



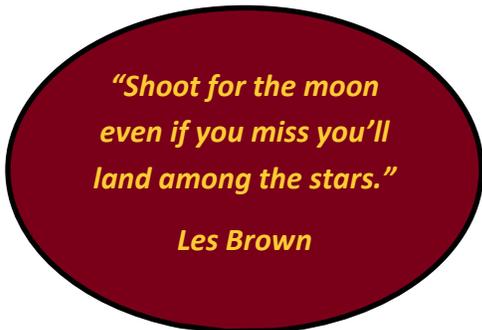
I want to warmly welcome the new cohort, class of 2023, to our TRIO Upward Bound family as well as some new additions to the class of 2022! 39 freshman and 5 sophomores from North, South, Patrick Henry and Edison will join our current roster of students. We are excited to start a new year with new students and families!

The beginning of this academic year has brought many great accomplishments already. Students have taken a mock ACT exam, attended the national college fair, went roller skating, attended 2 separate college tours, attended a Family Education Workshop, and participated in a FAFSA family night for seniors. This is in addition to students attending 8 weeks of classes and tutoring. As we enter 2020 to finish off the academic year, we are looking forward to getting to know our new students and families. We look forward to our Student Development Day with class of 2022 and 2023 in February, MN TRIO Day, and our second Family Education Workshop day in April.

-Tricia Wilkinson, Director

IN THIS ISSUE

Message from the Director	1
TRIO UB Academic Highlights	2
TRIO UB Academic Events	3-4
TRIO UB Super Student Corner	5
TRIO UB Staff and Alumni Spotlight	6
Important Dates	7
Contact Information	8



TRIO Upward Bound academic and office staff at Winter Celebration!



**COLLEGE OF EDUCATION
+ HUMAN DEVELOPMENT**

UNIVERSITY OF MINNESOTA

ACADEMIC HIGHLIGHTS

Overall Academics

Students' academic performance has been amazing this year. A total of 16 academic staff provided educational programming to 68 students. In order to be eligible for the \$1000 Dream Scholarship, UB participants must be in good standing (percentage of 80% or above). We are all proud to report that the majority of UB students are on their way to accomplishing this goal!

Tutoring has been very busy this year! Students have attended approximately 200 sessions of tutoring; that's over 300 hours of tutoring. In addition, over 50 sessions of walk-in's have been attended so far. We encourage students who are struggling to come in to get help before the end of the quarter.

9th grade

TRIO Upward Bound would like to welcome the new 9th graders to their Science Exploration & Study Skills class as well as introduce this year's instructor, Rim Gassar. Students will learn and practice academic skills, like active listening, managing time, setting goals, taking notes, and more. In addition, students will also participate in scientific activities, listen to guest speakers, and go on field trips related to various science subjects.

10th grade

The beginning of this year's class was taught by Emma Sapong; however, we would like to welcome our new instructor Erin Cronin. The goal of the class is to get students engaged and prepare them to apply to scholarships and colleges in the future. So far this year, students have worked mainly on the fundamentals of writing, and they have completed a final draft of a persuasive essay.

11th grade

Victoria "Bo" Bobell is this year's ACT Prep and Career Exploration class's instructor. They taught this class along with the TA, Anya Yermishkin, last year. They teach by blending in-class instruction along with a new and improved website that offers videos, activities, and practice tests. Most students can expect to increase their ACT score by 1-3 points.

12th grade

The 12th Grade College Planning class is instructed by the UB advisors, Tenzin Choerap and Sarah Yang. Students dove into applying to scholarships and colleges. In November, they completed their FAFSA and by the end of January, students will have finished applying to at least five colleges and two of the larger scholarships.



College Planning workshop.



TRIO UB English Composition class.

ACADEMIC YEAR EVENTS

National College Fair

On October 2nd, TRIO Upward Bound students and five UB staff gathered at Appleby Hall to eat dinner and prepare for the evening's event. After eating one of our students' favorite meals provided by Canes, students loaded onto the buses. They travelled to the Minneapolis Convention Center participated in the NACAC 2019 National College Fair. This year 21 sophomores, 17 juniors, and 3 seniors took part in this year's event. Students received folders with five college comparison worksheets. Once they arrived at the convention center, the students were tasked with the goal of completing at least 5 college worksheets. Students had an hour and a half to talk to college representatives and ask them questions.



