

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*

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UB Summer 2026 Recap

By: Tzolquin Pinedo



The St. Olaf TRIO Upward Bound Program had another successful summer on The Hill! In June and July, the UB team welcomed more than 120 students for this year's 2026 program. This summer brought new experiences and memories for all UB students. Unlike in past years, UB students lived in a new residence hall, Ellingson Hall, participated in new evening activities, brought back the PSE College Overnight Trip for juniors, and so much more!

Students were able to register for a variety of revamped and new classes, especially STEM courses! This year, some of the classes offered were Animal Science, Game Theory, Art in Nature, Design & Publication Studio, Fun with Functions, UB Robo Lab, and many more! As always, UB summer courses offer hands-on learning, allowing students to explore the environments around them and use technology like robots in courses such as UB Robo Lab!

After classes, UB students were able to have new experiences through the various evening activities! Some of the activities included going to Windywillow Farm in Northfield, where students were able to complete a corn maze and go into farm animal enclosures. We welcomed Tina from Sweet Spot Bake Shop as a guest baker to host a cake-decorating competition during our Sunday Night group activities. Another summer favorite is the end-of-summer UB Banquet, where students celebrate their accomplishments and dance the night away with the entire UB program.

UB seniors, namely Bridge students, participated in Science in World and Word taught by Professor Dan Forstner and other supplemental courses to support them in their transition from high school to college. All students participated in summer job shadowing experiences at St. Olaf, Carleton, and local organizations to gain experience in a field of their interest. The Bridge students had their own Bridge Night where they got to be together as a cohort one last time before going on their separate ways in the fall. Students had an amazing time exploring the Mall of America and staying at the Great Wolf Lodge!

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The rising seniors participated in the Postsecondary Exploration course, visiting several colleges across Minnesota. This year, the PSE class had a special overnight stay at the College of St. Benedict and St. John's. It was a fun bonding experience as they stayed in an air-conditioned residence hall and enjoyed dining, including unlimited ice cream! PSE student Fatumata's favorite part of her PSE summer was "getting started on the college essay and resume because if it wasn't for PSE, I would not have completed either of them."

At the end of the summer, we took more than 80 students on an out-of-state trip. This year, UB students went to Wisconsin Dells for a two-night, three-day stay where they not only got to stay at Mt. Olympus but also toured two colleges in Wisconsin. Students toured the University of Wisconsin, Eau Claire, and the University of Wisconsin, River Falls, where they learned about different programs like TRIO SSS and explored different campuses. It was great to see different students connecting with campus life and considering applying in the future.

The Upward Bound team would like to thank everyone who made this summer possible. It's with the support of teachers, assistants, residential staff, and all students that the Summer program is a success!

UB Summer Mentor Event at St. Olaf College

By: Aye Bra Tha

This year's Summer Mentor Event took place at St. Olaf College on Wednesday, July 8th. The evening featured a variety of fun activities, including Trivia, The Price Is Right, 5 Second Rule, Kahoot, board games, and bracelet-making. Mentors and mentees rotated through each activity and game. Each game lasted 25 minutes, with a 5-minute break in between. Throughout the event, UB offered some light snacks for everyone.

For many graduating seniors and their mentors, this gathering was their last meeting together. They spent the evening catching up, talking about their plans for the fall, and expressing gratitude for the support and guidance mentors had given them over the past two years.

The event was a huge success, with 76 students, staff, and mentors in attendance. Many said their favorite part was joining the team competition games with other mentors and students. They also found the event helpful because it gave them more time to bond with their mentors before leaving the program. Vai, one of the mentors, shared that he got a lot of laughs and brain activity, plus playing games with his mentees was very fun. It allowed them to think and work together.

We want to thank you our mentors and students for making the event so enjoyable! The next mentor event is scheduled for Saturday, November 7, 2026. Please mark your calendars and watch out for more updates from Aye Bra.



Say driving William, Ryan, and Goldberg at Valleyfair!



UB Students enjoying a night out at the Saints' baseball game!

Student Leadership Council Updates

By: Aye Bra Tha



The TRIO Upward Bound Student Leadership Council (SLC) had another rewarding summer on The Hill. Before the UB 2026 summer program, SLC members met to plan the first night's group activities, choose a residence hall theme, and brainstorm ideas to promote the Bridge Scholarship initiative. After looking at several theme suggestions, the theme for the UB Summer Program 2026 was... Peanuts!

