TRiO UB@BU

Serving Area Youth Since 1978

The Alumni & Friends of TRiO Upward Bound at Bloomsburg University Newsletter

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TRiO Upward Bound at BU funded for five additional years
By: Christine Heller, Communications Assistant

The college preparation program TRiO Upward Bound at Bloomsburg University of Pennsylvania was recently funded for an additional five years by the U.S. Department of Education. The program helps future first-generation college students nationwide navigate the college application process and supports them throughout high school.

Since 1978, the program at BU has helped more than 1,100 students. “It’s not just about enrolling, but persisting,” explained Kate Bauman, director of TRiO Upward Bound at BU. In between visiting college campuses, learning about financial aid and registering for the SAT, tutors work with students at their high schools to develop their interests and abilities. Graduates of the program return to talk with current “Bounders” and offer tips for thriving after high school.

Once the school year is over, students may attend the Summer Academy at BU. Participants take classes to improve academic performance and some even earn college credits. They also go on field trips, attend cultural events and participate in service projects. “This is my third summer as a Bounder,” one student explained. “I come back year after year because it is a fun program and it helps me in the next school year to achieve the goals I set for myself.”

TRiO Upward Bound at BU serves students attending target high school throughout Columbia, Northumberland and Schuylkill counties.

More information about the program, including student application information, can be found online at www.bloomu.edu/trio_upwardbound.
Dr. Eduardo Ochoa, assistant secretary for postsecondary education, delivered Bloomsburg University’s May 2011 commencement address. The U.S. Department of Education’s Office for Postsecondary Education supports higher education facilities and programs, notable among them, TRiO.

During his remarks, Ochoa discussed the ways in which Bloomsburg University has prepared the graduates to be active and engaged participants in the global economy of the 21st century. Out of the 950 students who received their baccalaureate degrees that morning, Ochoa highlighted two graduates in particular. Those two students just so happened to be TRiO Upward Bound at Bloomsburg University’s very own Raylene Brill of Mahanoy Area High School ‘07 and Jorge Maldonado of Bloomsburg High School ‘07. Imagine their surprise when the commencement speaker recognized Raylene and Jorge by name, sharing their personal, academic and TRiO journey with the entire audience. It was an incredibly proud moment for Raylene and Jorge, their families and the many TRiO UB alumni, faculty and staff in attendance.

Raylene and Jorge have indeed followed through on their commitment to becoming active and engaged participants in the global economy of the 21st century. Raylene Brill is currently attending graduate school at the University of Pittsburgh, pursuing her masters degree in social work and Jorge Maldonado accepted a position as a federal officer with the Supreme Court of the United States in Washington, DC.
TRiO UB@BU Celebrates Success

Academic Improvement 2010-2011
Bloomsburg High School
From left in front row: Kristin Cercone, academic tutor, Emily, Renee, Rebecca, Jessica, Alicia, Rachel; back row, Dan Bonomo, principal and Steve Bressi, assistant principal

Academic Achievement 2010-2011 & BOAT (Best Overall Attendance Total) Race Fall 2011
Milton High School
From left to right: Jill Chubb, early childhood education teacher, Ryan, Brittany, Corissa, Paige and Morris Davis, academic tutor.

BOAT (Best Overall Attendance Total) Race Spring 2011
Bloomsburg High School
From left in front row: Kristin Cercone, academic tutor, Peyton (Shamokin HS), Renee; back row, Eric, Alicia, Jessica, Rachel and Rebecca.

Isn’t it interesting that the centers who were honored for Academic Improvement and Academic Achievement were also honored for Best Overall Attendance Totals??? Coincidence, we think NOT! Perhaps you have heard of the quote, “Ninety percent of success is showing up.” We know a lot of hard work and persistence went into those academic accomplishments too, but “showing up” was the first step!
Summer Academy 2011 Public Relations Campaign

It all started with an unexpected phone call
By Kate Bauman

Bonnie Martin, information writer in the University’s Communications Office called TRiO Upward Bound one afternoon stating that she had a June/July intern in search of a summer long assignment. The dilemma, the university didn’t initially have such summer assignment. However through her work with TRiO UB during past summers she thought we might be the perfect solution. Would TRiO Upward Bound be interested? YES!

