



Find out more about our graduating seniors on pages 3 -5!



Check out the awesome submissions for the t-shirt design contest on pages 5!

ST. OLAF COLLEGE

TRIO Upward Bound Messenger

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Career Day with the MN Twins

By: Nou Yang

On Friday, March 10, 2023, The St. Olaf Upward Bound (UB) program collaborated with UB and Humboldt alumni Leticia Silva to organize Career Day at the MN Twins. Leti is the Senior Vice President of Human Resources for the MN Twins and has been with the organization for 25 years. UB had 65 sophomore and junior students join us for the exciting day!

The day started with a panel that included five Twins representatives from the administration, community relations, ballpark operations, and technology departments. Each panelist shared their role, career path, and personal story of finding their way to the Twins organization. They also shared career advice, encouragement and UB students were given the opportunity to ask the panelists questions.

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After the panel and Q&A session, students were treated to lunch provided by the MN Twins before going on a tour. Students were separated into groups and went with their tour guide to learn more about Target Field. During the tour, students visited the MN Twin's locker room, event suites, and broadcasting room. We also learned about the stadium's sustainability and environmental efforts, including their rainwater recycling system and waste-to-energy program. Due to these types of environmental commitments, Target Field is recognized as the greenest ballpark in America. Below are testimonies of what students took away from the visit.

"The panel was personally beneficial to me because it provoked thoughts about my future." - Zoey, Humboldt Sophomore

"I enjoyed getting to see parts of the stadium that aren't open to the public, and I got to learn about different career options." - Lili, Open World Learning Junior

"The activity allowed me to figure out that there are many different job opportunities in broad fields and majors." - Bony, Central Sophomore

"I learned a lot about other careers, and that I have the freedom to choose what I want to do." - Carley-Janae, Creative Arts Sophomore

"Getting to hear advice from people who have similar backgrounds to us was the best part of the activity." - Angelica, Highland Park Junior

Overall, the day was a great success and we would like to thank Leti Silva, the awesome panelists, and the Minnesota Twins for hosting a successful Career Day for UB students. Check out a few photos on page 2!



UB students enjoying the MN Twins Champion's Club



Panelists sharing their stories with UB students

Welcome New Students

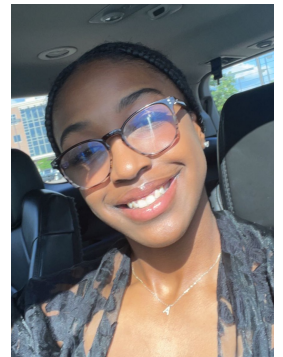
Please take some time to learn about some of the new participants and welcome them to the UB family!



Julianne, Humboldt

Julianne joined UB to better understand college, develop new skills, and experience new things. In school, Julianne's favorite subjects are math and painting. In her free time, she likes talking to friends, drawing, writing, and spending time outside. When thinking about future careers, Julianne would like to become a robotics engineer. She is excited to meet new people in the UB program!

Faith decided to apply to UB to improve her grades and prepare for college. Some of Faith's favorite things are watching Creed, listening to R&B music, and hanging out with friends. In school, her favorite subject is English. Faith looks forward to receiving better grades as she improves her skills and strategies in UB.



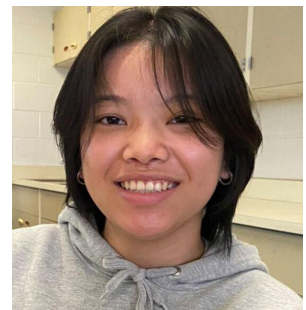
Faith, Highland

Ahmed applied to be in UB to get better grades and attend college. Ahmed's favorite sport is boxing which he also likes to do in his free time. Ahmed's favorite book is *The Laws of Human Nature* by Robert Greene. His favorite subject in school is history. In the future, Ahmed would like to have a career in the medical field and hopefully become a doctor.



