

# Upward Bound Student Newsletter

April/May 2022

Division of Enrollment & Student Success

## Brian's Stuff

Hello Everybody,

I hope you all are well and starting to think about the warmer weather that will soon be upon us! We here at UB are in full Summer Program planning-mode and are looking forward to having everyone on campus this year! A couple of reminders surrounding the Summer Program. SUNY Plattsburgh is requiring everyone on campus to be fully vaccinated and boosted, if eligible..so get it done!. We also need all of your summer paperwork ASAP!

We are also super excited to be offering our annual Leadership Trip again after two years off. Washington, D.C. here we come! For those who are not already aware, newly accepted sophomores will be unable to join us on this trip due to space limitations. This is also the case for the two-week residential component during the final two weeks of the program. Returning students are getting the priority after not being able to participate in these awesome experiences the last two years.

Get ready...this summer is only 2 months away!

~Brian

## Congratulations to recent Scholarship Winners!!

**Dell Scholar: Elaine Liu**  
**VEOP Scholar: Jasmine Russell**

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# Counselor's Corner w/Julie

## Decoding Financial Aid Awards

Around the country, millions of parents of prospective college freshmen are wondering: 'How will we pay for college?' The first step for many families is reviewing the financial aid award letters received from each school. Often, however, those letters can be confusing. Some are filled with acronyms and abbreviations, others lump scholarships and loans together, and because they're often very different, they're also difficult to compare.

**Letters Are Not Created Equal:** Award letters differ wildly, which makes it hard to determine which school's offer best meets your needs. Some letters include the cost of attendance, some don't. Some separate out direct (billable) costs vs. indirect costs, some don't.

**Gift Aid vs. Loans:** When award letters package grants and scholarships (often called gift aid) together with loans, it can add up to a generous-looking total award. But that can be misleading. Unlike gift aid, loans are not free money. They must be paid back over time - with interest. Also, award letters often don't include information about interest rates or how quickly students must repay certain loans.

**Cost of Attendance (COA):** Total cost of attending the school, including tuition, books, fees, room and board, transportation and personal expenses. Not all award letters include the full cost of attendance, or break down the various expenses that go into the COA. Keep in mind: Any costs other than tuition and fees are estimated - families should consider estimating their own realistic costs when comparing school options.

**Pell Grant:** A federal grant for income-eligible undergraduate students who have not yet received a bachelor's degree. (The Federal Supplemental Educational Opportunity Grant, or SEOG, is another common need-based grant.)

**Direct Subsidized Loan:** Awarded based on need, this is a loan on which the government pays the interest while the borrower is in school at least half-time, during deferment and during the grace period (often the first six months after the student leaves school). Sometimes called a 'fed. direct sub. loan' or 'subsidized Stafford loan'.

**Direct Unsubsidized Loan:** Not based on need, this is a loan for which the borrower is responsible for paying all interest, even while enrolled and during the grace period. Sometimes called a 'fed direct unsub. loan' or 'unsubsidized Stafford loan'.

**Parent PLUS Loan:** A type of direct loan offered to parents of dependent undergraduate students. Direct PLUS loans for parents allow them to borrow on behalf of their child at a fixed interest rate. The maximum loan amount is the school's cost of attendance, minus any other financial aid a student receives. Sometimes called a 'Federal Parent PLUS' loan. Keep in mind: The loan is in the parents' name and the parents are responsible for paying off the loan. A credit check is required.

**Federal Work-Study:** A program that provides federal funds for part-time on- or off-campus jobs for students with financial need. Work-study is administered by individual campuses, and jobs are assigned on a first-come, first-served basis. Keep in mind: Schools don't guarantee jobs for every student who qualifies; it's up to students to apply early. Work is paid at an hourly rate, so working fewer hours means earning less money, but students cannot earn more than the dollar amount awarded in their package, either. In addition, work-study funds are not available until earned by the student, so they should not be relied upon to help pay the initial bill to the college.