Although we didn’t realize until we met and began to plan the public relations campaign for the summer, it turns out that our assigned intern, Nick Mathis a Bloomsburg University Mass Communications / Public Relations student was a TRiO Upward Bound alumnus from Temple University! Talk about a perfect fit. Over the next two months, Nick followed TRiO UB and our every move with press releases to local papers, highlights on the university website and professional photography for every event. He participated in Orientation, accompanied us to classes, workshops, the Commons, Service Day and our trip to Harrisburg. Nick’s efforts yielded results. During summer academy 2011 we were featured multiple times in the Press Enterprise, The Daily Item and were invited for an on-air interview on WHLM.

The following pages represent some of his local press releases, photography and an overview of his experience with TRiO UB@BU...

Summer Academy 2011 Housing Team

From left in back row: Leslie Cope (NS ‘08), Head Tutor Mentor, Nate Friesema, Tutor Mentor, Max Reyes (Berwick ’08), Tutor Mentor, Ashley Lopez (Shikellamy ’09), Tutor Mentor. Front row, Meggyn Hauck, Housing Supervisor and Kristal Martinez, Tutor Mentor.

Summer Academy 2011 Bounders, Faculty and Staff

Representing Berwick, Bloomsburg, Mahanoy, Milton, Mt. Carmel, North Schuylkill, Pottsville, Shamokin and Shikellamy High Schools
“Got College?” is the theme of Bloomsburg University of Pennsylvania’s TRiO Upward Bound pro-
gram for 2011. This year’s summer academy focuses on introducing local high school students to the
possibility of going to college, according to Kate Bauman, director of BU’s TRiO Upward Bound pro-
gram. The six-week program will prepare students for the college atmosphere as well as prepare them
for the 2011-2012 academic year through scheduled morning and afternoon classes.

This year, 75 percent of the 35 students are new to the summer program on BU’s campus. Living on
the second floor of Northumberland Hall, students will gain the full experience of campus life. Ac-
companying the students are five current BU students, including three program alumni, who are serv-
ing as tutor counselors, and a housing supervisor, a recent graduate of the university.

“Living on campus was a bit scary the first couple of days because I didn’t know what to expect, but
the mentors made me feel at home,” said Bethanna Perkins, second-year student of the TRiO Upward
Bound summer academy from Berwick High School.

Students from the following high schools are participating in TRiO Upward Bound at BU: Berwick,
Bloomsburg Area, Mahanoy Area, Milton, Mount Carmel, North Schuylkill, Pottsville, Shamokin and
Shikellamy.

The program offers morning and afternoon classes Monday to Friday. Classes include literature, math,
science, world languages, composition and communication skills. Afternoon electives are Pennsylva-
nia System of School Assessment test courses in math and reading and SAT preparatory courses, as
well as recreational and special interest classes.

“The program guides first-generation college students to a path of post-secondary possibilities and sets
them on the right track, building their confidence academically as well as professionally through the
classes and trips we sponsor,” Bauman said. “The program has a high success rate of the students en-
rolling in college and finishing with a degree.”

During the program the students will tour college campuses and take part in Service Day, giving back
by participating in community service at locations within walking distance of BU’s campus. The pro-
gram will end with a bus trip to Harrisburg where they will visit the Capitol, the Pennsylvania State
System of Higher Education’s Dixon Center and Whitaker Center for Science and the Arts and dine at
HACC’s student-run restaurant school.
BU TRiO Upward Bound students provide service in the community

By Nick Mathis ‘11 Communications Office Intern

Bloomsburg University of Pennsylvania’s TRiO Upward Bound students will walk to seven locations in the town of Bloomsburg for Service Day Saturday, July 9. The students and their tutor mentors will paint, landscape, perform skits and make arts and crafts.

The students will provide service to the Bloomsburg YMCA, Habitat for Humanity, Children’s Museum of Bloomsburg Inc., Bloomsburg Theatre Ensemble, Bloomsburg Health Care Center, Moose Exchange and Suncom Industries Inc.

According to Jennifer Cughan, academic coordinator of TRiO Upward Bound, the service day was created to make students and tutor mentors aware of the community around them and give them a sense of readiness and preparation. The event also will highlight various professions and give the tutor mentors the opportunity to network with the professionals of their field of study.

“We don’t call it a volunteership; it’s providing service to the people at the sites,” said Cughan.

Before heading out, Tim Pelton, BU’s civic engagement coordinator with the SOLVE volunteer office, will stress the importance of community service and the professional opportunities the day provides.

“I like to call it ‘breaking down barriers’ because the students not only provide service, but they also see how hard people with varying abilities can work,” says Cughan.