Ahmed, Humboldt

Yuuri applied to UB to learn more about post-secondary education and utilize additional support to complete assignments. He is an avid music listener and his favorite genres are J-pop, Hmong music, and rap. In school, math is Yuuri's favorite subject. He hopes to be in the medical field in the future. As for the summertime, Yuuri looks forward to spending time with friends in UB.



Yuuri, Central

Law joined UB to receive additional homework help. In school, his favorite subject is science, and he hopes to become an engineer in the future. Law enjoys football, soccer, and tennis. Additionally, his favorite movie is *Black Panther*. Outside of school, Law spends his time playing video games. This summer, he is looking forward to learning more about college.



Law, Humboldt

Senior Spotlights

Each year, Upward Bound highlights the accomplishments of our senior students. This month, we are excited to share their stories and post-secondary plans.



Chia

Chia, Central, Team Tendor

I have applied to St. Olaf College, University of Minnesota -Twin Cities, University of St. Thomas, Gustavus Adolphus College, and Winona State University. I have been accepted to all of the colleges I have applied. I plan to enroll in the University of Minnesota -Twin Cities this fall. My favorite memory of UB is the bus rides to visit colleges during PSE summer of 2022. One thing I will miss about UB is the environment, and I am looking forward to making the most out of my last summer as a Bridge student. One piece of advice I would like to give to other UB students is to hang in there. The more effort you put into it, the more you'll get out of it.

Omar Omar, Humboldt, Team Nou

I have applied to Brown University, Carleton College, Carnegie Mellon University, Harvard University, Princeton University, Purdue University, University of Minnesota-Duluth (UMD), University of Minnesota-Twin Cities, University of St. Thomas, and University of Wisconsin-Madison. So far, I have been accepted to UMD, the University of Minnesota - Twin Cities, University of St. Thomas, and Purdue University. I have decided to attend UMD this fall. One thing I will miss about UB is the games we play during the summer program. I am looking forward to having fun during my last year as a Bridge student. One piece of advice I would like to give to other students is to not waste time.



Omar Omar



Sabrina

Sabrina, Humboldt, Team Nou

I have applied to MSU Mankato, Concordia Moorhead, St. Catherine University, University of St. Thomas, Howard University, Drake University, Gustavus Adolphus College, St. Olaf College, Hamline University, University of Minnesota-Duluth, University of Minnesota-Twin Cities, and University of Minnesota-Rochester. I have been accepted to most of these colleges, but I am still waiting to hear from Rochester and Howard. I intend on becoming an Ole this fall. My favorite UB memory has got to be the boat ride during my sophomore year. As the boat sailed further into the river, we all started to feel a sense of freedom and joy. We laughed, joked, and sang without a care in the world. It was a moment of pure bliss that brought us closer together as friends and as members of the UB community. I will miss seeing all the lovely people from UB and I will miss my advisors who I've known for so long. This summer, I am looking forward to the support and guidance provided by UB, as it has been instrumental in helping me prepare for college. I know that this summer program will

provide me with the tools and resources I need to succeed in my academic and personal life. I am both excited and sad about this summer program being my last. However, I am determined to make the most of this experience and take advantage of all the opportunities available to me. As someone who has been through the UB program and has benefited greatly from it, I have some advice that I would like to share with other UB students. Stay committed. Remember why you joined UB in the first place and keep that motivation in mind as you work through the program. Take advantage of resources. UB offers a lot of resources to help you succeed, such as tutoring and mentorship. Make sure you take advantage of these resources and don't be afraid to ask for help when you need it. Network. UB is a great opportunity to meet new people and make connections. You never know who might be able to help you in the future. Believe in yourself and your abilities. You are capable of achieving great things, and UB is here to help you reach your full potential. Trust in yourself and you'll go far.

