

# The UB Buzz

2020-2021 ACADEMIC YEAR, ISSUE 2, PUBLISHED 4.13.21



Final  
Saturday  
Programs  
Dates

April 17:  
Summer  
Meeting

May 22:  
Recognition  
Banquet

Our New  
Counselors  
and Student  
Tips

Socials, Groups,  
and Photos

College  
Prep and  
Career Panels

Cass  
Scenic Railroad  
Service Project

National  
TRIO Day



# Meet Our New Counselors



*Becca Phillips*

Becca has a Bachelor of Science in marketing and a Master of Education in instructional leadership and student affairs. Becca is a mother to one human boy, a cat, and a dog. She is very creative and loves to participate in artsy projects, including helping with our social media. Check it out!



*Kimmy Locy*

Kimmy has a bachelor's degree in sociology and anthropology and two master's degrees in social work and in instructional design and technology. She also has a minor in religious studies. Kimmy is a parent, which includes being a cat mom. She loves exploring and enjoying life outdoors.

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# Student Tips



## Jada's Time-Management Tricks

- Write all assignment due dates and exam dates on a calendar.
- To limit procrastination, break up your assignments throughout the week; make a weekly homework schedule to meet deadlines. This saves you from having to write an entire paper in one day because it's due at 11:59 PM that night. Prioritize.
- Study at a time you are most motivated. For example, I like to take evening naps, but I know that if I take a nap first, I will never do my homework. The key is knowing yourself in order to set proper goals of time management for yourself.
- Remove non-essential activities. I used to be on my phone 3+ hours every day when I could have been doing more beneficial things for my health and education.



## Setting S.M.A.R.T. Goals

S- Specific: State exactly what you want to achieve. Then, break a large task down into smaller ones. Set real times and deadlines.

M- Measurable: Make sure you are able to accurately assess how well you are doing at the small tasks to achieve your goal.

A- Attainable/Action-Oriented: Work towards a goal that is challenging, but possible. What skills, objects, or actions do you need to accomplish this goal?

R- Realistic: Know your abilities (your skill level) and your capabilities (your capacity to balance a number of tasks at the time). Start small. Someone else's goal may not be capable for you to achieve at your current state.

T- Time-Bound: Decide how much time you need to accomplish the goal.



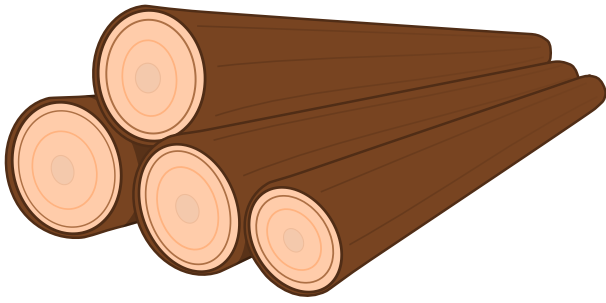
## A 4x4 grid of 16 small video call windows showing various participants in a virtual meeting. The participants are diverse in age and appearance, and the backgrounds vary from home offices to bedrooms. Some participants are wearing masks or have their faces blurred.

[illegible]

