



Find out more about  
our graduating seniors  
on pages 5-6!



UB 10th graders and new  
students participated in a  
Study Skills Seminar.  
Learn more about it on  
page 7!

ST. OLAF COLLEGE

# TRIO Upward Bound *Messenger*

February 2023

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[wp.stolaf.edu/upward/](http://wp.stolaf.edu/upward/)

## Welcome, New Upward Bound Students!

Please take a few minutes to get to know some of the participants we are highlighting this month and welcome them to the UB family

Kendra wanted to join Upward Bound because she needed extra help with school work and wanted to get into college. She enjoys listening to R&B music and her favorite book is *All This Time* by Mikki Daughtry and Rachael Lippincott. In school, her favorite subject is history. During her free time, Kendra likes to make jewelry and her favorite movie is *Howl's Moving Castle*. In the future, Kendra wants to pursue a career as a nurse or interior designer. Overall, Kendra is excited and looks forward to the UB summer program!



Kendra - OWL



Eden - OWL

Eden joined Upward Bound to get extra help with her academic work. At school, her favorite class is gym and her favorite book is *Guts* by Raina Telgemeier. Outside of school, Eden likes listening to TikTok music, go shopping, and playing basketball. One day, Eden dreams of becoming a cosmetologist and she looks forward to experiencing college life with UB.



Sir Nakhai - OWL

Sir Nakhai applied to Upward Bound because he wants to learn more about college. His favorite sport is NASCAR and some of his favorite hobbies are playing video games, listening to rap music and watching his favorite movie, *Transformers*. Sir Nakhai's all-time favorite book is *Powerless* by Lauren Roberts and his favorite subject in school is Journalism. In UB, Sir Nakhai is most excited to have an additional resource so he can be successful in preparing for college.



Muskan - Central

Muskan joined Upward Bound to receive extra help with studying and earn money in the process. Her favorite sport is volleyball and she is a big fan of Korean pop (K-pop) music. In school, Muskan enjoys studying Chinese and her favorite book is *The Love Hypothesis* by Ali Hazelwood. During her free time, she watches a lot of international movies and she would like to pursue a career in business one day. Muskan is excited for the UB summer program.

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# New Upward Bound Students Continued...

Wilo chose to participate in Upward Bound because she wants to improve her study habits and work on doing her homework on time. Wilo's favorite thing to do is listen to Korean pop (K-pop) music and she loves playing basketball. During her free time, she likes to spend her time reading mangas. In school, her favorite subject is Chinese. Wilo is looking forward to spending her summer at the UB summer program.



Wilo - Central



Azul - Central

Azul applied to Upward Bound because she wants to learn about college and get the support she needs to be successful in order to continue her education after high school. In her downtime, Azul enjoys doing many things; reading, working out with her brother, watching medical shows, and sleeping. Her best-loved school subjects are math and science. Her favorite book is the *Dark Love* series by Kat Masen. Azul enjoys listening to French music, and she likes to play volleyball for fun. In the future, Azul would like to work in the medical field. She is looking forward to the UB summer program and meeting new people.

Mariah decided to be part of Upward Bound because she wants to have a fun learning experience and see what it would be like to live in a college dorm and have a roommate. She enjoys listening to Jack Staubers and loves reading books by Junji Ito. In school, Mariah likes to take classes that involve art and cooking. In her spare time, she likes to draw, cook and play video games. Mariah loves art and hopes to work as an animator or freelance artist one day. Lastly, Mariah is looking forward to meeting new people and going on evening activities during the UB summer program.



Mariah - Creative Arts



KouBee - Creative Arts

KouBee joined Upward Bound so that he can receive help with his schoolwork. His favorite sport is volleyball and he loves listening to rock and metal music. In school, KouBee's favorite subjects are math and English. His all-time favorite books are the *Harry Potter* book series. KouBee's favorite movie to watch is the *Titanic* and *The Dark Knight*. In his spare time, he likes to relax and watch *Friends*. KouBee is excited about attending the UB summer program.

