



Find out more about  
our graduating seniors  
on pages 4-5!



UB has wrapped up  
another successful  
academic year! Read the  
highlights on page 2

ST. OLAF COLLEGE

# TRIO Upward Bound *Messenger*

May/June 2023

Volume XXXIII, Issue #6

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

*The Upward Bound  
Program was excited to  
welcome nearly 70  
students, parents, and  
guardians to the St. Olaf  
Campus for New Student  
Orientation!*

## *New Student Orientation*

*By: Tendor Norbu*

On Saturday, April 29th, Upward Bound (UB) welcomed 70 newly admitted students and their parent(s)/guardian(s) to the St. Olaf College campus for New Student Orientation. Once students and their parent(s)/guardian(s) arrived on campus, they had a light breakfast. The orientation started with a welcome and introductions, and an overview of the activities for the day. Then, students and parent(s)/guardian(s) formed teams with other families to participate in a large group energizer activity called “pickpocket.” During the activity, members of each group emptied their pockets and kept track of the total number of items that they carried that matched the items on the “pickpocket” list which included credit cards, photos, rewards cards, gum, etc. Teams had a fabulous time as they interacted with each other.

After the energizer activity, families headed to different conference rooms based on their interpretation needs for the orientation meeting. The UB sessions were offered in English, Karen, Hmong, Somali, and Spanish. In each session, the UB staff covered TRIO history, background information on TRIO programs, St. Olaf Upward Bound’s evidence of achievement data, program rules, and expectations, and the schedule for a typical day during the summer program. These sessions allowed our families and students to learn more about UB and get familiar with the expectations for their students during their time in the program.

UB organized an alumni panel where former UB students shared their experiences and how they benefited from participating in UB as they prepared for college. Next, everyone enjoyed a delicious buffet lunch at Stav Hall, the St. Olaf College cafeteria. After lunch, students and their parent(s)/guardian(s) transitioned into the campus tour led by an admissions tour guide. Students and families explored the residence halls, recreation facilities, academic buildings, and science lab so they could get acclimated to the campus and learn where students will be taking courses and living during the six-week summer residential program.

To wrap up the day, students and their parents/guardians completed evaluations and received raffle tickets for a chance to win awesome prizes like Upward Bound apparel, water bottles, mugs, and school supplies. Overall, we received a lot of positive feedback from both parent(s)/guardian(s) and students. UB would like to thank all of our interpreters, student workers, tour guides, and alumni for helping us make this event a success!

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# *Summer Planning is Well Underway!*

*By: Nou Yang*

UB staff have been working hard to plan a fun and memorable summer for all our students who will be arriving on the St Olaf campus later in June. We want to remind students of our program dates and announce things to look forward to as you plan your summer!

The summer program starts on Tuesday, June 20, 2023, for Bridge (seniors), SLC members, and new UB students. Returning UB juniors and sophomores will start the following day on Wednesday, June 21, 2023.

Over the 4th of July weekend, underclass students will go home on Thursday, June 29, for the long July 4th break. For UB seniors, Bridge Night is scheduled for Thursday, June 29, 2023, so Bridge students will stay for an evening of fun activities. UB Bridge students will return home the morning of June 30, 2023. Additionally, there will be changes to UB's typical bus pick up the week of the 4th of July – all UB students will be picked-up at 9:00 am on Wednesday, July 5, 2023.

This summer, UB is offering two Bridge courses, International Relations taught by Professor Lot and Science in World and Word taught by Professor Forstner. In International Relations, students will study the current state of international relations and examine the institutions involved in managing the affairs of states. In the Science in World and Word course, students will participate in seminars and writing workshops that emphasize audience awareness, research, and text/image relationships.

Bridge students will also complete a paid summer internship on either the St. Olaf campus or within the Northfield area, which will give them work experience in their field of interest. This year, internship locations include the Northfield Community Action Center, Cannon Pointe Chiropractic, Northfield Hospital and Clinic, the St. Olaf IT department, the St. Olaf Piper Center, and more!

UB has fun, daily, evening activities planned for this summer, including roller-skating, the movies, bowling, volunteering at Feed My Starving Children, and a plenty more. If you have any ideas, please let Nou know – of course, realistic ideas only!

Summer is just around the corner, so get ready for some fun! As always, plan on bringing a positive attitude to Upward Bound ☺ .

