



ASPIRATIONS

Official Newsletter of APSIRE, INC.

TRiO

May-August 2014



ASPIRE 2014

Energizing Tomorrow's Future
Grand Forks Oct. 12th-15th

The 2014 ASPIRE Conference will be held in Grand Forks, North Dakota Oct 12-15th at the Canad Inns Destinations Center and Alerus Conference Center.

Your 2014 Conference Committee has worked diligently to provide you with an exciting agenda sure to provide an exceptional professional development and networking opportunity. A few conference highlights include an exclusive SSS Grant Writing workshop for ASPIRE members, Keynote speaker, Dr. Don Bartlette, a guest panel entitled, "Celebrating the TRIO Movement and 50 years of Upward Bound," as well as updates from COE and the Department of Education. In addition, the informational and beneficial presenters during the four concurrent sessions are sure to leave you with new ideas to revitalize your passion for your daily work.

This year's conference theme, *Energizing Tomorrow's Future*, reminds us that the work we do as TRIO professionals is incredibly impactful, not only in the lives of the students we work with today, but for the future of tomorrow. We hope you are able to join us in Grand Forks for ASPIRE 2014!

For more conference information visit <http://www.cvent.com/d/54qx0d>

Questions? Contact 2014 Conference Chair, Cara Davis: cara.davis@und.edu



Message from the President

Greetings ASPIRE,

On behalf of the ASPIRE Board I would encourage you to take advantage of our upcoming regional conference. This year's conference, "Energizing Tomorrow's Future," has been carefully planned by our Conference Committee, and is dedicated to assist each of you in furthering your professional development needs. Each session will be equipped with a host of information sure to assist both you and your programs in reaching new levels of excellence. The ASPIRE membership has always been recognized for their outstanding efforts and examples of leadership throughout the country. I would hope that you will take advantage of all of the trainings that the conference has to offer.



We have recently been encouraged by COE that it is not too late to celebrate Upward Bound's 50th Anniversary. "The 50th Anniversary of Upward Bound is not over and is a great cause for celebrations and opportunities to share our success stories! We hope that you have accepted our challenge to have every Upward Bound project on every campus to 100 Days, 100 Celebrations-a campaign that envisions 100 events at institutions, campuses, and on social media. If you have not sent us (COE) your two Alumni contact information please send it by October 10th." Please send all pictures, ideas & announcements to dolores.gomez@coene.us and use the hashtags #ub50th and #ubcelebration.

This week, Congress passed and President Obama signed a Continuing Resolution, an important measure that ensures that our government has the resources necessary to continue normal government operations without disruption. Congress is responsible for passing legislation to fund the government, but if Congress fails to pass legislation to fund the government before a new fiscal year begins, they can pass legislation to keep federal operations going at the current spending levels. The new fiscal year (FY 2015) begins on October 1. Since Congress has yet to pass any bills to fund government operations, they passed a Continuing Resolution to keep the federal government open for business. This measure is set to expire on December 11, 2014. The House and Senate are anticipated to return to Washington, DC on November 12th for two weeks, and begin work on December 1, on an Omnibus bill, or in the alternative pass another Continuing Resolution.

Our Legislators are in the process of campaigning for re-election bids, so they have returned to their respective states. We have been encouraged to set up appointments with our Legislators, and bring them to campus to promote, and get their support for TRIO. This will help to show the need for a funding increase for TRIO in 2015! Please take this opportunity to advocate for your TRIO programs with your Legislators, so that we can see the longevity of our programs continue and exceed beyond a TRIO 100th Anniversary. Remind your representatives that TRIO Works!

Craig Harter



ELAINE METCALFE, 1951-2014



Elaine Metcalfe was the Director of TRIO Programs at the University of North Dakota in Grand Forks, ND until her retirement in May, 2014. She earned both a B.S. in Education and an M.A. in Counseling from the University of North Dakota. Metcalf began her professional career as a teacher on the Turtle Mountain Reservation in North Dakota. She returned to UND in 1985 to pursue her Master's Degree and taught Upward Bound summer courses. In 1987, she was hired as an advisor with the UND Talent Search Program. Metcalfe became the Talent Search Assistant Director in 1991, Associate Director of TRIO Programs in 2001, and Director of the five TRIO Programs at UND: Upward Bound, Student Support Services, the McNair Program, Educational Opportunity Center, and Talent Search in 2006. Metcalfe has served as the North Dakota State Chapter of ASPIRE President, regional ASPIRE President, and as Secretary for the Council for Opportunity in Education. She attended the Council Policy Seminar since 1988, and was active in governmental relations on local, state, regional, and national levels throughout the years, as well as serving on a variety of committees at each level. Metcalfe was the recipient of the "Rising Star" and Art Quinn Memorial awards from the ASPIRE region, the Walter O. Mason Jr. Award from the Council for Opportunity in Education, as well as the Meritorious Service Award from the University of North Dakota.



