



# 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 starting to get cooler (sort of!). 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 you were selected to be in UB because of your potential to make that happen. 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 expectations but the key to it all is to work hard on your grades. This includes doing all the homework and spending the time necessary to be an engaged student. This hard work will 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 8th-  
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**  
October 11<sup>th</sup>  
5:30-7:00 pm  
Yokum Hall 205

NEW FAFSA INFORMATION!



# Seniors-Scholarship Info!!!



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](http://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

## **Lake Placid Central School**

- Alice C. Agnew Scholarship Fund
- Gerald K. Douglas Scholarship Fund
- Nash Williams/Founding Families Scholarship Fund
- Wilmington Fire Department– Shawn Coarding Memorial Scholarship

## **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

## **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

### **2018-19 FAFSA Opened Oct. 1**

Applying for federal financial aid officially launched on October 1. The Free Application for Federal Student Aid opened and allows students and families to use the IRS Data Retrieval Tool to transfer 2016 tax information.

**To learn more: Attend the UB Financial Aid Workshop on:  
October 11th 5:30 p.m.  
Yokum Hall 205**

## 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

## 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 Columbia or Syracuse.

## Career Spotlight

### Physical Therapist

#### Description:

Assess, plan, organize, and participate in rehabilitative programs that improve mobility, relieve pain, increase strength, and improve or correct disabling conditions resulting from disease or injury.

#### Tasks:

- Perform and document an initial exam, evaluating data to identify problems and determine a diagnosis prior to intervention.
- Evaluate effects of treatment at various stages and adjust treatment for maximum benefit.
- Instruct patient and family in treatment procedures to be continued at home.
- Refer clients to community resources or services.
- Use a variety of medical equipment to assist in treatment regimen.

#### Work Context:

This profession requires close physical proximity and face to face discussions with patients. It has the freedom to make independent decisions, with a frequency of working together in teams.

#### Education/Training:

This occupation requires extensive preparation and education. Programs often require graduate school, completing a Doctor of Physical Therapy credential.

#### Salary:

Nationally, the average annual salary for this occupation is \$66,950 for entry-level workers and \$92,860 for experienced workers. In New York State, the average annual wage for this occupation is \$60,400 for entry-level workers and \$89,600 for experienced workers.

#### Job Outlook:

In New York State based on the total number of annual openings and its growth rate, employment prospects for this occupation are described as **Very Favorable**.

## College Spotlight

### Sage College of Albany

Albany, N.Y.

#### Fast Facts:

- **Enrollment:** 2,897 total all campuses
- **Average Class Size:** 18 students (12:1 student/faculty ratio)
- Over **70** degree programs

#### DPT at the School of Health Sciences

The Doctor of Physical Therapy Program at the School of Health Sciences at The Sage Colleges prepares physical therapists who are exemplary, autonomous practitioners.

The depth and breadth of our professional curriculum is enriched by the intellectual community found at our comprehensive university that is dedicated to liberal, professional, and specialized programs of study. Graduates embrace their role in promoting the profession through evidence-based practice that is respectful and sensitive to individual differences, commitment to lifelong learning that sustains clinical excellence, and service to community and society.

- Graduation Rate surpasses 95% for the last three years (2014-2016)
- Ultimate pass rate on the National Physical Therapy Examination (NPTE) surpasses **92.8%** for the past three years (2014-2016)
- **100%** of graduates seeking employment secure a position within six months after graduation.



For more information visit:  
[www.sage.edu](http://www.sage.edu)

## Counselor's Corner w/Matt

As you are all aware, SUNY Plattsburgh Upward Bound is now providing all students with access to free online tutoring through Tutor.com. This site ([www.tutor.com/sunyplattsburghub](http://www.tutor.com/sunyplattsburghub)) provides you with an online classroom and access to a tutor 24 hours a day, 7 days a week. Although many of you have embraced this service with open arms, upon introducing it to some students, I've found that the word "tutoring" or act of being "tutored" has some seemingly negative connotations. I hope to debunk this notion so that everyone can fully take advantage and feel comfortable doing so.

There is a popular myth that tutoring is only for students who are failing subjects or not doing well in school. Phrases like "I don't need tutoring, I'm on the honor roll" and "I've never failed a class in my life" are common responses I've heard after asking students if they've been logging into their accounts. I tend to respond by stating "if you don't have a 100 in every class, you *can* still benefit from tutoring!" In fact, as I look over the logs of who has received the most tutoring since this service has been offered, it is students who are high achieving and looking to improve their grades even more!

It is also a popular assumption that a tutoring session needs to be long and time consuming. This is surely not the case. This service is not designed to help you with entire assignments or projects that take hours, but rather to aid you with a question or two until you understand a concept and are capable of doing the remainder of the assignment on your own. If your tutoring session lasts only 5 minutes and you are led to the answer you need, this is completely fine and the tutor will not be offended!

Every college campus has a tutoring center where students gather to better understand their work. I challenge you all to embrace tutoring while letting go of the stigma commonly associated with it. For those of you who have been using Tutor.com, keep up the good work (you may even get a UB hoodie for using it the most)! For those of you who have not yet given it a chance, please give it a try. I strongly believe that Tutor.com can be useful to all UB students; to those who are struggling and need an extra boost, and to those who are doing well and want to improve even more. Please see your UB counselor if you need assistance logging in with your username and password!

1. **GO TO** : [www.tutor.com/sunyplattsburghub](http://www.tutor.com/sunyplattsburghub)

2. **SIGN IN**: `firstname.lastname.sunyub`

3. **CHOOSE**: Your subject

4. **CONNECT**: With a tutor

5. **LOAD**: Your brain!



