

SUNY PLATTSBURGH UPWARD BOUND

STUDENT NEWSLETTER

OCTOBER-NOVEMBER 2023

Brian's Stuff:

Hello Everyone,

I hope you are all off to a wonderful start this new school year! We had such a great UB Summer Program this past June and July that the positive energy kept me going through the remainder of the summer. I can't wait to see you all again soon on one of our many fall UB events.

Each September is a perfect opportunity to start fresh in a new grade and improve your academic achievement. Start the year off by staying focused on your academics to develop good habits that will carry through the entire school year. Each grade in high school presents a different level of challenge that culminates in the senior year. Seniors, you know what I mean! You will have a lot on your plate in the coming months, but we are here to help every step of the way. Keep in touch with your UB Counselor to make sure your college applications are on track...you can do it!

See you soon.

-Brian

Check out our
awesome new
mural!



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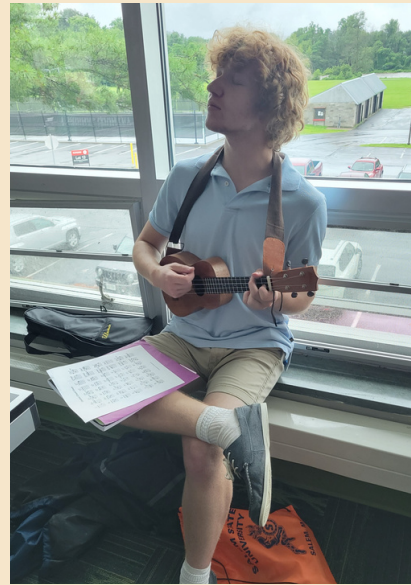
Birthdays



**BACK
TO
THE
FUTURE**

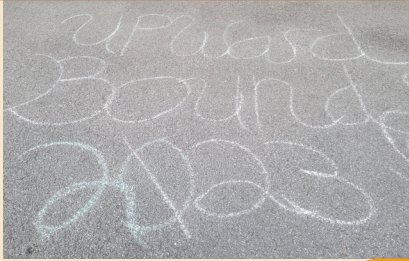


SUMMER 2023





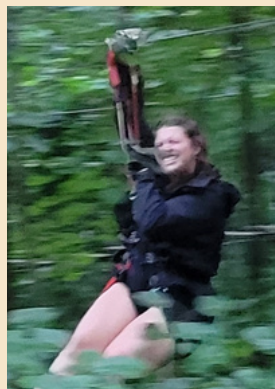
HIGHLIGHTS!



BOSTON/SALEM TRIP



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MEET THE COUNSELORS!

Julie

Hi! My name is Julie and I am a Counselor and Assistant Director here at UB. I've been here for 16+ years (that's 17 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 (lots of football, soccer, basketball, skiing, and baseball on my agenda), but in the free time I do have, I enjoy rooting for my NY Giants, playing fantasy football, traveling to warm places, and drinking coffee.

Steffaney

Hello! I am excited to start off another academic year as a counselor with Upward Bound! I attended SUNY Plattsburgh for college and was an Upward Bound TC (now called CMs) during the summers of 2017 & 2018 and loved getting to know UB students and the important work of UB while I studied to become a teacher. Several of the CMs during the summer programs of 2022 & 2023 were students during my first year as a TC, now they are successful college students and are well on their way of making a difference in the world! So proud of them! I grew up in Central NY and moved to Plattsburgh for college, about a 4 hour drive from home. I have 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 taught Social Studies classes in Ithaca, NY and Johnson City, NY before moving back to Plattsburgh to work with Upward Bound again!!

I have loved traveling to the Adirondacks with my family since I was a kid, going camping and hiking throughout the region and have many fond memories. My dad and I have hiked several high peaks together and hope to someday finish all 46! Our family also drove to Maine to go camping for many years, another beautiful place that feels like home. I love to read, play board games with my family, make art, and travel! I have two cats; an orange tabby named Blue and a black & white tuxedo named Penelope who are just starting to get to know each other after being adopted from the Susquehanna SPCA. I look forward to another successful year with Upward Bound and am excited to hear all about the great things our students are accomplishing every day!

MEET THE COUNSELORS!

Kailah

Hi Everyone! I'm Kailah and I've officially been working with UB for a year. I am the UB Counselor for Saranac, NCCS, 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!

