

ST. OLAF COLLEGE

TRIO Upward Bound *Messenger*

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Fall Mentor Event: Grand Slam

By: *Nou Yang*

On Saturday, November 19, UB hosted our annual Fall Mentor event at Grand Slam in Burnsville. We had a total of 86 students and mentors join us for the event. Mentor pairs had not seen each other since July, so this was a much anticipated day. Mentors arrived early to check in, students arrived after to meet them, and they all enjoyed some time at Grand Slam before it was open to the public at 10 am.

While at Grand Slam, mentors and students were able to enjoy a variety of activities, including unlimited access to mini golf, bumper cars, and laser tag, a favorite among many! Students and mentors also had a three-dollar credit for the arcade and were able to play games, earn tickets, and use the tickets to purchase small prizes. UB provided lunch in the party room, where mentors and students refueled and continued catching up.

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Ayane, a UB junior at Highland Park, shared that the mentor event was beneficial because she received guidance from her mentor on how she should navigate her senior year. Also, when asked how the mentor event benefited Orathai, a UB senior from OWL, she shared, “I got to know more about my mentor, personality-wise, and she is such a cool person.”

It was a busy morning at Grand Slam and our students and mentors had a great time. UB would like to thank students and mentors for making this a successful and fun event. We look forward to seeing everyone at the Spring Mentor event on Saturday, May 20, 2023! Take a look at a few photos from the event below!



Mentors Kyaw Fei and Bryan and students taking a short break from the arcade for a photo op!



Mentor Xia and mentee Chanida were caught in action while shooting hoops!

Sophomore Insight Day

By: Aye Bra Thao

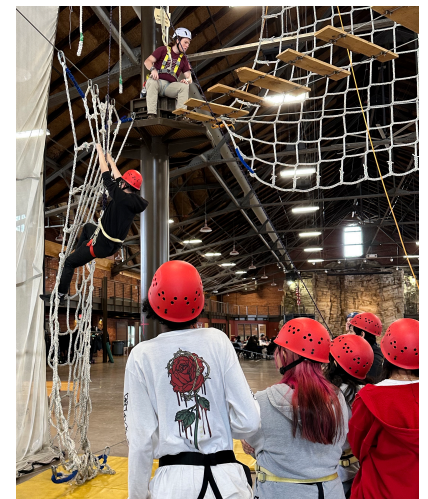
For UB students, sophomore year can be challenging for a variety of reasons. Once the excitement of freshman year has passed and the school day starts to feel routine, many students feel the stress of keeping up with their classes. To support our UB 10th grade students, workshops were developed to navigate these challenges, build trust among peers and develop leadership skills.

This year, UB held our first Sophomore Insight Day on Friday, November 18th at Fort Snelling's Base Camp, an urban adventure facility that specializes in team building and encouraging personal growth. When we arrived at Base Camp we were divided up into two teams led by UB staff Tzolquin/Tendor and Mari/Aye Bra. Throughout the day, UB sophomores participated in different activities, which included an indoor high ropes course and team building games, followed by time for reflection on their leadership skills and ability to problem solve and think critically as a team.

Halfway through the day, we took a quick lunch break and began learning about different leadership styles in "No-Doze Leadership." This activity allowed our students to discover their individual leadership style by lining up on a continuum after a statement was read off by the facilitator. After many rounds of statements, students discovered which leadership style they most closely aligned to: Analyst & Architect, Driver, Relationship Master, or Spontaneous Motivator. UB student Carley-Janae, from Creative Arts, commented, "It was interesting to learn how some people can be so alike but so different at the same time." In addition, we spent time discussing the importance of having individuals with different leadership styles when building a strong team.

The students favorite activity was the high ropes course. In this activity, students were asked to pair up with a peer who would serve as their course buddy. The course buddy's main duty was to check and confirm with their ground buddy before advancing to the next course. For some students, this was their first time being up on a high ropes course. It was amazing to see students cheering for each other and pushing themselves to their personal limit.

