



CHECK OUT THE FALL  
ANNOUNCEMENTS AND  
REMINDERS ON PAGES 6  
AND 7!



READ ABOUT THE SUMMER  
MENTORING PROGRAM  
EVENT ON PAGE 2!

ST. OLAF COLLEGE

# TRIO Upward Bound *Messenger*

Fall 2025

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

## UB Summer 2025 Recap

*By: Zookong Lee*

The St. Olaf TRIO Upward Bound (UB) program returned to the Hill for a successful 2025 Summer Residential Program. This summer was a bit different from previous years, as we revamped the program for the first time. The residential portion was shortened to four weeks for underclass students and five weeks for our 20 first-year college students. For the sixth and final week, 50 UB underclass students went on a four-day trip to Chicago. We hosted a total of 123 UB students on campus this summer, and here are a few highlights from their time with us.

During the four-week program, UB students enrolled in a variety of college-preparatory and elective courses. Offerings included STEM Academy, Thai, Psychology,



Coding, Video Production, and Creative Writing. Students also participated in fun and engaging clubs every Friday morning, such as Self-Care, Comedy, Game & Trivia, Fitness Fridays, Anime, and Cinema.

The rising seniors (Class of 2026) got a head start on their post-secondary plans. Through the Post-Secondary Exploration (PSE) course, they visited six colleges, including Gustavus, St. Olaf, Carleton, and the University of Minnesota Twin Cities. They also began working on their college essays and building their resumes, putting them ahead of the curve as they begin their fall classes.

Twenty students from the UB Class of 2025 participated in our Summer Bridge Program. They took the Science in World and Word course taught by Professor Dan Forstner, and completed a week-long internship on or off campus to explore different career fields. To wrap up their internships, the Bridge students held a poster presentation to share their experiences with the St. Olaf community. We are so proud of all their hard work!

In addition to academics, students enjoyed various evening activities. These included trips to Skateville, bowling at Flaherty's, Grand Slam, and Valleyfair, as well as a bonfire night. Skateville and Valleyfair were big hits. When asked about her favorite activity, current UB student Mu Wah said, "My favorite activities this summer were Skateville and Valleyfair. This summer was the first time I ever got to skate, and it was fun even though I fell. Valleyfair was also fun because we got to go on rides and everything was free!"

The final week of the summer program was capped off with a four-day trip to Chicago for 50 students. The adventure began with a stop for lunch in Wisconsin

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Dells before arriving at our downtown hotel. After settling in, students and staff explored Millennium Park.

On the second day, students visited the University of Notre Dame for a campus tour and admissions session before spending the evening at Navy Pier, where they rode the Centennial Wheel. The third day was action-packed, featuring a Chicago Cubs game, dinner at a local pizza restaurant, and a boat tour and fireworks at Navy Pier. The group then returned to the Twin Cities the next day.

A big shout-out and thank you to all the students and summer staff for making this such a successful and memorable summer! We can't wait to do it all again next year.

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## *UB Summer Mentor Event at Grand Slam*

*By: Aye Bra Tha*

UB wrapped up the 2024-2025 Mentor Program this year on Monday, June 30, 2025, with a trip to Grand Slam in Burnsville, Minnesota. Upon arrival, UB staff welcomed mentors, shortly after, students arrived, and each mentor and student received a wristband for unlimited access to Laser Tag, Mini Golf, the Play Zone, X-treme Trampoline, and Krazy Kars. Everyone was excited to see each other again, as they had not seen each other since the spring mentor event in May.

This gathering marked the final meeting between our graduating senior students and their mentors. During the first hour of the evening, they shared their plans for the upcoming fall and expressed gratitude for the guidance and support their mentors provided them over the last two years. Following this, our rising junior students met with their UB mentor to spend time getting to know one another.

This event was a great success with 179 students, staff, and mentors in attendance! Zoey, a senior from Humboldt, commented, "The best part was laser tag. I got to be around younger UB students I haven't met before." When Nifemi from Highland Park was asked about the benefits of the summer mentor event, she shared, "We got to have very meaningful conversations that made us learn a lot about each other, and we explored a lot of our interests and shared a lot of humor together." Lastly, Amani, a rising junior from Humboldt, shared, "It was beneficial to me because I got to meet my mentor for the first time, and we got to know a bit about each other, and it helped improve my talking skills".

