

# WELCOME New Students!

Get to know some of  
Upward Bound's new  
students on pages 2 and 3!



Read about upcoming  
events on page 4!

ST. OLAF COLLEGE

# TRIO Upward Bound *Messenger*

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



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## SLC Holiday Party

*By: Tendor Norbu*

Every year the Upward Bound (UB) Student Leadership Council (SLC) hosts a Holiday Party for all current participants and staff. This year, we had a great turnout with over 80 students attending the event! Everyone enjoyed an afternoon of food and activities at Humboldt High School.

SLC spent a lot of time planning for the “Winter Wonderland” themed party. Many students participated by dressing up in their best Winter Wonderland costumes and followed the color themes of blue, silver, and white. SLC also served delicious food to everyone! There were plenty of amazing entrees, desserts, and beverages.

After lunch, SLC lead a variety of fun activities. A few of the day’s activities included jewelry making, taste tests, cookie making, candy guessing game, and musical chairs! SLC also had a Winter Wonderland Costume Contest and, after judging numerous participants, SLC selected Michaela, Monty, Nidesh, and Vanilla as winners of the costume contest!

In addition, students participated in a scavenger hunt activity. There were multiple snowflakes hidden around the holiday party venue and students used the clues to find as many as possible. At the end of our event, the scavenger hunt winners received a nice set of highlighters and other fun office supplies while the costume contest winners were given awesome UB merchandise for prizes. Upward Bound would like to thank all the SLC members for helping plan this year’s Holiday Party!

# Welcome New Upward Bound Students!

Over the next few months, UB would like to introduce the nearly 40 new students accepted into our most recent 9th grade cohort! Please take some time to learn about some of the participants and welcome them to the UB family!



Alivia, Humboldt

Alivia decided to apply for Upward Bound because she wanted to get support throughout high school and have a better understanding of what it means to be a college student. In school, her favorite subjects are math and English. Her favorite books are *The Seven Husbands of Evelyn Hugo* and *The Song of Achilles*. The UB summer program has motivated her to do well in school and go into the medical field.



Oluwanifemi "Nifemi", Highland Park

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, with her favorite book being *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 UB Summer Program.



Elena, Highland Park

Elena joined Upward Bound to improve her academic skills in order to attend a good college and achieve her dreams. In her free time, Elena likes playing games, badminton, and sleeping. In school, her favorite subjects are geometry and world history. Although Elena is unsure of her future career, she is certain that she wants to work with animals or nature.



Paw Lae, Humboldt

Paw Lae wanted to join Upward Bound because of all the help and resources that the program provides. Outside of school, Paw Lae enjoys reading the *Bible*, especially the *Book of Proverbs*, and listening to Christian drill and rap. Her favorite subject in school is art. In the future, Paw Lae hopes to become an ultrasound technician.



Meena, Central

Meena decided to be a part of Upward Bound to learn more about college and set goals for her future. She is most looking forward to meeting new students and getting an understanding of what it is to be a college student. In her free time, Meena enjoys writing, listening to music, and calling her friends. In the future, Meena hopes to become a nurse, psychiatrist, or therapist.



Wilson, Highland Park

Wilson joined Upward Bound to expand his connections and broaden his career choices. In school, Wilson enjoys all of his classes but especially world history. Currently, Wilson's favorite book is *Transfusion* by Nick Oldham and his favorite song is Next by Shaker. In his free time, Wilson likes to work out, study various topics to deepen his knowledge, and meditate. As for possible careers, Wilson dreams of becoming a pilot.



Monica, Open World Learning

Monica applied to Upward Bound in the hopes of expanding her knowledge about college and the college application process. She is most looking forward to staying on the St. Olaf campus over the summer. Her favorite book that she's read is *Everything Everything* by Nicola Yoon. Outside of school, Monica likes to draw, sew, and read. In the future, Monica hopes to become a pediatrician.



Johanan, Central

Johanan decided to apply for Upward Bound to improve his academic skills. His favorite subject in school is English and his favorite book is *To Drink Coffee with a Ghost* by Amanda Lovelace. In his free time, Johanan likes to read books or head to the gym. Johanan is looking forward to the summer program.



Britany, Humboldt

Britany applied to Upward Bound to get the resources and help she needs to achieve the goals she has set for herself. Her favorite subject in school is English and her favorite book is *Pillow Thoughts* by Courtney Peppernell. In her free time, Britany likes to spend time with family, talk to friends and listen to music. Britany is most looking forward to achieving her goals and being a part of the UB community.

## New Upward Bound Students Continued....



Yuri— Creative Arts Secondary  
Yuri joined Upward Bound to gain experience and receive college readiness. In school, Yuri's favorite subject is music. He listens to a variety of music genres including metal, r&b, rock, and pop. In his free time, Yuri likes to skateboard, bike, spend time outside, play games, and play guitar. As a UB student, Yuri is most looking forward to the summer program.