Orathai, Open World Learning, Team Aye Bra

I have applied to Concordia University St. Paul, Concordia College Moorhead, Dakota County Technical College, MSU Mankato, College of St. Benedict, St. Catherine University, St. Olaf College, The College of St. Scholastica, University of St. Thomas, UMD, U of M Twin Cities, and University of Wisconsin Madison. I have been accepted to Concordia University St. Paul, Concordia College Moorhead, Dakota County Technical College, MSU Mankato, College of St. Benedict, St. Catherine University, St. Olaf College, The College of St. Scholastica, University of St. Thomas, UMD, and U of MN Twin Cities. I have decided to attend the University of Wisconsin - Madison. My favorite memory in UB is playing Taboo with my friends. During one game, Zolly was acting out a sneeze and three other friends responded with "bless you", thinking she actually sneezed. One thing I will miss about UB is being with everyone at the summer program. One advice I would like to share with other students is to study well. Lastly, I'm looking forward to the team competitions during the summer program for my last summer with UB.



Orathai

Senior Spotlight Continued...

Zolly, Central, Team Mari

I have applied to St. Catherine University, Macalester College and Concordia University - St. Paul. I have been accepted to St. Catherine University and Concordia University - St. Paul. St. Catherine University is my top choice, so I plan to enroll this fall. A favorite UB memory of mine is hanging out with my UB peers and staff, and doing activities such as card games, karaoke, bracelet making and much more. What I will miss most about UB is the staff members who helped me get through my junior to senior year. I really appreciated the staff always checking up on me and giving me the support I needed. Something that I'm most looking forward to during this Bridge summer is creating more fond memories with everyone before we part ways. Advice that I would like to share is to always put yourself first. You live one life and in that life you should strive for what makes you happy. Whether that is surrounding yourself with loved ones or pursuing a career that you're passionate about. Do what you have to do to succeed.



Zolly



Nin Wei

Nin Wei, Humboldt, Team Nou

I have applied to St. Olaf College, Augsburg University, the University of Minnesota - Twin Cities, and UMD. I have been accepted to all of these schools, but I intend on enrolling in the University of Minnesota - Twin Cities this fall. My favorite UB memory is being roommates with my best friend during the summer program. What I will miss most about the UB program is the fun activities we get to participate in and people I have met throughout the years. Lastly, I am looking forward to UB's job shadowing program.

Rooney, Humboldt, Team Aye Bra

I have applied to University of Minnesota-Twin Cities, Metro State University, Mankato State University, Winona State University, St. Olaf College and Augsburg University. I have been accepted to Mankato State University, Winona State University, St. Olaf College, and Augsburg University. I plan to enroll in St. Olaf College this fall. My favorite UB memory is going on the Chicago overnight trip. I don't think I will ever get that experience again. What I will miss the most about UB is the staff, and my UB mates of course. I will also miss the karaoke nights and roller skating. This summer, I am most looking forward to having fun and making wonderful memories before I leave UB. Some advice I would like to share with other UB students is don't be afraid to ask for help. Go to UB tutoring and do the curriculum. If you don't, you will end up getting only \$16 like me. Don't quit and stay motivated. Thank you UB for letting me join the program and giving me this once in a lifetime opportunity.



Rooney

Mi Paw, Open World Learning, Team Aye Bra

I have applied to St. Catherine University, University of St. Thomas, St. Olaf College, U of M-Twin Cities, UMD, Saint Paul College, and Century College. I have been accepted to all of the schools I applied to, but I intend on attending St. Olaf. My favorite UB memory is getting to attend my first UB summer my junior year, and getting to experience what normal UB residential summer was like. What I will miss most about UB is the friends I made and the staff who are always there to lend a helping hand. I will miss the afternoon activities we get to do after class every day. As for my Bridge year, I am looking forward to spending time with my friends and to the classes I will be taking, as they will be different from the classes I took as an underclassman. Some advice I would like to leave for other UB students is to use your time wisely, take advantage of the opportunities you get, and don't procrastinate.