We thank our mentors and students for making the successful event! The next mentor event will be held on Saturday, November 8, 2025. Please mark your calendars and look out for more information from Aye Bra!



Abril, Montse, and Amani hanging out with residential staff Ana!



Liya and Zarina playing laser tag with residential staff Malikiah, Ankur, and Oindrela.



# Student Leadership Council Updates

By: Tzolquin Pinedo

The TRIO Upward Bound Student Leadership Council (SLC) had another rewarding summer on The Hill. Months before arriving on the St. Olaf campus, SLC students began planning for this year's summer program. They met to decide activities, residence hall themes, and ways to promote the Bridge Scholarship initiative. After considering various theme ideas, the UB Summer Program 2025 theme was... Pokemon!

All SLC members arrived a day before their peers to give a warm welcome to all the new students in the UB Classes of 2028, 2027, and 2026! On the night of their arrival, SLC members facilitated a variety of large and small group activities for the incoming students. Activities like Human Bingo allowed students to learn about one another, and small-group icebreaker activities encouraged them to share their worries and excitement about their first summer program. SLC members even started sharing about the UB scholarship initiative!



During the academic year and summer program, SLC members worked hard to fundraise for the UB Student Leadership Council Scholarship through the SLC Snack Store. This year, SLC was able to award three scholarships totaling to \$1,000. Scholarship recipients are selected for their contributions to the UB community, serving as role models to their peers, and embodying UB values. This year, Nicolas (Central), Paw Eh Moo Taw (Humboldt), and Tin (Humboldt) were awarded a scholarship that will be used towards any educational expenses!

The summertime is also when SLC elections are held! Students running to be part of the council gave speeches, created flyers, and even rapped their reasons for wanting to serve on the council. UB students voted, and the results are in! We are excited to introduce the newest members to the council: Julianne Y. (Central), Faith (Creative Arts), Carmane (Creative Arts), Devine (Central), Dahlia (Highland Park), Marry (Humboldt), and Ireane (Open World Learning).

Here is the 2025-2026 Student Leadership Council! We look forward to all of the amazing things they will come up with to improve Upward Bound and grow as leaders. Here's to another great year!

Student Leadership Council 2025 - 2026

Creative Arts Secondary School	Central Senior High School	Highland Park High School	Humboldt High School	Open World Learning
Yuri (MAL)* Faith Carmane	Julianne Y. Victor (Treasurer) Devine	Nifemi Montse (Secretary) Dahlia	Julianne V. (President) Malt (VP)* Marry Moo	Sir Nakhai Carlos Ireane

\* MAL - Member-at-Large, VP - Vice President

## SLC Meetings & Important Dates

The Student Leadership Council (SLC) members attend monthly meetings during their mandatory tutoring sessions. SLC meetings will be held on the following dates for the 2025 - 2026 academic year.

### SLC Meeting Dates 2025 -2026

- October 6th - 9th, 2025
- November 3rd - 6th, 2025
- December 1st - 4th, 2025
- January 5th - 8th, 2026
- February 2nd - 5th, 2026
- March 2nd - 5th, 2026
- April 13th - 16th, 2026
- May 4th - 7th, 2026