Sagal applied to Upward Bound because she wants to get help with her schoolwork and improve her social skills. Soccer and football are her favorite sports to play, and she enjoys listening to calming music. Sagal's favorite book is *The Poet X* by Elizabeth Acevedo and her favorite school subject is English. In her spare time, Sagal likes to paint, read, do crafts, and watch the live-action *Beauty and The Beast* movie. As for possible careers, Sagal would like to work in interior design or architecture. Sagal is looking forward to the UB summer program.



Sagal - Central

Paula wanted to join Upward Bound to be able to achieve her academic goals and work on honing her study skills. One of Paula's favorite things to do is play soccer, and listen to rock and K-pop music. Paula's favorite book is *No Longer Human* by Osamu Dazai. At school, she enjoys learning Chinese. One day, Paula would like to work in the beauty industry and she is very much looking forward to meeting people and achieving her goals in UB.



Paula - Central

Mohamed joined Upward Bound because he wants to gain college experience and get into his dream school. His favorite hobbies include playing basketball and listening to Jujitsu Kaisen's first opening. *Diary of a Wimpy Kid* by Jeff Kinney is his favorite book. In school, Mohamed's favorite subject is world history and he wants to become an investor or a basketball player one day. Outside of school, Mohamed enjoys hanging out with his friends, watching TV, and playing video games. Mohamed is very excited about all of the opportunities that UB will provide him.



Mohamed - Highland



Oluwanifemi "Nifemi" - Highland

Nifemi applied to Upward Bound to stay on top of her grades in order to have a better chance of going to college. Her favorite courses are science and ELA, and her favorite book is *Legendborn* by Tracy Deonn. Outside of school, Nifemi enjoys talking to friends and listening to all genres of music. Overall, Nifemi is most looking forward to the Upward Bound Summer Program.

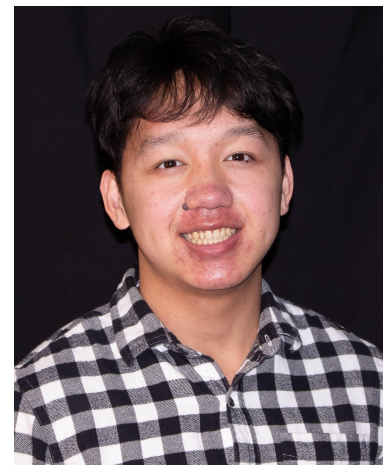
# *Graduate Update: Soua Yang*

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*By Tendor Norbu*

Soua Yang joined Upward Bound (UB) during his 9<sup>th</sup> grade year because he wanted to go to college, and the summer program looked fun. Although the stipend was a bonus, it was seeing pictures of the summer activities that really caught his attention. Soua also wanted to meet new people and gain experience living in a college residence hall. Overall, he wanted to be a part of the warm and welcoming community.

When asked how UB helped prepare him for college, Soua mentioned taking advantage of the ACT practice tests and the Summer Bridge Program. The ACT practice tests and weekly ACT practice problems instilled strong test-taking strategies that resulted in him getting a good ACT score. Even though Soua had already taken college-level classes through CIS and PSEO, he mentioned that his participation in the Summer Bridge Program, including supplemental instruction, positively impacted his study habits. Furthermore, assistance with applying for college was probably the biggest help he received from UB. As a first-generation college student, Soua didn't have any older siblings to assist him with the college process, so he appreciated the help he received from UB advisors. When asked what Soua's most memorable event from UB was, he said it was the last bus ride home. He remembers sitting in the window seat, looking at all of the staff waving goodbye to the students. "It was a bittersweet moment for all of the staff and seniors. UB accomplished its goal of getting the students to college, but that also meant that the seniors were no longer a part of UB."



Soua is currently a senior at St. Olaf College majoring in computer science. This semester, he is taking a senior capstone class for his major, a data science class, doing research, and taking two gym courses. Soua enjoys the data science course the most because the class is about creating models to make predictions. For instance, a problem that Soua is currently solving is creating a model/algorithm to identify hand-written numbers from images. Soua said the class is very interesting, and the professor makes the course more enjoyable with his teaching methods and philosophy for learning.