As our day came to end, it was easy to see that Sophomore Insight Day was a success! Students enjoyed a variety of activities and bonded with their peers as they worked collectively to complete their tasks. Through the combination of reflection and discussion, most students found out something new about themselves. We were happy to see our 10th graders invest their time in a day of self-reflection and personal growth! They'll be able to take these experiences forward and develop them in the future. Make sure to mark your calendars for our second Sophomore Insight Day on February 20th, 2023!



10th graders Bryan Hampton (Creative Arts) and Hser Pwee (Highland Park) challenged themselves on the high ropes course at Sophomore Insight Day

UB students cheered for their classmate!



During the month of November, Upward Bound hosted our virtual Free Application for Federal Student Aid (FAFSA) Nights. FAFSA Night #1 was held on Monday, November 7th, the second on Monday, November 21st, and the third session on Wednesday, November 30th. During the one-hour meetings, UB seniors and their parent(s)/guardian(s) worked with a UB staff member to complete the FAFSA. The FAFSA application gives all applicants access to grants, loans, and work-study funds from the federal government. Most colleges/universities across the country use FAFSA information to provide financial aid packages. For

many students, a financial aid package is often the deciding factor for choosing the school they will attend in the fall.

Before completing the FAFSA application together we went over a financial aid presentation with students and families. The presentation informed them about their senior timeline and financial aid process. We also discussed the difference between grants, loans, work-study, and scholarships. At the end of each FAFSA session many students and families were able to successfully submit the FAFSA. UB will continue to help students complete their FAFSA, CSS Profile, and/or other financial aid forms.

UB would like to thank parent(s)/guardian(s) for taking the time to help their student complete the FAFSA application. Also, we would like to thank Dahir and Naw for helping us with interpretation during the FAFSA sessions.

Get to Know an SLC Member!

By: Tzolquin Pinedo

TRIO Upward Bound (UB) Student Leadership Council (SLC) serves as a body that represents the interests of the students in the UB program. It also acts as a bridge between UB staff and students. In the program, SLC members are role models to their peers and assist the UB staff with events throughout the year. Currently, there are 13 students serving on SLC. The Upward Bound SLC welcomed five new members this year! We would like to take some time to get to know one SLC member for this month's SLC update. This month we would like to spotlight sophomore student, Camila Martinez-Garcia.



During the summertime, Camila decided to run for the Student Leadership Council to improve her leadership skills and represent her school. Camila is a sophomore student attending Central where she is a part of the French Immersion program and a player on the JV soccer team. Outside of school, her hobbies include, but are not limited to, playing soccer, watching shows, and hanging out with friends. The show that she is currently watching on Netflix is Orange is the New Black and she is enjoying it so far!

Camila is passionate about soccer and has been since she was very young. Outside of school, she plays club soccer for the Blackhawks. As a true soccer fan, she has been diligently watching the FIFA World Cup, and she's rooting for her team, Argentina. If she could travel anywhere right now it would be to Qatar so that she could get the opportunity to see Messi play.

The UB staff thanks Camila for her leadership on SLC and we are looking forward to the SLC Holiday Party in January!

Upward Bound Calendar

December 2022

December 2022					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3
5	6	7	8	9	10
Optional Tutoring & Bridge Day: Highland/Humboldt/OWL	Mandatory Tutoring: Creative Arts Optional Tutoring & Bridge Day: Central	Mandatory Tutoring: Highland/Humboldt/OWL	Mandatory Tutoring: Central Optional Tutoring & Bridge Day: Creative Arts		
12	13	14	15	16	17
NO UB TUTORING					
19	20	21	22	23	24
SPPS Winter Break NO UB TUTORING					
26	27	28	29	30	31
SPPS Winter Break NO UB TUTORING					
January 2023					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7
NO UB TUTORING					
9	10	11	12	13	14
Optional Tutoring & Bridge Day: Highland/Humboldt/OWL	Mandatory Tutoring: Creative Arts Optional Tutoring & Bridge Day: Central	Mandatory Tutoring: Highland/Humboldt/OWL	Mandatory Tutoring: Central Optional Tutoring & Bridge Day: Creative Arts		

UPCOMING EVENTS

SLC Holiday Party
Jan 21, 2023
10:30 am - 1:30 pm
All UB students are required to attend the event

Note: the event date was changed from Jan 14th to Jan 21st

November and December Birthdays

Luie - November 2 Abdiweli - November 2 Paw Eh Moo Taw - November 9 Rooney - November 11 Helina G. - November 14 Measee - November 16 Raniya - November 16 Hla Hla - November 18 Frida - November 26	Luis - December 8 Carley-Janae - December 8 Anastasia - December 8 Orathai - December 13 Eric - December 21 Maisee - December 27
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Scholarship Opportunities for Bridge Students!