Mi Paw

Farai, Central, Team Nou

I have applied to University of Southern California (USC), Rochester Institute of Technology, University of Utah, Drexel University, University of Minnesota - Twin Cities, University of Wisconsin Stout, Michigan State University, and Southern Methodist University. I have been accepted to all of the schools I have applied to. My first choice is USC because it has the best program for the career I am trying to get into which is game design. My favorite UB memory is going on the Chicago overnight trip last summer. The staff are what I will miss the most about UB. For the last summer as a Bridge student, I am most looking forward to the field trips that we will go on for evening activities. Advice I would like to share with other UB students is If you are a procrastinator, change that habit as soon as possible.



Farai

Senior Spotlight Continued...

William, Central, Team Mari

I have applied to Winona State University and Minnesota State University - Mankato. So far, I am still waiting to hear back from these two schools. My top school choice would be Winona State University. My favorite UB memory is getting to ride a rollercoaster for the first time at Valleyfair during the UB summer program. What I will miss most about UB once I leave is the community that I have been introduced to. This summer, I am looking forward to having fun for my last year as a Bridge student. One piece of advice I would give to other UB students is to do your homework before your homework works you!



William



Ayane

Ayane, Highland, Team Tendor

I have applied to Augsburg University, DePaul University, Gustavus Adolphus College, Hampton, Loyola, Middle Tennessee State, Morgan state, St. Olaf College, UMD, and University of St. Thomas. So far, I have been accepted to University of St. Thomas, UMD, St. Olaf College, Morgan State, Middle Tennessee State, Loyola, and Augsburg University. I plan to attend St. Olaf College this fall. Looking back, my favorite UB memory is having fun during the summer dorm nights with other people in my hall. Once I leave UB, one thing I will miss the most is having my talks with Tendor. This summer, I look forward to getting credits for free as I complete my Bridge summer! Advice I would like to give to other UB students is "Don't push away your mentors, they're there to help".

Frida, Creative Arts, Team Tendor

I have applied to University of Minnesota-Duluth, St. Olaf College, St. Catherine University, Winona State University, Carleton College, Augsburg University and Gustavus Adolphus College. I have been accepted to University of Minnesota-Duluth, Winona State University, and St. Catherine University. Right now, my top choice is University of Minnesota-Duluth or St. Catherine University. My favorite UB memory is staying in the dorms during the summer program, attending my PSE class, and mostly doing activities with my UB peers. One thing I will miss about UB is attending UB events and complaining to Aye Bra about finishing my work. This summer, I am looking forward to being able to have more freedom, and also staying in the dorms with my friends. One advice I would like to share with other UB students is that it is okay to procrastinate a little bit but make sure to hold yourself accountable.



Frida

Student Article: *My First Summer with Upward Bound*

By: Helena Aklog

In my opinion, the summer program is the most fun part of the whole Upward Bound (UB) experience. Getting together with everyone, whether I know them or not, was much easier than I thought it would be. The people I met during my first UB summer program are amazing to be around, and I now always look forward to seeing them. The connections I have made will stay with me for a long time!

One of my favorite parts of the whole summer program was being able to stay in the dorms with my friends. We would have to be in our rooms by 11 pm, which was a reasonable time considering all we did throughout the day. We would have classes and lunch, and then there would be an activity planned every afternoon. We went swimming, attended a soccer game, packaged food at Feed My Starving Children, and we also had a chill spa day at the dorm. The dorm staff and teachers make it really fun no matter what, even if you don't feel like doing anything some days.

If I could give some advice to first-time UB students, I would say to just be yourself. It's an environment that you'll quickly get used to and feel comfortable in, and it's a time that is easily enjoyable. Pack accordingly!! It gets really hot, and in our dorm we didn't have any air conditioning, so make sure to pack clothes that you won't overheat in or even a mini portable fan. I think the most important thing of all is to make sure you're having fun and not stressing out about the little things. It may seem a little much at first but I think the summer program is one component of the program that everyone enjoys and looks forward to each year!



