



UB NEWS

Hope College TRiO Upward Bound



Volume 1, Issue 2

January, 2011

Inside this issue:

PODS	2
Sr. College Plans	2
Special Sessions	2
Meet the Coaches	3
New Students	4
Bystander Skills & Bullying	4
Alumni Spotlight	5
Parent Leadership	5
Summer, 2011	5

Senior Retreat

Camp Geneva, located on the north side of Holland, offered a beautiful backdrop for fun, reflection and college preparation during the 2010 Senior Retreat. Students spent the evening of September 17 sharing about their educational and personal journeys from 9th grade to the present. This was followed by a financial aid seminar provided by Luis Silva (UB Alum), Barb Miller and Carol Fritz, staff members from Hope College's Admission Office. A campfire and treats closed out the evening's activities.

On Saturday, September 18, students were busy journaling, exploring case studies and

completing various college-related tasks and research in the VanZoeren computer lab. They also took time to pose for individual and group photos in front of the college's famous Anchor statue and were treated to lunch on campus!

When asked how the overall experience would influence future actions, students' responses included:

- "I will prepare for college and not be so stressed about the FAFSA."
- "I will do things on time."
- "Planning and getting ahead of the game is good!"



Students relax by the camp fire while enjoying s'mores and brownies!



The Class of 2011 pauses for a pose at Camp Geneva.



Take Back the Night Participants (L-Rt): Abimael Bramasco, Tony De La Garza, Mishaya Boss, Mitzi Carranza, Baltazaar Nunez, Lesley Coghill & Intern, Sara Duhr



Abimael speaks at the Together We Can dinner assisted by Clarissa Torres, Jessica Coleman & Lesley Coghill

Teens Preventing Dating Violence Learn About Activism & Prevention

The TPDV students have been very busy this fall! In addition to meeting twice a month with Lesley Coghill from Center for Women in Transition, group members attended Grand Valley State University's Take Back the Night activity on October 11, the Together We Can dinner on October 26, and provided information at a booth at the "Community Conversation with Jackson Katz" event in Zeeland and the Fennville Health Fair in November. Several students also submit-

ted poster ideas for the national Date Safe Project, two of which were selected.

During Take Back the Night students helped with the table displays and had the opportunity to personally meet this year's speaker, Angela Rose, who shared her own story of being victimized by a man at knife point in a shopping mall parking lot. She has worked for the past ten years on promoting the prevention of sexual violence and she works with at-risk teens and adjudicated youth. TPDV students

then marched with the GVSU college students around campus, blowing whistles and chanting as well as reading a pledge statement in order to break the silence of sexual violence.

At the Together We Can dinner, "Abimael, Jessica, and Clarissa did a very nice job representing TPDV", said the group's facilitator, Lesley Coghill. "They each spoke about their summer class, car wash, skits, and GVSU activities. The audience appreciated hearing from them!"

Prime Opportunities for Development (PODS)



Tasha Bourne watches as students develop their role plays.



David James & Hope students share their own college success strategies with the UB students.

Twice a month UB students have the opportunity to sign up for Prime Opportunities for Development. These PODS are developed around the areas students have expressed a desire to learn more about. Students are asked to provide this information at the beginning of the school year. The POD format was first implemented during the 2009/2010 academic year and was well received. Last year's topics included study strategies, transitioning from high school to college, study abroad, self awareness, healthy

decision making, nutrition & exercise, and an alumni panel discussion.

Two different PODS were held first semester this year: "Skills & Habits to Support Your College Bound Journey" and "Let's Talk Emotions". In the first POD Professor David James and several of his students provided an opportunity for students to ask questions during a panel discussion. This was a two part session, the first of which included information about note-taking, daily homework and studying. Session two provided an oppor-

tunity to increase awareness about studying, preparing for tests and test-taking.

Tasha Bourne, Health Promotion Educator from Holland Community Hospital also presented a two-part session which provided students with an opportunity to develop the tools necessary to communicate more effectively. Students had an opportunity to role-play communication techniques as well as ways in which they can assertively & effectively express emotions.

Which Shirt Will They Wear?

The nineteen UB seniors have been very busy this fall sending out applications to multiple schools throughout the United States. The acceptances have been rolling in! Check out some of the colleges and universities to which students have already been accepted.



UB seniors have been accepted to the following schools: Aquinas College, Ball State University, University of Detroit Mercy, Ferris State University, Grand Valley State University, Hawaii Pacific University, Hope College, University of Indianapolis, Kalamazoo Valley Community College, Lake Michigan College, Manchester College, Northwood University, Sienna Heights University, Western Michigan University

Special Sessions Provide Insight & Skills



UB Alumna , Grachelle Blackmore, '91, shares information on substance abuse with the Upward Bound students.

