

Happy New Year

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Happy and Prosperous New Year! My favorite saying is “As long as we have life, we have a chance to be great.” I encourage you to set your goals, reevaluate the goals you have, make a plan to reach your goals, organize and start working. You do not get anywhere by just thinking about where you want to go. My greatest hope for all students is for you to take advantage of the opportunities offered by Upward Bound. Opportunities from services like tutoring, college visits, meeting with counselors, and Saturday College.

With that said, it is disappointing when we see students whose grades are in the dump because of incomplete assignments. I agree, that homework does take time out of relaxation time, but this is an opportunity to increase your learning and improve your grades. There is no excuse for not seeking extra help. Remember, Upward Bound provides tutoring. You cannot get to college if you do not prepare. Now is when you build your foundation. Anyone leaving high school without proper preparation has a hard time being a good college student.

Let’s stop looking around for someone to blame, what you put in is what you get out. Lack of preparation will result in poor grades. Hard work will result in grades that get you into the college of your choice and scholarships to help you get through school.

Upward Bound staffers are not miracle workers; you need to put in the work to get the results you want. I challenge everyone to take a look at where you are in your education and where you would like to go.

Dr. Ted Ogaldez
Director

Trio Day – Portland, Maine

Applications have been sent home to sophomores and juniors for Trio Day 2009. Please fill out your forms as soon as possible and turn them in to counselors during your weekly meeting. We need the forms in order to make room reservations and space on the bus. You will have an opportunity to tour one or two of the following schools on Thursday February 19th (University of Maine, University of Maine at Farmington, University of Southern Maine, Saint Joseph's College of Maine, Southern Maine Community College, Central Maine Community College, Bates College, Bowdoin College, Colby College, University of New England, Thomas College, University of New Hampshire, Saint Anselm College, Husson College, Unity College.

The bus will be leaving Living /Learning Building at 1:00pm on Wednesday February 18th. We will be sharing the bus ride with the Upward Bound students from Plattsburg State University and Lyndon State College. This is an opportunity for you to learn from each other. Who knows, you might even attend the same college/university as some of the students you meet on this trip.

Remember, that we will make a decision on who can attend Trio Day based on your grades, Saturday College and weekly meeting attendance. Every year we have students who wait to turn in their forms and then pleading to go on the trip. Once the deadline has passed and we make the necessary arrangements, any student whose forms are not in will not be able to go.

TRiO Day Tentative Schedule of Events

Thursday, Feb. 19	12:00 - 12:30pm - Greetings & Welcome! 12:30 - 1:00pm - Departure for College Tours 6:00pm - 7:30pm - Cultural Activities 7:45pm - 11:00pm - Pizza & Dance 8:30pm - 10:00pm - Community Service Program 8:30pm - 10:30pm - Movie
Friday, Feb. 20	8:00am - 12:00pm - College Fair 7:30am - 9:30am - Continental Breakfast 9:00am - 11:30am - Student Workshops 9:00am - 11:30pm - STEM Career Fair 11:30am - 12:00pm - Rally/Closing

Saturday College

The next Saturday College will be held on February 7th. Again we remind you that Saturday College is a **mandatory** Upward Bound event. This is an opportunity for seniors to talk about their experiences with the other students in the program. We also have very good class room material for all students. It will also be great if all the students in Upward Bound can come out to meet our new students.

On another note, people who miss Saturday College and/or weekly meetings with their counselors are the people who are constantly asking about their stipends. Many of the things we do in Upward Bound help prepare students to be successful in college and in life after college. We encourage you to be accountable. If you do not uphold your part of the deal with Upward Bound, do not get angry when there are consequences such as not receiving a stipend.

Scholars Bowl

We will participate in the Upward Bound Scholars Bowl to be held at Lyndon State College in March of this year. We have demonstrated brave showings but have come up very short of a victory.
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(Continued from previous page.) I am appealing to four brave guys or gals who are willing to go the extra mile in order to prepare and step up and bring honor to the UVM Upward Bound Program. Talk with Dr. Tee or Mr. Reilly about participating in the Scholars Bowl.

Financial Aid Meeting for Seniors

Saturday, January 17th 2:00pm

In order to ensure that all seniors attending college/university in Fall 2009 Upward Bound will be holding a financial aid meeting for seniors and their parents. **During this meeting you can receive assistance with the 2009-2010 web version of the Free Application for Federal Student Aid (FAFSA). Our meeting will be held in the Living/Learning Computer Lab room 314.**

Students who have not applied for a Personal Identification Number should log on to www.pin.ed.gov. You should fill out the form online which takes less than 15 minutes. Please make sure a parent or guardian applies for a PIN. You will need to use the PINS as your signature before submitting the FAFSA.