**An Award is for One Year, and One Year Only:** Some elements of your financial aid package may not be available in future years. Many forms of aid also come with GPA, enrollment, or community service requirements. You may also be offered additional loans in subsequent years. Students must reapply for many forms of financial aid each year. To renew Pell Grants, for example, students must file an updated FAFSA. The amount awarded may fluctuate due to changes in financial aid funding or a student's expected family contribution (EFC).

Please contact your UB Counselor with any questions regarding your financial aid awards - we're here to help!

Source: <http://www.npr.org>

# Seniors- College Decisions!

**Abramczyk, Hailey** - CCC

**Agney, Destiny** - CCC; NCCC; SUNY Adk; SUNY Plattsburgh; SUNY Potsdam; Fisher College; Saint Rose; SUNY Albany

**Bartlett, Jenna** - Le Moyne; SUNY Canton; SUNY Brockport; Univ. of Buffalo

**Batu-Tiako, Tabitha** - SUNY Plattsburgh; SUNY Buffalo State; Drake University; NYU; SUNY Albany; St. Rose; Borough of Manhattan CC; Baruch College; Hunter College

**Bissonette, Hailey** - SUNY Plattsburgh; St Michael's\*; Clarkson, SUNY Potsdam\*; R.I.T.; SUNY Geneseo; St. Lawrence; Paul Smith's\*; SUNY Albany; Le Moyne\*

**Blair, Maggie** - Utica; SUNY Brockport; Siena; DUNY Binghamton; SUNY Oneonta; SUNY Canton; SUNY Cortland; SUNY Fredonia; SUNY Plattsburgh; SUNY Polytechnic

**Bruce, Ian** - CCC

**Bushey, Alex** - SUNY Plattsburgh\*

**Carter, Jordyn** - Univ. of Arizona\*

**Casler, Owen** - NCCC; SUNY Plattsburgh; SUNY Brockport; SUNY Oswego; Barton College; SUNY Adirondack

**Charland, Mercedes** - NCCC; SUNY Adirondack

**Clifford, Auden** - R.I.T.; SUNY Polytechnic; SUNY Canton; Clarkson

**Connolly, Honor** - SUNY Plattsburgh; Paul Smith's; SUNY ESF

**Dumas, Levi** - SUNY Canton; Clarkson; SUNY Oswego; SUNY Plattsburgh; SUNY Albany; SUNY Poly; SUNY Potsdam

**Duprey, Christopher** - CCC

**Fretwell, Alisah** - Univ. at Buffalo

**Giles, Hailey** - NCCC

**Graham, Nile** - SUNY Plattsburgh; SUNY Albany; SUNY Buffalo State; Erie CC; CCC

**Guerard, Bryanna-May** - SUNY Fredonia\*; SUNY

**Guerin, Deseraih** - CCC

**Guerin, Devan** - CCC

**Hazel, Ethan** - SUNY Plattsburgh; SUNY Potsdam; Champlain College; SUNY Canton

**Hicks, Jaidin** - CCC

**Jennette, Hailee** - SUNY Plattsburgh

**Kelihananui, Demi** - Penn State\*

**Ko, Raelin** - Pensacola Christian; SUNY Albany; SUNY Potsdam; SUNY Plattsburgh

**Lane, Madison** - SUNY Potsdam\*

**Liu, Elaine** - NYU\*

**Lopez, Ava** - Elon Univ.; Univ. of Richmond; Hollins Univ\*; SUNY Purchase\*; SUNY Albany; Alfred Univ.; Ithaca College\*; Nazareth\*; Suffolk Univ.; Univ. of Virginia