The first special session of the academic year took place on Saturday, October 9. "Steps for Success Saturday", sponsored by McDonalds, was a workshop for area students and parents regarding the college preparation process. UB students and parents attended a variety of workshops including college admission, financial aid, and scholarships.

On Friday, November 19, students had the opportunity to participate in two different workshops. Certified Holistic Health Counselor, Heather Winia, provided "Solutions for Soothing Stress". During this workshop students learned about healthy habits and techniques to reduce stress, including practicing Yoga.

Grachelle Blackmore, a 1991 UB alumna, who is an Intensive Therapist for Kalamazoo County Community Mental Health & Substance Abuse Services, provided a workshop on substance abuse. One of her former clients assisted with the presentation and shared her personal story with the students.

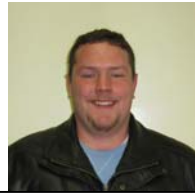
Meet the UB Coaches & Teachers!



Maribel Andrade



Jenee Antoniu



Andy Ancy



Jenifer Austin



Marcy Blowers



Spencer Brown



Sasha Burau



Nydia Chavarria



Genevieve Colletta



Sarah Geoghan



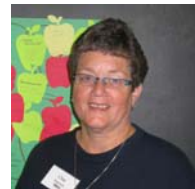
Justin Hanselman



Alicia Herrick



Annie Jang



Char Janssen



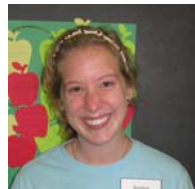
John Janssen



Emily Kirschbaum



Laine Klopfenstein



Jessica Kohnen



Jennie LaRoche



Molly Mead



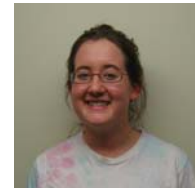
Dan Meyer



Lauren Miller



Andrew Peterson



Laura Petrasky



Caitlin Roth



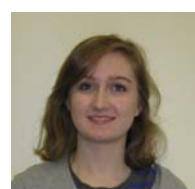
Saeeda Usman



Sara Sanchez



Rachel Sikkema



Natalie Woodberry



Lauren Zandstra



“Upward Bound is helping me prepare for college by teaching me how to organize my work for tests and quizzes.”

Carlos Mendoza

UB Celebrates New Students’ Arrival

A warm welcome to five new Upward Bound students! Check out their comments on their Upward Bound experience so far.

EMILIO CARRANZA (Fennville HS): “My favorite thing about Upward Bound is meeting new people and getting to know my tutors. Upward Bound is helping me get my homework done on time, and it is encouraging me to look forward to a better education.”

BRYCE AUSTIN (Holland HS): “I can get help with my homework when I really need it. I’m getting help with my classes and getting better grades.”



(Back Left) Bryce Austin, Fernando Avila-Callejas, Emilio Carranza (Front Left) Gloria Morales & Carlos Mendoza

CARLOS MENDOZA (Fennville HS): “My favorite thing is the extra help they give you. Upward Bound is helping me prepare for college by teaching me how to organize my work for tests and quizzes.”

FERNANDO AVILA-CALLEJAS (Fennville HS): “I like the bus rides with my friends and getting to know my college tutors. UB is allowing me to experience what it is like to be a college student and get a feel for a college campus.”

GLORIA MORALES (Fennville HS): “My favorite thing about UB is that I get time to do my homework. Upward Bound is helping me become less of a procrastinator.”

WELCOME

Bystander Skills & Bullying: Mark Your Calendars!



The February and March Special Sessions are for **students and parents** and will provide information on two very important topics: Bystander Skills and Bullying. The Bystander Skills Training will take place on Saturday, February 5 at 9:00 a.m. and will include information on effective ways to take action when witnessing an act of violence. Lesley Coghill from the Center for Women in Transition will facilitate this

training. The next Special Session will be held on Friday, March 4 at 4:30 p.m. The Parent Leadership group requested information on this topic, so Upward Bound is bringing in Randy Flood, who is a Psychotherapist and Evaluator as well as an Anti-Bullying Consultant and the Director of the Men’s Resource Center at Fountain Hill.

Please mark your calendars to attend these two important sessions!

What: February Special Session

When: Saturday, February 5 @ 9:00 a.m.

Where: Winants Auditorium (Graves Hall)

What: March Special Session

When: Friday, March 4 @ 4:30 p.m.