According to Soua, the best part about college is being able to pursue his passions with like-minded people. One of the aspects of college which Soua finds advantageous is that he doesn't have to struggle alone. Not only that, but it's motivating when he sees other students working hard in their classes. As Soua wraps up his senior year, he is not only taking classes but also applying for jobs. A typical day for Soua consists of attending class and doing homework. Once Soua is done with his homework or studying, he starts applying for jobs or preparing for job interviews. Most of Soua's time is spent working, but he also goes out with friends once or twice a week.

Soua's short-term goal is to find a software engineering job after graduation. Preferably, he wants a job that works on physical devices or tools for manufacturing. Soua's long-term goal is to start his own technology company. Currently, he doesn't know what type of company, but he wants to start one that solves problems with technology. For instance, Soua wants to improve the education system with technology because he wants kids to enjoy learning while going to school.

Soua is the oldest child in his family, so he feels a responsibility to succeed. He also thinks it would be nice to help his parents become financially stable and ensure his younger siblings recognize their own potential. Soua's advice for UB students who are unsure about going to college is, "Give college a go." He mentioned debating a lot about going to college during his junior and senior years of high school. In fact, during his freshman year of college, Soua considered dropping out. Fortunately, Soua stuck through it and will be graduating this spring with no regrets. Soua has enjoyed his time in college; he learned a lot academically and personally and met some really great people. Going to college gave Soua a lot of opportunities and experiences that he doesn't think he would've been able to gain outside of college.

Soua mentioned that there are a lot of people who say college is useless, but Soua thinks that college is like going to the gym, "You can pay your monthly membership to the gym, but if you don't use it to the fullest, you wouldn't gain anything from it. Going to college offers many opportunities to grow, but if you don't explore or take these opportunities, then you might not grow as much as you hope."

UB would like to thank Soua for sharing his experience and updating us about his college life. Best wishes to him as he finishes his final semester of college!

# New Student Orientation

By: Mari Avaloz

What: New Student Orientation  
Where: St. Olaf College  
When: Saturday, April 29, 2023, 8:00 a.m. to 4:00 p.m.  
Who: All newly accepted UB students and at least one parent/guardian

Join us for the 2023 New Student Orientation on the St. Olaf College campus! This event will provide families a better picture of the different services Upward Bound (UB) will provide students over the next few years. During orientation, students and families will have the opportunity to hear more about our academic services and the upcoming Summer Program! We will have a full day of activities that will orient you to the program and provide you and your student with an introduction to the college process.

Breakfast, lunch, and transportation to and from St. Olaf College will be provided. Coach buses will pick up students and their parent(s)/guardian(s) at Central High School and Humboldt High School at 8:00 a.m. and will return families to the schools at 4:00 p.m.

Other Orientation Highlights:

- Take a tour of campus and see where UB students will stay over the summer
- Have lunch in our nationally-recognized cafeteria
- Question and answer time with UB's full-time staff
- Meet UB alumni and hear about their college experiences

Please remember, this event is mandatory for ALL new students accepted during the 2022-2023 academic year. Please contact UB immediately if you have concerns about attending.

## Fundraising Time

By: Tzolquin Pinedo

During after-school mandatory tutoring days, Student Leadership Council (SLC) members will continue to fundraise for this year's Bridge Scholarship. The Bridge Scholarship is awarded to a few UB graduating seniors at our end-of-the-summer Banquet in July. SLC members will continue to sell Gatorade, Rice Krispies Treats, and Lay's chips for \$1. These snacks will be sold during the following times: Tuesdays at Creative Arts, Wednesdays at Highland Park and Humboldt, and Thursdays at Central.

For anyone that would like to contribute to our Upward Bound Bridge Scholarship, please visit:  
<https://stolaf.alumniq.com/giving/to/default> to access the donation form! See the image below to learn how!

I would like to give \$

to

☐ Greatest Need

☐ Financial Aid

☐ Academic Programs

☐ Diversity, Equity, and Inclusion

☐ St. Olaf Athletics

☒ Other

[Start Over](#)



# Senior Spotlights

Each year, Upward Bound highlights the accomplishments of our senior students. This year, we have 31 Bridge students from our five target schools. Bridge students are assigned to one UB staff member, known as their “Team Captain” (e.g., Team Nou, Team Tendor, etc.) We are excited to share their stories and post-secondary plans. Please enjoy reading about some of our UB seniors that we are highlighting this month!