To warmly welcome the UB classes of 2029, the SLC members had arrived a day early and conducted a variety of large and small group activities for new students that evening. SLC Members organized small-group icebreakers to help the students get to know one another and gave them an opportunity to discuss their concerns and their excitement about their first summer program.

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 four scholarships totaling $1,250. Scholarship recipients are selected for their contributions to the UB community, serving as role model to their peers, embodying UB values, and keeping an SP attitude! This year, Julianne (Humboldt), KouBee (Tartan), Nifemi (Highland Park), and Yuuri (Central) were awarded a scholarship that they will used towards their educational expenses!

Summer is also the time for SLC elections. Students who wanted to join the council gave speeches, made flyers, and shared why they wanted to serve. UB students cast their votes, and now the results are in. We're happy to welcome the newest council members: Mena (Central), Amari (Creative Arts), Jacorian (Highland Park), Jesse (Humboldt), Kola (Open World Learning), Laila (Central), Aster (Creative Arts), and Rafael (Open World Learning). We can't wait to see their leadership contributions to UB and watch them grow as a cohort.

Student Leadership Council 2026 - 2027

Creative Arts Secondary School	Central Senior High School	Highland Park High School	Humboldt High School	Open World Learning
Faith (MAL) Aster Amari	Victor (Treasurer) Laila Mena	Montse (Secretary) Dahlia (VP) Jacorian	Malt (President) Marry Moo Jesse	Carlos (MAL) Rafael Kola

** 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 - 2027 academic year.

SLC Meeting Dates 2026 -2027

October 5th - 8th, 2026
November 2nd - 5th, 2026
December 7th - 10th, 2026
January 4th - 7th, 2027
February 1st - 4th, 2027
March 1st - 4th, 2027
April 19th - 22nd, 2027
May 3rd - 6th, 2027

Upward Bound Calendar

September/October 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
September 21	22	23	24	25	26
NO SCHOOL	Mandatory Tutoring: Highland Park	Mandatory Tutoring: Humboldt & OWL	Mandatory Tutoring: Central		
28	29	30	1	2	3
Mandatory Tutoring: Creative Arts Optional Tutoring: Central & Humboldt	Mandatory Tutoring: Highland Park	Mandatory Tutoring: Humboldt & OWL	Mandatory Tutoring: Central		
5	6	7	8	9	10
Mandatory Tutoring: Creative Arts Optional Tutoring: Central & Humboldt	Mandatory Tutoring: Highland Park	Mandatory Tutoring: Humboldt & OWL	Mandatory Tutoring: Central		**Bridge Day I**
12	13	14	15	16	17
Mandatory Tutoring: Creative Arts Optional Tutoring: Central & Humboldt	Mandatory Tutoring: Highland Park	Mandatory Tutoring: Humboldt & OWL	**NO SCHOOL** **Bridge Day II**	**NO SCHOOL** **ACT Practice Test**	**National ACT Test**
19	20	21	22	23	24
Mandatory Tutoring: Creative Arts Optional Tutoring: Central & Humboldt	Mandatory Tutoring: Highland Park	Mandatory Tutoring: Humboldt & OWL	Mandatory Tutoring: Central		
26	27	28	29	30	31
Mandatory Tutoring: Creative Arts Optional Tutoring: Central & Humboldt	Mandatory Tutoring: Highland Park	Mandatory Tutoring: Humboldt & OWL	Mandatory Tutoring: Central		

November/December 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
November 2	3	4	5	6	7
Mandatory Tutoring: Creative Arts Optional Tutoring: Central & Humboldt	Mandatory Tutoring: Highland Park	Mandatory Tutoring: Humboldt & OWL	Mandatory Tutoring: Central		**Fall Mentor Event**
9	10	11	12	13	14
Mandatory Tutoring: Creative Arts Optional Tutoring: Central & Humboldt	Mandatory Tutoring: Highland Park	Mandatory Tutoring: Humboldt & OWL	Mandatory Tutoring: Central	**NO SCHOOL** **Bridge Day III**	
16	17	18	19	20	21
NO TUTORING **UB Staff attending TRIO Conference**				**SLC Overnight Retreat**	
23	24	25	26	27	28
Mandatory Tutoring: Creative Arts Optional Tutoring: Central & Humboldt	Mandatory Tutoring: Highland Park	**NO TUTORING** **FAFSA Night I**	**NO SCHOOL** **Thanksgiving Break!**	**NO SCHOOL** **Thanksgiving Break!**	
30	December 1	2	3	4	5
Mandatory Tutoring: Creative Arts Optional Tutoring: Central & Humboldt	Mandatory Tutoring: Highland Park	Mandatory Tutoring: Humboldt & OWL	Mandatory Tutoring: Central		
7	8	9	10	11	12
Mandatory Tutoring: Creative Arts Optional Tutoring: Central & Humboldt	Mandatory Tutoring: Highland Park	Mandatory Tutoring: Humboldt & OWL	Mandatory Tutoring: Central		**UB Holiday Gathering**
14	15	16	17	18	19
FAFSA Night II	**NO UB TUTORING**				

