

SUNY Plattsburgh



UPWARD BOUND 'STUDENT NEWSLETTER

March-April 2023

BRIAN'S STUFF

Hello Everyone,



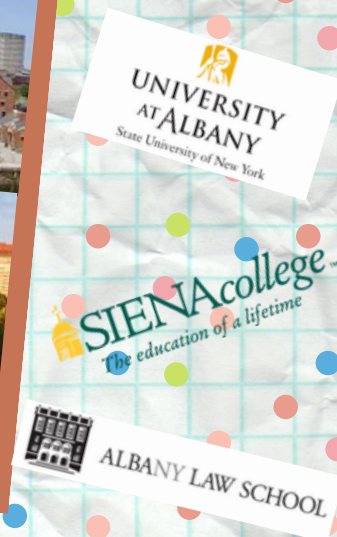
It sure seemed like we were going to breeze through winter without a lot of snow and cold... but it's definitely here now! For those who enjoy this season (like me!), you can finally get out and play before it melts away. For those who don't...spring is just around the corner! With all this talk of seasons, the warm summer is also on our minds. We have a ton already planned for this year's summer program....especially the Leadership Trip to Boston/Salem, Massachusetts! Get your paperwork in ASAP so we can know your plans.

Seniors, college decision time is here. Please review your award letters with your UB Counselor to ensure you fully understand the details surrounding your financial aid packages. I know it can be very stressful to make this decision, but UB has prepared you for this very moment...get excited! Also, be watching for news of our own Senior Celebration to honor your achievements and graduation later this spring.

As you may already know, we are also in the midst of recruiting new students for the program. If you have friends who you think would be a good fit, send them our way ASAP! Finally, be watching for some awesome spring UB events once things warm up a bit.

See you soon!

~Brian



TAKE A PEEK:

- Pg 2: Counselor's Corner
- Pg 3: Seniors: College Applications
- Pg 4: Quarter 2 Honor Rolls
- Pg 5: Upcoming & Past Events
- Pg 6: Summer 2023
- Pg 7: College & Career Spotlights
- Pg 8: Green Notes & Poetry Place
- Pg 9: Seniors: Scholarships
- Pg 10: Sophomores & Juniors & Puzzler
- Pg 11: 5 Years: Flashback to 2018
- Pg 12: Birthdays & Summer Reminder

COUNSELOR'S CORNER W/ STEFFANEY

Our UB staff give a lot of advice throughout the year, from questions about high school classes, studying for exams like the Regents/SATs/ACTs, UB trips, college visits, applications, financial aid, the summer program, and many more topics! I thought we could take a look at the advice and story of a writer who has had a profound impact on me since I was in high school. While some of you are just ending your first year with UB, others are finishing their high school experience and I hope these words can help you on your journey to figure out who you are. I hope you all continue to find inspiration in the world around you and inspire others to be themselves.

Over the years, I have often thought about a TED Talk I saw in one of my high school English classes. My teacher showed us a video of *The Danger of a Single Story* by Chimamanda Ngozi Adichie. At that point in my life, I knew almost nothing about Nigeria other than it was a country in Africa. Chimamanda began with stories of her youth, learning to read in Nigeria and the very first stories she wrote. She only had access to books with British characters so the books she wrote as a child mimicked the books she read. She had never been to Britain, never had left Nigeria, and knew nothing about British culture other than what was in the books she read. As a child, she thought that people who lived in Britain must be exactly like the characters in her books. She had a single story about who British people were.

When Chimamanda went to college in the USA, she realized other people had assumptions about her life in Nigeria, such as assuming she didn't know how to use a stove. Americans, like her roommate, knew very little about Nigeria just like she had known very little about Britain. She realized that many people assumed the information they learned about a group of people applied to every person who shared that identity, and thought "...that is how to create a single story, show a people as one thing, as only one thing, over and over again, and that is what they become."

Chimamanda found that stories about people all over the world were not accurate because they showed that everyone who was part of that culture was the same, creating stereotypes based on their identities. Most of these identities were things we can't change about ourselves like where we were born, what school we went to, what the color of our skin was, what religion we were taught by our parents, what opportunities there were in our community, how much money our parents made, and so many more.

