



Upward Bound Times

Upcoming Events:

May 20– All Group
“Honoring UB Seniors”

June 17–Summer Institute Begins

July 18–Summer Institute Banquet

July 22-25–College Tour trip to Florida for eligible students

Congratulations! Rites of Passage Leadership Program

Butterflies:

Autumn G.
Meredith P.
Cheyenne H.
Alaina C.
Amber G.
Scott A.
McKenzie C.
Brianna N.
Jeffrey T.
Rae S.
Zak J.
Shawn B.
Destiny M.
Kierra S.
Serena H.
Autumn B.
Ciara J.
Alyssa S.
Tyler C.
* Taleigh V.
*Maggie K.

* Indicates May Inductees

UNC-Chapel Hill College Visit

SCC Upward Bound toured UNC-Chapel Hill on March 3rd and we had a lot of fun. After the tour, we drank from the old well and experienced the bell tower while on campus. We also enjoyed shopping on Franklin Street. At lunch, we met an SCC Upward Bound alumna, Alyssa, now a freshman at UNC-Chapel Hill to hear a student's perspective. I liked the campus. It was really huge and there are a lot of programs offered and great places to explore.

By: Teagan M.



Exploring S.T.E.M

The Leadership Conference was my first Upward Bound trip. As a first timer, I really liked the atmosphere on the bus, the friendships and the fun. My personal opinion of the trip is that I had a lot of fun and would recommend going on other trips.

My favorite part of the trip was the leadership conference and meeting other Upward Bounders. I also liked the STEM activities. We went to Augmentality Labs, a virtual reality arcade, after dinner. I had so much fun playing by myself making funny movements and playing multi-player with others. I remember playing with Scott, Rae and Shawn where we had to go through a series of activities to see who would finish first. I loved watching the funny movements others made with their virtual

reality glasses on and just chilling with my friends. We also went to the NC Museum of Natural Sciences. There were lots of hands-on displays to explore. Delaney, Alaina, Alyssa, Shawn and me went into the butterfly room in the Living Conservatory and saw all the vibrant colors on the butterflies. We even saw a sloth!

On the last day, I was going through some personal problems and I thought the others would think it was stupid. But, they didn't and not only did they comfort me, but they encouraged me to keep going. The people who are in Upward Bound are really supportive and really fun to be around. The trip was really cool and I really enjoyed being with the Upward Bounders.

By: Lindsey S.



Leadership Conference

The trip to Raleigh was one of the most fun trips we've taken as an Upward Bound group. The NC Trio Student Initiatives Leadership Conference was very informative and we had the opportunity to do activities dealing with real life scenarios. We started the conference with the session, “Creating the Mindset for Success”. We discussed setting goals and reaching goals. Then we had lunch and enjoyed a guest speaker, Donovan Livingston. He received his undergraduate degree from UNC-Chapel Hill and then master's degrees from Columbia University and Harvard University.

In the session, “Introduction to Financial Wellness” we were given a real life scenario where we were given a set amount of money and then told to distribute it to certain necessities and also things that we wanted. My group ended up being the group that had the most money with \$3,600 a month so our scenario was easy to have what we wanted. However, other groups with less money had to make some hard decisions on what was more important.

We also went to a S.T.E.M. program lecture to learn more about S.T.E.M, including different college programs and careers. We ended the conference with more food and a bus ride to dinner and our hotel.

By: Scott A.



Upward Bound Seniors



Meredith Page
Smoky Mountain High School

Mars Hill University
Western Carolina University
Wingate University
Appalachian State University
Southwestern Community College

Mars Hill University Leadership Scholarship
Mars Hill University Cheer Scholarship
Mars Hill University Cheerleading Team
WCU Homer Ray Davis Scholarship
WCU Honors College
Wingate Trustee Scholarship
Wingate Grant



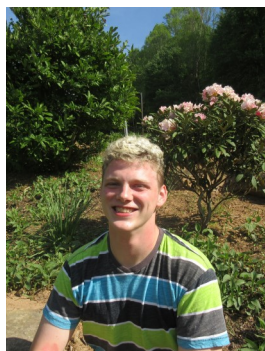
Cheyenne Hall
Franklin High School

Western Carolina University
WCU Charles O. Frazier Scholarship
WCU Grant



Autumn Gibbs
Franklin High School

Southwestern Community College



Cyle Ponchot
Swain High School

Southwestern Community College
Belmont Abbey College
UNC-Pembroke



Alaina Carpenter
Smoky Mountain High School

Southwestern Community College
Western Carolina University

Exciting News from our Alumni...



We are very thankful for the many visits and updates from our alumni!
There is not enough room here to share all their stories, but we wanted to mention as many as possible:

- Heather Turbyfill graduated from WCU with a Master of Social Work degree. She was accepted into the doctoral psychology program at WCU.
- Jacob Barker transferred to UNC-Charlotte after graduating from Southwestern Community College with an Associate in Applied Science degree in Computer Engineering Technology.
- Emily Alligood graduated from Southwestern Community College with an Associate in Applied Science degree in Advertising and Graphic Design. She will be transferring to WCU in the fall.
- Sadie Donovan graduated from WCU with a Bachelor of Science degree in Social Work.
- Kayla Cabe graduated from Southwestern Community College with an Associate in Arts-College Transfer degree. She will be transferring to WCU in the Fall. Kayla received the WCU Chancellor Achievement Award which covers one year of tuition and fees.
- Gabe Bingham graduated from Southwestern Community College with an Associate in Applied Science degree in Criminal Justice Technology.
- Jeremy Wilde is now working at Highline College as a Program Coordinator for Continuing Education in Des Moines, Washington.
- Kristina Frady was awarded the SCC Golden Leaf Scholarship.

