

SUNY Plattsburgh Upward Bound Student Newsletter

October - November 2022



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Events

**Check out ubplattsburgh.org
for more UB awesomeness!**



Brian's Stuff

Hello Everyone,

The new school year is here and we are very excited to connect with everybody this fall! We have a number of great events planned to kick off this academic year, such as workshops, college visits, leadership events and even a Scholars Bowl! Be sure to visit our events page at ubplattsburgh.org to keep up to date on all of the awesome UB happenings.

Seniors, this is a very exciting time for you (also a bit stressful!) College applications and financial aid paperwork will be due before you know it, so don't procrastinate... get it done! Your UB Counselor is there to help you with this process, so keep them in the loop about your progress. We also have a special incentive named "Off to a Good Start" that will set some deadlines to keep you focused... you could win some prizes! See page 9 for more details.

We are also very excited to officially welcome our new UB Counselors, Kailah and Steffaney starting this academic year. They have more information to share with you inside as well a reintroduction from our veterans Julie and Kristina!

As always, we want all of you to be involved with Upward Bound as much as possible during the school year. We know you have a lot going on with academics, sports, clubs, etc., but, we need you to participate in more than just the summer program to get the most out of what Upward Bound has to offer. We will always be there for you, so we expect the same in return!

See you soon,

~Brian





SUMMER 2022



WASHINGTON, DC TRIP



"Heroes are ordinary people who make themselves extraordinary"



HIGHLIGHTS!



GERMAN-AMERICAN TEAM-UP



LAKE CHAMPLAIN WATERSHED



Meet the UB Counselors!

Kailah

Hi Everyone! I'm Kailah, a new member of the UB family. I am the UB Counselor for Saranac, Chazy, Brushton-Moira, and Boquet Valley!

Here's some background information about me: I was born and raised in the ADK's, I graduated from Saranac High School, then attended SUNY Plattsburgh for my undergraduate and graduate studies. I love doing all of the Adirondack things like hiking, kayaking, fishing, snowboarding, etc. My two dogs, Oak and Pierce are a big part of my life.

I am also an Upward Bound alumni! I was the first in my family to graduate from high school, enter college, and the first to attain a Bachelor's Degree, and then a Master's Degree. I also met my partner at UB, and now we are getting married! You know what they say about UB love stories! Upward Bound helped me to break through barriers and break cycles. Being a counselor at UB is my way of giving back to the organization that helped me achieve my goals of becoming a happy, successful person, and I hope that you all are enjoying your experience as much as I did!

I can't wait to continue to build bonds with each of you, and please never hesitate to reach out!

Steffaney

Hello! I am very excited to start off a new academic year as a Counselor with Upward Bound! I was a CM during the summers of 2017 & 2018 and loved getting to know the staff and students while I was a college student at SUNY Plattsburgh. I grew up in Central NY, living in Fly Creek (a small hamlet of Cooperstown, NY) before moving to Plattsburgh for college. I have a Bachelors Degrees in History and in Gender & Women's Studies, in addition to a Masters Degree in Secondary Education with my 7-12th Grade Social Studies Teaching Certification.

I love to travel and have explored many places in NY and beyond! From places like Niagara Falls, Ithaca, Naples, Oneonta, Johnson City, Albany, Utica, NYC, Blue Mountain Lake to other states like Washington, Florida, Massachusetts, California, Louisiana, Maine, Washington DC to places in other countries like Montreal & Quebec City (in Canada), Hyderabad (in India), Kathmandu & the Himalayan Mountains (in Nepal), Ulaanbaatar (in Mongolia), Beijing & Shanghai (in China)!! I love the Adirondacks and being outside to hike, rock climb, paddle, and enjoy all our wonderful region has to offer!

I also love to read, play board games with my family, and cuddle with my orange tabby cat named Blue! I look forward to working with our students and families from the North Country!!



Meet the UB Counselors!

Julie

Hi! My name is Julie and I am a Counselor and Assistant Director here at UB. I've been here for 15+ years (that's 16 summer programs in UB years)! My current schools are Lake Placid, Peru, and Plattsburgh, but I've worked in 12 different UB schools over the years! Before working for Upward Bound, I worked in Admissions at a couple of colleges, and also in Marketing for a super fun place called The Vermont Teddy Bear Company. I went to college for my Bachelor's degree in Psychology at the University of Rochester, then did my Master's degree in School Counseling here at SUNY Plattsburgh. While in undergrad, I did a semester abroad in London, and had the opportunity to travel all over Europe while I was there - highly recommend a semester abroad for everyone in college! Outside of UB, my two boys keep me very busy with their athletic schedules (and never-ending laundry), but in the free time I do have, I enjoy rooting for my 4-1 NY Giants (oh yeah!), playing fantasy football, traveling to warm places, and drinking coffee.