At the end of the day, the students, faculty and tutor mentors will come together to share what they’ve learned through the activities. Cughan hopes service day will inspire students to implement similar projects at their local high schools.
BU TRiO Upward Bound students light up the stage in free performance
By Nick Mathis ‘11 Communications Office Intern

Lights, camera, action and free admission highlight a performance by the Bloomsburg University of Pennsylvania TRiO Upward Bound students Friday, July 15, at 3:15 p.m. in Kehr Union, multipurpose A. Open to the public, students will perform excerpts from a play taught by The Actors Company Theatre (TACT) from New York City.

According to Tia JL Dreckman, assistant director of TRiO Upward Bound, rehearsing for nearly three days encourages students’ creativity and helps them interact with each other through acting warm-ups, improvisation, theater games and movement. The activities also aim to develop good communication skills, build self-awareness and help students become comfortable with speaking in public.

Created in 1992, TACT is an ensemble of professional actors from film, theater and television. Coordinated by Scott Alan Evans, artistic executive director and founding member, the troupe comes together to build confidence and inspire creative expression through theater.

This year, the students will perform a selection from “The Triangle Factory Fire Project,” a play about a historic factory fire in downtown Manhattan written by Christopher Piehler in collaboration with Evans. Evans hopes the students are able to express themselves while learning a little bit of history through the 30-minute performance. The play was first presented by TACT off-Broadway in 2004.

TACT, sponsored by the Degenstein Foundation, is beginning its 10th year working with the TRiO Upward Bound students. Evans believes that the TACT program strengthens the group’s dynamics and makes a difference in the students’ social interactions.

“The students are open-minded, motivated and easy to work with,” said Evans.
Bounders enjoy a family style meal at Bricco’s, HACC’s Olewein Culinary School Restaurant.

Bounders and staff outside the Dixon Center at the Pennsylvania State System for Higher Education in Harrisburg.
Bounders and staff on the Rotunda steps of The Pennsylvania Capitol.

A Living Learning Team on Service Day at the YMCA.
TRiO UB@BU Serves the Local Community

Service Day – Exploring your World: A MAJOR Adventure
By: Jennifer L. Cughan, Academic Coordinator

On Saturday, July 9th, 2011 thirty-two area high school students, two summer freshmen, and six tutor mentors from TRiO Upward Bound at Bloomsburg University spent the day providing assistance to seven non-profit organizations throughout Columbia County.


TRiO Upward Bound applauds the effort of each of these groups and were honored to work alongside the staff and volunteers at each site. It was a privilege for us to meet you, learn more about the good work that you do, and experience some of “the best” that Columbia County has to offer. We only wish we could have done more!

The individuals who work and/or volunteer at these and other community agencies are the true heroes of our day. The generosity of our community does not stop with these seven organizations. Panera Bread donated bagels for our students and staff to enjoy for breakfast! We then ended our day at the Norris E. Rock Memorial Pool at the Bloomsburg Town Park. Our “Exploring Your Interests: A Major Adventure” Service Day 2011 was a success even if we aided only one person. As we’ve shared with our students,

Some people are fortunate enough to earn their livelihoods in jobs that directly help to create a more peaceful, just and sustainable world. But much of the efforts to make life better for our communities and our world are done by volunteers -- people who work for a better world without pay. Volunteers ARE creating a better world, one person and one act of kindness at a time.
-- Robert Alan
Teaching Appreciation: embracing every thankful moment  
*By Tia JL Dreckman, Assistant Director*

Hopefully your days participating in TRiO Upward Bound are filled with memories of lasting friendships, enlightening educational experiences and plenty of accolades to fill your portfolio; from academic aces and stars to student of week. Were you “College Ready in SAT Math, Reading and Writing” or “High Altitude/High Attitude in Reading”? Maybe you were the “Leaps and Bounds Junior” or “Most Improved Senior”. Perhaps you earned the “Community Leadership” or “Civic Engagement” award. Were you the coveted “Spirit of TRiO Upward Bound”? There is no shortage of student recognition in TRiO Upward Bound and rightfully so; our students do amazing things and deserve to be recognized.

A few summers ago it came to our attention that we, as staff, spent quite a bit of time talking about and recognizing Bounders. However, we knew that no matter the time or effort put forth by the staff we’d never be able to truly recognize all of the amazing and everyday accomplishments and niceties of the Bounders. Additionally we saw a need to teach Bounders that getting recognition is nice, but giving it is priceless. We needed a way for Bounders to recognize one another and we needed to make it really count.