Elaine was a true believer in the TRIO mission, and a longtime supporter and member of ASPIRE. Elaine took the responsibility of leadership seriously, and took great pride to quietly work behind the scenes supporting new leaders in the TRIO community. All of us who would receive a handwritten note of encouragement from her can attest to that. Elaine will always be remembered through the lives of the students and staff that she touched, and she will be truly missed.

This is a photo of Elaine and me that I just love! This was before either one of us had to face having cancer!! It was from the Mt. Rushmore trip we all took when the ASPIRE Conf. was in Spearfish...forget the year. That was such a splendid trip and the clouds parted just for our group to get a glimpse and take some pics! Elaine was such a cheerful and loving person and such a blessing to know. I first met her when she brought homemade choc. chip cookies into the ASPIRE Board meeting when I was Utah president back in 1996! I thought she was so thoughtful then and learned that she was that way all the time! What a gem!! She is missed so much by all of us!

-Lynne Brown



"She was one of the sweetest women I have ever had the pleasure of meeting. Elaine knew how to love others unconditionally. I enjoyed serving on the COE board with her and I will miss her dearly. Although I'm sad that she is no longer here, I am so happy to have known her."

-Jonathan McKenzie

News from Utah

Weber State University

Upward Bound

Weber State University Upward Bound Partners with Rotary Club for Community Service Project

Duck Race for Dictionaries

There was a whole lot of quackin' going on at the Ogden River on Saturday, September 6th. At high noon, members of Mount Ogden Rotary lifted two large garbage bins full of over 1,000 rubber ducks and tossed them over the bridge and into the river in one of the group's biggest fundraisers. Every penny raised from the race went toward providing dictionaries in all Weber and Ogden school district third-graders' hands as well as provide funding for the Boys and Girls Club of Weber and Davis counties.



Several members of the Upward Bound program volunteered their time to jump in the cold river and collect the ducks as they sailed down the river. Other volunteers in kayaks herded the ducks along. "Upward Bound is a program that helps kids get into college," said Cristian Gutierrez, the program's director of community service. "Not only do we help them get into college but we stay with them and make sure they continue going. We also help them get scholarships and encourage them to participate in community service. We've been involved with the duck race since it started," said Gutierrez. Claire Crim said she came out to help because her father is in Rotary and she likes the idea of giving kids a dictionary. "I think dictionaries help to make us smarter," she said. "I actually do use a dictionary instead of the Internet to look up the meaning of words, especially when I'm in school."

Kylee Osmond said she thinks it's easier to use a real dictionary. "Especially when you're in school. It's easy to carry around and it's easier just to open it up and look stuff up," she said. Long-time Rotary member Alan Dayley said when the duck race started 11 years ago, there were 500 ducks. Today that number has more than doubled. Each duck had a Rotary stamp on the front and a number on the bottom to identify its sponsor. The ducks cost donors \$5 apiece. Because of the swift-running river this year, the ducks made the five-block journey in a matter of minutes.

WSU Talent Search

News from Weber State University Talent Search

By Rebecca Tierney



The TRIO Talent Search Program at Weber State University had a busy spring and summer with our various campus tours. In April, the students and staff had an amazing time at our Southern Utah Tour where we visited Southern Utah University, Utah Valley University, Snow College, and Dixie State University. Our Northern Tour in May included visits to

Weber State University, the University of Utah, Westminster, and Salt Lake Community College. The best part? Eating at Rodizio's at Trolley Square; it is an awesome experience to see the students enjoy amazing food!

We would like to highlight our student success with the "tuition waiver" program at Weber State University. Last year we were able to award 12 students tuition waivers for an average amount of \$700 each for the TRIO Talent Search participants, and provide mentoring and grade checks for the recipients their first year at the university. After looking at some data, we have determined that 80% of those students were retained to this academic year! We believe this shows the results we can foster from even small scale strategies.