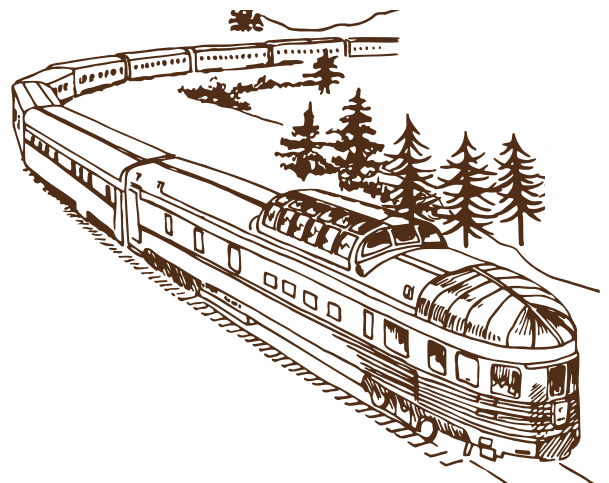
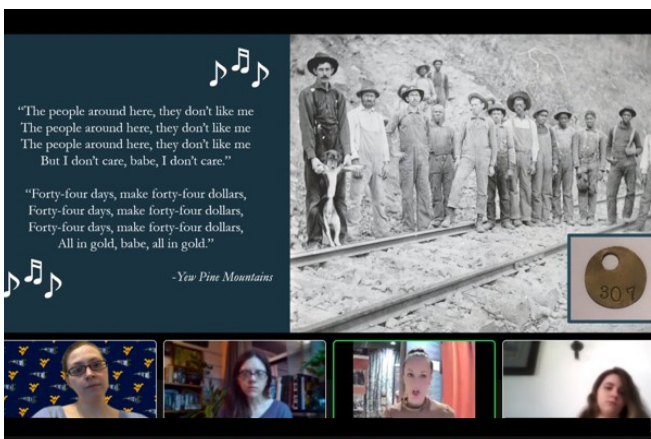
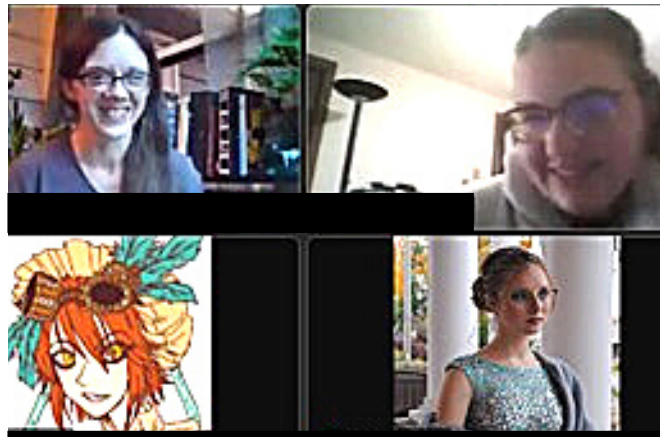
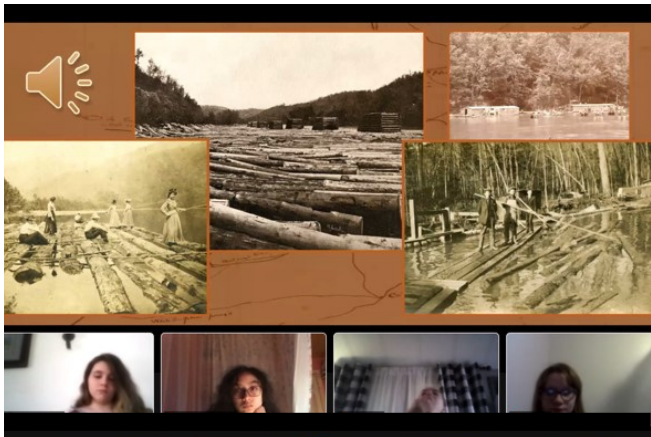
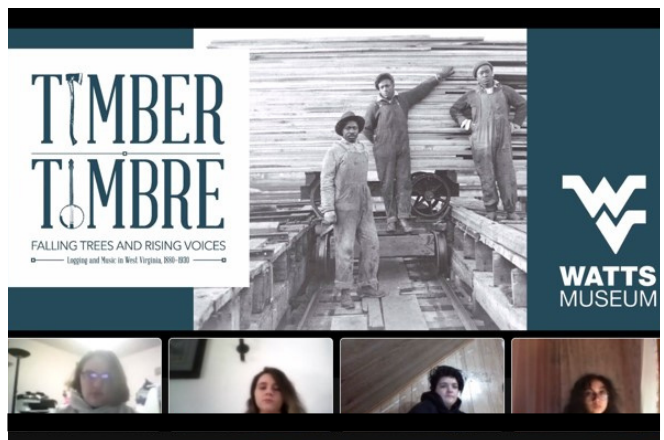
- Become a Foster Parent
- Volunteer to Clean Up Litter
- Be Educated about Issues
- Shine a Spotlight on WW's Good Qualities in Media
- Encourage Progressiveness and Inclusivity in My School