University of Tennessee College Visit

When I visited the University of Tennessee I learned so many things that I found interesting. I was introduced to many resources on campus and learned what they are looking for in a strong applicant. We even learned about the origin of the school, their school

song and their mascot. I also met new friends from going on the trip. I really enjoyed my time being in Tennessee! I highly recommend going to visit this college. It may interest you just as it did me!

By: Yaudiel O.



Experiencing S.T.E.M

From the perspective of an Upward Bound student, I would first like to thank the UB staff for allowing us the opportunities given on the trip. We ate dinner and laughed at the professional show, "Hatfield and McCoy". We took a behind-the-scenes tour of the Ripley's Aquarium of the Smokies in Gatlinburg. We learned the magic and science behind WonderWorks in Pigeon Forge. We were provid-

ed so many opportunities to experience STEM.

One of my favorite portions of the trip was definitely the bicycle ride at WonderWorks. For this, friends had to participate in the movement of the attraction. When the two people collaborate properly, the ride will spin you in a vertically circular movement. We had a lot of laughs on this ride!

We also learned the chemistry, biology and psychology behind animals at the University of Tennessee College of Veterinary Medicine Open House. There were so many presentations that allowed us to learn more about veterinary science. Again, I would like to thank the UB staff so much for the fun and informational journeys!

By: Marqualand N.



The Importance of STEM

This year, Upward Bound has a focus on STEM. While not everyone wants to pursue a career in the STEM field, exploring STEM is necessary for success in the professional world. Art, teaching, and writing are now interdisciplinary careers that require an understanding of STEM. Technology, in my opinion, is the heart of the creation of new interdisciplinary studies in combining the once "polar opposites" of humanities and sciences. As time goes on, there will be new technological introductions and the line between humanities and sciences will blur even more.

By: Rae S.

Resources:

- College Foundation of North Carolina
www.cfnc.org
- Khan Academy
www.khanacademy.org/sat
- CollegeBoard
www.collegeboard.org
- ACT
www.act.org
- Thinking Storm
www.thinkgstorm.com/sccub
24/7 tutoring – Free for UB

College Connection: NC State University



Located in Raleigh, NC

Largest four-year college in North Carolina (25,199 Undergraduates)

Averages of entering class: GPA > 4.0, SAT 600+ in all categories, ACT 27-31

5th best value among public U.S. universities (*U.S. News & World Report, 2013*)

NCAA Division I College Sports

Do you enjoy math and/or science? Consider one of these engineering programs at NC State: Biomedical, Electrical, Civil, Computer or Aerospace

Career Exploration: Geographic Information Science

Offered at NC State AND at the University of Florida. (We're touring the University of Florida this summer!)

Do you enjoy the freedom of working outdoors?

Do you like working using cutting-edge technology? GPS? Cell phones?

Do you have a passion to manage and protect the world's precious natural resources?

What is GIS?

Using powerful computer technologies, professionals can now explore and map the world from virtually every perspective -capturing, storing, analyzing and managing spatial data- then examine the effects of factors within specific geographic areas.

To be good at this job, you must have good communication skills. You must be able to convey information to other people, even if they do not work in your field. You also need to be proficient with technology and be a swift learner. Since new technology comes out every year to make people's job easier, and old technologies are often rendered obsolete, you have to be able to keep up with the latest tools.

For more information, visit this site: <https://cnr.ncsu.edu/fer> and the YouTube video link: <http://www.youtube.com/watch?v=SvEo7PgKg10>

Summer Institute 2019

Summer Institute dates are June 17 - July 25 with the Annual Banquet on Thursday, July 18 at 7pm.

Our theme is "WE ARE ALL STEM" and we will be focusing on how all interests can be related to science, technology, engineering or math.

The Summer Institute will culminate with our College Tour Trip to Florida. We will tour the Savannah College of Art and Design, the University of Florida and the Kennedy Space Center.



"WE ARE ALL STEM" Upward Bound Summer Institute 2019

Monday	Tuesday	Wednesday	Thursday	Friday
JUNE 17 SUMMER INSTITUTE 9am-4pm Monday-Thursday	18 Classes 9:00am-4:00pm	19 Classes 9:00am-4:00pm	20 Classes 9:00am-4:00pm	21 Service Learning Work Study Job Shadowing Career Exploration
24 Classes 9:00am-4:00pm	25 Classes 9:00am-4:00pm	26 Classes 9:00am-4:00pm	27 Classes 9:00am-4:00pm	28 Service Learning Work Study Job Shadowing Career Exploration
July 1 Classes 9:00am-4:00pm	2 Classes 9:00am-4:00pm	3 Classes 9:00am-4:00pm	4 No UB HOLIDAY	5 Service Learning Work Study Job Shadowing Career Exploration
8 Classes 9:00am-4:00pm	9 Classes 9:00am-4:00pm	10 Classes 9:00am-4:00pm	11 Classes 9:00am-4:00pm	12 Service Learning Work Study Job Shadowing Career Exploration
15 Classes 9:00am-4:00pm	16 Classes 9:00am-4:00pm	17 Classes 9:00am-4:00pm	18 Classes 9:00am-4:00pm UB SUMMER INSTITUTE BANQUET 7-9pm	19 Service Learning Work Study Job Shadowing Career Exploration
22	23	24	25	
College Tour Trip to Florida for eligible students !				