



Upward Bound Student Newsletter



SUNY Plattsburgh

Division of Student Affairs

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Hello Everyone,

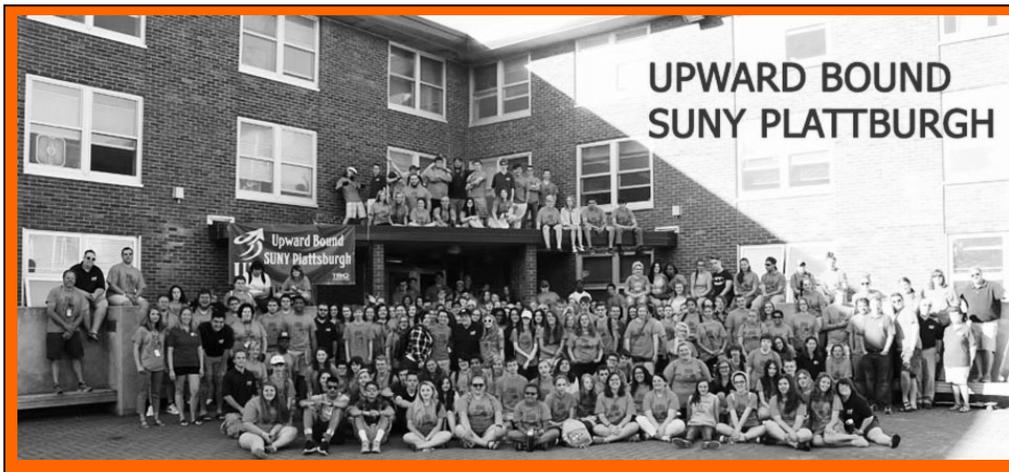
It is hard to believe we are already into October and the nights are getting cooler. It was great seeing a lot of you the other night at our First-Year Student/Family Meeting. Going over the school-year expectations and protocols is always helpful to reemphasize what we do. At the heart of everything Upward Bound does is getting you into and *through* college. You've all heard us say it, but education is the key to having a quality of life in the future. So, what is your role in this whole thing? Here are the basics to hold up your end of the bargain:

- Meet with your UB Counselor regularly;
- Participate in UB events throughout the school year;
- Work to improve your grades every quarter;
- Keep us informed about any major changes in your schedule;
- Get excited about being a UB Student!

These are not that demanding, but the most important one is to work hard on your grades. This includes doing the homework and spending the time necessary to be an engaged student. This hard work will all pay off when the time comes for applying to colleges. Your choices will be far greater when your high school transcript is solid. Remember...the number one thing colleges look at when making admission decisions is your high school transcript.

Well, enough of that stuff. To those of you participating in fall sports and activities...good luck with those pursuits as well. I love to read about you guys in the paper doing great stuff! Keep up the good work and see you all soon!

~Brian



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Hey Juniors!!!

Juniors Workshop
November 10th
5:30-7:00 pm
Yokum Hall 205

This is a tough year. Let's make sure you are on track to do the best you can! Be there!

Seniors!!!

Financial Aid Night
November 14th
5:30-7:00 pm
Yokum Hall 205

NEW FAFSA INFORMATION!



Seniors



Every little bit helps when you are financing a college education. Check out these local scholarships created for students from these specific schools through **The Adirondack Foundation**.

www.generousact.org

Below is a list of scholarships available through this foundation:

Bruce L. Crary Foundation: The Bruce L. Crary Foundation distributes scholarships to students living in Clinton, Essex, and Franklin counties. Income eligibility is carefully considered and students may use their award for 2-year or 4-year colleges and are renewable for four years of undergraduate study. Contact your School Counseling office to learn about application requirements.