Where: Anderson/Werkman Financial Ctr. (100 E. 8th St. by Knickerbocker Theater)



Phi Tran (front center) working with Habitat for Humanity in Vietnam.

Upward Bound Alum, Phi Tran, provided staff with an update on his travels: “I am in Vietnam doing Habitat for Humanity work. We started a house for a family and helped paint and partially completed a small road. The majority of the families prefer to have a

Alumni Spotlight

cement home, that way they no longer have to worry about replacing the palm leaves roof and siding every 5 years or so. I enjoy learning about Vietnam and each time I am here it is always different. Things here developed so quickly that I cannot recognize some of the places that I

have seen just a few years ago.”

Phi is a 1992 Holland High/UB graduate who holds a degree in education from Aquinas College. He has travelled abroad teaching ESL & working with displaced youth.

Parents Lead the Way

The Upward Bound Parent Leadership group has been busy! They have met monthly throughout the last year providing valuable insight, feedback and support to the program. In addition, they have volunteered their time and taken a leadership role at many Upward Bound events. Most recently, the Parent Leadership

group planned and implemented a Holiday Potluck in December for all Upward Bound students, parents and staff members. This special event took place at Western Seminary and featured cookie decorating, Secret Santa and an amazing array of home cooked food representative of the families' richly diverse

backgrounds. It was a wonderful way to end the first semester before the holiday break.

All parents are welcome and encouraged to become involved in the leadership group! Your input and assistance are invaluable. Please see Andrea for more information.



Upward Bound senior "Elves" distribute Secret Santa gifts. Pictured are Mitzi Carranza, Baltazar Nunez, Cynthia Bustillos & Izamar Mandujano



UB students, parents and staff share food and conversation at the Holiday Potluck.



Summer Session 2011!

The snow is falling and the temperatures have been below freezing. While our students dream of "snow days", the UB staff has been dreaming of summer and working hard to make those dreams into concrete plans for the 2011 Upward Bound Summer Session.

We listened to what students and staff had to say about ways we could improve this summer's schedule, curriculum, and activities and have made a few changes.

This year's Summer Session begins on Monday, June 20, which will give students and teachers a longer break between the end of school and the beginning of Upward

Bound. The 11th/12th grade trip will take place **prior** to the start of UB so that students do not lose valuable class time during the 6 week session. Rising 9th & 10th grade students will participate in pre-session workshops and college visits during those days.

In keeping with the ongoing concerns about protecting our environment, this summer's theme is "**UB Green**"! The curriculum will focus on activities related to this important topic. Feel free to contact a UB staff member if you have ideas you would like to see incorporated into the summer curriculum and/or activities.

2011 SUMMER SESSION

KEY DATES



- **May 21 (Summer Registration)**
- **June 16-19 (11/12 trip)**
- **June 16-17 (9/10 college visits)**
- **June 20-28 (Classes)**
- **July 10 (Dorm Move-In)**
- **July 16 (Holland 100)**
- **July 28 (UB Live)**



We're on the Web!

www.hope.edu/admin/upbound/

Graves Hall, Room 11
263 College Avenue
Holland, MI 49423

Phone: 616-395-7745
Email: Colburn@hope.edu

Upward Bound Staff

Elizabeth Colburn, Director
Yolanda Vega, Assistant Director
Andrea Mireles, Student/Family Advocate
Debbie Vasquez, Secretary
Abraham DeLaRosa, Office Assistant
Angela Griffore, Office Assistant

UB Advisory Board

Dr. Carol Simon, Dean for the Social Sciences
Claire Rotman, Chair
Julio Almanza, Kent County Road Commission/UB Alumni
Susan Cherup, Hope Professor
Luis Lozano, GVSU Admissions/UB Alumni
Amber Lugten, FHS Principal
Sara Lujan, HPS Social Worker
Victor Perez, WOHS Teacher
John Yelding, Hope Professor

The Sculptors

*I dreamed I stood in a studio
And watched two sculptors there.
The clay they used was a young child's mind
and they fashioned it with care.*

*One was a teacher—the tools she used
Were book, music, and art.
The other, a parent, worked with a guiding hand
And a gentle, loving ear.*

*Day after day, the teacher toiled with touch
That was careful, deft and sure.
While the parent labored by her side
And polished and smoothed it o'er.*

*And when at last their work was done
They were proud of what they had wrought.
For the things they molded into the child
Could neither be sold nor bought.*

*And each agreed they would have failed
If each had worked alone.
For behind the parent stood the school
And behind the teacher, the home.*

—Unknown