We would also like to recognize our amazing Advisors. In one year, we have retained the vast majority of students in our program and since the word has got out about their amazing work, we are even developing wait lists at the schools versus having to recruit. The best thing about working in TRIO (besides the students) is the camaraderie of other people who work in the TRIO field. Meeting and working with people who are so genuinely passionate about low income, first generation students is truly a blessing.

Pictured right, Alejandro Valquinto, Academic Advisor for WSU Talent



WSU Veterans Upward Bound

WSU Veterans Upward Bound News

SHOEBOXES FOR VETERANS

By Randy Wilson

Over the years Veterans Upward Bound at Weber State University has had a community service project where we organize, collect and distribute Christmas gifts to homeless veterans and veterans who are in shelters or retirement homes. We ask campus and community people to donate gifts of a size that can be wrapped in shoe boxes and then we distribute them about two weeks before Christmas. Gifts may include such items as gloves, hats, toiletries, books, or other practical and useful items.

Last year we set a new record and distributed 500 gifts. The media now calls us to see when this will happen. Last year a Boy Scout working on a badge got involved to donate about 120 gifts. We are looking forward to breaking last year's record this December 2014.



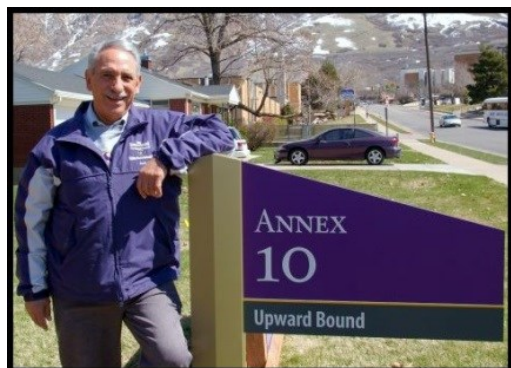
VFW SCHOLARSHIP AWARDED TO VUB PARTICIPANT

Yandriel (Jimmy) Rodriguez was recognized on June 7th at the State Convention for the Veterans of Foreign Wars. He was presented a \$500 scholarship at the awards luncheon in Salt Lake City. Jimmy shared his passion and gratitude for past service, as well as thanks for the continued support that the community has shown.

Jimmy has plans to transfer from Salt Lake Community College to attend WSU around the summer of 2015 to finish a computer science degree with minor in math. Once completed, Jimmy plans to return to the military as an officer. He loves playing video games, is bilingual, and has two siblings, one whom is currently serving as a marine.



Two Long-Time Utah TRiO Professionals Retire



Dave Trujillo, Weber State University

For the past 41 years Dave Trujillo has been an active and prominent supporter of TRiO and, in particular, Upward Bound. Dave began working for Student Support Services more years ago than he would like to remember, but Dave started out as a student advocate, a campus liaison, and a tutor who followed his students to classes to make sure they attended. He made home visits and generally became the pain in the students' backsides that kept them in school. His support and guidance became his trademarks. Little did he realize the major impact TRiO would

make on his life. While in SSS, Dave helped create introductory classes for low-income, first generation students in SSS who struggled in math and English. This was a new concept for Weber State University. Those classes were designated as 101 courses, and they evolved over the years into Developmental classes available to all students needing 'extra assistance'. After a couple years, Dave was asked to work with the Upward Bound program. As Dave began working with the pre-college kids, he realized he had found his niche. The right time, the right place, and the right man for the job, Dave Trujillo became the Director of Upward Bound in 1977 and has remained the driving force in one of the longest running Upward Bound programs in the nation.

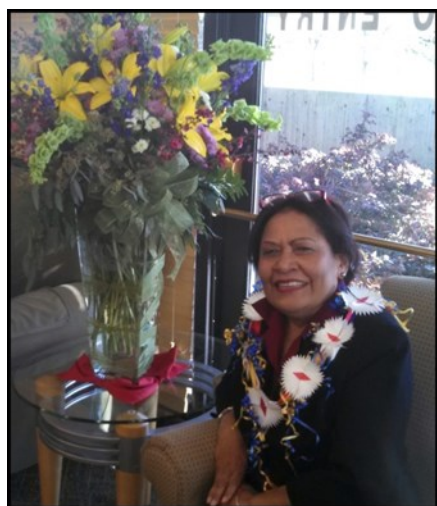


So how does one describe someone who has given so much of their life, so much of their time, and asked so little in return? "Short, fat, little Mexican" is what he calls himself, but his students call him Upward Bound Dad. Giving low-income, first generation students a chance to see more of the world, as well as a chance to believe in themselves, Dave does not commit to 'his kids' for only the four years they are in his program; he commits to them for life. He forgets no one and is always willing to help everyone. Many of his students take more than the six years the Department of Ed allows for them to graduate from college, yet Dave is always there at their graduation ceremony when they do.

