



Upward Bound

Volume IV, Issue I

September 2011

Upward Bound Target High Schools

- Coconino High School, Flagstaff
- Hopi High School, Keams Canyon
- Winslow High School, Winslow
- Williams High School, Williams

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Director's Message

Welcome to the Upward Bound family and to the 2011 – 2012 school year! Students, your high school years are a challenge and an exciting time in your life. Whether you are a sophomore, junior, or senior learn as much as you can academically, prepare yourself for college, and learn more about yourself: try new things (i.e. clubs, sports, service learning, etc.), learn from your mistakes, DREAM...and open doors to endless opportunities. Start each day with a commitment to do your best – regardless of what may come your way. Life comes with struggles. If you make a mistake, fix it, learn from it, and move forward. If you get knocked down,

push yourself back up and fight harder to stay on your feet. When you do succeed, take the time to enjoy it! Take pride in yourself. Appreciate your accomplishments...and the people who helped you. As stated by Mr. Walt Disney..."All our dreams can come true – if we have the courage to pursue them" for it is courage that helps us confront the challenges we face in life. Parents, thank you for sharing your wonderful students with us. Continue to teach your children important values and help them make wise decisions. There is nothing more important than guiding children down the right path on their journey through life. Over the years, I've seen the

great strides our students have made academically, socially, emotionally, and personally. Keep up the great work! The Upward Bound staff will provide academic, leadership, career, and personal advising to assist in our student's high school development and planning for higher education. At any time should you have questions, concerns, or would just like to chat, please feel free to contact the Upward Bound office at (928) 523 – 6988. May you all have an extraordinary school year!
Best Wishes,

Congratulations to our UB Graduates!

Graduates-To happy endings and new beginnings. We are so proud of you and may your accomplishment unlock many doors to well deserved success. Remember to dream big, reach far, shine brightly as you are a star! Where are they now ?

Coconino High School
Rikkita Baxter
Coconino Community College
Sean McCarthy
Coconino Community College
Tiffany Johns
Coconino Community College
Megan Nylan
Arizona State University
Angela R. Maldonado
College America
Averie Tewa Crank
Northern Arizona University

Hopi High School
April Silas
Northern Arizona University
Candice Tso
Northern Arizona University
Williams High School
Bridgette Porter
University of Arizona
Vicente Velasco
Northern Arizona University
Amanda Wilson
Coconino Community College
Winslow High School
Gabriel Bailon
University of Arizona
Melissa Jacobs
Mesa Community College
Tonya King
University of Arizona
Jessica Pipkins
Northland Pioneer College
Meghan Yazzie
Northland Pioneer College

If You Believe

*Your diploma means a future without boundaries,
A world that's full of energy and fun.
So as you reach for all life has to offer,
Remember that you're second to no one.
Pursue your goals, yet keep your loved ones close,
As you utilize your talent and ambition.
Let your friends and family give you their support,
And you'll master every challenging transition.
And always, know you can achieve
The things you really want, if you believe.*

By Joanna Fuchs

New Site Sponsor at Williams High School

Williams Vikings!



Jessica Heisley
Williams HS Site Sponsor

Hi everyone! My name is Jessica Heisley and I'm excited to be taking over the Upward Bound Program for Williams High School. I'm really looking forward to getting this year started and am ready to start learning about this program right along with my students. As a former NAU student and current educator, I know how important it is to start thinking about the future and making plans to continue on in education. Education has been a big part of my life and I hope I can help my UB stu-

dents strive to reach their educational potentials as well. Not only am I a teacher, but I'm also a mother of two little girls. They inspire me everyday to try and make this world a better place for the next generation. As a family we enjoy camping, hiking, and visiting new places. Our most recent adventure were to the Children's Museum of Phoenix and the Sea Life Aquarium. It's so much fun to watch them grow and learn new things. I also love to read and spend time with my husband.

Co-Site Sponsors at Coconino High School



Cary Mortensen
CHS Co-Site Sponsor

Hi, I'm excited to share that I recently signed on to be a co-Site Sponsor for Upward Bound at Coconino High School along with Mr. Vogler. I am new to UB and am looking forward to meeting and working with UB students to help them stay on the path to higher education. I am part Navajo, married with two children and was raised in a military family. We moved a lot as a child and I spent my middle and high school years in Hawaii. I attended UCLA and NAU. At CHS I enjoy helping with Special Olympics.