Summer of 2010 was the start of the first Bounder to Bounder recognition program. Through a collaborative effort with the Pay It Forward Foundation and complementing our Invest U Summer 2010 theme we created the Pay It Forward money tree. All bounders, staff and admin were given a million dollars (in $100,000 increments) to recognize the everyday achievements and gratuitous actions of one another. Perhaps it was one Bounder helping another to complete an assignment or extra tutoring time. Maybe it was as simple as holding the door or flashing a smile – everyone was encouraged to Pay It Forward and recognize all the wonderful qualities of those around them.

The Summer 2010 money tree was hugely successful. Bounder and staff feedback was all positive and nothing compared to witnessing the smile that came with an unexpecting Bounder discovering their name amongst the growing money tree.

As planning began for Summer Academy 2011 we knew Bounder to Bounder recognition was something we had to continue but we didn’t want it to be exactly the same as summer 2010. So, with the help of TRiO Upward Bound alumnus and work-study student, Leslie Cope (NSHS 2008), we created the “Lift Me Up” campaign. Again Bounders, staff and admin were given ‘tools’ of recognition – this time it was clouds – with the instructions of lifting one another up by being thankful for the things the people around them did, every day. Summer 2011 participants covered the North Hall landing with clouds filled with gracious thoughts and words of praise for one another. This was one case where a cloudy sky was an absolutely beautiful sight to see!

Preparation is well under way for Summer Academy 2012 and although we can’t release the details just yet, summer participants will once again be recognizing one another in a WORLD-wind kind of way!
Remember When…Journaling in the summer…
By: Jennifer L. Cughan, Academic Coordinator

Christina Baldwin said that “Journal writing is a voyage to the interior.” If this is true, it is also equally true that sometimes Bounders are reticent to set sail for such an adventure! For many students writing is a welcome reprieve from the usual academic exercise and it lets them explore their thoughts, emotions, goals, and ideas. For other students, however, the idea of journaling is met with an old-fashioned case of ‘writer’s block!’

To alleviate the stress that can come from such a task, we have revamped the journal writing exercises expected of the students from summer to summer and have incorporated writing assignments that are directly related to the educational theme studied that particular year.

Our theme in summer 2008, Arts*Rageous, lent itself to experimenting with the practice of journaling. Each student received a copy of the Why Try? journal. It is based on the research done by Christian Moore in his Why Try? curriculum. Students explored motivation, social labels, conflict resolution, overcoming obstacles, and goal-setting. They listened to music and wrote what moved them, they drew pictures to represent their thoughts, and various other artistic means were used to explore their emotions.

In summer 2009 the Bounders were introduced to the TRiO UB@BU Chatroom. They were given weekly journal assignments, but also were required to attend three out of five evening lectures based on topics from Steven Covey’s Seven Habits of Highly Effective Teens. This served to familiarize students with the idea that when they are in college some professors will require them to attend lectures and/or events outside of class. Surprisingly, many students chose to attend all five of the sessions offered!

Do Hard Things: A Teenage Rebellion Against Low Expectations, by Alex and Brett Harris, was the backdrop for summer 2010. The Bounders were able to explore ideas such as: taking risks to grow, pursuing excellence, dreaming and daring big, choosing integrity, and taking a stand for what is right.

“Got College?” in summer 2011 opened the way for an in-house designed journal entitled, “I be Me at TRiO UB.” Each week students received a different bookmark. On each bookmark was a question that addressed that week’s topic, which the student then wrote about in their journal. Subject matter included: first impressions, aspirations, characters/people around you, decision-making, small pleasures of daily life, and the best thought/book/conversation/course/or whatever from the past six weeks. This journal idea was pulled from different sources that discussed the idea of journaling through your college-going years.

While writing may still be a daunting task for some students, we are hopeful that with each passing summer the innovative concepts and designs will serve to assist students in exploring their inner world, as well as the world around them.
Bloomsburg University Celebrates National TRiO Day

by Kate Bauman

What is National TRiO Day you might ask? “National TRiO Day is a day of celebration, reflection and action around increased access to higher education for disadvantaged students. Allowing us the opportunity to; CELEBRATE the positive impact of federal TRiO programs in our communities and throughout the nation. REFLECT on the importance of educational opportunity programs in creating a fairer society for all Americans and ACT to protect and further promote access to higher education for first-generation students.” (content taken from the National TRiO Clearinghouse)

To celebrate, each year Upward Bound and Student Support Services, the TRiO programs hosted by Bloomsburg University, combine forces to host a campus open house. This event allows us to create an awareness of TRiO programs in both our campus and local communities. Staffed by TRiO Upward Bound alumni currently attending Bloomsburg University, there were plenty of experts on hand. Throughout the day student participants answered questions and shared their TRiO experiences over cookies and hot cocoa with prospective students and peers, as well as campus staff, faculty and administrators.