**Manning, Melissa** - NCCC, SUNY Plattsburgh

**Mayville-Gratton, Kai** - NCCC

**McBride, Bradford** - SUNY Potsdam

**McCauslin, MacKenzie** - SUNY Brockport

**McDonald, Ryan** - SUNY Delhi

**McElwain, Katelynn** - NCCC

**Mercay, Amber** - SUNY Polytechnic\*

**Moore, Kaydence** - SUNY Plattsburgh, RIT

**Nichols, Juliana** - SUNY Plattsburgh; Le Moyne

**Provost, Taylor** - NCCC; SUNY Canton; SUNY Albany\*

**Ray, MaKayla** - SUNY Albany; SUNY Plattsburgh; SUNY Potsdam; SUNY Canton; SUNY Alfred; NVU-Lyndon\*

**Reno, Kam** - CCC

**Rudolph, Melanie** - SUNY Fredonia; Syracuse Univ.; SUNY Oswego

**Russell, Jasmine** - SUNY Plattsburgh

**Rust, Eve** - SUNY Canton

**Ryan, Garrett** - CCC

**Sampson, Angelina** - SUNY Albany; UVM; Quinnipiac Univ\*; Norwich Univ\*; Molloy College\*

**Savage, Connor** - FloridaSt. College - Jacksonville

**Smith, Emileigh** - St. Lawrence; Siena\*; SUNY Oswego; SUNY Plattsburgh; Russell Sage; SUNY Geneseo; SUNY Brockport; SUNY Potsdam\*

**Sorrell, Christopher** - CCC; SUNY Plattsburgh; SUNY Canton

**Sousa, Logyn** - SUNY Oneonta

**Sweeney, Timothy** - Vermont Technical College; CCC

**Switzer, Jenna** - SUNY Potsdam

**Tourville, Ethan** - R.I.T

**Trombley, Caitlynn** - SUNY Canton

**Whalen, Emma** - NCCC; Utica\*; St. Lawrence; Daemen College; SUNY Plattsburgh; UVM; Univ. of Rochester

**Zhang, Irina** - McGill University\*



Red denotes decision

\*Scholarship

*Congrats!*

## Career Spotlight

### Clinical Pharmacist

#### Career Description:

Pharmacists typically do the following:

- Fill prescriptions, verifying amounts of medication and instructions for use.
- Instruct patients on how and when to take prescribed medications and the potential side effects of each.
- Complete insurance forms.
- Give flu shots and other vaccinations.
- Keep record and do other administrative tasks.

#### Required Education:

Pharmacists must have a Doctor of Pharmacy degree from an accredited pharmacy program. They also must be licensed, which requires passing licensure and law exams.

#### Earnings:

The median annual wage for pharmacists in New York is \$128, 710.

#### Future Outlook:

Demand is increasing for pharmacists in healthcare settings such as hospitals and clinics.

#### Programs nearby:

Pre-Pharmacy: SUNY Plattsburgh  
Albany College of Pharmacy and Health Sciences  
D'Youville College- Buffalo  
St. John Fisher College- Rochester  
Long Island University  
Pre-Pharmacy- SUNY Polytechnic



## College Spotlight

Albany College of Pharmacy & Health Sciences  
106 New Scotland Ave. Albany, NY 12208

Enrollment: 800 undergraduate students

Student/Faculty Ratio: 9:1

89% of students live on campus

98% Job placement rate following graduation

#### Doctor of Pharmacy Program

Students enter the six-year program directly out of high school or transfer in once completing all the prerequisite courses. PharmD students have a unique opportunity to get to work before they go to work through the college's two student-operated pharmacies, run exclusively by ACPHS in NY.

Students can choose from more than 600 sites around the world to study abroad and gain real world experience.

The College is located in the heart of a healthcare corridor that houses Wadsworth Research Laboratory, Albany Medical Center and the Department of Veteran's Affairs, giving students plenty of opportunity to work in various pharmacy settings.

Students have the opportunity for plenty of extracurriculars such as sports, clubs and professional organizations. It is located in the heart of Albany within walking distance to parks, restaurants and shops.



**ALBANY COLLEGE  
OF PHARMACY  
AND HEALTH SCIENCES**



# Poetry Place



Genius  
by Billy Collins

was what they called you in high school  
if you tripped on a shoelace in the hall  
and all your books went flying.

Or if you walked into an open locker door  
you would be known as Einstein,  
who imagined riding a streetcar into infinity.

Later, genius became someone  
who could take a sliver of chalk and squire pi  
a hundred places out beyond the decimal point,

or a man painting on his back on a scaffold,  
or drawing a waterwheel in a margin,  
or spinning out a little night music.