# Cass Scenic Railroad

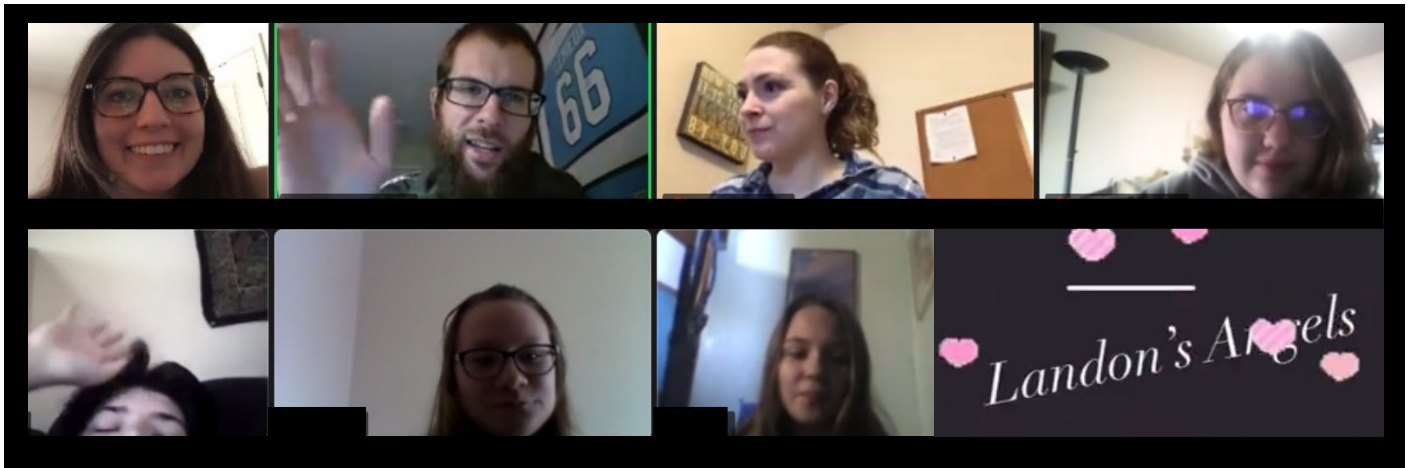


The information collected by students will be used to help the Cass Scenic Railroad create a new, historically accurate, household exhibit featured at the state park.



# National TRIO Day

In honor of National TRIO Day on February 27, students learned about the history of TRIO and why it was created. We learned the difference between equity and equality, discussed case studies to find solutions for inequitable situations students may encounter, and celebrated TRIO.



— TRIO —



[WORD SCORE: 97]

Students worked in groups to create logos and performances that express who they are, and they showcased their unique talents through theater, poetry, and art!