## **Kue Mu, Humboldt, Team Nou**

I have applied to Augsburg University, Bethel University, Hamline University, St. Olaf College, and Carleton College. I have been accepted to Augsburg, St Olaf, Bethel, and Hamline. My first choice college is Bethel. One of my favorite UB memories is going on the Chicago trip last summer. I will miss the UB academic advisors when I graduate. For the Summer Bridge Program, I am looking forward to the overnight trip. One piece of advice I have for UB students is not to quit UB. If you want to go to college, you'll need their help, especially during your senior year.

## **Blake, Central, Team Tendor**

I have applied to the University of Illinois - Chicago, Augsburg University, the University of St. Thomas, St. Olaf College, Carleton College, University of Minnesota - Duluth, Macalester College, Emerson College, Grinnell College, Mount Holyoke College, Sarah Lawrence College, University of Minnesota - Twin Cities, University of Portland, University of Oregon, University of Massachusetts - Amherst, Lewis & Clark College, Reed College, Bryn Mawr College, Western Washington University, Loyola University, and DePaul University. Currently, my first choice is St. Olaf College or one of the colleges in Oregon or Washington. My favorite UB memory is rooming with Ayane. It was a nice experience finding someone who was so different yet so similar to me in many ways. I will definitely miss the people in UB when I leave. Everyone here is so nice and kind. Lastly, my piece of advice to all UB students is don't stress. Your future is going to change in so many ways at so many different times. Just a year ago today, I thought I was going to be studying art and now I'm debating going in as a Sociology major. Everything, in the end, will come together as long as you have faith that it will.



## **Calvin, OWL, Team Aye Bra**

I have applied to Carleton College, Adelphi University, Case Western Reserve, Colorado College, Cornell College, Gustavus Adolphus College, Lawrence University, Lewis & Clark College, Macalester College, NYU, Occidental College, Sewanne, St. Olaf College, SUNY Stony Brook, University of Colorado - Boulder, University of Denver, University of Minnesota - Duluth (UMD), University of St. Thomas, University of the Pacific, and the University of Wisconsin - Eau Claire (UW-Eau Claire). I have been accepted to Adelphi, Cornell, Gustavus, Lawrence, Stony Brook, University of Colorado - Boulder, UMD, St. Thomas, UW- Eau Claire, and St. Olaf College. My top choice is NYU, all the way! My favorite memories from my time in UB are the trips to Valleyfair because those were always the most fun. I will miss the people in the program when I graduate. I've met so many great people in UB and it's going to be tough to say goodbye to all of them. As for Summer Bridge, I look forward to the afternoon activities. My last piece of advice for other UB students is to be SP!

## **Peter, Central, Team Tendor**

I have applied to Loyola University - Chicago, University of Minnesota - Twin Cities, University of Washington - Seattle, Carleton College, St. Olaf College, Macalester College, and Gustavus Adolphus College. I have been accepted to Loyola University, University of Minnesota - Twin Cities, and St. Olaf College. As of now, my first choice is Loyola University. My favorite UB memory is our trip to Chicago and everything we did there, such as the jet boat ride and walking along the pier. It was a one-of-a-kind experience with my friends! I will miss all the summer evenings because they were always super fun, especially playing four-square and volleyball while being accompanied by a crimson-orange sunset. For Summer Bridge, as it's my last summer, I hope to develop stronger bonds and lasting memories with my Bridge class on our senior night! My final piece of advice to other UB students is to know that showing up is half the battle! Remember that small steps will lead to success, and UB will always be there to help you along the way.



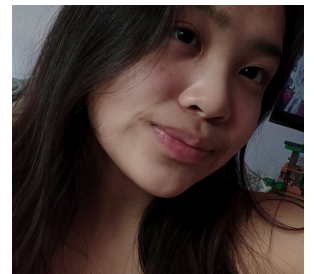
## **Thomas, OWL, Team Tzolquin**

I have applied to the University of Minnesota - Duluth, Minnesota State University - Mankato, St. Olaf College, and St. Cloud State University. As of now, I have been accepted to Mankato, St. Olaf College, and St. Cloud. My favorite memory from UB has been four square during Summer Bridge and getting myself out with a spin. I will miss the UB staff telling me what I need to do when I need to do it. And advice I would like to give other UB students is to shoot for the stars, and you'll get the moon. So, shoot past the stars.