Michael Vogler
CHS Co-Site Sponsor

Hello! I have been at Coconino High School for two years and currently teach social studies. I taught in The Academy for two summers several years ago and I am excited to be back with the program. I am married with two boys. I was educated at NAU in the areas of Political Science and Education. I look forward to working with your child this year.

Coconino Panthers!



“Every step you take should move you in the direction of your vision.”

Stephen C. Paul

New Co-Site Sponsor at Winslow HS

We would like to welcome Renell Heister to the Upward Bound family as she will assist Mr. Lawrence Watson with many of the UB activities throughout the course of the academic year! Renell is a Counselor at the high school and comes with much experience in working with students. We are thrilled to have her join the team and look forward to the new year!



Winslow Bulldogs!



Renell Heister
Winslow HS Site Sponsor

2011 Senior College Trip to California



2011 Upward Bound and Four Corners Math Science Upward Bound Seniors

As an added bonus, it was made possible to have senior students from both the Upward Bound and Four Corners Math Science Upward Bound travel to San Diego and Los Angeles, California for their annual senior college trip. The trip was immediately followed by the completion of the Academy as it was thought to be an excellent way to wrap up their busy but successful 2011 Academy! Like most trips with fun

and energetic students this trip went above and beyond our expectations. Being welcomed and guided by helpful representatives at San Diego State University, the Bicht Aquarium at Scripps and University of California Los Angeles it made it for a very pleasant and informative trip. Outside the realm of college visits our students were entertained with some fun and play at Ocean Beach which was conveniently located next to the hotel. Additional highlights included special visits to San Diego Zoo, Old Town San Diego for souvenirs and China Town in Los Angeles. Of course, dinner time was the best time of day as it allowed for students and chaperones to experience different types of food, ambiance and share their experiences. Lastly, we'd like to thank our students for being at their very best as we appreciate them making the most of their time

time together. As we go into the 2011-2012 academic year, we look forward to hearing your plans and we will provide help with any tasks associated with applying to colleges as this is the next step after graduation 2012! UB trip participants: Tatianna C, Fatima M, Aimee W, Brittany Y, Joseph B, Tawny K, Yasmin P, Freddie T, Marie A, & Robert B, Diana B.



A vision of the future.

"The choices you make on a daily basis affect what you will have, be or do in the tomorrows of your life."

Highlights of Senior Trip!



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Flagstaff, AZ 86011-6035

EDS 334V

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UB Student Corner

Juniors and Seniors! Don't forget about ACT testing dates and deadlines for this fall.

Test Date:

October 22, 2011

Registration Deadline:

September 16, 2011

Test Date:

December 10, 2011

Registration Deadline:

November 4, 2011

You can visit the ACT website to register online.

<http://www.actstudent.org/>

Why Take the ACT?

- ACT Test is accepted at all four year colleges and universities in the United States.
- ACT is based on information you are learning in high school.
- ACT is more than a test. It will help you plan for life after high school.

•ACT offers both a college admissions test and a career planning component.

Northern Arizona College Resource Center

We encourage all students and parents to visit the NACRC website to obtain valuable information to guide and prepare students for college along with career exploration. The NACRC provides information, assistance, advising, technical support to all who wish to pursue college admission and or financial aid process. In addition, you will find workshops designed to support students and parents related to college preparation and also how parents can be actively involved. Remember, our ultimate goal for our Upward Bound students is to obtain a college degree with the support of staff, parents family, and other community resources.

<http://www.nacrc.net/>

UB Seniors Portfolio #1

We are excited about our visits to our school sites and want to inform you that for your 1st portfolio unit will require you to apply to at least 3 colleges. Please do your homework by researching the schools and apply for admissions. We will follow up with you on the following dates:

*Hopi HS-September 29th
Winslow HS-October 4th
Coconino HS-October 5th
Williams HS-October 11*

When researching consider; Location, Size, Environment, Admission Requirements, Academics, College Expenses, Financial Aid, Housing, Facilities, Activities, and Campus Visits

<http://www.actstudent.org/college/pdf/comparison.pdf>