She said it's "...impossible to talk about the single story without talking about power." She goes on to say that "Power is the ability not just to tell the story of another person, but to make it the definitive story of that person." When we listen to only one story about another person or group, we corner them in a box. We make them into who we think they should be. "I've always felt that it is impossible to engage properly with a place or a person without engaging with all of the stories of that place and that person. The consequence of the single story is this: It robs people of dignity. It makes our recognition of our equal humanity difficult. It emphasizes how we are different rather than how we are similar." When we ignore the other parts of a person, we ignore all the possibilities of who they are or can become. I am sure that each one of us has felt at some time that the people around us don't fully understand what we want or who we want to be, especially when thinking about what we want to do after high school and with the rest of our lives. We can feel stuck in who others want us to be.

"Stories matter. Many stories matter. Stories have been used to dispossess and to malign, but stories can also be used to empower and to humanize. Stories can break the dignity of a people, but stories can also repair that broken dignity." Chimamanda talks about how people can use our stories to make others dislike us, to make them fear us, or to make us seem like we don't belong. However, if we share our experiences with others we can change the perspective of those around us. We are not just one thing, we have many pieces to who we are, and we can be proud of the journey we made to get where we are today.

"...when we reject the single story, when we realize that there is never a single story about any place, we regain a kind of paradise." I hope as you go through life, that you share stories about your experiences with others. Each of you are special and unique, you have a specific set of experiences that no one else has. I hope you learn as much as you can about other people. That you feel confident in your story and share it with the world. To show others what it is like to grow up in the North Country and feel good in the life you create for yourself.

Here is a link to the Chimamanda's TED Talk if you are interested in watching it:

https://www.ted.com/talks/chimamanda_ngozi_adichie_the_danger_of_a_single_story/comments/transcript

SENIORS- COLLEGE APPLICATIONS & DECISIONS!

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., St. Michael's College, Utica
Barber, Brodie - SUNY Plattsburgh*
Bertrand, Brandon - CCC, NCCC, SUNY Plattsburgh, SUNY Oswego (EOP), College of St. Rose*
Bourgeois, Jordeyn - SUNY Plattsburgh, SUNY Geneseo, St. Bonaventure Univ.*, Keuka College*, Siena College*
Bourgeois, Paige - Nazareth College, SUNY Fredonia*, SUNY Potsdam
Carpenter, Zaedyn - RIT, Marist College, SUNY Canton, SUNY Poly*, SUNY Plattsburgh EOP, Clarkson Univ., RPI
Carter, Harold - SUNY Plattsburgh*, SUNY Brockport*, Clarkson University*
Clyburn, Ethan - Univ. of SC - Columbia, SUNY Plattsburgh, SUNY Canton
Dade, Aiden - SUNY Plattsburgh, SUNY ESF, SUNY Oneonta, Stony Brook, SUNY Morrisville
Darrah, Xander - SUNY Cortland, SUNY Potsdam
Doelger, Felicity - UVM, SUNY Plattsburgh, Cornell Univ., Johns Hopkins, NYU, St. Lawrence Univ., Siena College*, Univ. of Maine - Machias
Dubuque, Austen - SUNY Plattsburgh, SUNY Albany, RIT, Clarkson, Binghamton, Alfred University, Canton
Durgan, Kylee - SUNY Plattsburgh, SUNY Cortland, SUNY Binghamton, SUNY Brockport*, Stony Brook, Le Moyne, SUNY Albany
Edmonds, Damari - CCC
Eldred, Jade -
Estes, Ryder - CCC
Farnsworth, Ashley - CCC
Ferdinandj, Elliott - NCCC, CCC
Gadway, Lucas - CCC
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 - RIT*, SUNY Poly, SUNY Canton, Alfred State
Hoy-Bechard, Chelsea - St. Rose*, Alfred U, Houghton U
Jock, Allyson - SUNY Canton
Keliihanani, Ninah - Hawaii Pacific Univ., SUNY Plattsburgh, SUNY Fredonia, UMass-Boston, Utica Univ., SUNY New Paltz