# Upward Bound Calendar

## September/October 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
September 15	16	17	18	19	20
Mandatory Tutoring: Creative Arts  Optional Tutoring: Central & Humboldt	Mandatory Tutoring: Highland Park	Mandatory Tutoring: Humboldt & OWL	Mandatory Tutoring: Central		
22	23	24	25	26	27
Mandatory Tutoring: Creative Arts  Optional Tutoring: Central & Humboldt	<b>NO SCHOOL</b>  <b>Bridge Day I</b>	Mandatory Tutoring: Humboldt & OWL	Mandatory Tutoring: Central		<b>SLC Retreat</b>
29	30	October 1	2	3	4
Mandatory Tutoring: Creative Arts  Optional Tutoring: Central & Humboldt	Mandatory Tutoring: Highland Park	Mandatory Tutoring: Humboldt & OWL	<b>NO SCHOOL</b>  <b>ACT Practice Test</b>		
6	7	8	9	9	11
Mandatory Tutoring: Creative Arts  Optional Tutoring: Central & Humboldt	Mandatory Tutoring: Highland Park	Mandatory Tutoring: Humboldt & OWL	Mandatory Tutoring: Central		
13	14	15	16	17	18
Mandatory Tutoring: Creative Arts  Optional Tutoring: Central & Humboldt	Mandatory Tutoring: Highland Park	Mandatory Tutoring: Humboldt & OWL	<b>NO SCHOOL</b>  <b>Bridge Day II</b>	<b>NO SCHOOL</b>  <b>Bridge Day III</b>	
20	21	22	23	24	25
Mandatory Tutoring: Creative Arts  Optional Tutoring: Central & Humboldt	Mandatory Tutoring: Highland Park	Mandatory Tutoring: Humboldt & OWL	Mandatory Tutoring: Central		<b>National ACT Test</b>
27	28	29	30	31	1
Mandatory Tutoring: Creative Arts  Optional Tutoring: Central & Humboldt	Mandatory Tutoring: Highland Park	Mandatory Tutoring: Humboldt & OWL	Mandatory Tutoring: Central		

# *Upward Bound Calendar continued...*

<i>November/December 2025</i>					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
November 3	4	5	6	7	8
Mandatory Tutoring: Creative Arts  Optional Tutoring: Central & Humboldt	Mandatory Tutoring: Highland Park	Mandatory Tutoring: Humboldt & OWL	Mandatory Tutoring: Central	<b>NO SCHOOL</b>  <b>Sophomore Insight Day 1</b>	<b>Fall Mentor Event</b>
10	11	12	13	14	15
Mandatory Tutoring: Creative Arts  Optional Tutoring: Central & Humboldt	Mandatory Tutoring: Highland Park	Mandatory Tutoring: Humboldt & OWL	Mandatory Tutoring: Central		
17	18	19	20	21	22
<b>NO TUTORING</b>  <b>UB Staff attending TRIO Conference</b>					
24	25	26	27	28	29
Mandatory Tutoring: Creative Arts  Optional Tutoring: Central & Humboldt	Mandatory Tutoring: Highland Park	Mandatory Tutoring: Humboldt & OWL	<b>NO SCHOOL</b>  <b>Thanksgiving Break!</b>	<b>NO SCHOOL</b>  <b>Thanksgiving Break!</b>	
December 1	2	3	4	5	6
Mandatory Tutoring: Creative Arts  Optional Tutoring: Central & Humboldt	Mandatory Tutoring: Highland Park	Mandatory Tutoring: Humboldt & OWL	Mandatory Tutoring: Central		
8	9	10	11	12	13
Mandatory Tutoring: Creative Arts  Optional Tutoring: Central & Humboldt	Mandatory Tutoring: Highland Park	Mandatory Tutoring: Humboldt & OWL	Mandatory Tutoring: Central		<b>UB Holiday Party</b>
15	16	17	18	19	20
<b>NO UB TUTORING</b>					

## *Fall Reminders and Announcements*

### *Interim Director Notes: Nou Yang*

*We are happy to share that Mari, the director of UB, is in her second year of the Bush Fellowship program and is currently out on sabbatical until November. We are continuing all regular programming and services in our schools and look forward to another great academic year with our students, families, and school partners.*

*UB is pleased to be back in the schools four days a week to offer support and assistance. Please see below when and where you can catch UB staff in action.*

#### **Humboldt**

UB will be at Humboldt on Mondays from 9:00 a.m. to 2:30 p.m. and Wednesdays from 9:00 a.m. to 5:00 p.m. We are no longer offering optional after-school tutoring on Mondays, but the UB advisors will be at the school during the day to work and support students in room 3214. Mandatory tutoring is offered on Wednesdays from 3:00 to 5:00 pm in room 3211. Tutoring sessions on Wednesdays are for Humboldt and OWL students. *Important note for all Humboldt seniors: You are required to attend UB tutoring for two hours on Wednesday.*

