LETTER FROM THE STAFF

Written by Mr. Caleb, Program Assistant

Hello Upward Bound Students, Parents, and Friends! Welcome to our first UB Insider. We are loving our new look and hopefully you do too!

The purpose of our UB Insider is to give you an inside scoop of what is happening with our program! This month we have a look at one of our students, look at a local group making La Crosse a better place, and recapping what we did in the month of February.

We also share with students some scholarship opportunities for them to apply to so they can get ahead of the game! Each month will be something different to look forward.

Hope you enjoy what we have and we look forward to more fun and learning!
STUDENT HIGHLIGHT: NOU TXENG YANG

"I will continue to work hard and go to the best college possible with my education and skills."

Nou Txeng is a student we met Spring 2020, pre-covid, on one of our recruiting trips to Longfellow Middle School. Jazz and Caleb were tabling during their lunch and he came up and introduced himself to the staff letting us know he already applied to be in the program and he will see us that fall. And see him we do, he attends everything since he started with us this past September.

What have you liked about Upward Bound so far?
I like how Upward Bound has a "personal" space for me. There isn’t just tutoring but also Saturday events and advising sessions. I could talk out my personal troubles and have them help me academically.

What College would you like to attend and why?
I haven’t thought that far yet because I am still a freshmen, but I think everyone would like to go to Harvard. I will just continue to work hard and go to the best college possible with my education and skills.

Why do you want to go to college?
I want to go to college because I want to have a good paying job. With a good paying job, I think that I will be able to help support for my family especially for my mom.

"I like how Upward Bound has a 'personal' space for me"
ENDURING FAMILIES PROJECT HELPS BROADEN UNDERSTANDING OF LOCAL HISTORY

By Peggy Derrick, Executive Director of the La Crosse County Historical Society

The Enduring Families Project, or EFP, is a program of the La Crosse County Historical Society (LCHS). It started out as the dream of two retired Milwaukee public high school teachers, Denise Christy Moss and Rebecca Mormann-Krieger, to create public theater based on the stories of early Black settlers to La Crosse County and Cheyenne Valley to our south. They developed a mission statement: “to substantially broaden the local historical narrative by the positive portrayal of the contributions, struggles, and perseverance of early non-white settlers, providing a venue for the development of understanding and respect between people in our community and a further springboard for community conversations.”

Since the summer of 2018, they have performed skits in public schools and for various organizations that tell stories of Black settlers living in this region since the early days of Prairie La Crosse.

All of their actors are Black people who live and work locally, and who believe in the mission of the project and are excited to be bringing this history to life. Some of the characters they portray, like Olympic medalist George Poage, are fairly well-known, while others who were once important community members have been largely forgotten. All are a part of the web of local history.

LCHS is very proud of their sponsorship of the Enduring Families Project because of the profound need for children in our community to see themselves reflected in the history we teach them. We do not need to invent role models for non-white children in our schools; we just need to recognize and celebrate the role models that already exist. By bringing these stories to students and adults, EFP is telling them, “You are a part of our history. You belong to this place, and you have a role to play here.”
MONTHLY RECAP!
Take a look at what we did in the month of February

WELCOME BACK WEEK
The first week of February we hosted a "Welcome Back Week." Students had the chance to choose from many activities to partake in, virtually of course! Monday night we had a kick off night where we went over our new expectations and guidelines. Tuesday night, we cooked with Director Mr. Spivey where they made French Onion Soup. Wednesday night we had a game night hosted by our Graduate Assistant Ms. Kylie. Thursday night we had a painting class hosted by All Glazed Up! It was a fun week of laughs and bonding!

SATURDAY EVENT: POSTIVE SELF TALK
Our last Saturday event was on February 6th, hosted by Ms. Kylie, titled, “Communicating Self Worth: Positive Self Talk.”

Positive self-talk is the internal communication we use when we give ourselves encouragement. An example of positive self-talk is, “I am doing the best that I can.” It empowers you to be able to realize your goals.