Kristina

Hello! My name is Kristina, Upward Bound has been my home away from home so to speak for almost 4 years! I've recently welcomed two new School Counselor assignments, Beekmantown Central and Chateaugay Central, while continuing to work with NCCS and Saranac Lake Central! 😊 I've quickly learned that all school districts share a common theme, which is how much the Upward Bound Program is appreciated and valued! One of many reasons I enjoy my career!

I received my B.A. in Psychology from SUNY Cortland (Go Red Dragons) and my M.S. in Professional School Counseling from Sage Graduate School. While I knew I was interested in the Counseling field, it wasn't until later on in college that I discovered my interest in School Counseling! I've been fortunate to work in a rewarding field, where I am always evolving and learning. Quick fact: prior to working with Upward Bound, I worked with a fellow TRIO program, or "sister program," Student Support Services at Paul Smith's College. My TRIO experience spans almost 10 years!

Looking forward to getting to know new faces and reconnecting with current Ubers!

Do you have an interest in studying Psychology or School Counseling, ask me more!



College Spotlight:

SUNY Polytechnic

Institute in Utica, NY

SUNY Polytechnic Institute is a globally recognized leader in higher education and technology innovation, research and development.

Enrollment: 2,200 undergraduate students

Student/Faculty Ratio: 13:1

Average Class Size: 18

Cost of Attendance:

More than 85% of students receive some form of financial aid through SUNY Poly.

SUNY Poly offers a wide range of scholarship opportunities, including the Excelsior Scholarship Program. Check out the *Scholarships* tab on their website for more info!

Communications and Media Design Program:

Students in the Communications and Media Design (CMD) program learn through studio-based education and real world experience. Both help prepare students for a variety of careers.

The CMD program deals with all aspects of media content creation, including the planning, organizing, writing, and designing of information and communications.

Some Alumni Job Titles:

- Social Media Strategist
- Web Designer/Developer
- Video Production Specialist
- Graphic Designer
- Multimedia Manager
- Publication Manager
- Public Relations Specialist
- Script Editor
- Technical & Scientific Writer/Editor
- Information Designer

Check out their website @ www.sunypoly.edu

Career Spotlight:

Media Producer!

Career Description:

Film and video editors and camera operators typically do the following:

- Shoot and record television programs, films, music videos, documentaries, or news and sporting events
- Organize digital footage with video-editing software
- Collaborate with a director to determine the overall vision of the production
- Discuss filming and editing techniques with a director to improve a scene
- Select the appropriate equipment, such as the type of lens or lighting
- Shoot or edit a scene based on the director's vision

Required Education:

Most editor and camera operator positions require a bachelor's degree in a field related to film or broadcasting, such as communications.

Earnings:

The median annual wage for camera operators, television, video, and film was \$57,200 in May 2020. The median annual wage for film and video editors was \$67,250.

Future Outlook:

Demand for film and video editors and camera operators is increasing.

Programs Nearby:

SUNY Plattsburgh
Clarkson University - Potsdam, NY
Canisius College - Buffalo, NY
SUNY Polytechnic - Utica, NY
University of Rochester
SUNY Brockport



POETRY PLACE

HALLOWEEN EDITION

Halloween Party **BY KENN NESBITT**

We're having a Halloween party at school.

I'm dressed up like Dracula. Man, I look cool!

I dyed my hair black, and I cut off my bangs.

I'm wearing a cape and some fake plastic fangs.

I put on some makeup to paint my face white, like creatures that only come out in the night.

My fingernails, too, are all pointed and red.

I look like I'm recently back from the dead.

My mom drops me off, and I run into school and suddenly feel like the world's biggest fool.

The other kids stare like I'm some kind of freak — the Halloween party is not till next week.



Our Grandma Kissed a Pumpkin **BY DARREN SARDELLI**

Our grandma kissed a pumpkin

on a Friday afternoon.

She also kissed a crayon and a giant red balloon.