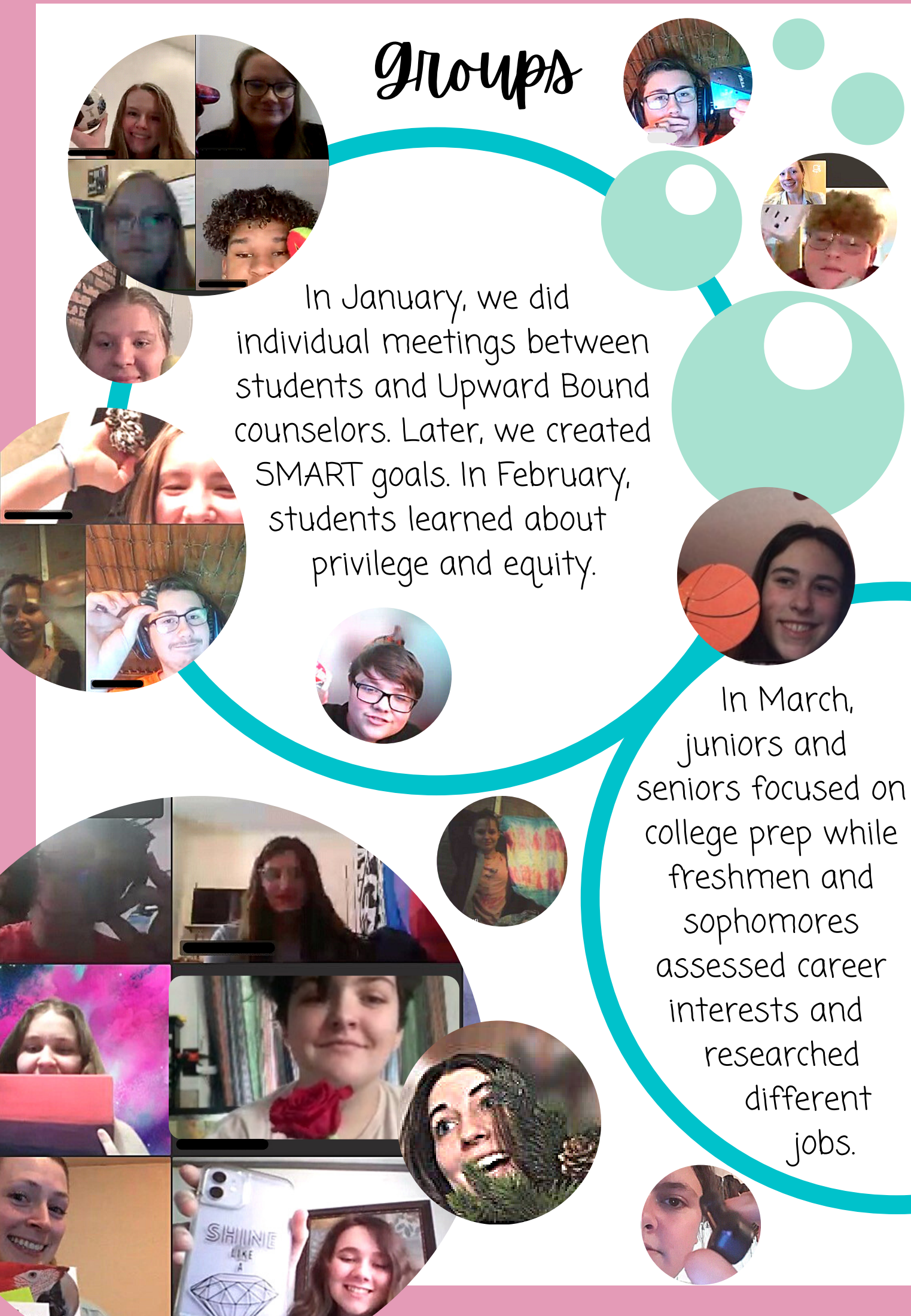




# Groups

In January, we did individual meetings between students and Upward Bound counselors. Later, we created SMART goals. In February, students learned about privilege and equity.

In March, juniors and seniors focused on college prep while freshmen and sophomores assessed career interests and researched different jobs.