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Program Statistics from TRiO UB@BU

Compiled by Kate Bauman

- On average, 90% of program participants return from one year to the next. (Source: Annual Performance Report)

- 88% of program participants scored proficient or above on PSSA Reading in 2011 compared to 51% of students from economically disadvantaged backgrounds statewide (Sources: Pennsylvania Department of Education and Annual Performance Report)

- 70% of program participants scored proficient or above on PSSA Math in 2011 compared to 42% of students from economically disadvantaged backgrounds statewide (Sources: Pennsylvania Department of Education and Annual Performance Report)

- 20% of program participants self-identify as racially/ethnically diverse, while students from racially/ethnically diverse backgrounds comprise only 2% -11% of our target schools’ student population (Sources: NCES Common Core Data and Annual Performance Report)

- Since 2005, 99% of program seniors have been accepted to one or more colleges (Sources: Annual TRiO UB Senior Surveys and Copies of Acceptance Letters)

- Since 2005, 89% of program seniors matriculated in college the fall immediately following high school graduation compared to 68% nationally (Sources: Bureau of Labor & Statistics and Annual Performance Report)

- On average, 50% of program participants matriculate at a PASSHE Institution (Annual Performance Report)

- On average, 25% of program participants matriculate at Bloomsburg University (Annual Performance Report)
Class of 2011 Bounder Awarded PATRiO Scholarship

Rebecca Ressler, Shikellamy High School ’11, was recently awarded the Pennsylvania TRiO annual scholarship in the high school division. Each fall, five TRiO Upward Bound graduates from across the state are selected to receive this honor and TRiO UB@BU was fortunate to once again have one of our own recognized. We were extremely fortunate to have Rebecca make the trip all the way to Erie, PA to accept the award.

Rebecca is currently attending Harrisburg Area Community College and made Dean’s List her very first semester. In fall 2012, Rebecca will transfer to Drexel University in Philadelphia to continue her studies. In addition to taking classes, Rebecca has plans to complete an internship assisting a local architect’s office.

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Bloomsburg University Bounder Alumni Awarded Textbook Scholarships

Thanks to the generosity of TRiO UB@BU Alumni, our scholarship fund has grown, allowing us to now award not one, but two Bounder alumni bookstore scholarships each fall. Fall 2011 recipients included, Leslie Cope, North Schuylkill ’08 and Mary Kate Davis, Mahanoy ‘09.

Leslie is a biology major with a pre-med concentration. In addition to serving as a Board of Governors Scholar, Leslie is active in the Biology Club, TRiO UB@BU Alumni Association, TRiO Student Support Services and the Pottsville Relay for Life Team. Leslie has also held summer positions with UB as a student employee during the academic year and Tutor Mentor and Head Tutor Mentor in the summer.

Mary Kate is an English Creative Writing major with minors in anthropology and professional writing. In her time at Bloomsburg, Mary Kate has become an active member of the Rugby team. Mary Kate is also pleased to report that she just received her drivers license!

JUST ANNOUNCED... Congratulations to Jennifer Cope (North Schuylkill ‘09 and Abby Kulenguskey (Shamokin ‘10) recipients of the Fall 2012 TRiO UB@BU Textbook Scholarships!
Bounders Earn Scholarship Recognition

Class of 2011 Bounder Awarded SU4U Scholarship

Andrew Ramos, Shikellamy High School ‘11 was recently selected as an SU4U Scholar at Susquehanna University. Today, Andrew is currently completing his freshman year as an official Susquehanna University Crusader!

The SU4U program was established during the 2000-2001 academic year through a partnership between the Charles B. Degenstein Foundation and Susquehanna University. The program is designed to encourage regional students and their families in the pursuit of higher education, offering mentoring and financial support to students who are in the first in their families from Snyder, Union, Northumberland and other neighboring counties to pursue a college degree. Students are honored at an annual reception hosted by the University’s president so they can share their academic experiences and their successes.

Andrew joins Bounder alumni Krys Rowe (Bloom ‘06) and Chelsea Kerstetter (Shikellamy ‘08) as TRiO UB SU4U recipients.