Max

Hello! My name is Max and I am excited to start my first year as an Upward Bound Counselor for Beekmantown, Chateaugay, Chazy, and Saranac Lake!

A little bit about me: I grew up in the Adirondacks, on Lake Champlain, in Willsboro NY with my twin brother Mat. I did all pre- kindergarten through 12th grade at Willsboro Central School, then went on to get my Bachelor's of Science in Psychology from Clarkson University. I am interested in how the mind works, how we "see" the world, and the mechanisms that facilitate these processes.

In my spare time I love participating in community theater for local theater companies, especially ACT, of which I am a sitting board member. I've participated in theater since I was just starting school, and I find it a positive and challenging way to know my community members and do something that gives back to the community I live in. I also coach a boy's soccer team, and have coached girl's basketball in the past, which is always so much fun! Working with these teams helps me see the changing mindset of teamwork and collaboration.

I enjoy getting out into nature, of which my backyard has plenty, being situated in the beautiful ADK national park! When I can, I go hiking, exploring in the woods, kayaking, and rock climbing.

I can't wait to work with everyone, and hope that you will reach out if you have any questions, love theater, or want to talk matters of the mind!

Career Spotlight: Teacher!



Career Description: Kindergarten and elementary school teachers instruct young students in basic subjects, such as math and reading, in order to prepare them for middle and high school. High school teachers help prepare students for life after graduation. They teach academic lessons and various skills that students will need to attend college or to enter the job market.

Duties:

- Plan lessons and instruct their students in the subject they teach
- Assess students' abilities, strengths, and weaknesses
- Adapt lessons to changes in class size
- Grade students' assignments and exams
- Communicate with parents about students' progress
- Work with individual students to challenge them and to improve their abilities
- Prepare students for standardized tests required by the state
- Develop and enforce classroom rules and administrative policies
- Supervise students outside of the classroom—for example, during lunchtime

Programs nearby:
SUNY Potsdam
SUNY Plattsburgh
St. Lawrence University
Siena College
SUNY Brockport
University of Rochester
Syracuse University
Clarkson University
Binghamton University

Required Education:

Teachers typically must have at least a bachelor's degree. In addition, public school teachers must have a state-issued certification or license.

Earnings:

The median annual wage for high school teachers was \$62,870 in May 2020. The median annual wage for elementary school teachers, except special education was \$60,940 in May 2020.

Future Outlook:

Overall employment of high school and elementary school teachers is projected to grow 4 percent from 2019 to 2029

Find more information at virtualjobshadow.com (Pathful)



Potsdam
THE STATE UNIVERSITY OF NEW YORK

College Spotlight: SUNY Potsdam

SUNY Potsdam was founded in 1816, making it one of America's first 50 colleges and the oldest in the SUNY system! Over the years, it has been recognized as a leader in creativity, applied learning and educational excellence.

Enrollment: 2,352 undergraduate & 255 graduate students

Student/Faculty Ratio: 11:1

Acceptance Rate: 81%

Cost of Attendance: around \$25,000/year (including housing, meal plan, tuition, fees)

Scholarships: \$3.4 million in scholarships are awarded to undergraduates at SUNY Potsdam.

Merit scholarships are offered to students with an incoming GPA of 86 and higher, as well as many others. Check out the scholarship tab on their website to learn more!

Popular Majors: Education, Business, Visual & Performing Arts, History, Psychology, etc.

Education Programs: SUNY Potsdam offers several majors in education, including childhood/early childhood education, as well as adolescent education with concentrations in math, english, science, social studies, music, and art.

Learn more at www.Potsdam.edu



PUZZLER

8,549,176,320

What makes this number unique?

If you think you have the answer, email Brian at brian.post@plattsburgh.edu to win a prize!

POETRY PLACE

Summer's End
by Ashton Taylor

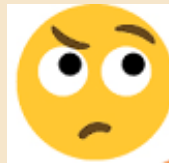
I'm sorry to see you all go.
It fills my heart with great sorrow.
Our days are done and we had our fun,
but I'd be lying if I won't miss you so.

The memories shared with all who've
cared, and many peers who shared
their tears, show the countless hours
we've prepared.

They are testaments to these
wonderful years.