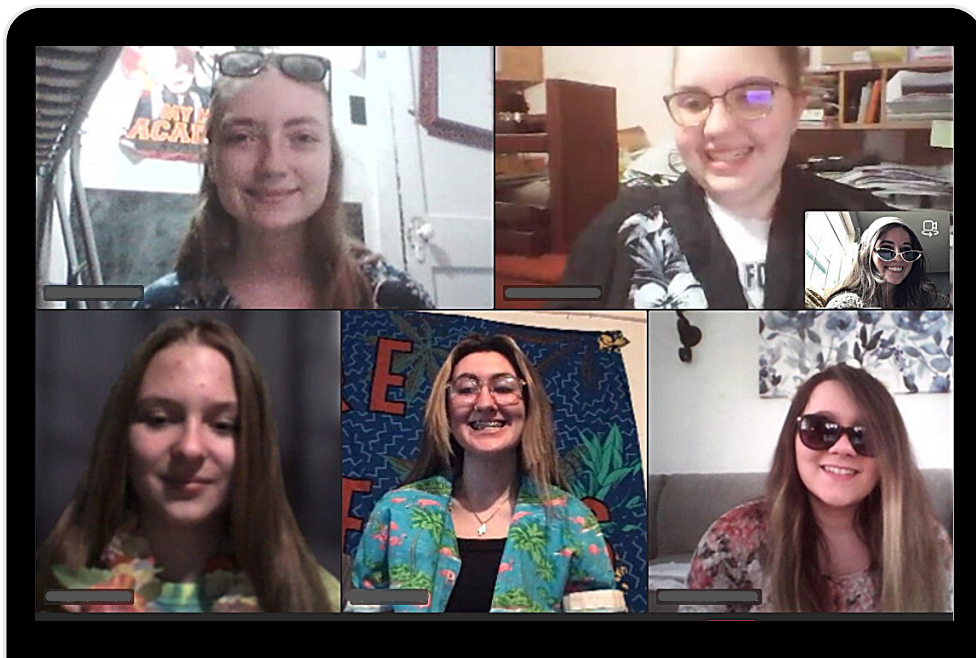




# Socials



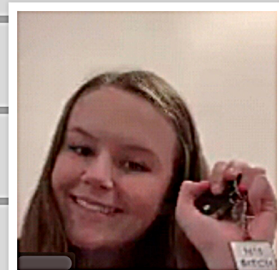
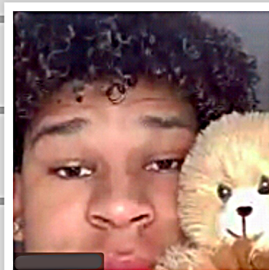
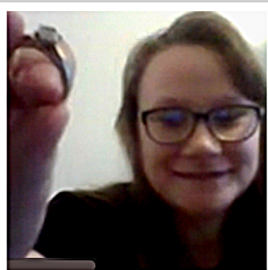
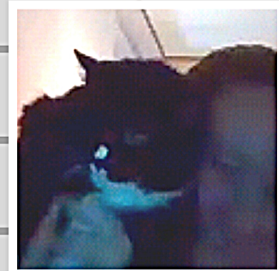
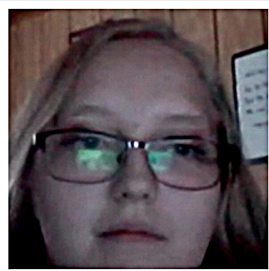
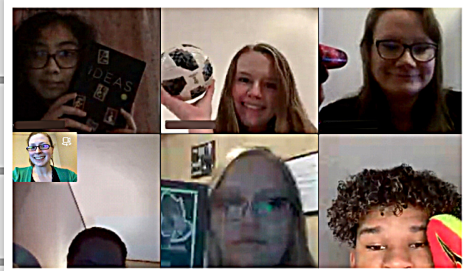
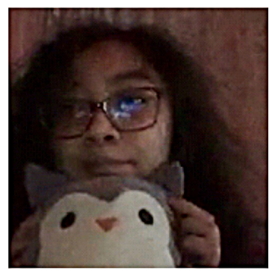
Students spoke and we listened! Socializing with their friends in Upward Bound is important to students and their success, especially during the isolation created by the pandemic.



This semester, Upward Bound hosted various socials, including a game night, murder mystery, and a Jack-in-the-Box night.

# College Prep

Juniors and seniors have been very busy this semester with college prep!

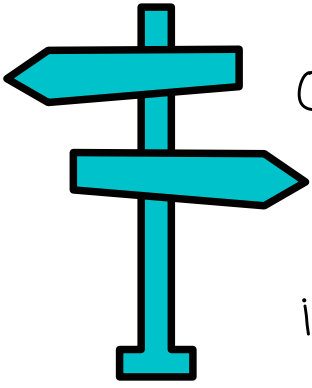


Many students met individually with Upward Bound counselors to finish college applications, fill out FAFSA applications, write, and rewrite scholarship essays.