AuSable Valley Central School

- Frank Besau and Pauline Besau Wamsganz Scholarship Fund
- Henry Caito Family Fund
- Wilmington Fire Department - Shawn Coarding Memorial Scholarship

Brushton-Moira Central School

- Brushton-Moira Central School Scholarship Fund
- Walter & Lois Thomas and Lyndon & Barbara Drake Scholarship Fund

Malone Central School - Franklin Academy

- Craig T. Chisum Memorial Scholarship Fund
- Matamek Scholarship Fund
- Franklin Academy Class of 1967 Scholarship Fund

Plattsburgh Central School

- Jennifer Welch Memorial Scholarship Fund
- William T. Lowe Scholarship Fund

Saranac Lake Central School

- Howard V. Littell Scholarship Fund
- Brian Muldowney Memorial Scholarship Fund

Tupper Lake Central School

- Pearl Ness Clements Scholarship Fund
- Mary Cote Humanitarian Scholarship Fund
- Alice and Paul Grulich Memorial Scholarship Fund
- Alberta P. Moody Scholarship Fund
- Patrick E. and Louise M. Quinn Scholarship Fund



More Scholarships...

Dell Scholars Program

The Dell Scholars Program recognizes students who have overcome significant obstacles to pursue their educations. Well beyond the financial support of **\$20,000**, a laptop and textbook credits, Dell also provides ongoing support and assistance to address all of the emotional, lifestyle, and financial changes that may prevent students from completing college.

Criteria for award:

- Graduating from an accredited high school this academic year
- Minimum 2.4 GPA (78 avg.)
- Demonstrated need for financial assistance
- Participation in an approved college readiness program (i.e. Upward Bound)
- Ambition to enter a bachelor's degree program
- Eligible to receive a federal Pell grant in the first year of college

Your application will be evaluated on your:

- Individual determination to succeed
- Future goals and plans to achieve them
- Ability to communicate the hardships you have overcome or currently face
- Self motivation in completing challenging coursework

Important Dates: **November 1:** Applications become available at: <http://www.dellscholars.org>

January 15: Application deadline

GIVE YOUR BRAIN A BOOST WITH TUTOR.COM

1. **GO TO** : www.tutor.com/sunylattsburghUB

2. **SIGN IN**: [firstname.lastname.sunyub](http://www.tutor.com/sunylattsburghUB)

3. **CHOOSE**: Your subject

4. **CONNECT**: With a tutor

5. **LOAD**: Your brain!



Career Spotlight

Manufacturing Engineers

Description: Design, integrate, or improve manufacturing systems or related processes. May work with commercial or industrial designers to refine product designs to increase producibility and decrease cost.

Tasks:

- Analyze the financial impacts of sustainable manufacturing.
- Identify opportunities or implement changes to improve products or reduce costs.
- Provide technical expertise or support related to the manufacturing process.
- Design, install, or troubleshoot manufacturing equipment.

Skills:

- Reading and Comprehension
- Judgement and Decision Making
- Systems Analysis
- Mathematics
- Systems Evaluation
- Active Learning

Tools and Technology:

- Charting software
- CAD software
- CAM software
- Development environment software
- Enterprise resource planning software
- CNC software
- Binocular light compound microscopes

Education:

Most of these occupations require a four-year bachelor's degree.

Salary:

Nationally, the average annual wage for this occupation is \$68,770 for entry-level workers and \$116,660 for experienced workers. In New York State, the average annual wage is \$59,540 for entry-level workers and \$103,490 for experienced workers.

Job Outlook: Job prospects are **Favorable**.

College Spotlight

R•I•T Rochester Institute of Technology
Rochester, N.Y.

Size: 15,400 undergraduate students

Description: As one of the world's leading technological institutions, RIT is home to an incredible array of academic programs. Since 1912, the hallmark of an RIT education has been experiential learning. RIT was among the first universities in the world to offer cooperative education. Last year, more than 3,500 co-op students alternated periods of study on campus with paid employment in nearly 2,000 firms across the United States and overseas. Today, experiential learning also includes internships, study abroad, and undergraduate research.

Manufacturing Engineering Technology BS

Program Description: The present shortage of qualified manufacturing engineers is between 50,000 and 100,000. Combined with innovations in industrial productivity and technology, the demand for well-prepared manufacturing engineers is only increasing. Manufacturing engineers are retiring faster than graduates can be produced. This major prepares students to meet the demand for personnel well-versed in advanced manufacturing techniques, which include computer-aided design, computer numerical control, microprocessor controls, robotics, computer-aided manufacturing, flexible manufacturing systems, assembly automation, and electronics manufacturing.