So when the world comes to shove, I
hope you all embrace it with love. It
may hurt and may make you cry, but
for now we have to say goodbye.

I'm very proud to call you all friends,
and though we leave it doesn't have to
end. Find the people with whom this
joy is found...and embrace the spirit of
Upward Bound.



Need a Hand with
Homework?

We Can Help!
On-demand tutoring, online
[tutor.com](https://www.tutor.com)



Don't forget to use Tutor.com!!

Connect with a tutor in 5 easy steps:

- **Go to**
www.tutor.com/sunyplattsburghUB
- **Username:**
firstname.lastname.sunyub
- **Password:** ubtutor
- Choose the subject.
- Connect with a tutor.

[tutor.com](https://www.tutor.com)TM



GREEN NOTES

High school students launch 'Green New Deal for Schools Campaign'

Student organizers at 50 different high schools across the country are banding together to launch the "Green New Deal for Schools Campaign." The hope of the campaign is to get district-wide climate policies enacted, with the ultimate goal of obtaining federal legislation to change schools across the country.

The campaign has been set up by the Sunrise Movement, a youth climate justice organization that says this initiative is "in response to attacks from the Right on the American education system."

"The Green New Deal for Schools will transform public schools in America to face the climate crisis and ensure all students receive safe and high quality education--no matter what their zip code or color of their skin, said 17-year-old Adah Crandall, one of the leaders of the campaign. "Our generation is on the front lines of this fight and it's time for our school districts to take real action."

The group is demanding school buildings and buses to run on 100 percent clean energy, free and healthy lunches, pathways to green jobs, climate disaster plans and curriculum about climate justice.

After living through the hottest summer on record, students returned to school as searing heatwaves overtook the central US, a deadly wildfire scorched Maui, a rare tropical storm threatened the west coast and another pummeled Texas.

Students across the US are painfully aware that many of these weather extremes have been aggravated by the burning of fossil fuels, even as conservative politicians and educators refuse to engage with the topic, said Summer Mathis, a 16-year-old student from Georgia. "We don't learn about climate change at all," she said.

"Being a youth right now is really scary," said Aster Chau, a 15-year-old student at Philadelphia's Academy at Palumbo. "It's really scary knowing that I'm underage, and can't vote to elect the people making these big decisions about our futures, not having a say in that."

"We are definitely feeling the weight of the climate crisis," Chau said. "I have had times when I was just overwhelmed with climate anxiety. But I guess knowing others care is really helpful, knowing that I'm not just the only one who is feeling this pressure, but also extreme passion in fighting it."



SENIORS

IT'S TIME... 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, 2023**.
 2. Have FAFSA IDs (student & parent/guardian) created by **December 1, 2023**.
 3. Have your FAFSA and TAP applications completed and submitted by **TBD**
 4. Have 3 scholarship applications completed, submitted, and copied to Upward Bound by **April 30, 2024**.
 5. Participate in a total of **THREE** Upward Bound events. (With at least one in each semester (Fall 2023/Spring 2024)).
 6. Have academic schedule/course changes approved in advance by your Upward Bound Counselor.
 7. 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

<u>SAT Test Dates</u>	<u>Registration Deadline</u>	<u>ACT Test Dates</u>	<u>Registration Deadline</u>
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12/2/23	11/2/23	12/9/23	11/3/23
3/9/24*	2/23/24	2/10/24	1/5/24
5/4/24*	4/19/24	4/13/24	3/8/24
6/1/24*	5/16/24	6/8/24	5/3/24

*- Digital

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

Do your best to attend our Juniors Workshop on November 6th for important Academic Year information!

***You will receive a letter in the mail soon!**



STUDENT EXPECTATIONS



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!

As an Upward Bound student, your responsibilities are:

1. To participate in both the academic and summer year programs.
2. To maintain contact with your Upward Bound Counselor regularly during the year. In
 - between visits, you can reach your UB counselor by calling 518-564-2030, messaging
 - through the Messenger app, or via email.
3. To meet the Upward Bound Academic Expectations, you must:
 - Pursue an academically challenging curriculum;
 - ✓ Take a minimum of 3 Regents courses in math AND science.
 - ✓ Take a minimum of two years of a LOTE in high school (9th-12th).
 - ✓ Take 4 years of English and Social Studies.
 - ✓ Enroll in and complete AP/CAP (dual-enrollment) courses when available and if appropriate.
 - Attend classes regularly;
 - Pursue academic excellence by improving grade point averages every quarter;
 - Take the SAT and/or ACT in the junior/senior year;
 - Take and pass all Regents exams with at least 65 or better.
 - Please note:
 - If you are considering dropping or changing courses, at any time, you need to discuss your plan with your family and your Upward Bound Counselor before you make the change(s).
 - CV-TEC/AEC/FEH BOCES enrollees (i.e. New Visions, allied health, animal sciences, etc.) are still expected to meet the above Academic Expectations.
4. To participate in tutoring (Tutor.com) when you are having problems with courses, when recommended by your counselor, and/or for academic enrichment. Students need to participate in at least 1 tutoring session or submit at least 1 essay for review per academic semester (Fall/Spring).
5. To participate in a total of **THREE** activities per academic year, with at least one in each semester (Fall/Spring). Talk to your Upward Bound Counselor to determine the best choices for you.
6. To be responsible for your academic achievement. Failing grades in two subjects during a marking period will place you on Academic Probation. Failing grades in three or more subjects during a marking period will place you on Academic Suspension.
7. To enroll in post-secondary education in the fall semester immediately following high school graduation.



Remember, you were selected for Upward Bound because you have the potential to go to college. Upward Bound's entire mission is to ensure that happens. We want you to succeed - so stay focused, motivated, and if you ever need anything, ask us!

RECENT EVENTS



NEW ENGLAND STUDENT LEADERSHIP CONFERENCE

On September 22-24, six 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 worked on personal goal setting, building leadership skills and meeting new people. Refining these skills in students adds to their preparation for college.

Other highlights included a talk from a UB alumna who explained her pathway through college and into medical school, great food, and an awesome dance! Our UB students in attendance were: **El Bowers, Noah LaBombard, Cierra LaDuke, Dawson Niles, Phoenix Stanley, and Nevaeh Toohey**. Nice job representing our program!



Using Pathful Explore

You all have another great resource at your fingertips...Pathful Explore! Each UB student has an active account to explore careers, colleges and endless other topics. Please use it! Log in information is explained on our website ubplattsburgh.org/career

Pathful explore



HAPPY Birthday



September

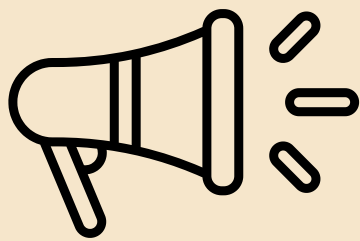
5th - Olivia Dupras
6th - Phoenix Stanley
7th - Roze Stewart
9th - Griffin Durocher
12th - Cameron Kenison
15th - Aden Rentas-Pantleon
17th - Nevaeh Toohey
17th - Quin Lane
21st - Luke McGee
26th - Emily Gay
27th - Aidan Castle-Hackett
27th - Lillian Cotten

October

2nd - Alex Bulriss
5th - Kaylin Duprey
7th - Oliver Cribb
9th - Carissa Smith
16th - Skyler LaBarge
16th - Madison Fessette
17th - Mila Giddings
20th - Ashton Taylor
20th - Zach Stroup
24th - Alicen James
24th - Alida Carlson
26th - Mackenzie St. Jacques
27th - Eren Ashline
30th - Scarlett Winnicki

November

1st - Josalynn Hart
4th - Vivian Hinkley
4th - Lily Powers
4th - Chris Brown
7th - Lia Perry
11th - Maddie Nephew
12th - Grace Murray
13th - Chloe Pratt
14th - Kendra McLean
14th - Kenny Lawrence
14th - Wren Recore
15th - Hailey Sass
19th - Lexi Gadway
24th - Payton Jansson
24th - Makayla Sweet
27th - Talia Anastasia
30th - Chase Nichols



Upcoming Events

Senior Financial Aid Night - Wednesday, October 11th (current seniors only)

SUNY Potsdam/Clarkson University Visit - Thursday, October 19th

SUNY Canton/ St. Lawrence University Visit - Wednesday, November 1st

Juniors Workshop - Monday, November 6th (current juniors only)

Sophomore Summit - Wednesday, November 8th (by invitation only)

Paul Smith's College Visit/Adopt-a-Highway - Friday, November 10th



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