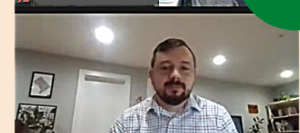
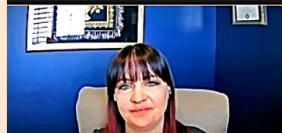
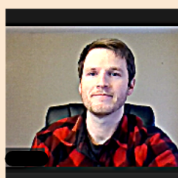
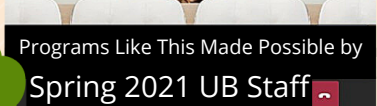
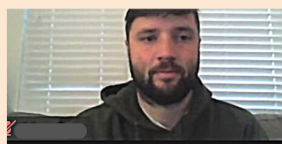
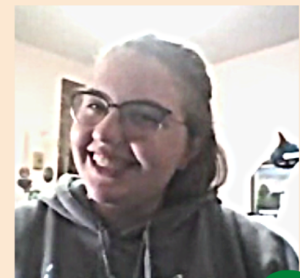
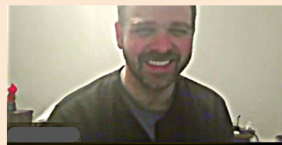
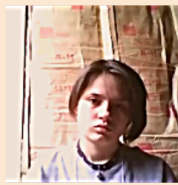
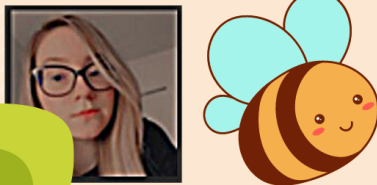
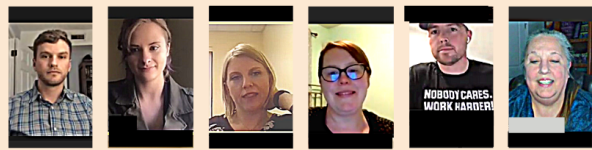
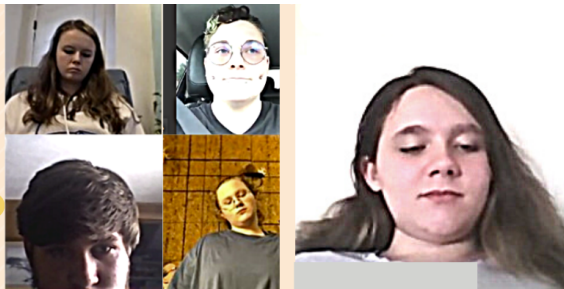
*Thanks for your  
hard work!*



# Career Panels



On March 18, students had the opportunity to talk with panelists on Upward Bound's Virtual Career Day. The fields represented included business, communications, education, health sciences, AG, STEM, and more.



Students received advice about activities they could get involved in now, skills they could work on developing, and navigating college. See highlights on the next page!





"Get involved. Do things that scare you! Fear is just adrenaline, like excitement."

-Christin Howell

"Learn about motivational interviewing. You need to be good at talking to people."

-Jaqui Neid-Avila

"Your interests develop over time. Don't worry so much about who you are now. Figure out who you want to become."

-Gary Phillips

"Live on-campus at least during your first year or two, even if you go to a college close to home. You learn so much from the conversations you have with your roommates or friends down the hallway."

-Matt Colpitts

"See everything as an opportunity. Be a lifelong learner."

-Lexie Richins

"If I fail at one thing, it's okay. Try again. Keep going."

-Haley Sorensen

"You're going to fail sometimes, and that's okay."

-Liz Grant

"Don't get too down on yourself when things don't go exactly the way you planned."

-Matt Bass

"You'll probably qualify for work study in college, so get a part-time job on campus. And whatever happens, don't quit! Take a day or a week off, and then keep going. You have to finish your degree."

-Matt Colpitts

"There is a lot of licensure to keep up on and things like the national registry you need to do as a dietician and with other healthcare careers. I wish I would have known to prepare for the extra training and financial costs."

-Jaqui Neid-Avila

*\*Advice for Health Sciences\**

"There are plenty of ways to get involved now. Apply online to volunteer with an organization or at a hospital. Or try medical scribing. It's easy to learn, and you can work for a physician who can recommend you for med school."

-Haley Sorensen

"You probably won't know exactly what you want to do when you first enter the field. Find a mentor who can answer questions. You can save yourself a lot of time and money if you know what you want to do instead of figuring it out through your first job after college and going back to school."

-John Southwick