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## *Year at a Glance*

*By: Mari Avaloz*

As the academic year comes to an end, Upward Bound (UB) is busier than ever. Our seniors will soon graduate and the summer program will begin the following week. As the 2022-2023 academic year comes to an end, we reflect on the last nine months and appreciate every opportunity we have had this year.

Starting right away in September, UB was back in the schools, beginning our recruiting process. We also spent a significant amount of time assisting our Bridge (seniors) students with their college applications and getting our underclass students ready for another strong academic year.

In October, UB held our annual Bridge Day(s) seminars for our seniors, spending much needed time completing college applications. Another big event UB hosted was our annual FAFSA night(s) which were held via Zoom, allowing UB staff the ability to meet with students and their parent(s)/guardian(s) for an evening to complete their financial aid applications.

After winter break, and for the first time since COVID began, UB was able to host our annual Holiday Party! On MLK Jr. Day of Community Service, our SLC members volunteered at Feed My Starving Children. Our spring months included a Career Day at the Minnesota Twins, New Student Orientation at St. Olaf College, and our spring Mentor event at Como Zoo.

As the academic year winds down, we are excited to celebrate the Class of 2023 and also excited to welcome nearly 40 new students to the St. Olaf campus this summer!



# Welcome New Upward Bound Students!

Please take a few minutes to get to know the new students we are spotlighting this month and welcome them to the UB family!



Alec

## Alec - Central

Alec joined UB so he can meet new people and work on his work ethic. His favorite sport is track and field, and his favorite subject is English. Alec wants to pursue a career as a musician. He is looking forward to meeting new people in UB.

## Wayne - Humboldt

Wayne decided to join UB because he wants to learn about scholarships. His favorite sports are basketball and football. Wayne enjoys listening to Hip-Hop and R&B music. During his free time, he produces music, raps, and writes lyrics.



Wayne

## Sanna - Highland Park

Sanna decided to participate in the UB program because of the six-week summer program at St. Olaf and they already had friends in the program. Their favorite sport is badminton and Sanna enjoys listening to Scheming Weasel by Kevin MacLeod. They are looking forward to the classes they will take during the summer!

## Justina - Highland Park

Justina joined UB because as a first-generation student it will give her the opportunity to achieve great things while focusing on school and preparing for her future. She plans to pursue a career in the medical field. Justina is looking forward to the summer because she wants to meet new people and get support with getting into her dream college.



Justina

## Senior Spotlights

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

## Passion, Highland Park, Team Tzolquin

I have applied to St. Olaf College, University of St. Thomas, University of Minnesota-Twin Cities (UMTC), Carleton College, and Macalester College. I have been accepted to St. Olaf College, University of St. Thomas, and UMTC. This fall, I plan on attending UMTC. My favorite UB memory is during my first summer when we had free time after classes to talk to everyone and get to know each other. It was incredibly fun to meet new people and get to know them. One thing I will miss about UB will be the people. My happy memories of Upward Bound are thanks to all of the people around me and their positive light. This summer, I am looking forward to getting along with all the new students. I know last summer the Bridge students did not really have time to get to know us because of how busy they were with the classes, but my conversations with them were always nice, and they gave really good advice. I hope that I can do the same. An advice I would give is to not be afraid to reach out for help from Upward Bound. I struggle with mental health and tend to avoid things whenever I am struggling — I was always afraid of speaking up and explaining my situation but Upward Bound was very understanding, which made me feel not as alone.



Passion



Leng

## Leng, Central, Team Nou

I have applied to University of Minnesota-Twin Cities (UMTC), St. Olaf College, Hamline University, University of St. Thomas, Concordia University-St. Paul, Augsburg University, Metropolitan State University, and Saint Paul College. I have been accepted to all of them, and this fall, I plan on attending UMTC. My favorite UB memories would be socializing and having fun with other UB students. UB has such a friendly atmosphere and it has been fun learning about the college process. One piece of advice I would share with other UB students is that your senior year will go by very fast so make sure you make the most out of everything and stay on top of college application and scholarship deadlines.

## *Celebrating the Accomplishments of our Bridge Scholars*

On May 8, 2023, Upward Bound (UB) staff attended the graduation ceremony for six UB Bridge students who successfully earned an Associate's Degree from St. Paul College. Earning a 2-year degree before finishing high school is a huge accomplishment, and UB couldn't be happier to have witnessed these six students walk across the stage to collect their diplomas. Please join us in celebrating the following six Bridge students: Sabrina, Noname, Rooney, Hla Hla, Measee and Nin! Congratulations, to all of you!