Fall Reminders and Announcements

Director Notes: Mari Avaloz

Upward Bound (UB) is pleased to once again 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 available in Room 3214 on Mondays from 9:00 a.m. to 2:30 p.m. to support Humboldt students and staff during our recruitment season. On Wednesdays, UB staff will be at Humboldt from 9:00 a.m. to 5:00 p.m. Mandatory tutoring sessions will take place from 3:00 to 5:00 p.m. in Room 3211. Tutoring sessions are required for all Humboldt students. *Important note for all Humboldt seniors: All seniors are required to attend two full hours of tutoring each week to meet UB program expectations.*

Central
UB will be available in Room 1312 on Mondays from 9:00 a.m. to 2:30 p.m. to support Central students and staff during our recruitment season. On Thursdays, UB staff will be at Central from 9:00 a.m. to 5:00 p.m. Mandatory tutoring will be held in the library from 3:00 to 5:00 p.m. *Important note for all seniors: All seniors are required to attend two full hours of tutoring each week to meet UB program expectations.*

Creative Arts
UB will be at CASS every Monday from 9:00 a.m. – 5:00 p.m. Our staff will be available in our office during school hours, located on the sixth floor in Room 6108. UB will hold mandatory tutoring in the library every Monday from 3:00 – 5:00 p.m. *Important note for all CASS seniors: All seniors are required to attend two full hours of tutoring each week to meet UB program expectations.*

Open World Learning (OWL)
UB will be available from 9:00 a.m. to 3:00 p.m. every Wednesday in Room 3205 on the third floor right next to the elevator. All OWL students are required to attend mandatory tutoring after school at Humboldt in Room 3211 from 3:00 – 5:00 p.m. *Important note for all OWL seniors: All seniors are required to attend two full hours of tutoring each week to meet UB program expectations.*

Highland Park
UB will be at Highland Park on Tuesdays from 9:00 am – 5:00 pm and can be found in the CCRC space from 9:00 a.m. to 3:00 p.m. Mandatory tutoring will then be held after school from 3:00 – 5:00 pm in the library. *Important note for all Highland seniors: All seniors are required to attend two full hours of tutoring each week to meet UB program expectations.*

Important Notes for All Seniors
You must attend two hours of your time with UB weekly. One hour will be dedicated to focusing on the college process (resumes, essays, applications, scholarships, etc.). The other hour will be dedicated to schoolwork. Seniors are more than welcome to work with their Bridge advisors during the day at Humboldt and Central on Mondays between 9:00 a.m. and 2:30 p.m. Post-Secondary Enrollment Option (PSEO) students may attend other tutoring days, but they must coordinate with their Bridge advisor.

Phone Calls
Remember, you can call UB staff if you have any questions or concerns. You can also feel free to call us at 1-877-827-8658.

Advising
Students must complete a 1:1 meeting with a UB advisor each month to review grades, attendance, and 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 at Central. Zookong will advise students from both Humboldt and Central.

Fall Events and Announcements Continued on Next Page…

Mentoring
Like 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 7th, 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 from 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 Wednesdays 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 make school a priority; it will pay off once you start looking for colleges.

Mentor Spotlight: Karime Ortiz Miranda

By: Aye Bra Tha



We're happy to introduce Karime in our Fall Mentor Spotlight! This is her first year mentoring with Upward Bound, and we're thrilled to welcome her to the UB Mentor Program.

Karime was born in southern Minnesota and spent most of her life in St. Paul. Her family is from Mexico, and she is the first in her family to attend college in the United States. She recently graduated from St. Olaf College with a double major in Psychology and Art History. In her free time, Karime enjoys making ceramics. While studying at St. Olaf, she took a ceramics class and discovered a real passion for it, creating many pieces she's proud of. She also likes making beaded earrings, a skill she taught herself. She also has a cat and a dog at home.