Class of 2011 Bounder Awarded MEAEOPP Scholarship

Samantha Allen, Mt. Carmel High School,’11, was recently awarded the Mid-Eastern Association of Educational Opportunity Program Personnel Scholarship. Sam was selected as among nominees throughout Pennsylvania, Maryland, Delaware, Washington DC, Virginia and West Virginia. Sam is currently studying accounting at The Pennsylvania State University—Hazleton Campus. Already a Lion Ambassador and Business Club Secretary, Sam wasted no time getting involved on campus. She reports a great relationship with her roommate and boasts a GPA well above a 3.0 her first year in college. Even as an alumnus Sam continues to look out for the current Bounders—she recently sent us a scholarship posting for PA students looking to major in accounting. During the summer months, you can find Sam at Knoebel’s Amusement Resort. This year she will be taking on some new responsibilities in their business office to compliment her accounting major.
**Graduate Assistant Greetings**

**Hello! Let me introduce myself…**

*By Andrea Obert*

Hi Bounders! My name is Andrea and I am the newest Graduate Assistant on the TRiO Upward Bound Staff. I recently moved here from Philadelphia where I had lived for the past 5 years working as a Child Life Specialist for the Children’s Hospital of Philadelphia. I loved my job, but wanted to learn more about how I could provide counseling for students.

I went to Penn State Main Campus for my undergraduate degree which is in Human Development and Family Studies. I grew up in small town much like many of you. I appreciated my college experience because it opened many doors and helped me grow as a person. Because of this experience I am excited to encourage YOU with your college goals.

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**New Graduate Assistant Joins TRiO UB…**

*By Katie Stapleton*

Hi Bounders! My name is Katie Stapleton and I have recently joined the staff at Bloomsburg University as a Graduate Assistant in the TRiO Upward Bound program. I am in my third semester studying Elementary/Secondary School Counseling and I am looking forward to getting to know you!

I earned my undergraduate degree from Misericordia University where I studied Social Work. For the past 4 years I worked for Luzerne County Children and Youth services where I ensured the safety of children as well as strengthened the families I worked with through connecting them to area resources. I am excited to be able to share my life experiences with you and hopefully encourage you to continue down your path of success!
Goodbye and Good Luck  
_By Jill Bruder_

It feels like it was such a short time ago that I was writing to you all to introduce myself, and here I am now, writing my farewell. Throughout my graduate studies, TRiO Upward Bound has been a great compliment to my education. Having the privilege of participating in the Summer Academy and in center meetings has been extremely gratifying on so many levels; getting to know the students, teaching my first class, facilitating a group with the Bridge students, and leading center activities has not only been personally rewarding, but has also contributed greatly to my professional development. I will never forget our field trips to various colleges, our trip to the State Capitol, the closing banquet and college application completion night, as they have all added so much to my education.

The time I got to spend with the students has been invaluable. Not only the students, but the staff and families of the bounders have taught me so much about myself and about the ways in which I want to contribute to the education profession. As I move forward from BU and TRiO Upward Bound, I am excited and hopeful that I will again have experiences that will enrich my life as much as this past year with TRiO has! Thank you all for allowing me to share in your lives and for adding so much to mine!

**Real Men Graduate** (follow up to summer elective “Real Men Read Books”)  
_By Joel Heintzelman_

I would like to thank each of you for including me in TRiO Upward Bound. I began graduate school last May unsure of my future, hoping I chose to pursue the right career. Here I am a year and a half later, graduating in December with a 4.0 gpa, already employed as a high school counselor. I would not have been able to achieve this accomplishment without the students in TRiO Upward Bound.

As you all know TRiO helps high school students attend post-secondary programs. As a high school counselor I hope to have as much success as TRiO does placing students. TRiO is able to achieve this goal by challenging students to reach their full potential. In my experience meeting with students at center meetings and the summer program, many of the students have accepted this challenge and continue to pursue their goals.

I want to thank each of you for welcoming me into the program and preparing me for my position as a high school counselor. I faced a lot of adversity during the graduate program; 40 hour unpaid work weeks, several 10-20 page papers, a sprained ankle, and final exams. However, my work with TRiO Upward Bound kept me focused on my ultimate goal of becoming a school counselor. My relationships with the TRiO Staff and each Bounder ultimately led to my success in the school counseling program. I wish each of you the best of luck and hope to hear about your future accomplishments.
What students learned at the Trio Upward Bound Fall Forum

By Andrea Obert

TRiO Upward Bound at Bloomsburg University hosted its first annual Fall Forum for current and returning bounders and their parents and guardians from Columbia, Northumberland and Schuylkill counties. The day consisted of team-building activities, skill building workshops for students, an overview of TRiO for parents/guardians and an alumni panel Q &A for all. In addition to workshops specific to seniors and underclassmen, two of the featured student workshops were “Did the Dog eat my homework or am I just a procrastinator?” and “From Sloppy to Swagger” presented by Trio Upward Bound graduate assistants.