But earlier this week on a wooded path,  
I thought the swans afloat on the resevoir  
were the true geniuses,  
the ones who had figured out how to fly,  
how to be both beautiful and brutal,  
and how to mate for life.

Twenty-four geniuses in all,  
for I numbered them as Yeats had done,  
deployed upon the calm, crystalline surface--

forty-eight if we count their reflections,  
or an even fifty if you want to throw in me  
and the dog running up ahead,

who were at least smart enough to be out  
that morning--she sniffing the ground,  
me with my head up in the bright morning air.



## Leadership Trip 2022 D.C./Baltimore

### College Visits

- George Washington
- George Mason
- University of Maryland-Baltimore County
- Loyola University

### Sightseeing

- Smithsonian Museums
- International Spy Museum
- Memorials tour
- National Aquarium
- Camden Yards



# The Puzzler

What's going on in these two pictures?



Email Brian at [brian.post@plattsburgh.edu](mailto:brian.post@plattsburgh.edu) to win a prize!

Or to see the YouTube explanation!

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## Green Notes~ Earth Day Edition

The first Earth Day was celebrated on April 22, 1970, when 20 million people across America celebrated by filling their local streets, parks and auditoriums to demand a healthy, sustainable environment. They were concerned about their cities laden with smog, polluted rivers, rampant pollution, and other environmental hazards.

Since then, Earth Day has been celebrated around the world, by people from all walks of life who are concerned about making a sustainable future for their children.

What can you do? Here are some small things we can all do daily.

**Reduce waste**- no plastic bottled water!

**Recycle**- every little bit helps to avoid ending up in the landfill.

**Compost**- food waste and scraps can be easily turned back into soil.

**Be aware of phantoms**-those little green lights you see on devices when turned "off". Devices seem like they are not using energy, but they are! Unplug them!



**REUSE  
REDUCE  
RECYCLE**



# Recent Events

## Leadership & Governance Albany, NY- April 4-5

Our annual trip to Albany for Leadership & Governance returned in-person for the first time since 2019! Eight of your fellow UB students joined us for an exciting two days to see some great sights in our state capital. This included a tour of Albany Law School, the NY State Capitol building and capping it off with Siena College. We also met with our NY State Assemblyman, Billy Jones for a picture in the Assembly Chamber and a meeting in his office. Joining us on the trip were: **Aiden Dade, Kaylee Hazler, Andrew Hennebury, Demi Keliihanui, Awa Kujabi, Taylor Provost, Madyson Savoie and Carissa Smith.** Great job representing us!



## Newly Accepted Students!!

We recently wrapped up our New Student Application Review and have 92 new UBers! Here is a great photo of our new students at Tupper Lake!

*Congrats!*





# Scholarships \$\$



Seniors...it is time to apply to scholarships! Every little bit helps when it comes to paying for college. We have been telling you this all along, but college is expensive! A small award of \$200 or \$500 can go a long way to help with books, living expenses or whatever!

We have featured many local scholarships in past newsletters to assist you in this quest. Remember to check your school's Counseling webpage for a listing specifically related to graduates of your school.

Here is just a sampling of national scholarships that may be worth taking the time to apply for:

- **Rover Scholarship**- \$2,500- Write about the impact of technology in your life. Due May 1, 2022 <https://scholarships360.org/scholarship/rover-scholarship/>
- **Students of History Scholarship**- \$1,000- For those with a dedication to the study of history. Due May 1, 2022 <https://scholarships360.org/scholarships/search/the-students-of-history-scholarship/>
- **Ethel Hayes Destigmatization of Mental Health Scholarship**- \$900- Write a short essay about mental health. Due June 14, 2022. <https://bold.org/scholarships/ethel-hayes-destigmatization-of-mental-health-scholarship/#ref=exclusive-scholarships>
- **Navigate Your Future Scholarship**- \$2,500- For students interesting in careers in aviation. Due June 24, 2022. <https://scholarships360.org/scholarship/navigate-your-future-scholarship/>
- **Solar Scholarship**- \$1,000- For students interested in solar energy. Due July 1, 2022. <https://scholarships360.org/scholarship/solar-scholarship/>
- **Delete Cyberbullying Scholarship**- \$1,000- For students who write an essay on the negative affects of cyberbullying. Due June 30, 2022. <https://scholarships360.org/scholarships/search/delete-cyberbullying-scholarship/>
- **Moody Fitness Scholarship**- \$1,500- For students interested in pursuing a career in health, wellness, or fitness. <https://scholarships360.org/scholarship/2019-michael-moody-fitness-scholarship/>