Kelty, James - SUNY Plattsburgh
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, Iowa State, UMass*
Lewallen, Makayla -
Lilley, Ava - Bowdoin, Clarkson, Manhattan, UAlbany, Stony Brook Univ
Magoon, Kenna - SUNY Albany
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, Clarkson*
Mead, Jo-Ann - SUNY Plattsburgh, SUNY Oswego 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 - SUNY Plattsburgh (EOP)
Rivers, Kendra - Plattsburgh, Potsdam, Cazenovia College, CCC, SUNY Binghamton, SUNY Oswego, SUNY New Paltz
Sharp, Joshua - **SUNY Plattsburgh***, SUNY Cortland, SUNY Polytechnic
Thurber, Abigail - SUNY Plattsburgh, SUNY Fredonia*, SUNY Brockport*, Utica Univ.*, Merrimack College*, Skidmore College, Syracuse Univ.
Tomah, Alexis - Cazenovia, Hartwick College*, Marymount Manhattan*, Siena, UAlbany, SUNY Brockport*, Stony Brook
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

CONGRATS!

HONOR ROLLS

HIGH HONOR ROLL

Jacob Agoney	Alexis McDonald
Hollyann Ashcroft	Malik McDuffie
Caleb Albano	Trey McGee
Kendra Baisi	Jo-Ann Mead
Emily Bissonette	Mari Mendoza
Tess Blair	Jayden Metcalfe
Jocelyn Bouissey	Chase Nichols
Paige Bourgeois	Dawson Niles
Zoey Bushey	Claire Owen
Zaedynd Carpenter	Patrick Perry-Rowe
Aiden Castle-Hackett	Shelbie Phillips
Leanne Cook	Aubrey Pickreign
Lanie Coolidge	Chloe Pratt
Lillian Cotten	Maddison Relation
Oliver Cribb	Kendra Rivers
Aiden Dade	Aiden Savage
Bree Davis	Madysen Savoir
Hunter DeMar	Elijah Schenk
Felicity Doelger	Cali Sheason
Ellie Dodge	Carissa Smith
Jade Eldred	Oryion Sorrell
Ashley Farnsworth	Lili Sosa
Madison Fessette	Mackenzie St. Jacques
Logan Gadway	Aston Taylor
Gabe Garrant	Abigail Thurber
Alauna Goodman	Brook Trombley
Jade Hayford	Tatiana Trombley
Andrew Hennebury	Vivienne Way
Curtis Herne	Diana Whitney
Brooklynne Kadlac	Hudson Ziel
Ninah Keliihananui	Steven Zeng
Liam Kotsogiannis	
Awa Kujabi	
Noah LaBombard	
Becca Lennox	
Ava Lilley	
William Liu	
Ella Lobdell	
Kenna Magoon	
Morgan Martin	



HONOR ROLL

Brodie Barber	James Kelty
Cole Barrett	Muna Kujabi
Maddy Begg	Hailey Laurin
Calvin Branchaud	Makayla Lewallen
Chris Brown	Lacey Martin
Dustin Burke	Sequoia McChesney
Alida Carlson	Cierra McDonald
Harold Carter	Payton McIntyre
Nathan Casey	Kendra McLean
Alex Charland	Natasha Millayes
Ethan Clyburn	Anson Mulvey
Jayden Confessore	Grace Murray
Rebecca Cook- Chevier	Lia Perry
Jacob Crawford	Emily Poupore
Austen Dubuque	Laine Rabideau
Kylee Durgan	Loralei Rivera
Lucas Gonyea	Isabelle Rivers
Sam Gonyo-LaFountain	Avery Roberts
Benjamin Gonzalez	Hailey Sass
Josalynn Hart	Joshua Sharp
Kaylee Hazler	Zachary Stroup
Allyson Jock	Kaylin Todd
	Logan Tremblay



UPCOMING & PAST EVENTS

GREEN MOUNTAIN SCHOLARS BOWL



Get ready! We will be competing against other Upward Bound programs in the **Green Mountain Scholars Bowl** on March 12th! This year's event will be hosted by Northern Vermont University- Johnson on their beautiful campus.