About 90% of students raised their hand at the workshop “Did the Dog eat my homework or am I just a procrastinator?” when asked “Who is a procrastinator?” Students learned that many of us struggle with the procrastination epidemic due to the enticing world of smart phones, Facebook, ipads, twitter, and reality TV. Knowing that Johnny posted “I could eat Cheetos for every meal of the day!” on Facebook is so much more appealing than cracking open that history book. Procrastinators are often drawn towards what they “want” to do instead of what they “need” to do. Students learned that the only person losing in that equation is the procrastinator.

Students learned that the reasons for procrastination stem from perfectionism, fear of failure, confusion, task difficulty, poor motivation, difficulty concentrating, tasks unpleasamntness, and lack of priorities. To stop procrastination in its tracks students need to make a study plan and find ways to motivate themselves. Maybe a large assignment wouldn’t appear so daunting if they split it up into smaller parts and took little breaks in between. For example, making a plan to study for 30 minutes and then taking a 5 minute snack break can help reduce the monotony of staring at the pages of a textbook/computer screen and give our bodies a relaxing pause. Students also have the ability to find ways to make studying pleasurable by using fun colored highlighters and post-its, figuring out ways to remember theories by making up their own story or jingle, or rewarding themselves with a treat.

Many students also struggle with how to study smart and how to use effective time-management skills. These matters can stem from students not implementing proper organizational skills in their day to day lives. From “Sloppy to Swagger” a workshop also presented at the Fall Forum was a presentation on organization. The workshop stressed the importance of organizational skills and how students can manage the clutter in their lives. Organizing your desk, notebooks/folders, book bag, locker, study space, and making sure we are using a planner can prevent stress and procrastination. Being organized takes a little bit of work and pays off in a big way.

The purpose of these two workshops was to get students thinking and talking about their procrastination and organizational habits with peers. As graduate assistants we wanted them to be able to identify their unproductive habits and recognize how they are hindering them from achieving more. We also wanted to encourage them that there are techniques they can use to clean up their sloppy organizational style and stop their procrastinating behaviors so they can succeed academically. We hope the students left the workshops with less excuses and a little more swagger.

A special THANK YOU to Balzanos, Panera Bread and Dunkin Donuts for donating our Fall Forum morning refreshments and to Papa Johns for discounting our lunch.

GAs Andrea Obert and Jill Bruder staff the student workshop sign-up table.

TRiO UB@BU 18
Students and their parents/guardians register for the first annual Fall Forum in Centennial Hall.

Bounders participate in a variety of teambuilding exercises led by facilitators from QUEST.

Heather and Martina of Shikellamy HS make the trip from Sunbury, PA.

Students and their parents/guardians register for the first annual Fall Forum in Centennial Hall.

Bethanna and Kaitlin of Berwick HS re-connect with Ashley of Mahanoy Area HS during a break at the Fall Forum.

Jennifer Cughan, academic coordinator, is joined by Justin, a Mt. Carmel HS senior and Andrew, a Berwick HS junior.

Rebecca Rumbel (NS), Lauren Byers (Milton), Dave Hummel (Mt. Carmel), Ashley Lopez (Shikellamy), Max Reyes (Berwick), Kaitlyn Sienkiewicz and Abby Kulenguskey (Shamokin) represented TRiO UB as members of the alumni panel. All of the pictured alumni attend Bloomsburg University with the exception of Rebecca who attends Kutztown University.

Heather and Martina of Shikellamy HS make the trip from Sunbury, PA.

Brian, a sophomore from North Schuylkill HS participated in the Fall Forum while his mom, Shirley Gilbert, served as one of three panelists for the Parent/Guardian Q & A session.
TRIO UB CLASS of 2011 SUMMARY

33 seniors
29 completed the senior survey
88% completion rate

105 College Application Verification Cards received (3.18 cards for every senior)

79 acceptance letters
21 self-reported acceptances
100 TOTAL acceptances. (average of 3 acceptances per senior)

30 bounders received acceptance letters
91% of all bounders report that they’ve received acceptance letters

Accepted at 50 different colleges and universities across the country
11 of the 14 PASSHE schools are represented
17 Bounders accepted to Bloomsburg University
6 BU Summer/Fall Freshman
4 Bloomsburg University ACT 101 students

Total scholarship monies offered through accepting institutions = $567,300
Total regional and state TRiO scholarships awarded = $1,500

35 = number of scholarships announced to Bounders since September, 2010

* The majority of the data for this summary was taken from the 2010/2011 TRiO Upward Bound Senior Survey and compiled by assistant director, Tia Dreckman, who works with senior Bounders.
# CONGRATULATIONS 2010 & 2011 GRADUATES!!!