**Noname with Tzolquin, Nou, Mari and Tendor**



**Rooney with Nou**



**Sabrina with Tzolquin, Nou, Mari and Tendor**



**Sabrina with Nou**



**Nin and Measee with Nou**



# Spring Mentor Event at Como Park

By: *Nou Yang*

This year, UB hosted its Spring Mentor event at Como Regional Park. The last time we hosted an event at Como Park was in 2018, so we were excited to have our juniors, Bridge students, and mentors enjoy the park again. It was the perfect day to be at the park, and we couldn't have asked for better weather. In total, we had 77 students and mentors join us for the day!

Our mentors arrived early to check in and patiently wait for their mentees to arrive. Once the students arrived, we had a short welcome and reviewed the agenda for the day, which included visiting the zoo and conservatory and/or playing games in the pavilion. While our students and mentors were spending time together, the UB full-time staff set up lunch. After lunch, students and mentors completed their evaluations and participated in our raffle drawing before departing the park. Students and mentors were able to win UB apparel, college lanyard, water bottles and more. Below are testimonies from UB students and mentors from the mentor event:

"I got to spend time with my mentor and discuss interests and colleges." - *Angelica, Highland*

"I got fresh air and also got to connect with my mentor and friends." - *Kue Mu, Humboldt*

"Meeting my mentor and learning about them." - *Nay, Central*

"Learned a lot about my mentee in a calm and peaceful setting." - *Kumar, UB Mentor*

"I got to know my mentee better to help me write better letters!" - *Diana, UB Mentor*

"Having the chance to connect with my mentee in person is always beneficial!" - *Miesha, UB Mentor*

We want to thank our students and mentors for making this another successful UB mentor event. We look forward to seeing our mentors for our summer mentor event on July 10th for dinner and a bonfire at St. Olaf College!



**Noemi and Mentor Diana**



**Mentor Kim with Michaela, Paw Dah, Jaya, and Summer**

## SLC Leadership Day

By: *Tzolquin Pinedo*

In April, Upward Bound (UB) Student Leadership Council (SLC) members visited the newly established Peter J. King Family Foundation Leadership Center. UB's SLC members spent the day going through a series of group-based leadership workshops and held meaningful discussions on becoming a leader.

SLC members first completed a Leadership Style Self-Assessment where they answered various questions regarding their skill sets, areas of improvement, and communication styles. Each SLC member fell into the leadership styles of Driver (commanding style), Pioneer (promoting style), Explorer (analyzing style), or Navigator (supporting style). Through this self-assessment our SLC President, Peter, learned that he has a Pioneer leadership style - meaning, he is enthusiastic, people-oriented, and provides new concepts in group settings.

Bridge SLC member, Orathai, said her favorite activity of the day was The Leadership Portal. This activity was an immersive 360-degree video experience that placed SLC members in the heart of leadership scenarios, allowing them to apply skills learned during the day. It was the perfect opportunity to reflect on what influences the decisions they make, how to collaborate with teammates, and how to effectively implement their strengths.

SLC members concluded the day by designing a Leadership Action Plan, detailing how they envision themselves five years from now and how they intend on leading. UB staff hope that SLC members enjoyed their time together and continue to advance their leadership potential.

## *Top 10 Questions (and Answers) About the St. Olaf Upward Bound Summer Program*

### **1) Is my attendance at the summer program mandatory? Why?**

Yes. When you were first admitted to the Upward Bound program, you were informed of the four-year academic and summer program commitments. You and your parent(s)/guardian(s) signed the Student Responsibilities Contract agreeing to participate fully in all Upward Bound activities.

### **2) Why is the summer program so important?**

The UB Summer Program allows you to experience “college life” and will prepare you for classes next year. You will take math, science and English classes and a variety of elective classes such as Art and Spanish. There are many social and cultural evening activities students will participate in, all provided for free. Being part of the UB summer program at St. Olaf College, students will have the opportunity to experience what college life is all about and picture themselves on a college campus.

### **3) What if I want to work?**

If you already have a job or want to work during the summer, you can do so on the weekends and after July 26<sup>th</sup> until school begins again. Ideally, we urge students not to have a job over the summer. You are still pretty young, you have approximately 50 years of work ahead of you. A temporary summer job won't help you prepare for college, but a summer with Upward Bound will.