UB Bridge students have been working diligently on their college and scholarship applications. With the new year approaching, it is important to find time to meet scholarship deadlines. UB wants to let students know about a couple forthcoming scholarships to work on as you prepare for the winter break. Bridge students, you may also look at the comprehensive list of scholarships by going back to the UB Bridge Grid.

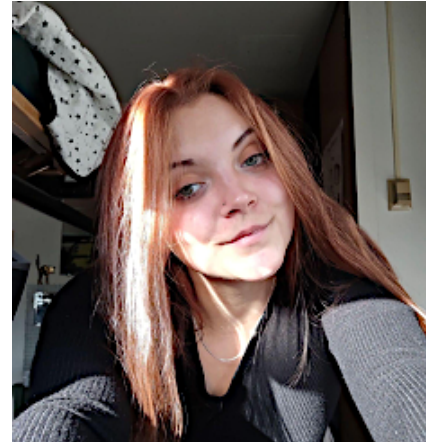
<i>Scholarship Name/Amount</i>	<i>Requirements</i>	<i>Website</i>	<i>Deadline</i>
Asian & Pacific Islander American Scholarship Fund: \$2,500 (1 time to multi-year \$20,000 awards)	For Asian and/or Pacific Islander identifying students with a special focus on those who have financial need; Are the first in their families to attend college; Are representative of the AAPI community's diversity, geographically and ethnically, especially those ethnicities that have been underrepresented on college campuses.	http://www.apiasf.org/scholarship_apiasf.html	1/19/2023
Frogtown Community Radio Communications Scholarship: \$1,000	The goal of the Frogtown Tuned-In Community Radio Communications Scholarship is to provide financial assistance to a St. Paul, Minnesota high school senior or first-year college student who has ties to the Frogtown/Rondo neighborhood and plans to pursue post-secondary education in the communications field.	https://apply.mykaleidoscope.com/scholarships/FrogtownCommunityRadio	3/15/2023
Wallin Education Partners Scholarship: \$16,000 (\$4,000 per year for four years)	For seniors graduating from a Saint Paul Public Schools high school. Must have a 3.0 GPA on an unweighted 4.0 scale, attend a college or university, public or private, in Minnesota, Wisconsin, Iowa, North or South Dakota OR a Historically Black College or University (HBCU), and demonstrate financial need (taxable income of \$75,000 or below and moderate assets).	https://scholars.wallinpartners.org/apply/	2/01/2023
MnACC BIPOC Student Scholarship: \$500-\$2,500 (one time)	Intended for students of color who are in pursuit of higher education. Students who are awarded this scholarship will receive a one-time award ranging between \$500 to \$2,500 to be used towards their education during the 2023-2024 academic year.	https://mnacc.org/scholarships	3/24/2023
Page Education Foundation Grant: \$1,000-\$2,500 per year	For MN high school graduates of color. Students must be enrolled in an accredited post-secondary educational institution in Minnesota, be enrolled as a full-time student and maintain full-time credits throughout the academic year to remain eligible, and be willing to complete a minimum of 50 volunteer hours of service with children per year.	https://www.page-ed.org/apply/new-applicants/	TBA
GE-Reagan Foundation Scholarship Program: \$10,000 renewable scholarships – up to \$40,000 each – to numerous students annually	For students who demonstrate exemplary leadership, drive, integrity, and citizenship with financial assistance to pursue higher education. Must have a minimum 3.0 grade point average/4.0 scale or equivalent.	https://learnmore.scholarsapply.org/ge-reagan/	1/05/2023
KPMG Future Leaders Program: \$10,000 per year	Female high school seniors are encouraged to apply if they are planning to enroll in a four-year undergraduate program in the incoming fall, have an interest in a business or STEM academic track and must have at least a 3.5 GPA.	https://womensleadership.kpmg.us/charitable/developing-future-generations-women-leaders1.html	2/1/2023
The Jackie Robinson Foundation Scholarship: Up to \$35,000 over four years	For minority high school senior showing leadership potential and demonstrating financial need, academic excellence, and plans to attend an accredited 4-year college or university of their choice.	https://jackierobinson.org/apply/	1/11/2023
St. Thomas Dease Scholarship Program: Full Tuition	Each year, the University of St. Thomas chooses 10 deserving students to earn a full-tuition Dease Scholarship. Students must first be accepted to the University of St. Thomas, have the FAFSA submitted by January 15 so that it can be evaluated together with the scholarship application.	https://www.stthomas.edu/studentdiversity/signatureprograms/deasescholarship/	2/13/2023