## **Noname, Central, Team Mari**

I have applied to the University of Minnesota - Twin Cities (UMN TC), University of Minnesota - Duluth (UMD), Carleton College, St. Olaf College, Winona State University, and Minnesota State University - Mankato. I have been accepted to UMN-TC, St. Olaf College, Winona, and Mankato. My top choice school is UMN-TC! My favorite memory is all of UB summer 2022, especially the Chicago trip. I will miss my friends and the staff in the program. For Summer Bridge, I am looking forward to making stronger connections with friends and having fun. My advice to other UB students is don't be scared to talk to people; UB folks are chill.



**Tyson, Humboldt, Team Mari**

I have applied to Carleton College, St. Olaf College, University of Minnesota - Morris, Howard University, Hamline University, Winona State University, Minnesota State University - Mankato, University of St. Thomas, Concordia University - Moorehead, Gustavus Adolphus College, and Augsburg University. I have been accepted to all the colleges I applied to so far, but I'm waiting to hear back from Carleton College and Howard University. My top choice is St. Olaf College! My favorite memory of UB is eating lunch and breakfast with my friends and the UB team. I will miss the people I've met in the UB summer program. For the UB Summer Bridge Program, I am looking forward to reconnecting with everyone one last time. Lastly, I recommend that UB students fill their water bottles with ice and water from the cafeteria at breakfast; you won't regret it!

**Kris, Central, Team Tendor**

I have applied to Macalester College, Carleton College, Gustavus Adolphus College, Augsburg University, St. Olaf College, and the University of Minnesota - Twin Cities (UMN TC). So far, I have been accepted to Augsburg, UMN TC, St. Olaf, and Gustavus. As of now, my first choice is St. Olaf College. I don't have a specific favorite memory from UB because I had so many good ones. I am going to miss getting paid for just going to school and doing everything I am supposed to be doing as a student. I will also miss all the staff and students, of course. I am looking forward to the summer internship experience. Some advice I would like to share with other UB students is to have fun and work hard. Time really does fly and before you know it you are worrying about college.

**Jude, Central, Team Mari**

I have applied to Winona State University, Minnesota State University - Mankato, and St. Olaf College. I have been accepted to Winona and my first choice is Winona! My favorite UB memory is the boat ride. I will miss the support and staff, and I'm looking forward to bonding with my Bridge class for one last summer. My advice to UB students is to trust their advisors.

**Measee, Humboldt, Team Aye Bra**

I have applied to the University of St. Thomas, St. Olaf College, Augsburg University, Carleton College, University of Minnesota - Twin Cities (UMN TC), and the University of Minnesota - Duluth (UMD). So far, I've been accepted to St. Thomas, UMN TC, St. Olaf College, Augsburg, and UMD. My top choices are St. Olaf and Augsburg! My favorite memory of UB is the variety show. When I leave, I will miss the people in the program. This summer, I'm looking forward to earning college credit for my Bridge course. My advice to UB students is to take the opportunities that UB offers and make the most of the summer because it will be worth it once you get to know the people in UB.

**Hla Hla, Humboldt, Team Nou**

I have applied to the University of Minnesota - Twin Cities, Augsburg University, University of St. Thomas, Hamline University, University of Minnesota - Duluth, and St. Olaf College. I've been accepted to all of my schools. I'm leaning toward Augsburg and St. Olaf. My favorite UB memories are going on evening activity trips and watching the variety show. I will miss the dorm experience, staff, activities, and field trips. A piece of advice I would give to UB students is don't be afraid to reach out for help and take the opportunities that UB offers. For this summer, I'm looking forward to more experience in the dorm and earning credit for the college Bridge course.

**Cassandra, Central, Team Mari**

I have applied to Saint Paul College, Metropolitan State University (Metro State), Century College, and Dougherty Family College (DFC). I have been accepted to all four schools. My top choice is probably DFC! My favorite memory of UB is meditating outside of the dorm rooms. It was nice participating in a small group activity as the weather cooled. I should've done it more. The bus rides back to the dorms while it was late at night were prime memory material too. There's something about watching fields of corn grow a little taller that's symbolic. A piece of advice I'd like to give is to discover and understand yourself. I wish you luck on your journey. Lastly, I am looking forward to doing better and wish to make new changes. I hope the changes I implement this year are effective.