Karime recently completed her Certified Nursing Assistant (CNA) program. While she is currently searching for CNA positions, she is volunteering at a daycare to gain experience working with children. Karime's goal is to attend graduate school in the next few years, possibly pursuing a master's in nursing or a related field, because that is what she enjoyed learning most in her psychology coursework.

When asked why she became a mentor, she shares, "I had wonderful experiences working for Upward Bound in the last four years as a dorm staff, and I wanted to continue to be involved with UB even after graduating. I think mentoring is super beneficial for students in many ways, and I want to create a positive impact!"

One piece of advice Karime wants to share with current UB students is to take advantage of the services and opportunities Upward Bound has to offer. She shares, "They will greatly benefit you and will help make the transition to college much easier. Also, don't procrastinate on your schoolwork!"

We thank Karime for taking the time to share her story and for being a UB mentor. We truly appreciate her continued support!

Bridge 101: Don't Lose Focus, Seniors!

By: Mari Avaloz

Congratulations UB Class of 2027!
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 that you stay focused on your schoolwork and college applications. Each of you has gained an early start by visiting multiple colleges and beginning your essays and resumes during the summer, so keep building on that momentum.

This fall, UB will host three sessions dedicated to college applications. Bridge Day I will take place on Saturday, October 10. Bridge Day II will be held over the MEA weekend, and Bridge Day III is set for Friday, November 13. In combination, these days will allow you to polish your essays and resumes and begin the college applications submission process.



The UB Class of 2027 during the 2026 UB summer banquet.

Watch Out for Achievement Burnout!
Senior year is exciting, but it also brings the challenge of staying focused and breaking through barriers that are often a little more challenging. Some call it the senior slump, which occurs when students lose motivation and devote more energy to social life or distractions rather 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 college plans at risk. In some cases, your admission to a college could be revoked, even after you receive the acceptance letter.

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 the UB Zoom tutoring sessions, in-person tutoring sessions, 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.

UB Events for 2026 - 2027 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

- Friday - Saturday, November 20 - 21 - SLC Retreat
- Saturday, December 12 - UB Holiday Party
- Monday, January 18 - MLK Jr. Day of Service

Monday, June 21 - Thursday July 22
UB Summer Program 2027

Mandatory UB Events for Sophomores

- Saturday, December 12 - UB Holiday Party
- Friday, January 29 - Study Skills Seminar
- Wednesday, March 10 - Sophomore Insight Day

Tuesday, June 22 - Thursday July 22
UB Summer Program 2027

Mandatory UB Events for Juniors

- Friday, October 16 - ACT Pre-Test
- Saturday, November 7 - Fall Mentor Event
- Saturday, December 12 - UB Holiday Party
- Saturday, May 22 - Spring Mentor Event

Tuesday, June 22 - Thursday, July 22
UB Summer Program 2027

Mandatory UB Events for Seniors

- Saturday, October 10 - Bridge Day I
- Thursday, October 15 - Bridge Day II
- Saturday, November 7 - Fall Mentor Event
- Friday, November 13 - Bridge Day III
- Wednesday, November 25 - Virtual FAFSA Night #1
- Saturday, December 12 - UB Holiday Party
- Monday, December 14 - Virtual FAFSA Night #2
- Monday, January 18 - Virtual FAFSA Afternoon #3
- Saturday, May 22 - Spring Mentor Event

Monday, June 21 - Thursday, July 22
UB Summer Program 2027

September, October, November & December Birthdays!

- *Crystal - September 2*
- *Alan - September 6*
- *Plae - September 6*
- *Aster - September 12*
- *Broderick - September 14*
- *Kola - September 14*
- *Kyaw - September 15*
- *Maya - September 17*
- *Sunny - September 18*
- *London - September 19*
- *Ebenezer - September 21*
- *Dylan - September 23*
- *Brook - September 26*
- *Dari - September 28*
- *Moo Na - October 8*
- *Jahzara - October 8*
- *Eh Kyaw - October 9*
- *Lay - October 11*
- *Mu - October 14*
- *Laila - October 15*
- *Jooney - October 21*
- *Henry - October 23*
- *Malt - October 26*
- *Amanda - November 4*
- *Ayan - November 5*
- *Sabrin - November 11*
- *Dhavis - November 13*
- *Amari - November 15*
- *Cayden - November 19*
- *Sawserpho - November 21*
- *Moe - November 22*
- *Tina - November 30*
- *Raine - December 3*
- *Banyan - December 11*
- *Fatumata - December 17*
- *Abby - December 17*
- *Brianna - December 18*
- *Makayla - December 23*
- *Nora - December 23*
- *Dien - December 24*
- *William Htoo. - December 26*
- *Christ - December 26*
- *Say K. - December 29*