## Poetry Place

### The Ghost of Tom Joad by Bruce Springsteen

Men walking 'long the railroad tracks  
 Going someplace, there's no going back  
 Highway patrol choppers coming up over the ridge  
 Hot soup on a campfire under the bridge  
 Shelter line stretching 'round the corner  
 Welcome to the new world order!  
 Families sleeping in the cars in the southwest  
 No home, no job, no peace, no rest!

Well the highway is alive tonight  
 But nobody's kidding nobody about where it goes  
 I'm sitting down here in the campfire light  
 Searching for the ghost of Tom Joad.

He pulls a prayer book out of his sleeping bag  
 Preacher lights up a butt and takes a drag  
 Waiting for when the last shall be first and first shall be last  
 In a cardboard box 'neath the underpass  
 You got a one-way ticket to the promised land  
 You got a hole in your belly and a gun in your hand  
 Sleeping on a pillow of solid rock  
 Bathing in the city's aqueduct  
 Go!

Well the highway is alive tonight  
 Where it's headed everybody knows  
 I'm sitting down here by the campfire light  
 Waiting on the ghost of Tom Joad

Now Tom said "Ma, wherever there's a cop beating a guy  
 Wherever a hungry newborn baby cries  
 Where there's a fight against blood and hatred in the air  
 Look for me Ma, I'll be there!

Wherever somebody's fighting for a place to stand  
 Or a decent job or a helping hand  
 Wherever somebody's struggling to be free  
 Look in their eyes, Ma, and you'll see me"  
 Yeah!

The highway is alive tonight  
 Where it's headed everybody knows  
 I'm sitting down here in the campfire light  
 With the ghost of old Tom Joad.

## Juniors!!!

### SAT Dates

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

### ACT Dates

Test Date	10/28	12/9	4/14	6/9
Reg. Date	9/22	11/3	3/19	5/4



Free SAT Prep...visit  
[khanacademy.org/sat](http://khanacademy.org/sat)



## The Puzzler

The following brain teaser has been shared more than 3 million times on Facebook. It seems to be easy for some people but difficult for others. Which group are you in?

$$6 + 4 = 210$$

$$9 + 2 = 711$$

$$8 + 5 = 313$$

$$5 + 2 = 37$$

$$7 + 6 = 113$$

$$9 + 8 = 117$$

$$10 + 6 = 416$$

$$15 + 3 = 1218$$

$$?? + ?? = 123$$



If you think you have the answer, email Brian at [brian.post@plattsburgh.edu](mailto:brian.post@plattsburgh.edu) or call the office at (518)564-2030 to claim a wonderful prize!

## ***New England Student Leadership Conference***

Six of our Ubers participated in the *New England Student Leadership Conference* on September 22-24<sup>th</sup> held at the Hulbert Outdoor Center in Fairlee, Vermont. The selected students were **Angel Beaney, Julian Davey, Scott Guay, Skylar Horner, Keagan McKinnon and Adalyne Perryman.** They were given the opportunity to develop their leadership skills through a variety of challenging activities. Some of these activities included attending workshops on leadership, 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 fellow TRIO students from all over the New England region. Way to go!



## **Upcoming Events...**

### **N.Y. Scholars Bowl**

SUNY Plattsburgh Upward Bound is pleased to be participating in the 12th Annual New York Scholars Bowl at Binghamton University on October 14, 2017. Our program will be joined by other UBs from SUNY Adirondack, SUNY Binghamton, SUNY Brockport, Cornell University, SUNY Fredonia, Genesee Community College, and LeMoyne College. This friendly competition will test the brains of our teams against fellow students in an academic quiz-style challenge. We do have a history of winning this event...so let's hope for the best! It will also be an opportunity to see the beautiful campus of Binghamton University and meet a whole lot of new people...good luck competitors!



### **The Sophomore Summit**

We are pleased to be attending another Sophomore Summit at the University of Vermont on October 25th. 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.



**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**

Alibra Rodriguez-1st  
Brianna Dunham-2<sup>nd</sup>  
Baelie Swetson-Gebo-2<sup>nd</sup>  
Andrew Brault-4<sup>th</sup>  
Malerie Mason-4<sup>th</sup>  
Lila Dodge-5<sup>th</sup>  
Hailey Cave-7th  
Analise Hemingway-8<sup>th</sup>  
Amber Jarvis-12<sup>th</sup>  
Mackenzie Downer-12<sup>th</sup>  
Emma Stewart-16<sup>th</sup>  
Alexa Mercaldi-17<sup>th</sup>  
Dominick Provost-19<sup>th</sup>  
Quintaya Lee-24<sup>th</sup>  
Dossin Racette-27<sup>th</sup>  
Paulina Kwasniak-27<sup>th</sup>  
Haley Fisher-31<sup>st</sup>  
Kaelie Velie-31<sup>st</sup>



**November**

Emily Lord- 1<sup>st</sup>  
Bethani Fleury-12<sup>th</sup>  
Joseph Goheens-15<sup>th</sup>  
Bridget Frenyea-15<sup>th</sup>  
Alanna Blair- 19<sup>th</sup>  
Josiah Roberts- 19<sup>th</sup>  
Alex Grigware-21<sup>st</sup>  
Rakim Wright- 29<sup>th</sup>



**Upcoming Events**

**October 18**– SUNY Potsdam/Clarkson Visit

**October 25**– Sophomore Summit– UVM

**October 30**– SUNY Canton/St. Lawrence Visit

**November 8**- Juniors Workshop

**November 10**- Adopt-A-Highway/Paul Smith’s Visit