Financial Aid: RIT has a long history of providing educational opportunities to qualified students regardless of their families' economic circumstances. They offer a comprehensive financial aid program consisting of merit scholarships and a full range of need-based grants, loans, and campus employment programs. More than 75 percent of full-time undergraduate students at RIT received more than \$285 million in financial aid this year.

For more information, visit: www.rit.edu

Counselor's Corner w/Julie

Phishy Food for Thought

Have you heard? You've been nominated for a national academic honor society! Or the National Young Leaders Conference! Sound familiar? These are the hooks of some popular scams. Here are some tips that will help you decipher a scam from a valid opportunity:

If it sounds too good to be true... it probably is. We have all heard this saying before. As an example, a popular ad states that you can work from home stuffing envelopes for \$1,000 a week. Don't quit your after school job!

Do not get into something you don't completely understand. Read the fine print, ask questions, and do research.

Do not enter into any deal that requires a chunk of change upfront. Many students receive invitations through mail or email from fake honor societies that trick students into paying annual fees or ordering society yearbooks. If a society requires annual dues or doesn't require a high class ranking, it's probably a scam.

Do not enter into a deal that puts you under pressure to get it done in a hurry. This is a red flag. Someone who has a legitimate product or service to sell will wait for your dough.

Do not give out your personal information to companies or people you have never heard of, or if the request is unsolicited. For example, if your bank calls asking for your social security and checking account numbers, hang up the phone! Call your bank's customer service number and tell them what happened. They will surely tell you that the call was a scam.

Do not get "hooked" by Phishers. Phishing is the criminally fraudulent process of attempting to acquire sensitive information (usernames, passwords, and credit card details) via email, instant messaging, and social media, often disguised to look official. Phishers try to trick the recipient into revealing confidential information by "confirming" it on their website. Dead give-a-way: spelling errors are common in most phishing attempts.

Hopefully these tips will help you become a savvy, unSCAMable young adult. Always trust your gut instinct and do your research. - Julie

Attention UBers: If you receive any invitation, nomination or "honor" in the mail, please let us know so we can research its validity with you before you commit to attend or send money. Remember, true honors don't typically come with a price tag.

The Sophomore Summit

We are pleased to be attending another Sophomore Summit at the University of Vermont on November 1st. This event offers a program specifically designed for sophomores to explore the college admissions process and receive a tour of the beautiful **University of Vermont** campus. If you have been selected to attend this event, you will be receiving a permission slip in the mail with all the details.

Poetry Place

Questions

By Joseph Mills

On the Interstate, my daughter tells me she only has two questions. I'm relieved because she usually has two hundred. I say, *Okay, let's have them*, and she asks, *What was there before there was anything?*

Stupidly, I think I can answer this:
There was grass, forests, fields, meadows, rivers.

She stops me. *No, Daddy. I mean before there was anything at all, what was there?* I say that I don't know, so then she asks, *Where do we go when we die?* I tell her I don't know the answer to this either. She looks out the side, and I look forward, then she asks if we can have some music.

Juniors!!!

SAT Dates

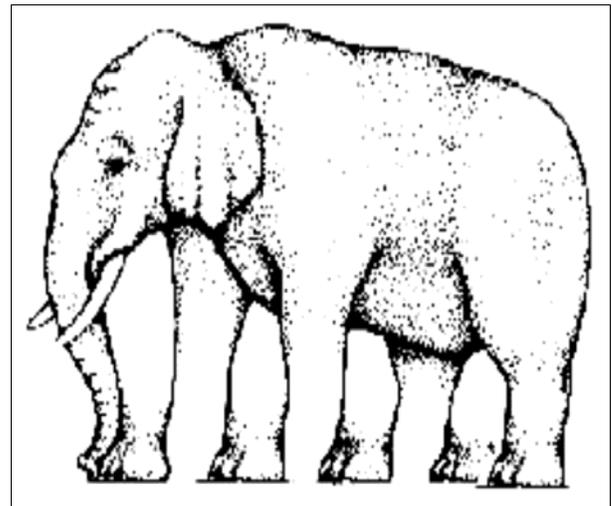
Test Date	11/5	12/3	1/21	3/11	5/6	6/3
Reg. Date	10/7	11/3	12/21	2/10	4/7	5/9

ACT Dates

Test Date	10/22	12/10	4/8	6/10
Reg. Date	9/16	11/4	3/3	5/5

The Puzzler

How many legs does the elephant have?