Nominated as Hometown Hero for the city of Layton, Utah, Dave involves himself in his community. He coaches junior high basketball, plays golf, and fulfills service opportunities. He recently returned from Peru where he provided local schools and orphanages with backpacks that his Upward Bound students bought with fundraising money. Under his supervision, his Upward Bound students provide over 4,000 hours of service each year to local and international organizations. Dave is not the "Director who runs the show"—Dave IS the show, and his students are always his first priority.



David C Trujillo was TRiO when TRiO was in its infancy. He was TRiO before ASPIRE was created (he was involved in its creation). He was TRiO before COE was created. Dave was TRiO before Policy Seminars, before EOC, Training Programs, McNair, Gear-up, and Upward Bound Math/Science. Dave is, and always will be, TRiO!



Maraia Weingarten, Utah Valley University

As many of you know, Utah Valley University's TRiO Director for over 20 years, Maraia Weingarten, suffered a heart attack in March of 2013. It was with great sadness that she announced her retirement in August from directing both the Upward Bound and Educational Talent Search programs. Maraia officially retired on December 31, 2013. Maraia's contribution to the TRiO Community has been felt over these many years and her spirit for TRiO will continue for many more years to come. At a retirement celebration in 2014 where she spoke to the UVU TRiO staff

and friends, she committed herself to continue helping TRiO students wherever possible. We will miss Maraia and wish her a continued and full recovery.



Utah State University Talent Search

USU Blanding Campus Talent Search News

ETS Student Receives Chief Manuelito Scholarship



Sheldon Saltclah, a Whitehorse High School student participating in the Talent Search program at USU Eastern – Blanding Campus, was recently awarded the Chief Manuelito Scholarship. This scholarship was established in 1980 to provide financial assistance to high achieving Navajo high school graduates. The scholarships are awarded based on ACT/SAT test scores and final high school grade point average (GPA). To be eligible, students must be enrolled members of the Navajo Nation, and complete both a Navajo Government and a Navajo Language course prior to graduation. Students who are awarded this scholarship receive \$7,000 annually to

cover direct educational expenses associated with attending a post-secondary institution. When asked about his reaction to receiving this scholarship, Sheldon said, “I felt elated! I was happy to finally see something come to reality that seemed so far away. As a kid growing up, all I heard in hushed tones was 'the CHIEF Manuelito Scholarship' said with such reverence. It got me curious as to what they meant, and then to see myself holding the plaque offered a strange sort of reality. I am thankful for what Chief Manuelito and all of our ancestors did. I want to be in their likeness in how they did what they could in order to help their people. I want to contribute and give thanks.”

UtahStateUniversity
EASTERN
Blanding Campus

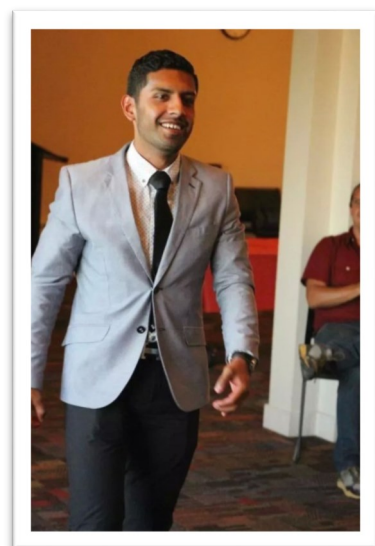


Dixie State University

A Great Year for Dixie State University



By Jonathan Morrell



The Student Support Services program at Dixie State University had a great year. Sixty-two students graduated with their Associate's degree and 22 former SSS students completed their bachelor's degree. Over 800 students completed an intake form for the 2014-15 program year and 107 students were selected for the program. The SSS advisors are teaching four sections of Smart Start Seminar that has 134 SSS participants enrolled. Three sections are for the new participants and one section is for returning participants.

One of our students, Oscar Ruiz, was selected to attend the University Of Washington's Summer Medical Dental Educational Program (SMDEP) summer camp as one of 80 other participants from across the country.



Pictures: Mace Jacobsen, Academic Advisor, and Jonathan Morrell, Director for Dixie State University Student Support Services, stand with recent graduates, and Oscar Ruiz, SMDEP participant.