The event covered how our intrapersonal and interpersonal communication affects our mental health and our relationships. If you are not giving yourself grace and default to negative self-talk, you hurt yourself and others. As a result of this connection, Self-Care was also a large component of the talk. Love languages were used as an example: knowing how you accept and give love to others helps tailor your self-care practices. To understand self-worth, you must ensure that you are helping yourself first. Self-talk and positive affirmations can help to cultivate your self-worth in order to give back to others, decrease stress, and live your best life.
LOOKING AHEAD TO NEXT MONTH!

What does Upward Bound have in store for March 2021

ACT PREP COURSE
Next month we have our Juniors will participate in an ACT prep course put on by our partners over at Extended Learning. The Juniors took a pre-test, this month, to see their scores before hand and each Saturday they will meet with Extended Learning to go over the best practices to do well on the ACT post test they will take at the end of the month.

UW- LA CROSSE COLLEGE VISITS
Next month our students are able to partake on a virtual visit of our very own UW- La Crosse and learn what our institution has to offer. We will look at Major and Minor choices as well as what other activities they can plan on doing if they choose to come here.

VIRTUAL TUTORING
Reminder that our tutoring will be going on this month with the following days and times below. If you have a GPA lower than a 2.5 then you are required to come to two nights a week!

Tuesdays with Ms. Jazz 3:00 PM - 6:00 PM
Wednesdays with Ms. Kylie 4:00 PM - 7:00 PM
Thursdays with Mr. Meki 4:00 PM - 7:00 PM

RECRUITING!
We are always looking for more students to join Upward Bound so if you know anyone that would be a good fit for our program please refer them to our email Upwardbound@uwlax.edu
Upcoming Scholarship Details

- **The Melanie Foundation Scholarship** Amount: $2,500 Deadline: 03/05/2021
  https://www.themelaniefoundation.com/

- **Never Drink and Drive Scholarship** Amount: $1,000 Deadline: 03/11/2021
  https://californiainjuryaccidentlawyer.com/2020-scholarship/

- **La Crosse Area Occupation Safety and Health Council Scholarship** Amount: $1,000
  Deadline: 03/11/2021 http://www.laoshc.org/

- **Lt. Jon C. Ladda Memorial Foundation Scholarship** Amount: $1,000 Deadline:
  03/15/2021 http://www.jonladda.org/scholarship.htm

- **Beyond the Boroughs National Scholarship Fund for Students from Low-Income Households Amount**: $20,000 Deadline: 03/16/2021
  http://www.beyondtheboroughs.org/the-scholarship/scholarship-requirements/

- **Sparkling Ice Flavorful Futures Scholarship** Amount: $5,000 Deadline: 03/16/2021
  https://app.mykaleidoscope.com/scholarship/flavorfulfutures

- **Try Mattress Scholarship Opportunity** Amount: $1,000 Deadline: 03/20/2021
  https://www.trymattress.com/try-mattress-scholarship/

- **Herbert Levy Memorial Scholarship** Amount: $2,000 Deadline: 03/22/2021
  https://www.spsnational.org/scholarships/levy
Upcoming Scholarship Details

- **Student Aluminum Extrusion Design Competition** Amount: $5,000 Deadline: 03/29/2021 https://www.aec.org/page/laedc-index

- **MBAHunt.in Scholarship** Amount: $500 Deadline: 03/30/2021 https://mbahunt.in/scholarship/


- **The Dogs Journal Scholarship** Amount: $1,200 Deadline: 03/30/2021 https://thedogsjournal.com/scholarships/

- **Islamic Scholarship Fund** Amount: $10,000 Deadline: 03/30/2021 https://programs.islamicscholarshipfund.org/scholarship/program/

- **Lighthouse Guild Scholarship for Students who are Legally Blind** Amount: $10,000 Deadline: 03/31/2021 http://www.lighthouseguild.org/programs-services/scholarships


- **The Annual Stewart J. Guss College Student Scholarship** Amount: $1,000 Deadline: 03/31/2021 https://attorneyguss.com/annual-stewart-j-guss-college-student-scholarship/

For more scholarship information check out:
https://www.uwlax.edu/scholarships/resources/monthly-scholarship-brochures/
WANT TO BE UB?

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“Education is our passport to the future, for tomorrow belongs to the people who prepare for it today.”

Get an application
From our website:
https://www.uwlax.edu/upward-bound/
By calling us at 608-785-8539
By emailing the director at:
UpwardBound@uwlax.edu