Meet the UB Tutors

Upward Bound is excited to offer students virtual tutoring support to better assist with some of our toughest courses. This year, on top of the in-person tutoring sessions at each school and Wednesday evening Virtual Study Halls from 6:00-8:00 p.m., students will have the opportunity to join one-on-one Zoom tutoring sessions. These one-on-one sessions will be held on Tuesday-Thursday from 3:00-5:00 p.m. to receive help from St. Olaf tutors who have backgrounds in mathematics. UB aims to meet the high need for math support at the schools by offering this type of tutoring.

Please read the following bios for our St. Olaf tutors who will provide additional academic support to UB students this semester!



Ar Sa is our Tuesday one-on-one Zoom tutor this semester. She is currently a sophomore at St. Olaf College.

- **Major:** Nursing
- **Tutoring Strengths:** Math
- **Fun Fact:** Ar Sa loves watching Studio Ghibli movies and playing badminton!



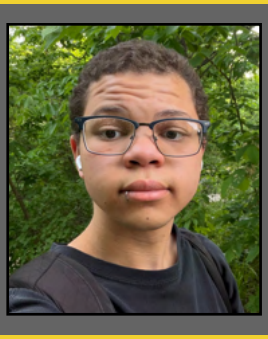
Isaac is our Thursday one-on-one Zoom tutor this semester and will also be one of our Wednesday night Virtual Study Hall tutors. Isaac participated in the TRIO Upward Bound program and is currently a sophomore at St. Olaf College.

- **Major:** Computer Science with a concentration in Mathematics
- **Tutoring Strengths:** Math
- **Fun Fact:** Isaac has traveled to Mexico twice!



Lydia is our Wednesday one-on-one Zoom tutor this semester. She is currently a junior at St. Olaf College.

- **Major:** Mathematics and Statistics & Data Science with a concentration in Public Health Concentration
- **Tutoring Strengths:** Math, statistics, and chemistry
- **Fun Fact:** Lydia likes to play the violin!



Tyson is one of our Wednesday night virtual study hall tutors this fall. He is currently a senior at St. Olaf College.

- **Major:** English & Race and Ethnic Studies
- **Tutoring Strengths:** English, history, writing, and grammar
- **Fun Fact:** Tyson enjoys watching TLC, reading books, and doomscrolling.

My First UB Summer

By: Ayantu

Hello, my name is Ayantu, and I am a senior at Central High School. I joined Upward Bound during my junior year last year. Before joining, I was nervous because I felt like I was starting late compared to everyone else who applied during 9th grade. I already felt a little behind during the after-school sessions, so I was worried about what the summer program would be like. However, my experience was much better than I had expected.



When the summer program started, everyone was really welcoming. I made amazing friends and met people I probably wouldn't have met otherwise. Over the six weeks, I became closer to everyone and made memories that I will always remember. I also got to experience a bit of college life by living on campus with a roommate, which made me even more excited about my future.

Another thing I enjoyed about UB was my summer classes. Some classes prepared me for my senior year, while others let me explore new topics. For example, I learned about coding and solved escape rooms, which made learning more fun. I liked that we could try things outside what we normally learn during the school year. The most beneficial class for me was Post-Secondary Exploration (PSE). Before taking this class and going on the college trips, I did not know much about the different colleges in Minnesota. I wasn't sure which college I wanted to attend or what each school offered. Visiting the colleges in person helped me learn more about them and changed my opinions about certain schools. After the college visits, I had a better idea of where I could see myself going to college. PSE made the college process feel less confusing and helped me think more seriously about my future.

My favorite summer activity was going to Valleyfair. Since it was closer to the end of the program, it was fun to spend time with the people I had gotten close to throughout the six weeks. The best advice I can give new UB students is to stick with the program and give it a chance. Even if you feel nervous or think you are joining too late, do not let that stop you. UB has helped me academically, introduced me to new opportunities, and given me friendships and memories that I will always be grateful for. I am glad I decided to join the program, and I hope other students give themselves the same opportunity to experience everything UB has to offer.



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St. Olaf College TRIO Upward Bound Messenger
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