Think you have the answer? Call or email Brian with the correct responses and win a prize! 518-564-2030, or brian.post@plattsburgh.edu

Green Notes

Some facts to think about...

- The average college student produces 640 pounds of solid waste each year, including 500 disposable cups and 320 pounds of paper.
- In a lifetime, the average American will throw away 600 times his or her adult weight in garbage. This means that each adult will leave a legacy of 90,000 pounds of trash for his or her (or other people's) children.

Americans comprise about 5% of the world's population and annually produce 27% of the world's garbage.

The Many Paths to a College Degree...

UB Students have many options when it comes to college and the pursuit of that degree. New York State alone has 64 SUNY campuses and over 100 private colleges and universities to choose from. Wow! Here are the basics when starting to look at what college is right for you:

- ▶ **Community Colleges**— most have open admissions—so if you have a high school diploma or GED you are in. They typically offer 2-year Associates degrees, as well as some 1-year certificate programs. This is often a good start in college for many students who are not positive what degree path they are going to take.
- ▶ **Public 4-year**— The State University of New York (SUNY) system of colleges and universities has many options for students to choose from. It all depends how large a campus you prefer. Campuses such as SUNY Plattsburgh and SUNY Potsdam offer numerous academic majors and programs and are in medium-size range (3,000–6,000 students). Larger options are campuses such as SUNY Albany and SUNY Buffalo (12,000–20,000 students), but there are other campuses in between.
- ▶ **Private 4-year**— There are over 100 private colleges and universities in New York that offer a huge variety of academic programs. The major difference between public and private is how they get their money. Public colleges rely heavily on funding from state and local governments, while private colleges receive their money from tuition, fees and donations. Private colleges and universities may have higher tuitions, but often have the means to give students more money in financial aid. Examples of private colleges and universities include Clarkson and St. Lawrence Universities locally, and bigger names such as Harvard and Syracuse.



New England Student Leadership Conference

Five of our Ubers participated in the New England Student Leadership Conference on September 23-25 held at the Hulbert Outdoor Center in Fairlee, Vermont. The selected students were **Saylor Grady, Alex Grigware, Michael Guynup, Chris Lepone, Mindy Meseck, and Lee Turner**. They were provided with an opportunity to develop, refine, and implement their leadership skills through a variety of challenging activities. Some of these activities included: attending workshops on leadership and teen-related issues, the Eclipse Challenge— a firsthand look at how the United States budget is produced, and last but not least- negotiating a high-ropes course 30 feet above the ground! After all this work, there was still time for mingling with TRiO students from all over the New England region. Way to go!



**Upward Bound
SUNY Plattsburgh
101 Broad Street
Plattsburgh, NY 12901**

**www.ubplattsburgh.org
1-518-564-2030
1-888-578-7812 (toll free)
1-518-564-3035 (fax)**



October/November Birthdays

October

Kolby Kitterle-2nd
Andrew Brault-4th
Malerie Mason-4th
Chrysa Rabideau-4th
Lila Dodge-5th
Analise Hemingway-8th
Megan Rock-8th
Amber Jarvis-12th
Mackenzie Downer-12th
Nashanti Harris-16th
Emma Stewart-16th
Quintaya Lee-24th
Paulina Kwasniak-27th
Bobby Jones-28th
Aymee-Lynne Fisk-29th
Kaelie Velie-31st

November

Emily Lord- 1st
Alex Simard-3rd
Kris Mazzacone-8th
Bethani Fleury-12th
Jacob Spear-14th
Bridget Frenyea-15th
Violet Chaney-19th
Sierra Moody-19th
Alex Grigware-21st



Upcoming Events

October 28– St. Lawrence/SUNY Canton Visit

November 1– Sophomore Summit– UVM

November 10– Juniors Workshop

November 11- Adopt-A-Highway/Paul Smith’s Visit

November 14- Seniors Financial Aid Night