Karen & Calisna



Class of 2021 and 2022

Mock ACT

On Saturday, October 12th, the sophomores and juniors had to wake up extra early for this year's Mock ACT test. The attendance of the 11th graders was perfect! We started promptly at 8:00 am sharp. The test was finished by 11:30 am, and then students were rewarded for their hard work and patience with a Chinese food buffet! The experience of the exam might not be the most enjoyable event UB provides, but the lessons learned from the challenge are exactly why TRIO Upward Bound requires all 10th and 11th graders to take the Mock ACT each year.



FAFSA Family Night

On Monday, November 4, 2019, TRIO Upward Bound held their annual FAFSA Family Night. The purpose of this event was to ensure that all 12th grade students and their parents/guardians were provided with accurate financial planning, literacy, and FAFSA support to understand financial aid as a whole in preparation for college entry.



Richard Campo from UMN OneStop



Tenzin Choerap UB Advisor

ACADEMIC YEAR EVENTS Cont'd.

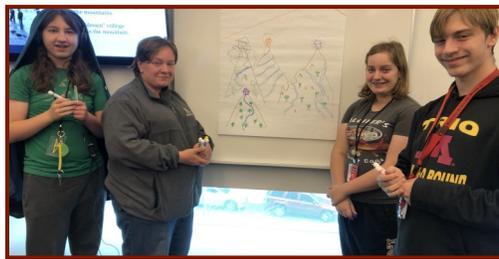
Family Education Workshop (FEW)

On November 16th, TRIO Upward Bound offered the first of its annual Family Education Workshops (formerly Student Parent Education Workshop). After eating a delicious breakfast, students, parents, and staff organized into 3 groups.

The 10th grade workshop looked at improving communication, interdependence, and active listening. They engaged in several activities that included a game of telephone, a review of a case study, and an activity called the Human Knot. Families also practiced active listening as well.

The 11th grade focused on reflection of challenges they faces and the opportunities/support they have and the path to achieve more in life. Their workshop was created by Tex Ostvig, Coordinator for the Multicultural Center for Academic Excellence. This is the same organization that hosted many of TRIO UB alumni that attend/attended the University of Minnesota-Twin Cities. Families engaged in several activities that included critical thinking, drawing, and group discussion.

The 12th grade workshop invited a panel of TRIO Upward Bound Alumni to come and speak to the seniors. Families were able to learn tips and advice on the application process for colleges and scholarships as well as ask questions about transitioning to college and living on campus.



Winter Celebration

On December 16, 2019, TRIO Upward Bound recognized student and staff achievements at the annual Winter Celebration. Nine staff and 55 students attended and celebrated with dinner and roller skating at Roller Garden. Upward Bound staff and students were recognized for a successful and collaborative year. Staff received recognition with a mug filled with candies. Students who achieved 80% or higher received UB winter gloves and a chap stick. Students who achieved 90% received UB winter gloves, a chap stick and a UB long sleeve shirt. Students who achieved 100% received a UB winter gloves, a chap stick, UB sweatshirt and a movie ticket! After the awards, students and staff had dinner and participated in roller skating, holiday crafts, and cupcakes! On top of all the fun and sweets, students got the opportunity to write a postcard to their Congresswoman, Ilhan Omar, their Senators, Tina Smith and Amy Klobuchar, to help increase the funding to TRIO programs.



Karen V. & Calisna V.



Philip T. Redwan M. Abdifatah M.



Eva G.

ACADEMIC YEAR EVENTS Cont'd.

Winter Fun Day

On January 3rd, 2020 TRIO Upward Bound recognized student who achieved a 90% or higher. Sarah Yang & Tenzin Choerap and five students attended and celebrated with lunch and Skate the Star at the Mall of America.



Eva, Gabe, Lyxia, Chue, & Julian

SUPER STUDENTS CORNER - DUSHAWN LOVE

What is your favorite UB memory?

My favorite UB memory was the Voyageur Outward Bound wilderness trip during the summer 2019.

What is your favorite food?

I do not really have a favorite food, but if I were to choose, I would say pizza.

What was the last book that you read? What did you like about it?

"The Hate you Give." What I liked about the book was that it was talking about a police brutality. It started off peacefully, but it turned into a brutal story line. I like the book because I can relate to the story and it is common to today society.

What is your favorite class and why?