Westminster College

Westminster College McNair Scholars Student Participates in Summer Research Intensive



A major emphasis of the McNair Scholars Program is to provide an opportunity for students to conduct undergraduate research. This past summer, we had fifteen students participate in the Summer Research Intensive at Westminster College. Esperanza Hernandez, a junior at the University of Utah majoring in Chemical Engineering and minoring in mathematics, was one of our 2014 summer researchers; she worked under the guidance of Dr. Jules Magda in the Department of Chemical Engineering at the University of Utah. Her research project was titled Developing a Magnetic Hydrogel for Blood Glucose Monitoring of Diabetic Patients. Here, we feature Esperanza's experience in the Summer Research Intensive.

How did you choose your summer research topic?

"I am really interested in nanotechnology; it's fascinating to me. Last year a TA for one of my classes talked to me about the research project she was working on and I got really interested in the project. I talked to the professor in charge of the lab and he talked to me about the project in general and the different parts of it.

One of these parts was developing a magnetic hydrogel and that was just fascinating to me. I really liked the purpose of the project and this research has the potential to change current treatments for thousands of patients with diabetes. Not only was the purpose really interesting, the fact that I was going to be working with magnetic nanoparticles blew my mind."

What did you enjoy most about your research experience?

"I think the best part about my research experience was learning about something that was totally new to me. I had no idea what a hydrogel was or how to create magnetic nanoparticles. I had to learn all of it in order to understand my project a little more and I really enjoyed it. Another thing that was fantastic was when I would actually get results. It was the most rewarding thing to actually have favorable results. It was like a sign of hope that what I was doing was working and that even though I had to change some things to make things work better, we had the basics right."

What was the most challenging aspect of your experience?

"I think that the biggest challenge was learning about my project. Like I mentioned earlier, I had no idea what a hydrogel was and I had not taken any college classes about magnets or magnetic fields so I didn't know anything. I even had to review the chemistry behind my project. So, everything was new to me and that was exciting but at the same time it was really hard and challenging."

How would you describe your experience presenting at the UC Berkeley McNair Symposium? And what did you enjoy?

"It was one of the most exciting, nerve-wracking and interesting experiences. I was really excited to present my work at the conference but I was also a little intimidated. All of the students attending this conference are extremely interesting people working on awesome projects that they feel passionate about. I was super nervous because it was my first time presenting at a conference. Now that I have experienced it, I feel I can prepare myself a lot better for next time. There are multiple things I enjoyed about this conference but the two that come to my mind are: meeting interesting students from all over the country and creating stronger bonds with my cohort. I met students working on similar things I'm interested in, such as synthesis and students whose projects are really meaningful to me because they relate to me. I also had the opportunity to get to know my cohort a little more. Even though we spent the summer together, on this trip I learned so many new things about some of them and that helped me create stronger bonds with them."





News from South Dakota

Northern State University

Upward Bound

NSU TRIO Upward Bound 2014 Summer Program Recap



Pictured above: 2014 NSU Upward Bound Summer Program attendees after the annual etiquette

Another successful Upward Bound summer program at Northern State University is in the books, and it was a busy one. During the week days, the students took five classes: Math, Spanish, Reading, Writing, and Science. They also had supervised study hall each afternoon during which we bring in speakers about financial literacy and college preparation, complete daily work assigned during class, study for quizzes, and create a summer program yearbook.

While the summer program's classes are designed to be active, they are also rigorous. In addition to the instructor, we also had two summer tutor/resident supervisors in each class to help with classroom management and to provide the students with additional aid whenever necessary. In math the students worked at a guided but individualized pace by completing several packets, starting at the level of math that they left off at the previous school year and then worked beyond that to give them an introduction to the next level of math they'll be taking. The focus of Spanish class this summer was learning and understanding introductory to intermediate Spanish language. In reading, the students read and discussed themes and motivations in Walter Dean Meyer's collection of short stories called "145th St." and also worked through Jonathon Safran Foer's novel, "Extremely Loud and Incredibly Close". In writing class, our instructor started with a two week long focus on preparing to take the ACT test. The students took sample reading, English, and science test sections and received feedback on how to best prepare for the exam. After that, the students wrote and produced their own one-act plays and practiced their summary-response writing skills. Science was split into



two focuses. The first half of the summer focused on biology, and the students learned about biological systems and cell parts. The second half of the class was focused on chemistry, and during this time, they covered topics like atomic theory, chemical reactions, solar cells and photosynthesis.

