Farnsworth
Madison Fessette
Logan Gadway
Gabriel Garrant
Benjamin Gonzalez
Alauna Goodman
Marissa Guerard
Josalynn Hart
Jade Hayford
Kaylee Hazler
Curtis Herne
Brooklynne Kadlac
Ninah Keliihanani
Liam Kotsogiannis
Hailey Laurin
Becca Lennox
Ava Lilley
William Liu
Kenna Magoon
Morgan Martin
Sequoia McChesney
Miyah McCray
Alexis McDonald
Malik McDuffie

JoAnn Mead
Mari Mendoza
Jadyn Metcalfe
Chase Nichols
Dawson Niles
Claire Lynn Owen
Patrick Perry-Rowe
Shelbie Phillips
Aubrey Pickreign
Chloe Pratt
Maddison Relation
Izzy Rivers
Kendra Rivers
Aidan Savage
Cali Sheason
Carissa Smith
Oryion Sorrell
Liliana Sosa
Mackenzie St. Jacques
Roze Stewart
Abby Thurber
Tatiana Trombley
Vivienne Way
Diana Whitney
Steven Zeng
Hudson Ziel

STUDY



HONOR ROLL

Kendra Baisi
Noah Besio-Melech
Emily Bissonette
Sophia Bosley
El Bowers
Calvin Branchaud
Dustin Burke
Alida Carlson
Harold Carter
Alex Charland
Ethan Clyburn
Jacob Crawford
Aleah Curry
Kylie Durgan
Lucas Gadway
Lucas Gonyea
Sam Gonyo-LaFountain
Elijah Gonzalez
Andrew Hennebury
Cameron Kenison
Awa Kujabi
Muna Kujabi
Noah LaBombard
Heaven LaFever
Lauren LaMere
Cierra McDonald
Payton McIntyre
Anson Mulvey
Kylie Parah
Lia Perry
Emily Poupore
Avery Roberts
Hailey Sass
Madison Savoir
Elijah Schenk
Skyler Smart
Bailey St. John
Ashton Taylor
Alexis Tomah
Logan Tremblay

The Puzzler

Riddle #1

I am heavy forward but backward I am not. What am I?

Riddle #2

With shiny fangs, my bloodless bite will bring together what's mostly white. What am I?

Email brian.post@plattsburgh.edu with the answers!

COLLEGE DECISIONS!!!

Agoney, Jacob - SUNY Binghamton

Albano, Caleb - SUNY Plattsburgh

Ashcroft, Hollyann - Hobart & William Smith

Barber, Brodie - SUNY Plattsburgh*

Bertrand, Brandon - SUNY Brockport (EOP)

Bourgeois, Jordeyn - University of New England

Bourgeois, Paige - SUNY Potsdam

Carpenter, Zaedyn - Clarkson University

Carter, Harold - SUNY Plattsburgh*

Clyburn, Ethan - Midlands Technical College

Dade, Aiden - SUNY Plattsburgh (EOP)

Darrah, Xander - SUNY Potsdam

Doelger, Felicity - SUNY Plattsburgh

Durgan, Kylee - SUNY Brockport*

Edmonds, Damari - CCC

Estes, Ryder - CCC

Farnsworth, Ashley - CCC

Ferdinandi, Elliott - CCC

Gebo, Roland - CCC

Gonyea, Lucas - SUNY Plattsburgh*

Gonzalez, Benjamin - SUNY Plattsburgh

Hennebury, Andrew - SUNY New Paltz

Herne, Curtis - RIT*

Hoy-Bechard, Chelsea - College of St. Rose*

Jock, Allyson - NCCC

Keliihanani, Ninah - SUNY Plattsburgh

Kelty, James - SUNY Plattsburgh

Kujabi, Awa - Siena College

LaMere, Lauren - Russell Sage*

Laurin, Hailey - Wentworth Institute of Technology

Lilley, Ava - Clarkson

Magoon, Kenna - SUNY Canton

Martin, Morgan - SUNY Fredonia

Mayo, Camdyn - SUNY Canton

McChesney, Sequoia - Clarkson*

Mead, Jo-Ann - SUNY Plattsburgh

Millayes, Natasha - SUNY Plattsburgh

Parah, Kylie - Buffalo State

Perry-Rowe, Patrick - SUNY Plattsburgh

Phillips, Shelbie - SUNY Canton

Rivers, Isabelle - SUNY Plattsburgh (EOP)

Rivers, Kendra - SUNY Canton

Aiden Savage - West Virginia University

Sharp, Joshua - SUNY Plattsburgh

Thurber, Abigail - SUNY Brockport*

Tomah, Alexis - SUNY New Paltz

Trombley, Tatiana - Russell Sage

Zeng, Steven - University of Buffalo*

ACCEPTED!