I saw her kiss a chipmunk eating cookies with a queen.

She kissed us in these costumes

at our house on Halloween!

All Hallows' Eve **BY DOROTHEA TANNING**

Be perfect, make it otherwise. Yesterday is torn in shreds. Lightning's thousand sulfur eyes

Rip apart the breathing beds. Hear bones crack and pulverize.

Doom creeps in on rubber treads.

Countless overwrought housewives, Minds unraveling like threads, Try lipstick shades to tranquilize

Fears of age and general dreads.

Sit tight, be perfect, swat the spies,

Don't take faucets for fountainheads.

Drink tasty antidotes. Otherwise

You and the werewolf: newlyweds.



Green Notes

Climate Change...close to home



The climate of the Adirondacks has been changing for more than a century. Since 1900, the region has warmed by about 3 degrees Fahrenheit. In just the last three decades, lakes have started freezing later in the winter and thawing earlier in the spring. But a leading climate scientist in the Adirondacks says the biggest changes and threats to our way of life are yet to come. Paul Smith's professor Curt Stager coauthored a new paper with Brendan Wiltse and Skylar Murphy about how climate change will lead to shorter, milder winters and what that could mean for Adirondack communities.

"So it really hit me on an emotional level because I realized, as much as I'm interested in the animals, plants and lakes of the Adirondacks, I'm also interested in the people because I'm one of them and this is my home. I feel like winter is the season that defines the Adirondacks the most and tells me that I'm living here rather than in the Blue Ridge. So if we lose winter little by little, which it seems like we're doing, it's our cultural identity that is at the greatest risk because we can't migrate as Adirondackers and bring our Adirondack culture north. There's an international border there. So it really raised my awareness that we may well be watching the slow fading away of winter and with it, our traditions of the Winter Olympics and the Winter Carnival in Saranac Lake and the snowmobiling mecca in Old Forge".



The Puzzler-hidden objects

Where is the witches broomstick?

Where is the ghost?



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

Seniors... It's Time! BOO!

Let's Get Off To A Good Start!

Off To A Good Start

By completing all of the following tasks, your name will be placed into a drawing for a laptop computer in June!

To be eligible for the drawing you must meet each of the following criteria & deadlines:

1. Have at least 3 college applications completed, submitted, and confirmation received by Upward Bound by **November 30, 2022**.
2. Have your FAFSA and TAP applications completed and submitted by **December 1, 2022**.
3. Have 3 scholarship applications completed, submitted, and copied to Upward Bound by **April 30, 2023**.
4. Participate in at least **three** Upward Bound events with at least one each semester.
5. Have academic schedule/course changes approved *in advance* by your Upward Bound Counselor.
6. Remain in good academic standing throughout the entire academic year.

* Your name will also be placed in a monthly drawing (October-May) to win Upward Bound swag for every month that you are on-track completing the above criteria. Use this guide as an incentive to meet important deadlines. Good luck!

Dell Scholars Program

The Dell Scholars Program recognizes students who have overcome significant obstacles to pursue their educations. Well beyond the financial support of \$20,000, a laptop and textbook credits, Dell also provides ongoing support and assistance to address all of the emotional, lifestyle, and financial changes that may prevent students from completing college.

Criteria for award:

- Graduating from an accredited high school this academic year
- Minimum 2.4 GPA (78 avg.)
- Demonstrated need for financial assistance
- Participation in an approved college readiness program (i.e. Upward Bound)
- Ambition to enter a bachelor's degree program directly following high school graduation
- Eligible to receive a federal Pell grant in the first year of college

Your application will be evaluated on your:

- Individual determination to succeed
- Future goals and plans to achieve them
- Ability to communicate the hardships you have overcome or currently face
- Self motivation in completing challenging coursework

Important Dates:

October 1: Applications become available at:

<http://www.dellscholars.org>

December 1: Application deadline

Juniors

SAT Test Dates ACT Test Dates

12/3/22	12/10/22
3/11/23	2/11/23
5/6/23	4/15/23
6/3/23	6/10/23

Get prepared for the SAT & ACT by:

- Taking practice tests online at collegeboard.org & act.org
- Participating in SAT/ACT Prep Activities
- Visiting Tutor.com for additional help



Recent Events

New England Student Leadership Conference

On September 30th-October 2nd, five of our Ubers joined nearly 50 other students from around New England for the annual New England Student Leadership Conference. This amazing event was held in beautiful Fairlee, VT at the Hulbert Outdoor Center. Attendees participated in a leadership development workshop, an exercise in understanding the federal budget... and stepped outside their comfort zones on a high ropes course!