This fun academic competition will be a challenge, but maybe we can bring home bragging rights! We are hoping to bring at least two teams of 4-5 students. If you are interested please let your UB Counselor know!

NATIONAL TRIO DAY RHODE ISLAND

Twenty-five of our UB juniors (and 1 senior) took part in **National TRIO Day** in Warwick, RI on February 15-17th. This amazing event had over 500 fellow TRIO students from all over the New England region. The event featured speakers, college visits, a college fair and of course, a dance! Nice work everyone representing us!



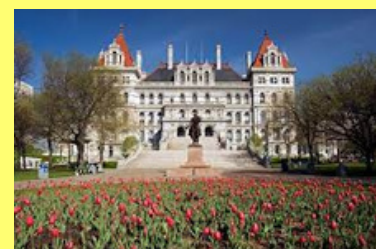
WATERSHED STEWARD OUTING

Our Watershed Steward Program continued with a winter outing at the Paul Smith's VIC on February 22nd. A great group of our UBers went snowshoeing and animal tracking followed by a tour of the Adirondack Watershed Institute at Paul Smith's College. It was great to get outside and learn a bit about the natural world and our beautiful area!



LEADERSHIP & GOVERNANCE

Our annual trip to Albany is **April 17-18th!** Those of you interested in law, politics or government will love this trip! We visit Albany Law School to experience a law class, tour the NYS Capitol, be introduced in front of the NYS Assembly and meet with our Assemblyman, Billy Jones. Let your UB Counselor know if this trip is for you!



SUMMER 2023



We are extremely excited for the UB Summer Program this year! This summer, we are going to Boston and for the first time, Salem, MA. The Boston-area has so much to offer and we are going to take full advantage of it. History, culture and plenty of elite colleges will be on the itinerary for this amazing trip.

Start getting excited...here's a quick glimpse of what we have planned!

- Adventure-course
- College tours
- Duck tours
- Fenway Park- Home of the Red Sox
- Quincy Market
- Salem Trolley Tour
- Salem Witch Museum



Leadership



Trip

Harrington Hall!



COLLEGE & CAREER SPOTLIGHTS!



CAREER SPOTLIGHT

Clinical Pharmacist

Overview:

Pharmacists dispense medications to patients and offer expertise in the safe use of prescriptions.

They also may conduct health and wellness screenings, provide immunizations, oversee the medications given to patients, and provide advice on healthy lifestyles.

Duties:

- Fill prescriptions, verifying instructions from physicians on the proper amounts of medication to give to patients.
- Check whether prescriptions will interact negatively with other drugs that a patient is taking or any medical conditions the patient has.
- Instruct patients on how and when to take a prescribed medicine and inform them about potential side effects from taking the meds.
- Give flu shots and other vaccinations.
- Teach other healthcare practitioners about proper medication therapies for patients.

Education:

Prospective pharmacists are required to have a Doctor of Pharmacy (Pharm.D.) degree, a postgraduate degree.

Income/Outlook:

Median annual wage in New York- \$143,770



COLLEGE SPOTLIGHT

Albany College of Pharmacy & Health Sciences www.acphs.edu

Doctor of Pharmacy Major

Enroll in the Doctor of Pharmacy program at the #1 value-added college in the nation according to the 2019 The Wall Street Journal/Times Higher Education rankings.

Take advantage of unique learning opportunities on campus:

- Gain firsthand experience in a student-operated pharmacy.
- Obtain your pharmacy intern permit and help immunize patients after the first year.
- Participate in cutting-edge research with faculty in the areas of nephrology, public health, infectious disease, or epigenetics.
- Explore 600+ rotation sites that meet experiential education requirements.

Students will:

- Participate in residencies, to "provide the knowledge and experience that pharmacy practitioners need to face challenges in today's complex health-care environment, while also providing essential skills to meet the practice demands of the future".