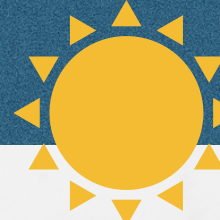
* Denotes scholarship

Congrats!

You've made your college decision, now what?



- Stay in touch with UB over the summer---we are still here to help!
- Read all your mail, whether it arrives through the postal service or by email! Your college will be sending you a lot of information regarding the next steps before the fall semester.
- Know how to contact your school's Financial Aid office...they are the experts on how you are paying for college!
- Stay organized and get excited!



SCHEDULE

Monday/Tuesday

Beekmantown
 Lake Placid
 Northern Adirondack
 Peru
 Saranac
 Saranac Lake
 Tupper Lake



Wednesday/Thursday

AuSable Valley
 Boquet Valley
 Bruston-Moira
 Chateaugay
 Chazy
 Franklin Academy
 Northeastern Clinton
 Plattsburgh

June 26, 27

July 10, 11, 17, 18

Final 2 weeks- July 24, 25, 26, 27, 31, August 1, 2

DATES

June 28, 29

July 12, 13, 19, 20

Final 2 weeks- July 24, 25, 26, 27, 31, August 1, 2

POETRY PLACE



GOLD STARS
BY CLINT SMITH



On the days when I am out alone with my children, I'm made to feel as if I am a saint or a god or the undisputed best father of all time. What I mean is that when we walk into CVS and my daughter is wrapped on my chest and my son toddles at my side, people stop and look and gasp and point and walk up to me asking to shake my hand. Men pat me on the back. Women touch my shoulder and touch their hearts. The manager at the front of the store comes on to the loudspeaker to say, excuse me. May I have everyone's attention? On aisle seven, you can get three boxes of detergent for the price of two, and on aisle five, there is an incredible father running errands alone with his children. Everyone in the store bursts into applause, and someone walks over to hand me a crown and a ribbon and a coupon for an all-you-can eat buffet.

Just the other day, a woman at the park told me how wonderful it is that I took the time to babysit my own children. Just the other day, I changed a dirty diaper, and someone said, praise Jesus. Just the other day, a man on the road stopped his car in the middle of the street, rolled down his window and told me I was father of the year. It's not that I don't appreciate the sentiment. It's just that this man has no idea what kind of father I actually am. All he saw was me and two children and a diaper bag teeming with crackers. And it's not that I don't want people to tell me I'm doing a good job. It's just that I am praised for the sorts of things no one ever thanks my wife for. I am adorned in a garland of gold stars for simply being in this body.

COLLEGE & CAREER SPOTLIGHT

CAREER SPOTLIGHT

COMMERCIAL PILOT

Overview:

Airline and commercial pilots fly and navigate airplanes, helicopters, and other aircraft. Pilots work primarily for airlines that transport passengers and cargo on a fixed schedule. The captain or pilot in command, usually the most experienced pilot, supervises all other crew members and has primary responsibility for the flight. The copilot, often called the first officer or second in command, shares flight duties with the captain.

Duties:

Pilots typically do the following:

- Check the overall condition of the aircraft before and after every flight.
- Ensure that the aircraft is balanced and below its weight limit.
- Verify that the fuel supply is adequate and that weather conditions are acceptable.
- Prepare and submit flight plans to air traffic control.
- Communicate with air traffic control over the aircraft's radio system.
- Navigate the aircraft by using cockpit instruments and visual references.
- Operated and control the aircraft along planned routes and during takeoffs and landings.
- Respond to changing conditions, such as weather events and emergencies.

Education:

Airline pilots need a bachelor's degree and a commercial pilot's license from the Federal Aviation Administration (FAA).

Outlook:

Overall employment of airline pilots is projected to grow 5% from 2023-2029.

Salary:

The median average salary for pilots is \$160,970.