Math. It is easy for me to understand. I can calculate math in my head and I like the challenges. I am a mathematic kid.

What classes are you most interested in?

AP Art because it is a hard class, but at the same time it challenges me to think outside of the box. It brings the artistic side of me. It will help me to be more creative.

What are your greatest talents?

My greatest talent is the arts. I love to act, sing and draw.

What languages do you speak? If you could learn another language, what would it be?

I speak English, but I would like to learn Japanese. I have always been inspired by Japanese movies. I hope one day to visit Japan.



Class of 2021, North High School

SUPER STUDENTS CORNER - ANGELICA MARKO

What is your favorite memory?

The summer program and the Voyageur Outward Bound wilderness trip.

What is your favorite food?

My favorite is pizza.

What was the last book that you read? What did you like about it?

Sing, Unburied, Sing, I liked how deep the story was.

What is your favorite class and why?

English, because it is more creative and challenging

What are your greatest talents?

Not giving up and being open minded

What languages do you speak? If you could learn another language, what would it be?

I speak English, but I would like to learn Spanish and Russian.



Class of 2022, Edison High School

Staff Spotlight - Alex Ngov



What were some of your biggest challenges during college?

Time management skills were probably the biggest for me. It was like simultaneously having all the things in the world to do and all the time in the world. It became necessary to figure out how to prioritize what was important. Also, finding help was a major struggle.

Can you share a little bit about your immediate plans after graduation?

My current plan is to apply for graduate schools and jobs while travelling in between. I am going to Roatan Island off the coast of Honduras for the first few weeks of January for a dive trip.

What were some big take-aways, things you learned in while working in TRIO UB?

You cannot succeed if you do not ever try. I have seen plenty of students apply for scholarships or to colleges that they were unsure of or did not expect to hear back from, but they put in the time themselves and were rewarded. The biggest takeaway from working with TRIO UB staff has probably been that balance is key and there is more to life than school. Making sure your life outside of academics and work is healthy and enjoyable can be just as important.

What advice would you give to the new high school students who are joining TRIO UB now?

TRIO works! Stick with the program even if it seems weird to start. This program is a car race. There will be twists and turns. There will be times when it does not seem like there is a finish line in sight. There will be times when you question why you are doing things. There is a reward at the end though, and there is an entire team of people who want you to succeed. There are plenty of great experiences and views along the way, but only if you keep your pedal down and keep moving forward.

Alumni Spotlight -Vong Vang



What high school and year did you graduate from?

North High, Class of 2013

What did you major in and from which school?

BA in Accounting from University of St. Thomas.

What are you currently doing with yourself?

Work full time as a Financial Analyst with Honeywell International Inc. in the Productivity Products global headquarter in Fort Mill, SC.

What are your goals for the future?

- 1. Become a Certified Management Accountant.
- 2. Career advancement in accounting and finance fields.

What is your most favorite memory of being in TRIO Upward Bound?

Voyageur Outward Bound wilderness trip.

What advice would you give to a current TRIO Upward Bound student?

Work hard, play hard, and stay committed and true to yourself

What do you like to do in your spare time?

Play badminton and tennis. I also like to draw.

Anything else you'd like to add!

My family came from Thailand in 2008. English language was the biggest obstacle that I overcome by working hard & stay committed. Many thanks to TRIO Upward Bound that help equipped me with skills and knowledge required for college.



IMPORTANT DATES

JANUARY - 2020

Mon	1/6	TRIO UB services resume	ALL	4:00-5:30pm
Thu	1/16	MPS Quarter 2 ends	ALL	N/A
Sat	1/18	New Student Orientation #1	New students + P/G	10:00am-12:00pm
Mon	1/20	No TRIO UB (No school, MLK)	ALL	N/A
Wed	1/22	New Student Orientation #2	New students + P/G	6:00pm-8:00pm
Wed	1/29	Science Exploration & Study Skills begin	Class of 2023	4:00-5:30pm
Thu	1/30	English Composition (new students) begin	Class of 2022	4:00-5:30pm

FEBRUARY

Mon-Tue	2/17-18	NO TRIO UB (no school)	ALL	N/A
Fri	2/18	Student Development Day	Class of 2022 & 2023	8:00am-3:00pm
Thu	2/21	Grade Monitoring Forms Due (mid quarter 3)	ALL	5:30pm

