

# THE UB BUZZ

Official Newsletter of WVU Upward Bound



## WHAT'S NEW AT UPWARD BOUND:

- February Saturday Program
- WVU TRIO Leadership Conference
- Team Building at The Horse Farm

## LEAPS & BOUNDS

By Shana Reed



Welcome to The UB Buzz- the newsletter where we share what we've done, what we're getting up to, and the exciting things we have coming up! Keep reading to see what we did in the spring semester of 2019 here at WVU Upward Bound.



# FEBRUARY SATURDAY PROGRAM

For February's Saturday Program, we went to 'The Shack' Neighborhood House and volunteered with the staff who gave us a tour, and told us a little bit of history about The Shack. Then, we got to work cleaning and organizing toys- helping them get ready for a big fundraiser they had coming up. After, we went to Oglebay Hall at WVU for lunch and Cupcake Wars.







A few wonderful students traveled to Flatwoods, WV for the 18th Annual Student Leadership conference. Upward Bound students, Carson Squires, Ashley DeDominicis, Jodie Riffle, Jahseer Ward, Abby Lilly, and Leah Fisher attended the conference.

## WV TRIO Student Leadership Conference

Our students were joined by students from 15 other TRIO programs. High school and college students from West Virginia, Virginia, Ohio, and Pennsylvania engaged in a variety of seminars focusing on topics like team building, effective communication, goal-setting, and college preparation.



**TRIO**  
UPWARD BOUND





# TEAM BUILDING WITH HORSES



One of the students' favorite Saturday Programs of the semester was the trip to On Eagles' Wings Therapeutic Horsemanship Center, where students practiced strengths-based leadership and team building exercises.





# SPRING SEMESTER EXTRAS