The focus of the weekend was to work on personal goal setting, building leadership skills, meeting new people, all with goal of assisting students in preparation for college.

Other highlights included a panel of young professionals sharing their pathway through college, teambuilding and an awesome dance! Our UB students in attendance were:

Brandon Bertrand, Sequoia McChesney, Jadyn Metcalfe, Anson Mulvey and Kendra Rivers. Nice job representing our program!



Fort Ticonderoga - Lake Champlain Watershed Outing

Nine of our Ubers participated in the first Lake Champlain Watershed trip this school year to Fort Ticonderoga on October 12th. Everyone enjoyed a beautiful fall day that included a tour of the fort and a boat ride on Lake Champlain... all while learning about our local watershed and its importance to the area. Great job everyone!





UB Student Academic Expectations... they're not that scary!



At the beginning of each Academic Year, all of our students review and sign the UB Letter of Expectations. The point of this process is to go over everything we expect from our students to best position them for acceptance into the college of their choice.

As you have heard us say many times, Upward Bound is a college-preparatory program... and we have certain expectations to help you there! Here they are:

- Participate in both the Academic and Summer portions of the program;
- Maintain regular contact with your UB Counselor during the year;
- Pursue the most challenging academic curriculum you can handle, including taking:
 - A minimum of 3 Regents courses in math and science
 - A minimum of two years of language other than English in high school
 - 4 years of English and Social Studies
 - AP/CAP (dual enrollment) courses when available and appropriate;
- Attend classes regularly;
- Strive to improve your GPA each year;
- Take the SAT/ACT in the junior/senior year;
- Take and pass all Regents exams with at least a 65 or better.

Also:

If you are considering dropping or changing courses, please let your UB Counselor know before you make any changes. They are the experts and will go over any unexpected consequences of your decision.

We also want you to participate in a total of 3 UB activities during the Academic Year, with at least one in each semester. Being involved in the program will set you up with the skills and knowledge it takes to be successful in college!



BIRTHDAYS

September:

9/6 - Phoenix Stanley
9/7 - Roze Stewart
9/12 - Cameron Kenison
9/13 - Andrew Hennebury
9/15 - Aden Rentas-Pantaleon
9/17 - Nevaeh Toohey
9/20 - Jacob Agoney
9/23 - Brodie Barber
9/26 - Emily Gay
9/27 - Aidan Castle-Hackett
9/27 - Lillian Cotten

October:

10/4 - Lauren LaMere
10/4 - Lacey Martin
10/5 - Kaylin Duprey
10/7 - Roland Gebo
10/7 - Oliver Cribb
10/9 - Carissa Smith
10/10 - Morgan Martin
10/14 - Ethan Clyburn
10/16 - Madison Fessette
10/17 - Mila Giddings
10/20 - Ashton Taylor
10/20 - Zachary Stroup
10/21 - Cameron Chandler
10/21 - Camdyn Mayo
10/24 - Alida Carlson
10/26 - Mackenzie St. Jacques

November:

11/1 - Josalynn Hart
11/4 - Vivian Hinkley
11/4 - Christopher Brown
11/7 - Lia Perry
11/7 - Jordeyn Bourgeois
11/12 - Grace Murray
11/13 - Chloe Pratt
11/14 - Kendra McLean
11/15 - Hailey Sass
11/17 - Lucas Gonyea
11/18 - Kylee Durgan
11/18 - Aidan Savage
11/24 - Payton Jansson
11/26 - Zaedyn Carpenter
11/30 - Abigail Thurber
11/30 - Chase Nichols



UPCOMING EVENTS

- ***SUNY Potsdam/Clarkson University College Visit - Thursday, October 20th***
- ***New York Scholar's Bowl - Saturday, October 22nd in Binghamton (By Invitation)***
- ***SUNY Canton/St. Lawrence University College Visit - Wednesday, November 2nd***
- ***Juniors Workshop - Monday, November 7th @ 5:30PM***
- ***Sophomore Summit @ UVM - Tuesday, November 8th (By Invitation)***
- ***North Country Community College Visit/Adopt-a-Highway - Friday, November 11th***

****Info for all events can be found at ubplattsburgh.org***