We were able to go on two weekend trips this summer. The first was a day trip to Sioux Falls, SD where we toured Augustana College and the state-of-the-art Sanford Research Facility. While at the Sanford Research Facility, the students learned about and conducted experiments in DNA sequencing. They also learned about genetic disorders and how to map one throughout an entire family tree. That same weekend, we also took the students to the Fort Sisseton Days Historical Festival at Fort Sisseton State Park, SD. For our second trip, we went to Kansas City and Omaha. On our way south July 6th, we spent an afternoon at Omaha's world famous Henry Doorly Zoo. After piling back onto the bus, we continued our journey to Kansas City, MO. In Kansas City we took our students on a tour of the University of Kansas in nearby Lawrence, KS. Other activities included touring the National World War One Museum, the Federal Reserve Bank, and the Kansas Speedway. After leaving Kansas City, we stopped back in Omaha, NE, where we toured Creighton University. Then it was back to Aberdeen to wrap up the summer program.

2014 North Dakota/ South Dakota Upward Bound Olympics



From Left to Right: USD Upward Bound, UND Upward Bound, NDSU Upward Bound, and NSU Upward Bound

During the last weekend of June, 200+ TRIO students from the North Dakota State University, University of North Dakota, University of South Dakota, and Northern State University Upward Bound programs came together in Aberdeen, SD on the campus of Northern State University (NSU) for a weekend of fun and activities. The weekend was started off Friday afternoon with each group going on a campus tour. Next came a motivational speech by 2014 ASPIRE TRIO Achiever Award Winner Peni Mouna, who is the Director of Multicultural Affairs at NSU. The evening was capped off with a musical performance and art fair put on by the Fallout Creative Community, which is a music and arts group made up of individuals with disabilities, whose mission is one of advocacy and education for disabled persons through art and music.

On Saturday the Olympic events began with an opening ceremony parade. There were three sessions



throughout the day, with 7-8 events happening simultaneously during each session. The events were a mixture of team, individual, athletic, academic, and fun, and they were overseen by a combination of various program staff members and volunteers from the Northern State University and Aberdeen area community. While Mother Nature tried to get us down with some chilly rain and wind Saturday morning, the students still had a blast. Here is a full list of events: Ultimate Frisbee, Oral Interpretation, Track Relay, Mile Run, Hotshot, Checkers, Puzzle, Hula Hoop, Kickball, Brain Busters, Basketball, Wacky Relays, Bridge Building, Essay, Jump Rope, Crossword Challenge, Bean Bag Toss, Sudoku Challenge, 60 M Dash, Lightning, Volleyball, Chess, Math Masters, and Quiz Bowl.

The ND/SD Upward Bound Olympics travels to a different school each summer, and has previously been hosted by Black Hills State University Upward Bound, South Dakota State University Upward Bound, University of North Dakota Upward Bound, and University of South Dakota Upward Bound. The goal is to bring Upward Bound students from different regions together to start forming a TRIO bond.

News from Wyoming

EOC Submitted by: Heather Webb Springer

Day in and day out we, as TRIO professionals, are accustomed to facilitating programs on college access and success; but when we attended a program on college access and success where one of our TRIO students is presenting, it's a real treat!

Mr. Daniel Uptain, a Wyoming Educational Opportunity Centers student, had the opportunity to present at the GEAR UP SOAR Conference at Laramie County Community College in August 2014. Daniel provided helpful insight to the GEAR UP students on what to expect in college, and how to be a successful student. He is well versed on this topic, as he is a returning college student himself. Daniel will complete his Associate's Degree from Casper College in May 2015, and plans to transfer to the University of Wyoming for the 2015/2016 school year and major in communications.

Upward Bound

From the: Upward Bound & Upward Bound Math/Science Newsletter
Laramie WY Information provided by Emily Jelly

For High School seniors, graduation is just around the corner! In order to make sure students are as prepared as can be for college in the fall, UB will be hosting a series of senior only nights in October to help prepare for the next couple of months! Topics will include: financial aid, academic issues and other material.



Student Support Services

SSS Student Highlights

Alysia Klein: A May 2014 with a BFA in Dance (Magna Cum Laude), Alysia will be attending the University of Utah in pursuit of a MFA of Film & Media Arts.