**Favor, Central, Team Mari**

I have applied to the Minnesota State University - Mankato, Howard University, University of San Francisco, Gustavus Adolphus College, Florida A&M University, University of St. Thomas, North Carolina Agricultural and Technical State University, George Mason University, St. Olaf College, Loyola University - Chicago, Loyola University - New Orleans, St. Catherine University, New York University, and Georgia State University. So far, I have been accepted to Mankato, St. Thomas, St. Olaf College, and Gustavus. My first choice is Florida A&M University. My favorite memory of UB was going to Chicago for the end of the summer trip with my friends and going on the ferris wheel to see the beautiful view of the Navy Pier. I will miss the mentor events and I have really enjoyed getting to know my mentor and always getting advice for college. Advice I'd like to give to UB students is don't slack off in your classes and socialize as much as you can because there are so many caring people to befriend. Also, don't EVER be afraid to ask for help. The UB staff is here for a reason, and that's to see you succeed.

**Mary, Central, Team Mari**

I have applied to the University of Minnesota - Twin Cities (UMN TC), St. Olaf College, University of Minnesota - Duluth (UMD), University of St. Thomas, and Winona State University. I have been accepted to all of the colleges that I applied to so far. Right now, I am leaning toward St. Thomas as my first choice. My favorite memory of UB is the Chicago trip! I will miss the UB staff once I graduate. One piece of advice I'd like to give to other students is to impress yourself first before you impress others because, by the time you have impressed yourself, others will be too. Lastly, I am looking forward to being with all the Bridge students for our last summer.



# Study Skills

By: Tzolquin Pinedo

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On Friday, January 27, 2023, Upward Bound (UB) sophomores and newly admitted students spent their day off from school attending our annual Study Skills Seminar. This was the first UB event for our newly admitted students. The day was filled with various workshops, with topics ranging from time management to mindfulness. All sessions provided students the opportunity to interact with their peers, and new students learned what it means to be a UB student during the sophomore lead student panel.

The morning started out with small group introductions over breakfast. Students were then tasked with completing a get-to-know-you sheet, answering questions like “What is your favorite ice cream topping?”, “What are you really good at, but kind of embarrassed that you are good at it?” and “What is your biggest

pet peeve?” Tendor then led the “What Do We Have In Common?” game which allowed students to bond over shared interests and answers. After group introductions, students were divided into rotation groups for the rest of the day. UB students rotated through four different workshops: Vision Board, Time Management, TRUE GRIT, and Mindfulness.

The Vision Board workshop was led by Aye Bra, who instructed students to consider short-term and long-term goals, goal setting, and vision board creation. Students used magazines, stickers, and inspirational phrases to visualize the goals they set for themselves. This workshop was a hit among the students! They enjoyed creating goals for themselves and having the opportunity to illustrate their hopes and dreams.

In the time-management workshop, Tendor shared the importance of knowing how to manage our time and ways to reduce procrastination. To apply the content learned, students were tasked with completing a weekly planning sheet in which they were to include school hours, homework time, extracurricular activities, social media, eating, etc. This activity provided insight as to how much time students were spending on each task and ways they could allocate more time to their most important tasks.

The students were able to learn about grit in the TRUE GRIT workshop led by Nou, where they explored the importance of resilience, a growth mindset, and a positive attitude in achieving academic success. To explore these ideas, students completed the “Fail Forward Challenge,” which tasked them with matching “Epic Fails” to the famous person who managed to “Fail Forward” until they were successful. Through this activity, students were able to learn the importance of knowing how to overcome setbacks and reframing what they may have initially considered failures.

In the mindfulness workshop led by Tzolquin, students reflected on their definition of mindfulness and worked with each other to explore how they are mindful in their everyday lives. In addition, they practiced eating mindfully in an exercise that allowed them to use four out of the five senses; sight, smell, touch, and taste.