**ALBANY COLLEGE
OF PHARMACY
AND HEALTH SCIENCES**

POETRY PLACE

The Island

A.A. Milne

If I had a ship,
I'd sail my ship,
I'd sail my ship,
Through Eastern seas;
Down to a beach where the slow waves thunder--
The green curls over and the white falls under--
Boom! Boom! Boom!
On the sun-bright sand.
Then I'd leave my ship and I'd land,
And climb the steep white sand,
And climb to the trees,
The six dark trees,
The coconut trees on the cliff's green crown--
Hands and knees
To the coconut trees,
Face to the cliff as the stones patter down,
Up, up, up, staggering, stumbling,
Round the corner where the rock is crumbling,
Round this shoulder,
Over this boulder,
Up to where the six trees stand...

And there I would rest, and lie,
My chin in my hands, and gaze
At the dazzle of sand below,
And the green waves curling slow,
And the grey-blue distant haze
Where the sea goes up to the sky...

And I'd say to myself as I looked so lazily down at the
sea;

"There's nobody else in the world, and the world was
made for me."



GREEN NOTES

How do we know climate change is really happening?

Climate change is often cast as a prediction made by complicated computer models. But the scientific basis for climate change is much broader, and the models are just one part of it (and for what it's worth, they are surprisingly accurate).

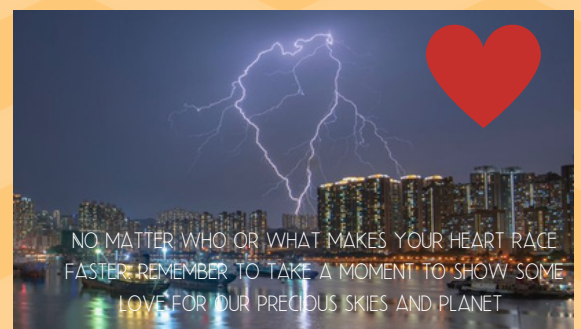
For more than a century, scientists have understood why greenhouse gases such as carbon dioxide cause warming. It's a critical piece to why we have water and life on the planet.

But during the Industrial Revolution, people started burning coal and other fossil fuels to power factories, steam engines and more, sending more greenhouse gases into the atmosphere. Ever since, human activities have been warming the planet.

Since the late 1800's global temperatures have increased by 2.2 degrees Fahrenheit, with the greatest increases happening in the late 20th century.

Why should we care that the earth has warmed up just over 2 degrees since 1880?

A common source of confusion is the difference between weather and climate. Weather is a set of conditions we experience everyday. Climate is the long-term average of those conditions. Two degrees isn't a big deal when we talk about weather, but it is a big deal when we speak about climate. Ice caps melting, sea levels rising and locally shorter winters... are all reasons to care!





'SENIORS



Scholarships- Free Money!!!

This is the time of year when you should looking for multiple scholarships to apply for. I know the last thing you want to do is to write another essay! But, sometimes with a little tweaking, essays can be used for different scholarship applications. Start combing your school's Counseling Department website or office to see what scholarships are available specifically through your school. There are many people within your own community that have established scholarships to help local students pay for college. They could be as small as \$100, or upwards of a few thousand. Remember, scholarships are free money that does not have to be paid back...every little bit helps! Here are some samples of local scholarships in your schools.

AuSable Valley

- AuSable Forks Fire Dept.- \$500
- Sherry Beane Memorial- \$750

Beekmantown

- LaFontaine Scholarship- \$1,000
- NY Farm Bureau- \$2,000

Lake Placid

- Alice C. Agnew Scholarship - various
- Founding Families & Nash Williams- various

Plattsburgh

- B. Davis Scholarship- \$1,000
- Plattsburgh Fire Dept.- \$500



Regional Scholarships

- AES Engineering- \$500
- CVPH Health Care- \$1,000
- Dannemora Federal Credit Union- 10 @ \$250 for 4 years
- Glens Falls National Bank- \$500
- Bruce Crary Scholarship- \$5,000
- UFIRST Federal Credit Union- \$1,000
- Brandon Sorrell Scholarship- \$500
- Price Chopper Scholarships- 2@ \$5,000
- Live Out Loud Scholarships- 2@ \$2,500



SOPHOMORES & JUNIORS

Be Involved in Selecting Next Year's Schedule!