MARCH

Day	Date	Activity	Who	Time
Tue	3/24	MPS ACT test date	Class of 2020	8:00am
Thu	3/26	MPS Quarter 3 ends	ALL	N/A

March 27 - April 3 – NO TRIO UB Services - MPS Spring Break

APRIL

Wed-Fri	4/1-3	NO TRIO UB Program (no school)		
Sat	4/4	Required national ACT Test	Class of 2021	8:00am
Sat	4/18	Family Educational Workshops (SPEW) #2	All Students + P/G	10:00am-12:00pm
Sat	4/25	MN TRIO Day Pre-College Leadership Conference	2021-2023	8:00am – 3:30pm

MAY

Thu	5/7	Last Day of Academic Year Program	All Students	N/A
Mon	5/11	Senior Appreciation Dinner & Bridge Orientation	Class of 2020	4:00-8:00pm

HAPPY BIRTHDAYS!



January

Abdifatah Abdi
Hamda Abdi
Kedra Abdi
Mukhtar Abdullahi
Salih Abdullahi
Fathi Aden
Nimo Aden
Mohamed Barud
Tenzin Choezin
Fikeremariame Kassahun
Serena Lee
Abdifatah Mahamed
Angelica Marko
Hawo Mohamed
Redwan Mohamed
Omer Omer
*Hawwa Abdullahi
*Sahra Siyad
*Akrama Mursal
*Yasmin Hassan
*Nancy Lee
*Kamya Richardson
*Viviana Yang

February

Valerie Dawes
Sahra Osman
*Solyana Menkir
*Jerzy Bruce
*Marshawn Ambers



March

Julian Nyene
Putthamit Savatdy
Abdullahi Siyad
*Kaylee Lynch
*Mary Gnebremeskal
*Saimari Combs



*New Student

April

Bryan Brito
Stephanie Estrada
Martesha Mitchell
Lyxia Vue
Ter Yang
*Alexis Hernandez- Guttierr
*Kemariyon Hall
*Diamond Yang
*Eliza Tijani
*Natalia Love



May

Abigail Rodriguez
Alejandro Rodriguez
Vinceson Vang
Hnukusha Vue
*Ntshuanplaim Lee
*Mindomoi Diggins
*Amal Osman



Contact Information



TRICIA WILKINSON
Director
612-625-3369
wilk0151@umn.edu

MAIN PHONE & EMAIL
612-625-3021 or
ubtrio@umn.edu

MAIN OFFICE
56 East River Road
Education Sciences Bldg, Ste 40
Minneapolis, MN 55455

CHECK OUT OUR WEBSITES
[www.cehd.umn.edu/trio/
upward-bound](http://www.cehd.umn.edu/trio/upward-bound)

[https://www.facebook.com/
upwardboundumntc](https://www.facebook.com/upwardboundumntc)

SARAH YANG
College Access Advisor
+ Project Coordinator
612-625-3031
yang2873@umn.edu



TENZIN CHOERAP
College Access Advisor
+ Residential Coordinator
612-625-3099
choer014@umn.edu



MAX HOLLENBACK
Academic Coordinator
612-625-6626
mhollenb@umn.edu



FADUMO ALI
Office Manager
612-624-0865
ali00047@umn.edu



Thank Your Congressional Representatives



U.S. Senator
Amy Klobuchar

1200 Washington Ave S, Rm 250
Minneapolis, MN 55415
612.727.5220 (Minneapolis)
202.224.3244 (Washington)



U.S. Senator
Tina Smith

60 Plato Blvd, Rm 220
St. Paul, MN 55107
651-221-1016 (Minneapolis)
202-224-5641 (Washington)



U.S. Representative
Ilhan Omar

404 3rd Avenue N, Suite 203
Minneapolis, MN 55401
612.333.1272 (Minneapolis)
202.225.4755 (Washington)

TRIO UB is Social, Let's Connect



[www.facebook.com/
upwardboundumntc](http://www.facebook.com/upwardboundumntc)



ubtrio@umn.edu



[@triouppwardboundumn](https://www.instagram.com/triouppwardboundumn)



[@ubtrio](https://twitter.com/ubtrio)



UNIVERSITY OF MINNESOTA
COLLEGE OF EDUCATION
& HUMAN DEVELOPMENT
40 Education Sciences Building
56 East River Road
Minneapolis, MN 55455
Main Office: 612.625.3021
Academic: 612.964.6312