### **4) What if I have a family vacation or other commitments during the summer program? What's up with the fourth of July?**

We urge families to take vacation in the later part of the summer so students won't miss the UB summer program. If any other conflicts arise, parent(s) or guardian(s) need to contact the director, Mari Avaloz.

The week of the 4<sup>th</sup> of July will be a little different; all UB students will have classes until Thursday afternoon before leaving for the extended July 4<sup>th</sup> weekend. Bridge students will stay back for Bridge night before leaving on Friday for their July 4<sup>th</sup> weekend. All students will return to campus on Wednesday, July 5<sup>th</sup>.

### **5) How is the Bridge summer different from the other three years?**

Bridge students (students who have just graduated from high school) will take a college class this summer. The credits earned by taking the courses taught by St. Olaf College professor Anthony Lott (Political Science) and Dan Forstner (Education) will transfer to any college they attend. Along with their college course, Bridge students will take additional courses to support their learning and will complete a summer job-shadowing experience.

### **6) What is the PSE class?**

Students who have just completed their 11<sup>th</sup> grade year will participate in the Post-Secondary Exploration class (PSE) this summer. Students will visit multiple public and private colleges across Minnesota and decide on the factors they feel are important when choosing a college.

Over the six-week period, students will write an essay to use for their college applications and create their own resume. By the end of the summer, students will have narrowed their college search and decided where they would like to apply. By the fall, as their friends are scrambling to complete college applications, UB students will be searching for scholarships and putting the finishing touches on their application.

### **7) Can I bring my large sneakers or my pet fish? Can I bring food?**

You can bring whatever you want in your dorm room (except for animals, illegal substances, and anything else listed as...), but you take responsibility for your belongings. Security at St. Olaf and the Upward Bound program is good, but sometimes items disappear (usually when someone borrows something and forgets to return it). Upward Bound is not responsible for missing items. You can also bring snacks (a UB favorite is ramen noodles!). If you don't want to bring snacks, that's okay. You will be provided with healthy and delicious meals every day at UB!

## *Top Ten Questions Continued....*

### **8) Can I make phone calls?**

Students can use their cell phones during free time in the dorm from 3-5 pm and after evening activities each day. Your parent(s)/guardian(s) will be able to contact you after 3 pm. If your parent(s)/guardian(s) need to call you during the day, they can call the director, Mari Avaloz and she will get in touch with you.

### **9) Can I drive to the summer program?**

Students are **NOT** permitted to drive their personal vehicles to the summer program. Transportation is provided to and from campus. You may leave if a parent or guardian picks you up, and if you have prior approval.

### **10) Why are there two different days for moving in?**

Each year we invite new students, Bridge, and SLC members to campus one day earlier than other returning students. We know that the first summer at UB can be a little scary, with over a 100 new faces and names to learn. SLC will plan activities for new students to get to know each other. Bridge students will meet with their Bridge leaders and TA's to review expectations and receive materials for their college course. Returning students (classes of 2024 and 2025) will move in on the morning of June 21st. There will still be the rules, role-plays, and other favorites on the first day that all students are on campus!

## *Congratulations Bridge Class of 2023!*

The Upward Bound Bridge Class of 2023 has worked hard to complete their academic work and college application process. Their hard work has paid off and students have graduated from high school, some have earned an Associate's degree, and all have been accepted to a post-secondary institution! Below is the Class of 2023 and the school they will be attending in the fall.