COLLEGE SPOTLIGHT

FARMINGDALE STATE COLLEGE (SUNY)

FARMINGDALE, NY (LONG ISLAND)

Enrollment: 10,018 Undergraduates & Graduate students

School of Aviation

Farmingdale State College offers the largest collegiate flight school in the Northeast Region and the only SUNY school to offer four-year degrees in Aviation. With its own Aviation Flight Center, it offers a primary hub for flight training and features advanced aviation training devices. They have 17 aircraft and is only 2 miles from campus.

AERONAUTICAL SCIENCE- PROFESSIONAL PILOT- BACHELOR'S DEGREE

Farmingdale State College's Department of Aviation offers the only collegiate aviation program in the SUNY system.

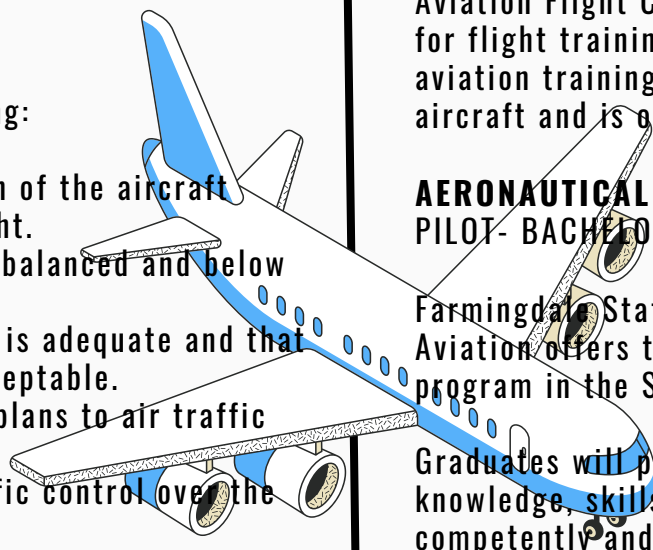
Graduates will possess the necessary knowledge, skills and attitudes to competently and ethically function as professional pilots in the aviation industry.

The Professional pilot program prepares students with the following Certificates and Ratings:

- Private Pilot Certificate
- Instrument Rating
- Commercial Pilot Certificate
- Certified Flight Instructor (CFI) Certificate or Multi Engine Rating
- Airline Transport Pilot Certificate

For more information:

www.farmingdale.edu



Happy Birthday!

May

Ellie Dodge- 5/4
Bailey St. John- 5/8
Harold Carter- 5/8
Jacob Crawford- 5/8
Cierra LaDuke- 5/10
Payton McIntyre- 5/11
Dawson Niles- 5/11
Ninah Kelihananii- 5/17
Tess Blair- 5/17
Ashley Farnsworth- 5/18
Aleah Curry- 5/18
Calvin Branchaud- 5/20
Kendra Baisi- 5/21
Rebecca Cook-Chevier- 5/23
Mari Mendoza- 5/24
Alexander Dawson-Ellis- 5/24
Alauna Goodman- 5/27
Hunter DeMar- 5/30
Hailey Laurin- 5/31

June

Paige Bourgeois- 6/4
Elliott Ferdinandi- 6/7
James Kelty- 6/9
Leanne Cook- 6/13
Autumn Howard- 6/13
Noah LaBombard- 6/13
Trinity Carter- 6/17
Sophia Bosley- 6/25
Hollyann Ashcroft- 6/27
Brook Trombley- 6/27
Elijah Hendrix- 6/29

July

Ava Lilley- 7/1
Kamri Vincent- 7/3
Bree Davis- 7/4
Lucas Gadway- 7/6
Felicity Doelger- 7/8
Elijah Schenk- 7/12
Brooklynne Kadlac- 7/20
Isabelle Rivers- 7/21
Heaven LeFever- 7/23
Jo-Ann Mead- 7/24
Laine Rabideau- 7/28

August

Taylor Valk- 8/6
Aubrey Pickreign- 8/8
Ellie Bowers- 8/10
Jocelyn Bouissey- 8/13
Cole Barrett- 8/16
Madison Hathaway- 8/17
Logan Tremblay- 8/21
Diana Whitney- 8/23
Kaleb Dupee- 8/26
Avery Roberts- 8/29
Dylan Facteau- 8/31

