Upward Bound Moves Location on Campus

Upward Bound has been located on the second floor of Nelson Hall on the UWSP campus for years! We have recently moved locations: across the street in the Student Services Center, Room 210. This move brings us closer to our parent department, Diversity and College Access and their administrative offices. Come visit us in our new location!

SAVE THE DATE FOR 2020!

Individual flyers will be mailed out with detailed information closer to event dates.

Winter, Spring, and Summer 2020

ACT BOOTCAMP (Juniors Only)
FEBRUARY 1, UWSP CAMPUS

SPRING WORKSHOP
(EVERYONE REQUIRED)
APRIL 3-4, WISCONSIN RAPIDS

SPRING COLLEGE VISITS
(BY VOLUNTEER)
UW-WHITEWATER, UW-MADISON, EDGEWOOD COLLEGE
APRIL 16-17

PARENT WORKSHOPS
(CHOICE ONE TO ATTEND)
MAY 6 at MINOCQUA
MAY 13 at UW-STEVENS POINT

5 WEEK SUMMER SESSION
(EVERYONE REQUIRED)
JUNE 21 - JULY 25

HONORS TRIP (FOR THOSE WHO DO WELL IN SUMMER)
JULY 25-28

To learn more about the UW-Stevens Point Upward Bound Program, visit uwsp.edu/upbound.

Contact the office at 715-346-3337 or UpwardBound@uwsp.edu

Fall Workshop 2019

Upward Bound students enjoyed a weekend in October to see their friends again! We traveled to the movies and had a great time! They had fun learning as well. Upward Bounders heard from a variety of campus partners, including UWSP Admissions, Diversity and College Access Director Dr. Sam Dinga, Psychology, and Health Promotion and Wellness. Other topics included emotional intelligence, change management, and choosing a college. Our next workshop will be this spring, April 3rd and 4th in WI Rapids. Be on the lookout for letters and emails to RSVP!

Fall College Visits 2019

The Upward Bounders enjoyed the Green Bay area this fall while touring UW Green Bay and St. Norbert College! They took a tour of both campuses and had the opportunity to ask questions about admissions, dorms, and even learn about the St. Norbert dog’s office hours.

If you want the opportunity to see your Upward Bound friends again while having a fun night in Madison, join us in April for spring college visits! We will be seeing UW-Madison, UW-Whitewater, and Edgewood College. Be on the lookout for letters and emails to RSVP!
Albert Einstein once said, “The measure of intelligence is the ability to change.”

If Einstein is right, then perhaps 2019 has been my smartest year yet. This past year was full of change for me both personally and professionally. From health matters, to getting a new boss, to UB staff departures and new arrivals and to moving offices to an entirely new building on campus, I have had to exercise my abilities to cope with change. Change can be hard for people, myself included. However, changes are always ahead and sometimes we utilize too much energy trying to fend it off instead of putting effort into dealing with it. While we may not ever fully be able to embrace change, here are some strategies for coping with big changes in life and coming out a better person in the end:

• Acknowledge things are changing: Change can be less stressful if you step outside of it and say to yourself, “Things are changing, and it is okay.”

• Realize that even good change can cause stress: Even positive life changes like graduating and starting college can cause stress. Stress is a normal way your body reacts to change.

• Keep your regular schedule as much as possible: Having some of your routine (e.g., like walking the dog at 8 AM), stay the same gives us an anchor. An anchor reminds us that some things are still the same and it gives the brain a little rest.

• Eat as healthy as possible: It’s easy to grab for those carbs such as cake, muffins, bread (guilty!) when change happens. It’s okay to enjoy your favorite comfort food but do so in moderation.

• Exercise: Exercising 2 to 3 times a week has been found to significantly decrease symptoms of depression. Even walking around the block can help you feel better.

• Write down the positives that have come from the change: Change presents the opportunity for growth and it’s important to acknowledge how things have become better. Maybe the change has caused you to meet new people, or made you more assertive, or practice healthier eating, etc.

• Get proactive: Take charge and work preventatively. In other words, figuring out what steps you need to take before something happens is being proactive. Being reactive is waiting until something happens before taking action.

• Vent, but to a point: Sharing thoughts and feelings to family, co-workers or friends enhances creative problem-solving and sense of hopefulness. However, solely venting could sustain frustration. Also, back away from social media to avoid comparing your life to others.

• Give yourself a break: Nothing says you have to function at 100% all the time. Times of change may leave you feeling out of control or down on yourself for not living up to expectations. Recognize that you can learn from mistakes.

• Add more laughter and fun into your life. Laughter makes you feel good and decreases stress producing hormones.

(Excerpted from Stephanie A. Sarkis “10 Ways to Cope With Big Change” Posted on psychologytoday.com, Jan. 19, 2017).

Hello Everyone!

My name is Jessica Rocha! I am an Upward Bound alum from the UWSP area and now the new Academic Coordinator for Upward Bound! I have a wonderful fiancé and I and two wonderful doggos. I have a sister you all know or at least most of you do by the name of Maggi Rachal! I love fall, coffee and succulents.

Why I chose this job:

I have always wanted this job, ever since I was in the program. I love the program and wouldn’t be where I am with out it. I was not a good student. I had C’s and D’s most of my high school career and even remember Judy and Henny (the director at the time) sitting me down and saying that if I didn’t get my grades up I wouldn’t make it and I wouldn’t graduate and I would have to be kicked out of the program.