Sabrina Ahmed : St. Olaf College

Chia Chang : University of Minnesota - Twin Cities

Measee Da : University of Minnesota - Twin Cities

Calvin Defoster : St. Olaf College

Rooney Freddieson : St. Olaf College

Farai Halle : University of Southern California

Orathai Hang : University of Minnesota - Duluth

Blake Isik : University of St. Thomas

Ayane Jarso : St. Olaf College

Hser Loo : Century College

Hla Hla Myint : University of Minnesota - Twin Cities

Peter Nguyen : Loyola University - Chicago

Omar Omar : University of Minnesota - Duluth

Favor Osuorji : University of St. Thomas

Mi Paw : St. Olaf College

Tyson Pope : St. Olaf College

Mariana Preciado Sanchez : University of Minnesota - Twin Cities

William Ratliff : Saint Paul College

Kue Mu Say : Bethel University

Frida Solano-Vega : St. Catherine University

Leng Thao : University of Minnesota - Twin Cities

Jude Tong : Winona State University

Mary Vang : St. Olaf College

Nin Nei : University of Minnesota - Twin Cities

Kris Xiong : St. Olaf College

Passion Xiong : University of Minnesota - Twin Cities

Thomas Xiong : St. Olaf College

Cassandra Ya : Dougherty Family College

Noname Yang : Saint Paul College

Zolly Yang : St. Catherine University

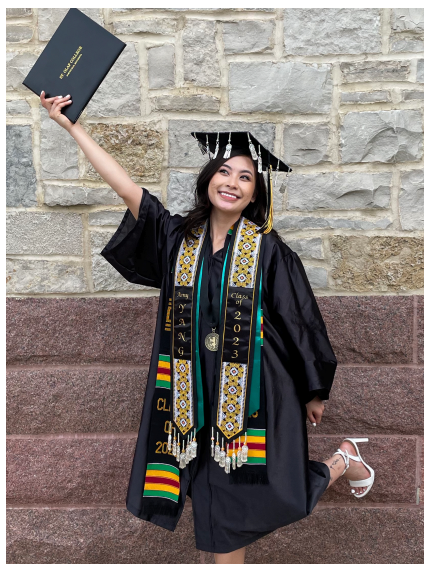




# St. Olaf UB Celebrates its Alumni

By: Mari Avaloz

We are excited to highlight the recent accomplishments of seven program alumni. Each former UB student received their bachelor's degree from St. Olaf College on Sunday, May 31, 2023. Although UB does not recruit for St. Olaf College, we feel honored to have had the opportunity to witness these students grow throughout their time on the hill. Not only does UB wish these seven (Amy, Gkao, Kalia, Joquan, Lilah, Tosin, and Soua) a huge congratulations, but we also want to congratulate the entire class of 2023! Please enjoy some of the graduation pictures we captured at this year's St. Olaf commencement.



**Amy**



**Tosin and family**



**Joquan with Mari and Kim**



**Soua with Kim and Mari**



**Lilah with Kim and Mari**



**Lilah, Gkao, and Tosin**

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## A Special Thank You!

The Upward Bound program (UB) would like to say “thank you” to all the administrators, faculty and support staff of Central, Humboldt, Open World Learning, Creative Arts Secondary and Highland Park High School. We truly appreciate all the work you do to help our program run smoothly!

Also, we would like to thank St. Olaf College, our community supporters/partners, and most importantly, our TRIO/Upward Bound students and families. You all make our jobs worthwhile and we couldn't do it without you!

If you are not a UB student or staff member, have a great summer and we will see you in the fall. If you are a UB student or staff member, we will see you in a few weeks!

Sincerely,  
Your St. Olaf College TRIO/Upward Bound Staff

# 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	<b>UB Week #1, All seniors, SLC members, and New students move-in</b>
Wednesday, June 21	<b>All sophomores and juniors move-in</b>
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	<b>UB undergraduates go home for a long weekend. Bridge Night.</b>
Wednesday, July 5	<b>UB Week #3, Students picked up at 9 am after holiday break</b>
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	<b>Last Day of UB Residential Summer Program</b>
Thursday, July 27 - Friday, July 28	<b>UB Bonus Overnight Trip!*</b>

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

## UPCOMING EVENTS

### HIGHLAND PARK GRADUATION

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

### CREATIVE ARTS

Monday, June 12, 2023 | 6:00 p.m.  
Creative Arts Auditorium

### CENTRAL GRADUATION

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

### HUMBOLDT GRADUATION

Tuesday, June 13, 2023 | 5:30 p.m.  
O'Shaughnessy Auditorium - St. Kate's

### OPEN WORLD LEARNING GRADUATION

Tuesday, June 13, 2023 | 7:30 p.m.  
O'Shaughnessy Auditorium - St. Kate's

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*The St. Olaf College TRIO Upward Bound Messenger is published monthly September-May, except for combined editions in August/September, November/December, and April/May. Editors reserve the right to add, change or delete articles for spacing and clarity. All inquiries should be addressed to Mari Avaloz, Director of St. Olaf Upward Bound, St. Olaf College, 1520 St. Olaf*