

Joquan Williams 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.

Joquan is in his last semester of college. He is taking a lighter load of classes, which includes 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 is a member of the Inter-Hall Council (IHC) committee and he was also the president of his dorm 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 all around the world from big and small cities across the country and 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 college is what he thought it would be. “I have 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 bridge class was taught by a St. Olaf Professor and it solidified the academic expectations and rigor there.

One of Joquan’s favorite memories of 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 feeling, 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!