Resources:

[scholarships360.org](https://scholarships360.org)

[fastweb.com](https://fastweb.com)

[salliemae.com](https://salliemae.com)

[unigo.com](https://unigo.com)



# Honor Roll



## Honor Roll

Kendra Baisi  
 Brodie Barber  
 Jasmine Barber  
 Noah Besio-Melech  
 Emily Bissonette  
 Sapphire Campbell  
 Leanne Cook  
 Rebecca Cook-Chevier  
 Natalie Creighton  
 Austen Dubuque  
 Lucas Gadway  
 Des Guerin  
 Ethan Hazel  
 Ninah Keliihananui  
 Awa Kujabi  
 Hailey Laurin  
 Morgan Martin  
 Bradford McBride  
 MacKenzie McCauslin  
 Cierra McDonald  
 Ryan McDonald  
 Trey McGee  
 Amber Mercay  
 Natasha Millayes  
 Kaydence Moore  
 Shelbie Phillips  
 Makayla Ray  
 Garrett Ryan  
 Connor Savage  
 Joshua Sharp  
 Roze Steward  
 Caitlynn Trombley  
 Keaton Vincent  
 Vivienne Way

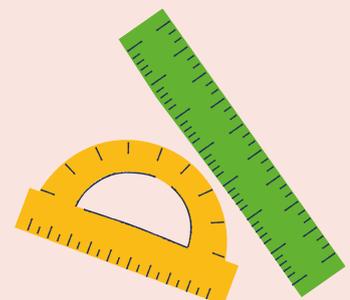
## High Honor Roll

Jacob Agoney  
 Hollyann Ashcroft  
 Hailey Bissonette  
 Maggie Blair  
 Tess Blair  
 Jordeyn Bourgeois  
 Paige Bourgeois  
 Rylee Bourgeois  
 Alex Bushey  
 Harold Carter  
 Jordyn Carter  
 Owen Casler  
 Ethan Clyburn  
 Honor Connolly  
 Jacob Crawford  
 Oliver Cribb  
 Aiden Dade  
 Bre Davis  
 Ellie Dodge  
 Felicity Doelger  
 Kaleb Dupee  
 Chris Duprey  
 Kylee Durgan  
 Ashley Farnsworth  
 Alisah Fretwell  
 Logan Gadway  
 Samantha Gonyo-LaFountain  
 Alauna Goodman  
 Devan Guerin  
 Andrew Hennebury  
 Hailee Jennette  
 Brooklynn Kadlac  
 Demi Keliihananui  
 Rachel King  
 Raelin Ko  
 Liam Kotsogiannis  
 Madison Lane  
 Ava Lilley  
 Elaine Liu  
 Ava Lopez  
 Kenna Magoon  
 Lacey Martin  
 Sequoia McChesney  
 Alexis McDonald  
 Katelynn McElwain  
 Jo-Ann Mead  
 Jadyn Metcalfe

## High Honor Roll (Cont.)

Anson Mulvey  
 Grace Murray  
 Chase Nichols  
 Juliana Nichols  
 Dawson Niles  
 Savanna Oakes  
 Trinitea Rabideau  
 Destiny Rivers  
 Kendra Rivers  
 Avery Roberts  
 Hunter Roberts  
 Mel Rudolph  
 Jasmine Russell  
 Eve Rust  
 Angelina Sampson  
 Aidan Savage  
 Madyson Savoir  
 Carissa Smith  
 Emileigh Smith  
 Liliana-Teresa Sosa  
 Logyn Sousa  
 Ashton Taylor  
 Abby Thurber  
 Alexis Tomah  
 Ethan Tourville  
 Brook Trombley  
 Irina Zhang