As we start heading into the spring season you should start thinking about the classes you will need to take next year! I know it's probably the last thing on your mind, but being engaged in this process will set you up for success next year. That means having the conversation with your UB Counselor now, asking questions and gaining knowledge about the courses you should take. Here are the college-prep courses you should be taking:

- **Math**- Algebra II/Trigonometry, Pre-Calculus, Calculus, AP Calculus
- **Science**- Earth Science, Living Environment, Chemistry, Physics, AP courses
- **Social Studies**- Global Studies, U.S. History, Government, Economics, AP courses
- **English**- English 11, 12, AP courses
- **Foreign Language**- French or Spanish II, III or beyond
- **CAP/Advanced Studies courses**- dual-credit courses through Clinton Community College, North Country Community College & Paul Smith's College

*A note about CV-TEC/FEH BOCES & Adirondack Educational Center

Many of our students attend programs at our regional career and technical education centers. These centers have wonderful, hands-on learning opportunities in a variety of fields. UB asks that you consult with your UB Counselor **before** committing to one of these programs. We want to examine your schedule to make sure the program you are selecting will allow you to stay on track for college. Sometimes scheduling conflicts don't allow students to take specific classes at their home school that colleges deem necessary. Like any decision, we want you to know the pros and cons before making it!

THE PUZZLER

Question: I am a solitary word, 5 letters long. Strike my first letter, and I am still the same. Strike my next letter, and I am yet still the same.

What word am I?



If you think you know the answer email Brian at brian.post@plattsburgh.edu to potentially win a great prize!



A MERE 5 YEARS AGO...FLASHBACK 2018!



Quebec City!





FEBRUARY

2/2 - BRANDON BERTRAND
2/2 - AUSTEN DUBUQUE
2/2 - ANSON MULVEY
2/3 - JORDYN TAVERNIER
2/5 - MUNA KUJABI
2/6 - CALEB BABBIE
2/6 - MALIK MCDUFFIE
2/7 - MIYAH MCCRAY
2/8 - MADDISON BEGG
2/22 - JADE ELDRED

MARCH

3/3 - PATRICK PERRY-ROWE
3/7 - HUDSON ZIEL
3/7 - SHELBY PHILLIPS
3/8 - ALEXANDER CHARLAND
3/8 - MARISSA GUERARD
3/9 - EMILY POUPORE
3/14 - NATASHA MILLAYES
3/14 - DARRIN SWINYER-
CHURCHILL
3/15 - KEATON VINCENT
3/24 - DUSTIN BURKE
3/24 - JOSHUA SHARP
3/25 - ALEXIS TOMAH
3/26 - BRENYN LOOPE
3/27 - ELIJAH GONZALEZ
3/28 - AIDEN DADE
3/29 - ZOEY BUSHEY

APRIL

4/1 - MAX DECKER
4/8 - GAVIN PARKER
4/11 - BECCA LENNOX
4/12 - EMILY BISSONETTE
4/13 - KENDRA RIVERS
4/14 - LIAM KOTSOGIANNIS
4/15 - CLAIRE LYNN OWEN
4/15 - JADE HAYFORD
4/18 - ALEXIS MCDONALD
4/19 - AWA KUJABI
4/24 - KIARAH PARKER
4/26 - MADDISON RELATION
4/27 - KAZ BARBER
4/27 - JADYN METCALFE
4/27 - NATHAN CASEY



DON'T FORGET
to send in your
Summer paperwork!

-Summer Intentions
-Medical Form
-Emergency Release/ Parent Permission Slip
-Leadership Trip Permission Slip
-Vaccination Records (including ALL childhood vaccines,
as well as COVID-19, if applicable)

Lost your paperwork? Find it at ubplattsburgh.org!