UB T-Shirt Designs

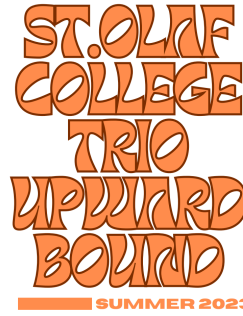
THE DESIGNS FROM OUR ANNUAL T-SHIRT CONTEST ARE IN! STUDENTS WILL VOTE ON THEIR FAVORITE SHIRT AND THE WINNING DESIGN WILL BE UNVEILED AT THE SUMMER PROGRAM. THANK YOU TO ALL STUDENTS WHO SUBMITTED A DESIGN!



A (FRONT)



A (BACK)



B (FRONT)



B (BACK)



C (FRONT)



C (BACK)



D (FRONT)



D (BACK)



E (FRONT)



E (BACK)



F (FRONT)



F (BACK)



G (FRONT)



I (FRONT)



J (FRONT)



K (FRONT)

Returning Summer Staff Respond to Why They're Excited for Summer 2023

By Mari Avaloz

The Upward Bound (UB) staff is gearing up for an amazing 2023 summer program! We are well into planning class schedules, evening activities, and other events to connect and engage students throughout the six weeks. While we are excited to welcome students to the St. Olaf campus, we also checked in with our returning staff to see what they were most looking forward to. Please take a few minutes to read more about what our returning UB staff are anticipating:

Tzolquin - "I am looking forward to my third Upward Bound summer program. For the past two years, I have worked with the Bridge class but I am excited to be working on the classroom side this year! I hope our UB summer staff and students enjoy what we have planned!"

Mara - "I am excited to return because the kids are the nicest and we get to have fun participating in a college experience while also learning."

Paul - "I am excited to return to the classroom and resume working with UB's stellar students on everything from writing essays to life hacks like how, in a pinch, you can totally attach a license plate to your car with Command Strips."

Tendor - "I'm looking forward to my fourth UB summer as a full-time staff. In previous summers, I have worked as the PSE Coordinator. This summer, I'm excited to continue working with all summer staff and students."

Mimi - "I am SUPER excited to return for this summer. I can't wait to catch up with everyone, see where all of the seniors have committed to college, and enjoy an ultra-positive start to my summer. I can't wait to see you all again :)"

Nou - "I am excited to meet the new students, and work with the residential staff to create a fun and memorable summer!"

Chucky - "I'm excited to be Zookong 2.0"

Isaac - "I'm excited to play games in the statistics class and eat food at Valleyfair!"

Mari - "Super excited to see the returning students mentor the newer summer participants. I believe this summer will be even better than last."

Aye Bra - "This summer, I am looking forward to meeting all the new students and having another great summer at Olaf!"

Vai - "I love being able to share fun experiences with both y amazing co-workers and the students alike!"

Jose - "I'm excited to see all the amazing smiles in Upward Bound from staff and students!"

Joey - Everyone involved, students and staff, are all so incredibly welcoming and kind that it's almost overwhelming. I'm excited to rejoin such a great community."

Garret - "I'm excited to come back to UB to help some awesome young people learn hands-on science."

Upcoming Birthdays!

* **Rikya** - May 6

* **Esra** - May 12

* **Aurora** - May 16

* **Carl** - May 24

* **Mu Lah** - May 9

* **Hser Loo** - May 15

* **Farai** - May 23

* **An** - May 25

* **Thiri** - May 12

* **Sartu** - May 15

* **Michaela** - May 24

Spring Fever

By: Mari Avaloz

As spring arrives, the weather is warming up, the snow has melted, the days are getting longer, and you may be experiencing some early signs of spring fever. Spring is a great time of the year to get outside, start participating in new activities, and start getting excited for the UB summer program. BUT, don't let spring fever get the best of you! Spring is a really important time of the year in school, regardless of your grade.

Here are a few reasons why:

For all newly admitted UB 9th graders, remember that by spring you are adjusting to your new school. If your grades falter during your first semester, it is important to show you improved your grades as you settled into your new school and new responsibilities. When you apply for admission, colleges will look at your grades starting from your 9th grade. Demonstrating improvement in your grades shows colleges that you are serious about school - colleges don't want to see your grades slip!