Yonas— Open World Learning  
Yonas decided to apply to Upward Bound to get help with homework at after-school tutoring. In school, his favorite subjects are biology, Spanish, and gym. Outside of school, Yonas likes to read, play video games, and play sports. His favorite book series is *Percy Jackson* and his favorite sport is football. Yonas is most looking forward to getting academic and homework help.

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## *New Student Meetings*

By: Tzolquin Pinedo

The UB staff is excited to welcome the 2026 cohort into the Upward Bound (UB) program. Our newly admitted students began their participation in UB by attending their first after-school tutoring session in January at their Target High Schools.

During that first tutoring session, UB advisors conducted a new student meeting which began with a quick overview of the agenda and brief student introductions. Next, advisors reviewed the following UB student expectations and requirements:

### Program Expectations:

Upward Bound students are held to high expectations. By participating in the program, students commit to the following:

- 100% attendance at UB events
- Maintaining a "C" or higher in all classes
- Attending the annual six-week summer program every summer, including the summer after high school graduation
- Enrolling in college for the fall semester immediately following high school graduation
- Meeting with their UB advisor for monthly grade checks

### Upward Bound Probation:

All UB students are admitted to the program on a probationary basis and must complete the following within the first 60-days of their acceptance:

- Complete UB admissions curriculum assignments
- Complete the Student Responsibilities Policy, Media Release Form, Release of Academic Information, and W-9 Form
- Set up a bank account or have a direct deposit with UB
- Maintain a "C" or higher in all classes
- Attend the Study Skills Seminar
- Attend New Student Orientation with a parent/guardian

### Upward Bound Curriculum:

All UB students are required to complete monthly curriculum assignments by the end of each month. The UB curriculum is specific to each grade level to help students stay on track with high school and the college planning process. New students must complete all assignments under the "Admission Curriculum" before being taken off probation in March.

### Stipends:

Upward Bound students are paid a monthly stipend for their participation in the program. New students will be eligible to earn stipends once they have completed all the requirements of their 60-day probationary period. Stipends will be paid via direct deposit. *Students, if you do not have a bank account, UB staff can help you set one up through our partnership with Hiway Federal Credit Union or at your local bank.*

### Laptops:

Upward Bound has purchased MacBook Air laptops for students who would like to check one out during their time in the program. Look out for more information!

The new student meetings went smoothly, allowing our new students to learn about UB expectations and ask questions. We are excited to welcome our new UB students and look forward to working with them closely for the duration of their high school studies!

# Upward Bound Calendar

## February 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	UB Staff at Olaf	
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: Creative Arts Optional Tutoring & Bridge Day: Central	UB Staff at Olaf	
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: Creative Arts Optional Tutoring & Bridge Day: Central	UB Staff at Olaf	
20	21	22	23	24	25
<b>Sophomore Insight Day #2</b>  <b>No School St. Paul</b>	Mandatory Tutoring: Creative Arts Optional Tutoring & Bridge Day: Central	Mandatory Tutoring: Highland/Humboldt/OWL	Mandatory Tutoring: Creative Arts Optional Tutoring & Bridge Day: Central	UB Staff at Olaf  Last day to sign up for the April ACT	
27	28				
Optional Tutoring & Bridge Day: Highland/Humboldt/ OWL	Mandatory Tutoring: Creative Arts Optional Tutoring & Bridge Day: Central				

### UPCOMING EVENTS

**Sophomore Insight Day #2**  
 February 20, 2023  
 8:15 a.m. - 11:30 a.m.  
*All UB sophomores are required to attend the event*

# Mentor Spotlight

By: Nou Yang

We would like to introduce Xia Xiong for our mentor spotlight this month! She is no stranger to UB, as she has worked two summers for the UB summer program while attending St Olaf College. We are excited to welcome Xia back as a new mentor!

Xia was born in Thailand and emigrated to the US when she was four years old. She and her family settled in California first, then moved to Minnesota when she was ten. Xia lived in St. Paul and graduated from Central High School, where she participated in Youth in Government, band, and badminton.

After graduating from Central, Xia continued her education at St. Olaf College. She chose St. Olaf because of its small class size, which allowed her to have a close relationship with her professors. Besides the small classes, she received the best financial aid package. Xia majored in sociology/anthropology with concentrations in education and Asian studies. She participated in many student organizations, including Hmong Dialogue and Leadership, Hmong Cultural Outreach, TRIO Student Support Services (SSS) Board of Leaders, and the TRIO Educational Talent Search mentor program. Xia graduated from St. Olaf in the spring of 2022.



Currently, Xia is a TRIO Student Support Services success coach at St. Catherine University, where she helps students navigate their college careers. She meets with students about classes they want to take and suggests resources that might benefit the student. Additionally, Xia plans workshops and activities for students in the program.