Graduate Spotlight

By: Aye Bra Tha

This month's graduate update highlights former Upward Bound (UB) participant Ava Brown. Ava graduated from St. Paul Central High School in June 2022 and currently attends the College of Saint Benedict (CSB), where she will graduate in spring of 2026 with a Bachelor of Arts degree in Global Business.

As a current freshman at CSB, Ava is taking various courses including Accounting, Spanish, Theology, Intro to Exercise, and Health Science. When asked if she is involved in extra-curricular activities at CSB, she responded, "My work-study job takes up a lot of my time. I work in Athletic Media Relations which means I work at every Johnnie home game taking stats for Football, Soccer, Hockey, Basketball, and Baseball, along with various other tasks during the week." Ava also mentioned that college was not what she thought it was going to be. While in high school, Ava was in Post-Secondary Enrollment Options (PSEO) at Concordia St. Paul and mentioned that it is drastically different than attending CSB. "There are always activities to do during the week but it is also a lot busier than I expected. I just needed to adjust and I was okay :)". Overall, Ava is enjoying college and has made a small group of close friends.



Ava's typical day includes waking up around 8 am and doing some studying before heading to her morning class at 10 am. When this class ends, she eats lunch and wraps up her afternoon classes around 2:30 pm. Once classes are done, Ava likes to relax by taking a hike around the Saint John's University campus (SJU) or getting in a quick workout in at the gym. Ava then goes back to her dorm to shower and eat dinner around 5 pm before she studies for the rest of the night. If she has extra time after studying, Ava likes to hang out with her friends before calling it a night.

When asked how UB helped her prepare for college Ava replied, "UB helped me learn how to advocate for myself and reach out to others if I need something, and UB also gave me guidance on essays and cover letters, which was EXTREMELY HELPFUL. I learned how to study better and, because some people on the UB staff were alumni, I was able to learn little things about my college or who to reach out to, and also how to find things on the website, which was such a nice help." Ava's advice for our current UB students is to prepare yourself. Listen to what the staff are telling you when it comes to preparing for college. It will save you so much time later in college. She wants students to know that it is okay to not know what you want study when you go to college. She stated "Most people are kinda just winging life. There are some people that were just born exceptional and know what they want to do, but not everyone is like that and that is totally okay!! :) Allow yourself to try new things and take care of your mental health, it is so important!"

Looking back at some of Ava's favorite UB memories, she said, "I can't decide between them. I had a lot of good ones freshman year and senior year (COVID years were tough online)". If she had to pick, she would say Bridge Night. She was very close with her classmates and everyone knew each other, which made everything much more fun. It was great to be with the people she knew and cared about, and doing fun things she normally wouldn't have done.

UB would like to thank Ava for being highlighted in this newsletter and wish her a strong finish for her first year!

Winter is in the Air



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| Blizzard | Boots | Cleats | Delays | Early Dismissal |
| Fireplace | Freezing Cold | Gloves | Heavy Coat | Hot Chocolate |
| Ice Storm | Marshmallows | Mittens | No School | Plowing |
| Scarf | Shovel | Sledding | Snow Blower | Snow Pants |
| Snowflakes | Toboggan | Tomato Soup | Warm Hat | Winter Tires |



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