#### **Central**

UB will be at Central on Mondays from 9:00 a.m. to 2:30 p.m. and Thursdays from 9:00 a.m. to 5:00 p.m. We are no longer offering optional after-school tutoring on Mondays, but the UB advisors will be at the school during the day to work and support students in room 1312. Mandatory tutoring will be held in the library on Thursdays from 3:00 to 5:00 pm. *Important note for seniors: You are required to attend UB tutoring for two hours on Thursday.*

#### **Creative Arts**

UB will be at Creative Arts on Tuesdays from 9:00 am to 5:00 pm. Our office is located on the eighth floor, room 8114. UB will hold mandatory tutoring in the library on Tuesdays from 3:00 to 5:00 pm. *Important note for seniors: You are required to attend tutorial sessions for two hours on Tuesday.*

#### **Open World Learning (OWL)**

UB will be at OWL on Wednesdays from 9:00 am to 3:00 pm. Our office is located in room 3205. All OWL students are required to attend mandatory tutoring on Wednesdays at Humboldt in room 3211 from 3:00 to 5:00 pm. *Important note for all OWL seniors: You are required to attend UB tutoring for two hours on Wednesday.*

#### **Highland Park**

UB will be at Highland Park on Tuesdays from 9:00 am to 5:00 pm and can be found in the CCRC. Mandatory tutoring will be held on Tuesdays from 3:00 to 5:00 pm in the library. *Important note for seniors: You are required to attend tutorial sessions for two hours on Tuesday.*

#### **Seniors**

It is mandatory that you attend UB tutoring for two hours each week. During tutoring, you will dedicate one hour to work on resumes, essays, and college applications! The other hour can be focused on academic school work, or you can continue working on your college materials. Seniors are more than welcome to work with their advisors during the day at Humboldt and Central on Mondays from 9:00 am to 2:30 pm and attend other tutoring days if they are a Post-Secondary Enrollment Option (PSEO) student; however, they must coordinate with their Bridge advisor.

#### **Phone Calls**

Remember, you can call your UB advisor if you have any questions or concerns. You can also call Nou at 507-786-3707.

#### **Advising**

Students must meet with their UB advisor each month to complete their advising meeting and review their academic progress! Each student is assigned to one UB Advisor for the year. Each school is assigned a primary Advisor: Nou at Humboldt, Aye Bra at Creative Arts and OWL, Tendor at Highland Park, and Tzolquin will be at Central. Zookong will advise students from both Humboldt and Central.

*Fall Events and Announcements Continued on Next Page...*

**Mentoring**

Similar to last year, mentoring will be a huge focus for our program! UB is excited to continue to set deadlines for letter writing and expects each of you to attend ALL mentoring events this year! Remember, you will not earn your monthly stipend unless you write to your mentor each month! Our first mentor event will be held on Saturday, November 8th, so mark this date in your planners!

**Extracurricular Activities**

If you are involved in extracurricular activities, we still need to see you ONCE a week! You can check in during advisory, lunch, or a free period (TA hour, etc.). You must ensure that you pick up an extracurricular form for your coach/advisor to sign and complete each month until the end of your extracurricular activity.

**All Students**

Remember, you are required to attend tutoring for at least one hour on your required tutoring day. Students are also encouraged to attend our virtual study hall sessions via Zoom. This year, we are offering virtual study hall sessions on Mondays from 6:00 to 8:00 pm. Stay tuned for more information regarding our virtual options.

Mandatory Days for ALL UB Students			
Monday	Tuesday	Wednesday	Thursday
Creative Arts	Highland	Humboldt/OWL	Central

We look forward to another terrific year! Make sure to prioritize school; it will pay off once you start looking for colleges.

*Mentor Spotlight: Noah Grant*

*By: Aye Bra Tha*

As we begin the 2025-2026 academic year, we would like to introduce Noah Grant for our first Fall Mentor Spotlight. This is Noah's first year mentoring for UB, and we are excited to welcome him to the UB Mentor Program.