<table>
<thead>
<tr>
<th>BOUNDER</th>
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<th>COLLEGE</th>
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<td>Arnold, Andrea</td>
<td>Milton ‘00</td>
<td>University of Phoenix</td>
<td>May 2011</td>
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<td>Babilya, Noelle</td>
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<td>Elizabethtown College</td>
<td>August 2011</td>
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<td>Bonsall, Stephen</td>
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<td>Chase, Quinn</td>
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<td>Cosgrove, Nichole</td>
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<td>Fryer, Amber</td>
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<td>February 2011</td>
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</table>

If you celebrated a 2010 or 2011 graduation and we missed you in the above list, please accept our sincere apologies! Please make us aware of your achievement by email at trioupwardbound@bloomu.edu so we can share in the next edition of the TRiO UB@BU Newsletter.
Karen Klinger was recognized by Bloomsburg University on March 30, 2012 for Ten Years of Service. Ironically, this day of recognition marked Karen’s last day with TRiO Upward Bound before retirement!

Current Bounders, UB Alumni, faculty, staff and family came to wish Karen the best in this new chapter of her life. If her grandchildren, Reese, Paige, Ryan and Zane have their way, Karen won’t be getting much rest in her retirement! Thank you Karen for giving TRiO UB@BU your all!
So maybe sometimes it is okay to let Bounders carry a cell phone—in this case it allowed Bloom Bounders Renee, Rebecca and Diane to get a quick picture with Reverend Jesse Jackson at the Bloomsburg University Annual Martin Luther King Jr. Commemorative Banquet. Jackson was the keynote speaker for the event.

While living in the DC metro area completing an internship with the Office of the Public Defender, Montgomery County, Maryland, Jorge Maldonado (Bloom ’07) joined the Council for Opportunity in Education’s Policy Seminar spending a day on the hill visiting state senators and congressional representatives in support of TRiO.

Leslie Cope (North Schuylkill ‘08) was recognized as a Student Employee of the Year Nominee at an April 13th luncheon celebrating the contributions of student employees across campus.

Clarissa (NS ’12) Leslie Cope (NS ’08) Diane Cruz (Bloom ’11), Dave Hummel (Mt. Carmel ’09), Jennifer Cope (NS ’09), Renee (Bloom ’12) and Rebecca (Bloom ’12) proudly represented TRiO Upward Bound at the 2011 Martin Luther King Jr. Commemorative Banquet hosted by Bloomsburg University.
Karen Klinger, secretary, Dave Hummel (Mt. Carmel ’08) Jennie Cope (NS ’08) and Tia Dreckman, assistant director, participate in the annual Work Study Challenge as part of Student Employee Appreciation Week at Bloomsburg University.

Makenzie Gosciniski (Milton ’11) ShaLyn Delp (Pottsauville ’11) prepare a carnival game for 2012 Siblings & Children’s Weekend at Bloomsburg University. Abby Kulengusky (Shamokin ’10) and Ashley Lopez (Shikellamy ’09) staff the game representing the TRiO UB Alumni Assoc.

Chelsea Kerstetter (Shikellamy ’08) and Scott Saxton married on 10/2/10. Chelsea graduated from Susquehanna University in May 2012.

Makenzie Gosciniski (Milton ’11) ShaLyn Delp (Pottsauville ’11) prepare a carnival game for 2012 Siblings & Children’s Weekend at Bloomsburg University. Abby Kulengusky (Shamokin ’10) and Ashley Lopez (Shikellamy ’09) staff the game representing the TRiO UB Alumni Assoc.

Bloom Bounders, Jessica, Renee, Emily, Rebecca, Rachel and Alicia joined by academic coordinator, Jennifer Cughan and academic tutor Kristin Cercone volunteer to prepare a holiday meal for the consumers at SUNCOM in Bloomsburg. SUNCOM assists people with physical and developmental disabilities through vocational training and skill development. Bounders came armed with their own personal potato peelers and prepared a mountain of spuds!
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| Photographs Provided By: | Nick Mathis and TRiO UB Staff and Students |

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TRiO Upward Bound at Bloomsburg University is a federally funded grant program through the United States Department of Education at $398,722 for 2011/2012.

Learn more about TRiO through the Council for Opportunity in Education:  
www.coenet.us