Documents Needed

You will need records of income earned in the year prior to when you will start school. You may also need records of your parents' income information if you are a dependent student.. For the 2009-2010 school year you will need financial information from 2008. You will need to refer to:

- Your Social Security Number. (Be sure it is correct!)
 - Your driver's license (if any)
 - Your 2008 W-2 Forms and other records of money earned
 - Your (and your spouse's, if you are married) 2008 Federal Income Tax Return.
 - IRS 1040, 1040A, 1040 EZ
 - Foreign Tax Return, or Tax Return for Puerto Rico, Guam, American Samoa, the U.S. Virgin Islands, the Marshall Islands, the Federal States of Micronesia, or Palau
 - Your Parents' 2008 Federal Income Tax Return (if you are a dependent student)
 - Your 2008 untaxed income records
 - Veterans benefits records
 - Child support received
 - Worker's compensation
 - Your current bank statements
 - Your current business and investment mortgage information, business and farm records, stock, bond and other investment records
- Your alien registration or permanent resident card (if you are not a U.S. citizen)

The College of Saint Rose PASSION. KNOWLEDGE. PURPOSE.

Five Reasons to Choose The College of Saint Rose

Powerful Academics

The College of St. Rose is a place where rigorous intellectual discourse is valued and where everyone is a teacher and learner. With professors who have earned PhD's at some of the most prestigious universities in the world and are recognized scholars in their fields, you will develop mentoring relationships that will last long after graduation. The [66 undergraduate programs](#) ranging from the humanities to professional preparation programs provide choices for nearly every interest, and the College's [accelerated dual degrees](#) can enable you to earn both your undergraduate and graduate degrees in five years. The blend of challenging majors, a rich liberal education curriculum, many [study abroad](#) opportunities, plus hands-on research and internships, all ensures that you will be accepted into a top-notch graduate school or sought after by employers with career-track jobs.

Affordable Value

Saint Rose has one of the lowest private college tuitions in the entire Northeast. This [remarkable value](#) is accompanied by the kind of powerful academics often found in colleges and universities double or even triple the cost of Saint Rose. With 95 percent of students receiving [scholarships](#) and other [financial aid](#), Saint Rose can give you an Ivy League education without the sticker shock. With no teaching assistants and an average class size of 20, Saint Rose is a remarkable educational experience at a [price you can afford](#).

Location, Location, Location

Some colleges are far from anything, while others are located in such big cities that it can be overwhelming. [Albany](#) is a city that you will find is "just right"—surrounded by plenty of outdoor areas including the Hudson River valley and the Adirondack and Catskill mountains. You will benefit from the excitement of [a vibrant Capital city](#) filled with thousands of college students as well as museums, shops, restaurants, and galleries. With a coffee shop, movie theater, and plenty of pizza and sub places, the blocks surrounding the Saint Rose campus are full of things to do. [The Capital Region](#) is also quickly becoming known as [Tech Valley](#), with many firms locating here and the entire area's economy growing and prospering. What does this mean for you? It means more internship and job opportunities should you decide to call the Capital Region home even after graduation. (Continued on next page.)

UVM
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Values-Based education

True to the progressive values of the College's founders, you will do more than develop your intellect—you will reflect on what gives life meaning and purpose. By becoming engaged with the community, whether it's a few miles down the road or a few thousand miles around the world, you will become aware of the challenges that face so many, and perhaps you and your fellow students will be inspired to action. This campus, where thinking and action go hand in hand, cultivates students who are a cut above — energetic and effective citizen leaders.

Remarkable Outcomes

Saint Rose is not a college stuck in an ivory tower. Our job is to be centered on you, ensuring that you gain the skills and experience to achieve your life goals—whether that means staying at Saint Rose to earn your graduate degree in one of our accelerated dual degree programs, or receiving multiple corporate job offers even before graduation. Perhaps you will decide to spend a year in service by joining one of the volunteer organizations such as the Peace Corps. Recent Saint Rose graduates have chosen all of these options—crediting the College's distinctive blend of liberal arts and career preparation for their success.

Never look down on anybody
unless you're helping them up.
- The Reverend Jesse Jackson