Noah grew up in a small town called Chatfield, southeast of Minnesota, about 25 miles from Rochester, with two older brothers and a younger sister. He shares, "We were very involved growing up and did activities like basketball, baseball, band, and 4-H. Education was a priority as there were several teachers in my family, including my Mom, who taught preschool." During his free time, he enjoys playing basketball, board games, reading, hiking, canoeing, and camping.

After high school, Noah attended the University of Wisconsin-Lacrosse to pursue his bachelor's degree, majoring in Social Studies Education. Afterward, he received his master's degree in Trauma and Resilience in Education from Concordia University-St. Paul. Currently, Noah is working as an Upward Bound Advisor at Normandale Community College, where he works with students from Richfield High School and Minneapolis Southwest High School. Noah's future goal is to continue to work to make a positive impact in his community and eventually have a family.

When asked why he wanted to become a UB mentor, Noah stated, "I chose to be a mentor for Upward Bound because it is a great program. I was unfamiliar with UB growing up, but since I started work here, I have found it so energizing to work with the students and incredible community, so this was a great way to give back." One piece of advice Noah likes to share with UB students is to try new things and put themselves out there! He shares, "You never know what might interest you or where your path might lead, but if you keep searching and exploring, you will find what's meant for you. And you might even discover who you want to be in the process!"

A fun fact about Noah: In the summer of 2024, he was a field instructor for Voyageur Outward Bound School. He took a group of Upward Bound students from the Twin Cities on a week-long canoeing/camping trip, and left the trip knowing he wanted to become an Upward Bound Advisor!

We would like to thank Noah for taking the time to share his story and for being a UB mentor!





# Bridge 101: Do Not Give In To Senioritis

By: Tendor Norbu

## **Congratulations UB Class of 2026!**

Seniors, your final year of high school is here. Graduation may feel far away, but it will arrive before you know it. It is important to stay focused on your schoolwork and college applications. You already gained an early start by visiting multiple campuses and beginning your essays and resumes during the summer. Now it is time to keep building on that momentum.

This year, we will host Bridge Days I, II, and III on September 23, October 16, and October 17. These days will give you the opportunity to polish and finalize your essays and resumes and begin the process of submitting your college applications.

## **Watch Out for Senioritis**

Senior year is exciting, but it also brings the challenge of senioritis. Senioritis, also known as the senior slump, occurs when students lose motivation and devote more energy to social life or distractions than to their schoolwork. If it goes too far, grades can suffer, which may impact your admission decisions or scholarship opportunities. Colleges review final transcripts, and a drop in grades can put your future plans at risk. In some cases, even your admission to a college could be denied.

## **Tips for Staying on Track**

### **Prioritize Your Health**

- ✦ Get enough sleep and eat well.
- ✦ Take breaks to walk, stretch, or engage in other physical activities during the day.
- ✦ Try short mindfulness exercises or spend time outdoors to manage stress.

### **Set Manageable Goals**

- ✦ Break the school year into smaller steps.
- ✦ Set mini-deadlines, such as completing assignments on time, revising essays early, or submitting applications ahead of schedule.
- ✦ Celebrate your progress along the way.

### **Stay Organized and Proactive**

- ✦ Utilize your resources by joining Zoom tutoring sessions, attending in-person tutoring, and connecting with your UB advisors.
- ✦ Keep a calendar with test dates, project deadlines, and application due dates.
- ✦ Prepare early so you have time to do your best work without added stress.

Seniors, you have worked hard to get to this point. The finish line is within sight, and this year is your chance to finish strong. Stay focused, take care of yourself, and continue to build on the foundation you've created. Your UB advisors are here to support you every step of the way.



The UB Class of 2026 during the 2025 UB summer banquet.



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## UB Events for 2025 - 2026 by Grade

Please mark your calendars for UB events happening this year. Just a friendly reminder that all UB events are **mandatory**!