When asked why Xia decided to mentor for UB, she shared, "I enjoyed my time with UB students over the summer and wanted to continue supporting them. I've always enjoyed mentoring because I can share what I've learned and ask questions. It's a small way to give back to those who came before and those who will come after."

One of Xia's future goals is to continue trying new hobbies and revisiting the ones she loves. It's sometimes hard to have motivation after a long work day, but she hopes to set aside time to pursue them. Another goal is to seek education or projects that center on the Hmong community and higher education. These are two passions Xia finds herself returning to, and she hopes to find ways to support students holistically.

Lastly, Xia would like to offer the following advice to UB students, "Learn about who you are and the different factors that have and continue to influence your lives. When you can understand where you stand and where others stand, the world becomes a much more meaningful place. Last but not least, it's okay to question but not agree, and trying to understand someone you don't agree with is important in making lasting connections."

UB would like to thank Xia for sharing more about herself. We are excited to welcome her back as a UB mentor!

## Dr. Martin Luther King Jr. Day of Service

By: Tendor Norbu

Every year, Upward Bound Student Leadership Council (SLC) students volunteer in the community to honor Dr. Martin Luther King Jr. This year, SLC and UB staff took advantage of the day by volunteering at Feed My Starving Children (FMSC), a non-profit organization committed to helping feed hungry and malnourished children around the world.

When SLC students arrived for their shift at FMSC they were given hairnets and a short presentation on the mission of the organization. Volunteers were then informed about the process of properly packaging food at the stations to be most effective and efficient. Students packaged rice, soy protein, dehydrated vegetables, and a blend of vitamins and minerals to ensure that the food is nutritional for the children.



SLC members and UB staff take a break for a group photo at their station

After the brief introductions, everyone was divided into groups to package the food at different stations. SLC and UB staff divided up into different roles in order to package the food. The different roles included labelers, weight measurers, bag sealers, and box packagers. The packing session was fast-paced and at the end of the shift, SLC helped pack 150 boxes of food, which added to 32,400 meals-enough to feed 89 kids for a year! This was a great experience, and our SLC students enjoyed a day of giving back!

# Martin Luther King Jr.



*Find the following words*

ACTIVIST	DREAM	JUSTICE
AMERICAN	EQUALITY	LIBERTY
CHANGE	FREEDOM	NOBEL PEACE PRIZE
CIVIL RIGHTS	HERO	MINISTER
COURAGE	JANUARY	SPEECH

# Graduate Update

By: Aye Bra Tha

This month's graduate update highlights former Upward Bound (UB) participant Joquan Williams. Joquan graduated from St. Paul Humboldt High School in June 2019 and currently attends St. Olaf College, where he will graduate in May with a Bachelor of Arts degree in Social Work, and Race and Ethnic Studies.

In his last semester of college, Joquan is taking a lighter load of classes, which include his senior social work capstone class, Social Work as Professional, and two research classes for both majors.

A typical day for Joquan starts with waking up early for his 8:00 am class. He usually has time for a quick lunch at 11:00 am and his classes wrap up by 12:30 pm. After class, he usually studies from 2:00 - 4:00 pm before heading to dinner at 5:00 pm. On campus, Joquan was a member of the Inter-Hall Council (IHC) committee and he was also the president of his residence hall. He also joined a couple different cultural organization such as KARIBU, the African and Caribbean Association at St. Olaf, and Cultural Union for Black Expression. When asked if he was involved in any sports, he shared, "I played on many intramural teams such as volleyball and soccer." Overall, Joquan loves to be involved on campus and always keeps an eye out for events he can join!



Looking back, Joquan has enjoyed his college experience. He met new people from all around the country, and the world, and has learned to be independent. He noted, "You are no longer treated as a child. In college, you must wake yourself up, get to class on time, do grade checks, reach out to the professors, and much more, on your own." Joquan also mentioned that in some ways he knew what to expect going into college. "I had talked to a lot of college students prior to starting and had some expectations. However, college can be a little different depending on the culture with professors, class structures, and relationships."

Although college can be unnerving, Joquan felt that UB helped prepare him for college by teaching him how to develop better study habits and to hold himself accountable. Summer Bridge was also a pivotal moment in his UB experience since the course was taught by a St. Olaf Professor and it solidified the academic expectations and rigor there.

One of Joquan's favorite memories in UB was spending time in Cocoa Beach, Florida with his UB peers and visiting the Kennedy Space Center. When asked if there is any advice he wants to give current UB students, he shared, "College may seem daunting, but keep striving for greatness. Self-care is important. Always remember that your thoughts, your feelings and YOU matter in every space."

Upward Bound would like to thank Joquan for taking time out of his busy schedule to update us on his college life and share advice with our current students. We are incredibly proud of everything Joquan has accomplished and are excited to see him graduate in May!

## January Birthdays

Thomas - January 1  
Jaya - January 9  
Vanilla - January 10  
Jude - January 12  
Rory - January 16  
Peter - January 22  
Hser - January 23  
Hana - January 30



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