For 10th graders, you're almost halfway through your high school career! This is an exciting time. It is important to continue to do your best in all your classes to show colleges you are focused on your goals. In addition, you will have opportunities in 11th grade to apply for scholarships, National Honor Society (NHS), and other programs. Your grades this year will influence your ability to apply for these opportunities. Remember to keep building your resume, and focus on completing a strong year.

Now for 11th graders, when you apply to college next fall, your grades from this spring will be the most recent final grades that colleges will see. Don't give colleges a reason to doubt your commitment to your education by slacking off. Continue to challenge yourself by taking advanced classes, come to Upward Bound for help, and utilize all the resources you have! Also, remember that this summer will probably be one of your most important summers with UB. Your PSE year will be filled with college visits, resume building and writing your college essay. This summer it's extremely important that you attend UB, so we won't accept any excuses about missing this summer.

Last but certainly not least, Bridge students, if you have already been admitted to the college of your choice, congratulations, but don't celebrate just yet. Colleges will see your final transcript from high school and can refuse to admit you if you fail your classes last quarter. **REMEMBER, YOU DO NOT HAVE YOUR DIPLOMA YET!** What all of you do have is a letter of acceptance from an institution, a promise of admission to the class of 2027. However, this offer of admission is not the "Golden Ticket." All colleges reserve the right to revoke your offer of admission if you show that you are giving up on high school, not completing the required courses or are taking some time away from serious academics. To college officials, slacking your senior year is a sign of academic struggles to come. Studies have shown that students who begin to slack during their senior year often continue the trend once they enter college. Colleges don't recruit students who seem bound to drop out. Not only do you need to stay in all of your classes, you also need to pass them with strong marks or you may run the risk of entering your first semester of college on academic probation (which is way worse than UB's probation), or not entering at all.

Finally, remember to attend all of your classes. Arrive on time. Complete homework on time. Turn in homework. Smile. Have fun. Learn something! And as always, be UB appropriate and remember to make good decisions!



2023 Summer Program Dates

The 2023 Upward Bound Summer Program is quickly approaching. Pull out your calendar and copy these dates down as students are expected to attend UB's six-week summer program.

Tuesday, June 20	UB Week #1, All seniors, SLC members, and new students move-in
Wednesday, June 21	All sophomores and juniors move-in
Friday June 23	Students go home for the weekend
Sunday, June 25	UB Week #2, Students picked up at 5:00 pm
Thursday, June 29	UB undergraduates go home for a long weekend. Bridge Night.
Wednesday, July 5	UB Week #3, Students picked up at 8 am after holiday break
Friday, July 7	Students go home for the weekend
Sunday, July 9	UB Week #4, Students picked up at 5:00 pm
Friday, July 14	Students go home for the weekend
Sunday, July 16	UB Week #5, Students picked up at 5:00 pm
Tuesday, July 18	UB Variety Show
Thursday, July 20	UB Awards Banquet
Friday, July 21	Students go home for the weekend
Sunday, July 23	UB Week #6, Students picked up at 5:00 pm
Monday, July 24	End of Summer Program Event
Tuesday, July 25	Last Day of UB Residential Summer Program
Thursday, July 27 - Friday, July 28	UB Bonus Overnight Trip!*

**Students with perfect attendance to be invited on the overnight trip.*

UPCOMING EVENTS

SPRING MENTOR EVENT

Saturday, May 20, 2023 | 10:00 a.m. - 2:00 p.m.
Como Park & Zoo

All juniors and juniors with a mentor are required to attend.

NEW STUDENT ORIENTATION

Saturday, April 29, 2023 | 8:00 a.m. - 3:30 p.m.
St. Olaf College

All new UB students are required to attend with a parent/guardian.