### **Mandatory UB Events for SLC**

- \* Saturday, September 27 - SLC Retreat
- \* Saturday, December 13 - UB Holiday Party
- \* Monday, January 19 - MLK Jr. Day of Service

**Sunday, June 21 - Thursday July 23**

**UB Summer Program 2026**

### **Mandatory UB Events for Sophomores**

- \* Friday, November 7 - Sophomore Insight Day I
- \* Saturday, December 13 - UB Holiday Party
- \* Friday, January 30 - Study Skills Seminar
- \* Monday, February 16 - Sophomore Insight Day II
- \* Friday, March 20 - Career Day

**Monday, June 22 - Thursday July 23**

**UB Summer Program 2026**

### **Mandatory UB Events for Juniors**

- \* Thursday, October 2 - ACT Pre-Test
- \* Saturday, November 8 - Fall Mentor Event
- \* Saturday, December 13 - UB Holiday Party
- \* Saturday, February 21 - ACT Prep
- \* Friday, March 20 - Career Day
- \* Saturday, May 16 - Spring Mentor Event

**Monday, June 22 - Thursday, July 23**

**UB Summer Program 2026**

### **Mandatory UB Events for Seniors**

- \* Tuesday, September 23 - Bridge Day I
- \* Thursday, October 16 - Bridge Day II
- \* Friday, October 17 - Bridge Day III
- \* Saturday, November 8 - Fall Mentor Event
- \* Saturday, December 13 - UB Holiday Party
- \* Monday, January 12 - Virtual FAFSA Night #1
- \* Wednesday, January 28 - Virtual FAFSA Night #2
- \* Monday, February 16 - Virtual FAFSA Afternoon #3
- \* Saturday, May 16 - Spring Mentor Event

**Sunday, June 21 - Thursday, July 23**

**UB Summer Program 2026**

## September, October, November & December Birthdays!

- \* Crystal - September 2
- \* Mohamed - September 4
- \* Alan - September 6
- \* Plae - September 6
- \* Akina - September 12
- \* Briany - September 14
- \* London - September 19
- \* Ebenezer - September 21
- \* Dylan - September 23
- \* Ciasiab - September 26
- \* Sir Nakhai - September 28
- \* Brandon - October 1

- \* Linda - October 2
- \* Moo Na - October 8
- \* Jade - October 14
- \* Mu - October 14
- \* Jooney - October 21
- \* Henry - October 23
- \* Malt - October 26
- \* Amanda - November 4
- \* Ayan - November 5
- \* Wilson - November 7
- \* Cayden - November 14
- \* Moe - November 22

- \* Tina - November 30
- \* Shouayee - December 1
- \* Banyan - December 11
- \* Zarina - December 14
- \* Elena - December 15
- \* Fatumata - December 17
- \* Brianna - December 18
- \* Bu - December 20
- \* Makayla - December 23
- \* Nora - December 23
- \* Dien - December 24
- \* William Htoo. - December 26

## *Meet the UB Tutors*

Upward Bound is excited to offer virtual and in-person after-school tutoring sessions to assist students with homework and help them achieve their academic goals! Tutors are hired from St. Olaf College to provide additional academic support to students. Please take a moment to learn more about the St. Olaf in-person and/or virtual tutors who are helping UB students this semester!



Brekken is an in-person tutor at Humboldt High School/Open World Learning this fall. He is currently a senior at St. Olaf College.

- ✦ **Major:** English and Education with a concentration in Race and Ethnic Studies
- ✦ **Tutoring Strengths:** English, Social Studies, some Spanish, and math
- ✦ **Fun Fact:** Brekken is a massive fan of Formula 1 racing!



Ana is an in-person tutor at Central High School this semester. She is currently a junior at St. Olaf College.

- ✦ **Major:** Spanish with a concentration in Statistics and Data Science
- ✦ **Tutoring Strengths:** English and some math
- ✦ **Fun Fact:** Ana likes collecting physical media and going to vintage stores!



Christina is a virtual tutor on Mondays. She is an alumna of the TRIO Upward Bound program and is currently a sophomore at St. Olaf College.

- ✦ **Major:** Math and Education
- ✦ **Tutoring Strengths:** Math and English
- ✦ **Fun Fact:** Christina likes to go hiking and camping!



Emily is an in-person tutor at Central High School this fall. She is currently a junior at St. Olaf College.