After a brief lunch break, staff and students moved on to the annual returning student panel discussion. UB’s newly admitted students were given the chance to learn more about the UB program through the viewpoints of UB sophomore students! The new students asked questions like, “What was your favorite evening activity last summer?” “What are you allowed to bring to the dorms?” Once the discussion was over, new students felt more prepared for their first summer program, thanks to the returning students’ insightful advice!

We concluded the day by playing “The Unfair Game,” a fast-paced activity based on the workshops of the day. In this game, students who correctly answered questions were given the option to “keep” or “pass” the points they earned. However, the point value of each question was not revealed until after the student decided whether to “keep” or “pass,” and some questions had negative point values! Students enjoyed playing this game as a method of reviewing the lessons from the day.

Overall, this year’s Study Skills Seminar was a hit with both new and returning students. The diversity of workshops provided students with new skills to use in their everyday lives. UB would like to thank the students that participated in our Study Skills Seminar.

# Upward Bound Calendar

*March 2023*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4
		Mandatory Tutoring: Highland/Humboldt/OWL	Mandatory Tutoring: Central Optional Tutoring & Bridge Day: Creative Arts		
6	7	8	9	10	11
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	<b>UB Career Day</b> <b>No School</b>	
13	14	15	16	17	18
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		
20	21	22	23	24	25
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		
27	28	29	30	31	
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

**Career Day: Friday, March 10, 2023**

*This event is required for all UB sophomores and juniors.*

**SLC Day of Leadership: Friday, April 21, 2023**

*This event is required for all SLC members.*

**New Student Orientation: Saturday, April 29, 2023**

*This event is required for all new students and their parent(s)/guardian(s)*

# Juniors Prepare for the Spring ACT

By: Mari Avaloz

The ACT is quickly approaching, and Upward Bound (UB) juniors are ready to take the district-wide test on Tuesday, March 7th! To help students better prepare for the test, they were able to take advantage of free ACT prep courses delivered by Princeton Review. These prep courses provided 18-hours of coursework focused on test-taking strategies and time management. In addition, students completed two full-length practice tests.

Although many colleges have moved to test-optional admissions, UB continues to encourage students to take the test, as it could help demonstrate their academic ability and possibly increase their eligibility for scholarships. While the majority of our UB juniors participated in the Princeton Review courses, the few who were unable took advantage of ACT practice tests and subject-specific lessons offered on the Tutor.com platform. Whether students participated in the 18-hour Princeton Review courses or the assigned alternative, it was a huge time commitment for UB juniors, and it was time well spent!

UB staff wish our juniors the best of luck as they take the ACT on March 7th and want to reiterate a few last-minute reminders:

- Get a good night's sleep the night before the exam - the National Sleep Foundation recommends teenagers get between 8-10 hours of sleep each night!
- Eat a nutritious breakfast the morning of the test. That way, you can focus on the exam and not be distracted by hunger pangs!
- Pace yourself - by now, you should have a pretty good idea of how long you can spend on each section of the test. If you notice you are taking too long on a question, mark it, then come back to it later.
- The most important thing to do now is to relax and know you are prepared.

## Call for UB T-Shirt Design!



Are you creative? Do you love Upward Bound? If so, you have what it takes to enter this year's t-shirt design contest!

Use your positive energy to come up with a t-shirt design! The winner gets the opportunity to have their design used for the UB summer program!

To enter, please sketch or use an online t-shirt designer to create the front and the back\*, and pick out the color you would like the shirt to be. The words "St. Olaf College TRIO Upward Bound" must be included somewhere in the design. Please email your submissions to Nou (yangn@stolaf.edu) by March 24<sup>th</sup>. The winning t-shirt will be unveiled at this year's summer program!

## Upcoming Birthdays!



- |                     |                       |                      |
|---------------------|-----------------------|----------------------|
| * Melanie - March 9 | * Phat - March 24     | * Lilian - April 10  |
| * Blake - March 10  | * Passion - March 27  | * Paw Dah - April 15 |
| * Bony - March 11   | * Mariana - March 28  | * Kenneth - April 16 |
| * Helena - March 11 | * Annalise - March 30 | * Noemi - April 17   |
| * Hiba - March 12   | * Paw Eh - April 2    | * Eddison - April 30 |
| * Tin - March 24    | * Yasin - April 5     |                      |

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