HIGHLAND PARK GRADUATION

Monday, June 12, 2023 | 5:30 p.m.
Roy Wilkins Auditorium

CREATIVE ARTS

Monday, June 12, 2023 | 6:00 p.m.
Roy Wilkins Auditorium

CENTRAL GRADUATION

Monday, June 12, 2023 | 8:00 p.m.
Roy Wilkins Auditorium

HUMBOLDT GRADUATION

Tuesday, June 13, 2023 | 5:30 p.m.
Location TBA

OPEN WORLD LEARNING GRADUATION

Tuesday, June 13, 2023 | 7:30 p.m.
Location TBA

Upward Bound Calendar

April/May 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24	25	26	27	28	29
No UB Optional tutoring	Mandatory Tutoring: Creative Arts Optional Tutoring & Bridge Day: Central	Mandatory Tutoring: Highland/Humboldt/OWL	Optional Tutoring: Creative Arts Mandatory Tutoring: Central		New Student Orientation
MAY 1	2	3	4	5	6
No UB Optional tutoring	Mandatory Tutoring: Creative Arts Optional Tutoring & Bridge Day: Central	Mandatory Tutoring: Highland/Humboldt/OWL	Optional Tutoring: Creative Arts Mandatory Tutoring: Central		
8	9	10	11	12	13
No UB Optional tutoring	No UB tutoring at Central & Creative Arts	Mandatory Tutoring: Highland/Humboldt/OWL	Optional Tutoring: Creative Arts Mandatory Tutoring: Central		
15	16	17	18	19	20
No UB Optional tutoring	No UB tutoring at Central & Creative Arts	Mandatory Tutoring: Highland/Humboldt/OWL	Optional Tutoring: Creative Arts Mandatory Tutoring: Central		Spring Mentor Event
22	23	24	25	26	27
<i>*Last week of UB tutoring*</i>					
No UB Optional tutoring	No UB tutoring at Central & Creative Arts	Mandatory Tutoring: Highland/Humboldt/OWL	Mandatory Tutoring: Creative Arts Optional Tutoring & Bridge Day: Central		

Student Article: What are you looking forward to this summer?

By: Tzolquin Pinedo

Tyson - Senior from Humboldt High School

I am most excited about meeting new UB students and reconnecting with friends and staff this summer. The PSE students had a great connection last summer, so reconnecting with them all will be fun. The 2022 dorm staff were all kind and welcoming. I hope this year the staff are just as awesome. I am looking forward to being a Bridge student. Participating in an internship sounds like a great opportunity because we can build our work experiences. Overall, I'm excited to be back at St. Olaf with UB. 2022 held a lot of great memories, I look forward to making more as a Bridge student.

Chanida - Junior from Open World Learning

I am looking forward to spending time with friends and meeting new people. Last year, I was able to meet so many good people and befriend students and staff. The food was also really good last year, especially the cake I had during the summer. It was my first time getting a cake at lunch and it was the BEST cake ever. They never served it after that though, I really hope they have it again. I also enjoyed the activities UB had last year! I had so much fun and I'm so excited to see what they're gonna plan this year!

Nicolás - Sophomore from Central High School

I am excited to be on the St. Olaf College campus, away from home. I am excited to participate in all the activities after classes and attend the end-of-summer trip. I am also looking forward to seeing everyone again and being with my brother and sister, who are also in UB. I am sure that my parents will enjoy their time without us. Most of all, I'm excited to play volleyball until the sun goes down.

Meena - Freshman from Central High School

I am looking forward to going to St. Olaf College and experiencing what it's like to live there. I am pretty curious about the food, but honestly, nothing beats homemade food. Another thing I'm looking forward to is meeting new people and getting to know all the staff. Lastly, I'm looking forward to being with some of my old friends in Upward Bound from other schools. I hope to catch up with them, make new friends, and have fun together.

Hidden Objects Game: Take a few minutes to see if you can find all the items in the Farmer's Market drawing below.



Can you find these hidden objects?



TRIO PROGRAMS/UPWARD BOUND
ST. OLAF COLLEGE
1520 ST. OLAF AVENUE
NORTHFIELD, MN 55057-1098

(507) 786-3708 FAX: (507) 786-3552
(800) 827-8658
WP.STOLAF.EDU/UPWARD
WWW.MNTRIO.ORG

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