I didn’t listen. At the time I could care less about school. I had so much going on in my life it was the last thing on my mind. But then one day I looked around, and I realized the only way to really get out of my situation was to go to college and physically get out of my situation. My friends didn’t get it, and it was hard, but I was ultimately better off, and we are all still friends. I can tell you all more about that if you all want to know, you can always ask me.

My goal is to focus on the whole person. You are all more than just students, and more than just a number. YOU ARE A WHOLE PERSON! And I want to know that person and help you get to where YOU want to go, not where your parents, friends, grandparents, teachers, heck even your dog. I am here to help you!

That means I understand that taking a test might be hard if you have so many other things going on in your life, and I promise I won’t think they are dumb. I also always have 500 other things going on and it really helps me focus when I have someone to listen to me vent about those so I can focus on what needs to get done.

Bottom line is, if you need to talk, I am here. My socials are posted on the Facebook page. Enough of the sappy stuff, more about my nerdiness!

A little bit about me:

Schools I went to: SPASH, UW-Richland, UWSP, and North Central Tech

My hobbies: Archery, fashion, makeup, trying new food, thriftling, hanging out with my fur babies and fiancé, and watching YouTube, Netflix, Hulu, and FUnimation.

Shows/Channels I watch:

YouTube
GAMING: PewDiePie, Markiplier, Jacksepticeye, Cinnamon Toast Ken
SCIENCE: SciShow, ASAP Science, Dr. Mike
SPOOKY: Glam and Gore, Nukes top 5s, Buzzfeed Unsolved (#baogara), FUNK: SMOSH, Hot Ones, Good Mythical Morning, Shane Dawson
BEAUTY: Brad Mondo, Jeffrey Star, Safiya Nygard

Hulu
Right now, I am bingeing RuPaul’s Drag Race

Netflix
J just finished this season of The Ranch and Charmed, the new one, although the original is still the best

Anime/Funimation

Tokyo Ghoul, Bungo Stray Dogs, Black Clover, Fairy Tail and anything Miyazaki, there is way more than this but we would be here all day

Other things I am a total nerd about: Harry Potter, Psychology, Star Trek and learning!

UPWARD BOUND IS SEEKING NEW MIDDLE AND HIGH SCHOOL APPLICANTS

New 8th grade to 11th grade middle and high school students from our target school districts are eligible to apply online for the next school year. They may begin the application process online by completing the Preliminary Student Application at www.uwsp.edu/upbound/ and clicking “Apply Now.” If you know a student who may benefit from our services, please encourage them to apply!

REFER A FRIEND AND EARN A $10 GIFT CARD!

Do you have a friend that may be interested in Upward Bound? Refer them to apply and get a $10 gift card to Amazon.com, Starbucks, or Kwik Trips! Have them apply online and put your name on the bottom of the application where it asks, “How did you hear about our program?” The online preliminary application takes only 2 minutes to complete with a parent. Once all their paperwork is complete, we will send you a gift card of your choice!
Summer Session 2019
Upward Bound had a fantastic Summer Session 2019! This year freshmen were able to come on campus for the first week, while upperclassmen came for the remaining five weeks. Students took classes in English, Reading, Math, Science, Social Studies, College Readiness and electives such as Drama, Computer Science, and Film Appreciation. We traveled all over the state for structured activities on the weekends, even making it over to Minneapolis, Minn., for a trip to the Mall of America. The summer ended with a final trip to Indianapolis for those students who did well in their classes!

Honor Roll at End of School Year 2018-2019
Jacob Aiello
Israel Alberg
Hasley Amat
America Arts
Megan Biedermann
Kiana Collins
Brittany Chang
Taylor Davis
Kaitlyn Eidson
Alexandra Farmer
Danielle Halverson
Keely Hanson
Desiree Hartau
Cole Hartman
Matina Hernandez
Lilly Higdon
Harmony Houpt
Kayley Huu
Joseph Jones
Trinity Kane
Victoria Keauro
Jocelyn Khang
Jordan Khang
Kang Khang
Kinkai Khang
Mai Huy Khang
NaLee Khang
Shaun Khang
Demessa Kohel
Julia Kurz
Jonathan Lager
Chloe Lane
Anhlee Maua
Liliana Munro
Rachel Ryn
Cheyanne Ross

FEATURED CAREER: Web Developer

The Web Development program at UW-Stevens Point emphasizes design, development and evaluation of interactive technologies. Learn different aspects of human-technology interaction, from how humans perceive and think to designing interactions and user interfaces that fit human needs and goals.

Explore Career Opportunities in Web Development
Job prospects for Web Development (WD) graduates are excellent in areas such as user experience (UX) design and research, user interface (UI) design, interaction design, e-commerce, mobile design and development, and website design, development and administration.

Get Involved on Campus
Courses focus on web technologies and industry-standard software development practices. Collaboration, problem-solving and practical design and development skills are at the heart of this program. Web Development students can expect an environment that promotes:

• Hands-on learning experiences, team learning and group work
• Real-world application of your learning through projects in the community
• Close contact with fellow students and highly qualified faculty
• Extra-curricular activities, such as student clubs
• Exposure to state-of-the-art hardware, software and media technology