*Nice  
 Work!*



# Sophomores & Juniors

**SAT/ACT remain important even as universities shift away from standardized tests.**

Nearly 2,000 colleges and universities have publicly announced that they will not require the SAT or ACT for admission in fall 2022. That's more than 75% of the degree-granting institutions in the U.S. But it doesn't mean those tests are less important for high school students looking to make the leap to college.

"Test optional does not mean test prohibitive," said Rob Franek, the editor-in-chief of the Princeton Review, which surveys the top colleges across the U.S. annually. "What many of those schools are saying is that the SAT or ACT are of great value if you decide to take them, and if you exercise your right to submit them or not submit them."

Franek's team at the Princeton Review helps millions of students with their college decision each year. He said the pandemic accelerated a move away from standardized testing in higher education. At the start of 2020, about 400 schools had announced test-optional or test-blind policies.

Many schools believed the tests are fundamentally flawed.

"We call them bad tests because they're only testing you on what you're tested on for the SAT and ACT," Franek said, "and how you perform in that timed environment. From a test prep and teacher perspective, those are easy things to teach students: How to do well and not be nervous in a timed environment."

Franek said the pandemic raised new questions about equity and access to the SAT and ACT. By the end of 2021, the number of schools that announced plans to go test-optional had grown by 400%.

"In the spring of 2020, through much of that calendar year, students simply could not sit for the SAT or the ACT with any real certainty," Franek said. "Then they could take it from August until December, monthly, and many students signed up for it. But many students got their registrations rescinded, sometimes a week, sometimes even three days before the exam."

"It is a direct result of COVID," Franek said, "that test-optional has become so popular." There is an important distinction between test-optional and test-blind. Test-blind schools will not consider standardized test scores at all. Test-optional schools will consider the scores. "They would still consider your SAT and ACT scores if you submitted them," Franek said. "But those schools cannot penalize a student if they don't submit their SAT or ACT scores." **He recommends that students take the test and submit any scores that paint them in a favorable light.**

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\*UB also advises its students to sign up and take the SAT and the ACT. Until they are gone entirely, these tests, along with the high school transcript are still used to award merit scholarships at most colleges.

# UB Flashback...2013

**TRIO**  
UPWARD BOUND





# HAPPY BIRTHDAY



## April

- Gavin Parker- 4/8
- Emily Bissonette- 4/12
- Kendra Rivers- 4/13
- Liam Kotsogiannis- 4/14
- Auden Clifford- 4/15
- Mercedes Charland- 4/18
- Alexis McDonald- 4/18
- Awa Kujabi- 4/19
- Emileigh Smith- 4/19
- Caitlynn Trombley- 4/22
- Owen Casler- 4/25
- Jasmine Barber- 4/27
- Jadyn Metcalfe- 4/27



## May

- Ellie Dodge- 5/4
- Kaydence Moore- 5/5
- Rachel King- 5/5
- Trinity Deso- 5/8
- Harold Carter- 5/8
- Jacob Crawford- 5/8
- Katelynn McElwain- 5/9
- Payton McIntyre- 5/11
- Dawson Niles- 5/11
- Logan Brault- 5/13
- Jordyn Carter- 5/14
- Ninah Keliihananui- 5/17
- Tess Blair- 5/17
- Connor Savage- 5/18
- Ashley Farnsworth- 5/18
- Aleah Curry- 5/18
- Kendra Baisi- 5/21
- Rebecca Cook-Chevier- 5/23
- Ryan McDonald- 5/27
- Alauna Goodman- 5/27
- Hailey Laurin- 5/31
- Jenna Switzer- 5/31

## Upcoming Events

- May 24- Senior Celebration
- May 28- Senior Trip- Broadway
- June 9- New Student Orientation
- June 27-August 4- Summer Program