- ✦ **Major:** Social Studies Education with a concentration in Environmental Studies
- ✦ **Tutoring Strengths:** English, social studies, and writing
- ✦ **Fun Fact:** Emily's favorite sports are badminton and soccer!



Paw Eh Ku Moo is an in-person tutor at Humboldt High School/Open World Learning this semester. She is an alumna of the TRIO Upward Bound program currently a freshman at St. Olaf College.

- ✦ **Major:** Psychology and Theater
- ✦ **Tutoring Strengths:** Math



Richer is an in-person tutor at Humboldt High School/Open World Learning and a virtual tutor on Mondays this semester. She is an alumna of the TRIO Upward Bound program and is currently a senior at St. Olaf.

- ✦ **Major:** Race and Ethnic Studies with a Family Studies concentration
- ✦ **Tutoring Strengths:** Math and social studies
- ✦ **Fun Fact:** Richer likes photography!

## *UB Events for 2025-2026*

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*Please see the complete list of events for the 2025-2026 academic year. All events or pick-up locations will be held at either St. Paul Central or Humboldt High School.*

### **September**

- \* Tuesday, September 23, 2025: Bridge Day I, 9:00 am - 4:00 pm, required for all senior Bridge students
- \* Saturday, September 27, 2025: SLC Fall Retreat, required for all SLC members

### **October**

- \* Thursday, October 2, 2025: ACT Pre-Test, required for all junior students
- \* Thursday, October 16, 2025: Bridge Day II, 9:00 am - 4:00 pm, required for all senior Bridge students
- \* Friday, October 17, 2025: Bridge Day III, 9:00 am - 1:30 pm, required for all senior Bridge students

### **November**

- \* Friday, November 7, 2025: Sophomore Insight Day #1, required for all UB sophomores
- \* Saturday, November 8, 2025: Fall Mentor Event, required for all UB juniors and seniors

### **December**

- \* Saturday, December 13, 2025: SLC Holiday Gathering, required fun for all UB students

### **January**

- \* Monday, January 12, 2026: Virtual FAFSA Event #1, 6:00 - 9:00 pm \*
- \* Monday, January 20, 2026: SLC Community Service Day, required for all SLC students
- \* Wednesday, January 28, 2026: Virtual FAFSA Event #2, 6:00 - 9:00 pm \*
- \* Friday, January 30, 2026: Study Skills, required for all new students and UB sophomores

### **February**

- \* Monday, February 16, 2026: Sophomore Insight Day #2, required for all UB sophomores
- \* Monday, February 16, 2026: Virtual FAFSA Event #3, 1:00 - 4:00 pm \*
- \* Saturday, February 21, 2026: ACT Prep, required for all UB juniors

*\*FAFSA Events Requirement: UB senior students and their parent(s)/guardian(s) will have the opportunity to select from one of our 1.5-hour virtual appointment slots, where they will meet with UB staff to complete the FAFSA. Time slot offerings and additional information will be provided as the date nears.*

### **March**

- \* Friday, March 20, 2026: Career Day, required for all UB sophomores and juniors

### **April**

- \* Saturday, April 25, 2026: New Student Orientation at St. Olaf College, required for all new students and parent(s)/guardian(s)

### **May**

- \* Saturday, May 16, 2026: Spring Mentor Event, required for all UB juniors and seniors

### **June - July**

- \* Sunday, June 21, 2026: First day of the UB Summer Program, required start date for all new students, seniors, and SLC members
- \* Monday, June 22, 2026: First day of the UB Summer Program for UB sophomores and juniors
- \* Thursday, July 23, 2026: Last day on campus for all UB students
- \* July 28- 30, 2026: UB Bonus Trip for all UB underclass students with perfect attendance and good behavior




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  
WP.STOLAF.EDU/TRIO  
WWW.MNTRIO.SQUARESPACE.COM

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Program Staff

Mari Avaloz, Director

Nou Yang, Associate Director

Zookong Lee, Senior Academic Advisor

Tendor Norbu, Senior Academic Advisor

Tzolquin Pineo, Senior Academic Advisor

Aye Bra Tha, Senior Academic Advisor

Newsletter Staff

Zookong Lee, Layout and Design

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