The top three things learned while attending the University of Wyoming:

1. It is OK to say no. There are so many opportunities available at UW that one can easily take on too much.
2. Eat healthy, take your vitamins, get rest, and exercise. Get into the habit of taking care of your body, especially during stressful times...You will thank yourself later.
3. If you want something to be done right do it yourself OR if you think things need to change, then be the change. Step up and make things happen. Do not wait, because the world is not going to wait for you.



Ricardo Lind-Gonzalez: Newly-elected Associated Students of the University of Wyoming (ASUW) Vice President (for the 2014-15 academic year).

Hailing from Casper, WY, Ricardo has made Laramie a second home by becoming active within the campus community. He has served as an SSS Peer Mentor and a Resident Advisor. Ricardo will take his tremendous talents to the classroom, as he continues pursuing an undergraduate degree in Elementary Education, with a concentration in Cultural Diversity.

Kim Sanchez: Former SSS student accepted into the McNair Scholars program.

Kim, who is pursuing a double major in Russian and Anthropology, will be traveling to Mongolia during Fall 2014 to participate in independent research. While there, she will also volunteer her time teaching English.

Kim is also an EPSCoR fellow who worked with Dr. Surovell on the spatial patterns and division of labor of the Kukha pastoralists of Mongolia.



McNair Scholars Program

Micah Ross, TRIO McNair Scholar Selected to Present Poster

Micah Ross, from Casper, WY, spent much of her childhood reading science books, catching fish and frogs, and watching documentaries. Micah remembers countless winter lunch periods spent in the library reading National Geographic magazines and learning all she could about volcanoes and weather patterns, mitosis, and

fetal development.

Ross, now a University of Wyoming physiology major, is researching the effects of a high salt diet on pubertal onset. This research, conducted under the guidance of Dr. Donal Skinner and PhD student Dori Pitynski, hopes to provide a platform for future research regarding the physiological effects of salt on reproduction. Micah shared some of her thoughts about her work in the lab this summer, “working in Dr. Skinner’s lab has been a great experience. I have been exposed to every aspect of the scientific process, from developing a question to analyzing the data.”



Micah is a skilled researcher and her accomplishments have been recognized nationally. Micah, a University of Wyoming TRIO McNair Scholar, is among ten undergraduate students nationwide selected to participate in the Council for Opportunity in Education’s (COE) Student Poster Presentation Exhibition. The presentation is part of the COE 33rd Annual Conference for TRIO personnel to be held September 7-10, 2014, in Washington D.C.

Upon her return from Washington D.C., Micah will spend her senior year in Dr. Skinner’s lab while applying to graduate programs. She plans to enter a PhD program to research maternal genetic effects on the diet of the mother and child and its effect on metabolism.

Funded by the U.S. Department of Education, the TRIO McNair Scholars Program prepares students from underrepresented backgrounds to enter graduate school and increase the attainment of the PhD.

News from Colorado

Upward Bound

Colorado Mountain College

This photo is from CMC Upward Bound of Eagle and Lake Counties Banquet of the Summer Academy 2014. Allen Burch, UB Coordinator’s last day was September 30th, he provided a heartfelt service for the past 7 years. Here’s a statement from Allen, “I’ve had a renewed gratitude and appreciation for this job. And the program, it kind of means more and more to me the longer I’m doing it.” On Sunday 9/21st, we were at the CMC Spring Valley which Allen lead the activities and we were given a campus tour; later, in the afternoon most of the participants expressed their appreciation/gratitude to him!!





CSU hosts Upward Bound Olympics

August 1, 2014

by Cassie Crutchfield

High school students in Upward Bound programs at Colorado State University, University of Northern Colorado and Metro State University all came together on July 11 on CSU's campus for the annual Olympic games.

The students were split into 16 separate teams to compete in dodge ball, volleyball, math races and college application-related trivia games. Because Upward Bound works with students from across the state on an individual level, the Olympics are a fun way to bring them together.

Not all fun and games

As one of TRIO's seven programs at CSU, Upward Bound focuses on helping low-income and first-generation high school students stay on track and prepare for college. CSU's program accepts 104 students from various Colorado high schools each year.



After being recommended by a teacher, counselor or friend, students must apply, submit an essay and go through an interview process. Once accepted into the program, students are expected to stick with it throughout their high school career. Upward Bound counselors meet with students individually once every two weeks, monitor grades and provide resources to keep them on the track toward their higher education goals.

Upward Bound provides assistance with:

- Tutoring
- Homework
- Resume building
- Writing college essays
- Applying to colleges
- Scholarship search
- ACT Prep and fee waivers



On Campus

This year marks the 50th anniversary for Upward Bound as an organization and its 37-year partnership with CSU. During the summer months, CSU offers the only 6-week Upward Bound residential camp in the state. Students take high school courses, have designated study hours and participate in social activities all while getting a chance to be in a college setting.

Devontay Tobe, a junior at Montobello High School, is in his first year with Upward Bound. "It has made me more organized and social," he said about his experience. "I get a chance to be in a college atmosphere like this, and I understand what I need to do to get here."



Upward Bound leader exemplifies program's success

What's the best way to describe the Upward Bound program at MSU Denver?
Two words: Paulette McIntosh.

McIntosh, Upward Bound's director and principal investigator, is a veritable walking billboard for the program's continued success at preparing low-income, first-generation high school students for college. She graduated from the program in 1972 and went on to earn her bachelor's in performing arts from MSU Denver in 1981.

"It means something to these kids when they learn that I came from a similar situation in terms of what they're going through now," said McIntosh, who was one of seven children raised by a single mother. "My mom would always tell me, 'You need to get an education.' Then she'd sigh and say, 'But I don't know how we can afford it.'"



McIntosh graduated from Upward Bound in 1972 and went on to earn her bachelor's in performing arts from MSU Denver in 1981.

McIntosh was entering the 10th grade when she and her mom first learned about Upward Bound, one of eight programs that fall under the federal TRIO umbrella, which helps low-income, first-generation college students and individuals with disabilities move from middle school to post-baccalaureate programs. TRIO programs, which are funded by grants from the U.S. Department of Education, serve more than 860,000 students across the nation.

At MSU Denver, which has housed Upward Bound since 1974, up to 85 high school students are served by the program annually. Participants receive supplemental instruction with a particular emphasis on core subjects such as math, science, reading and writing, in addition to one-on-one tutoring and internships with various campus departments and community organizations. Upward Bound also works to educate participants and their parents about financial aid sources and what they need to do to apply for aid.

Students can begin in Upward Bound as rising 9th graders. Once they are admitted to the program—a process that entails an 11-page application and an in-person interview that includes their parents—they are asked to commit to it through their high school graduation.

"This is a comprehensive program," said Pamela Osborne (B.A. human services '90), assistant director of Upward Bound. "Our students are required to come to campus every day year-round, after school and even during the summer. When you're in high school and all your friends are hanging out, that can be really challenging."

Also challenging are the conditions many students face at home. "Preparing for college doesn't begin in the 11th grade. It takes a lot of planning and structure in the home as well," said McIntosh. "A lot of these kids have no place to study in their homes. A lot of them don't have access to computers. Some of them don't even have electricity."

"Poverty drives a lot of behavior in regards to school absences. It's hard to think about going to school every day if your mom needs you at home watching your brothers and sisters so she can work. "

To help make it logistically easier for their students to get to the Upward Bound office every day, McIntosh



and Osborne recruit from schools that are close to MSU Denver, targeting those with high drop-out rates and low-income students. “We take a holistic approach,” said McIntosh. “We work with students as well as their parents. Once parents see the benefits of the program, they often bring their other children here who in turn start to see education as a possibility whereas they didn’t before.”

Upward Bound may require hard work and commitment but it definitely pays off: 85 percent of students who graduate from the program enroll in post-secondary school and roughly 46 percent go on to graduate from college.

Nearly 150 Upward Bound alumni gathered at St. Cajetan’s last month to celebrate the 50th anniversary of Upward Bound and it was a very impressive group, according to Osborne. “We’ve got former students who went on to earn master’s degrees and doctorates, and others who work in very high-level jobs. It’s incredibly inspiring,” she said.

McIntosh agrees. “Upward Bound asks ‘what’s the quality of your life going to look like?’” she said. “Our students develop a desire to go further and not just settle for what’s in front of them. They learn that anything is possible and they don’t have to settle for mediocrity.”

Source: <http://msudenver.edu/newsroom/news/2014/august/11-upwardbound.shtml>

University of Colorado Upward Bound *from Tanaya Winder*

Our program put together a video in their broadcasting class. The link is: <https://www.youtube.com/watch?v=cjhvFiXJ9zM>

We were also featured on a local news station! <http://www.9news.com/story/news/education/2014/07/25/cu-program-pushes-kids-towards-college/13193405/>