Hello UB Students, Families, and Community Partners!

Let me start by introducing myself – my name is Ana Mendoza. I completed my undergraduate at UWL in Psychology with a pre-track in Occupation Therapy. For about a year, I worked at Gundersen Hospital, and then I came back to UWL and worked in the Admissions Office. It was during my time there that I started my graduate program in Clinical Mental Health Counseling. Then recently, I became the new Outreach Specialist for Upward Bound! There are no words to describe how excited and honored I am to be working within this program.

One of my passions in life is to give back, I believe in giving back to the ecosystem that helped me along my way. I like many of the students we serve – am a first-generation college student. There were times where I would ask myself if I belonged in higher education, and I would always find my way to “yes you do”. However, I didn’t get to where I am by myself. I’ve always had someone looking out for me or guiding me. I hope to be a small part of that for students that choose to be in this program. Finishing college is a huge step, but I cannot wait to see what our students do after college. It will be a pleasure to see how they continue the cycle within a larger ecosystem.

As your new Outreach Specialist - I hope to fully complement my team, serve UB students holistically, and work with community partners to serve students. Many times, we believe that one person can complete everything on their own, but the truth is that no one does that! As the saying goes, “it takes a village” and I cannot wait to be a part of that village for our students.

I hope that you are as excited as I am about this upcoming semester! We have a lot in store for you, and I am sure that you have a lot in store for us as well. As always, please continue to read the newsletter thoroughly so that you are all up to date on what we have planned. Do not hesitate to reach out if you have any questions or concerns. Welcome back - hope you all had gentle holidays and are rested up for the rest of the school year!
OVERVIEW OF THE FALL SESSION 2021
By Caleb Colon-Rivera, Program Assistant

This fall semester we were able to have students come to tutoring in person! Besides our recent summer program, this is a first since spring of 2020! We had tutoring on Tuesday nights in Holmen high school, Wednesday nights at Brookwood and Tomah high school, and Thursday nights started at Logan high School. We had a great time this semester getting to see our students in person and helping them achieve their goals.

With the help of a local high school teacher from our districts, student were able to go log into a class every Saturday for 6 weeks to learn how to effectively tackle the beast of a test we know as the ACT. We also hosted a FAFSA workshop and a College Application workshop led by our Advisors. Upward Bound ended the semester by making gingerbread houses as an activity/break for tutoring before Winter Break.

Some of our Fall events included participating in the Coulee Region Hunger Walk 5K where students raised money to help feed the hungry of the area. In November, staff hosted UB Destress Fest where the students learned skills in self-care and mindfulness. And lastly, in December, the students partook in a Cultural event by seeing the Sound of Music at the La Crosse Community Theater, also known as, the Weber Center with a tour of the facilities by their Director of Education. We had a blast with our students this Fall and look forward to doing more!

Upward Bound observed COVID-19 Protocols to highlight safety to hosting all students and staff in person per UWL Guidelines and policies.
LOOKING FORWARD TO SPRING 2022
What does Upward Bound have in store for the Spring!

UBELONG!
Upward Bound will visit each of our schools to meet with students and their families to let them know what we have in store for the spring session! This will also be a recruiting night, invite any classmates you think would be interested in joining UB! Keep a look out for UB posters with dates when the events take place at your school.

TUTORING
Tutoring begins the week of February 1st and will be every Tuesday, Wednesday, and Thursday until April. Upward Bound will be offering a virtual choice for students that need extra support or cannot make it to a night of tutoring. We will have a few dates without tutoring during UWL's Spring break and that will be the week of March 15th, 16th, and 17th.

Tuesday
Holmen HS
Room 404
3:30 PM - 6:30 PM

Wednesday
Brookwood Library
3:30 PM - 6:30 PM
Tomah HS Resource Room
4:00 PM - 7:00 PM

Thursday
Logan HS
Room 116
5:00 PM - 8:00 PM

Remember if your GPA is 2.5 or lower you must come to 2 nights of tutoring each week to get that extra support! You can earn a complete stipend by coming to all activities so make sure you plan ahead and let us know of any absences.
UPCOMING WORKSHOPS AND EVENTS

Welcome Back Night
- On Monday, January 24th, 2022, we are having our Welcome Back Night at UWL in Centennial Hall in room 1300 from 5:00 PM to 7:30 PM. Upward Bound students and their parents or guardians should attend. Food will be available as we cover changes to Upward Bound, talk about what the semester has in store, and continue to grow as a community

February Events
- **Saturday Event** will be an LGBTQI+ Ally and Bystander Intervention Training with UWL’s Pride Center on Saturday the 19th. Another event you can attend is the Latin American Student Organization’s (LASO) Fiesta, that same evening on February 19. If you are unable to come to either we will have an online makeup assignment.
- **College Visit** - Winona State University on Friday the 11th, please RSVP by February 4th.

March Events
- **College Visit** will be to UW-Stevens Point on Friday the 11th, RSVP by March 4th
- **Saturday Event** for March will take place on the 12th.

April Events
- Last day of Spring tutoring is on Thursday, April 7th.
- **Saturday Event** will be on April 9th, RSVP a week before. More details to come!
- We end the month with our **College Visits Spring Break event!** This will be an overnight, multi-day college visit from the 13th to the 16th, the colleges include UW-Eau Claire, UM Duluth, and UW Superior.
- We will have our senior night on April 29th, more information to come!
Jan 24 - Welcome Back Night

Feb 11 - College Visit
Winona State University

Feb 19 - Saturday Event

March 12 - Saturday Event

March 14-18 No Tutoring

April 9 - Saturday Event

April 13-16 Spring Break Trip

April 20 - Summer Info Session

April 29 - Senior Night

May 13 - End of Year Celebration (UB Graduation)

Feb 1 - Tutoring Resumes

Feb 15-17 Spring Break Info Sessions
Takes place during tutoring each night in another room - informational session

March 11 - College Visit
UW - Steven's Point

FOR MORE DETAILS, PLEASE GO TO CYBERBOUND OR EMAIL UPWARDBOUND@UWLAX.EDU
Juniors and Seniors...find the money for your college education! Your UB team can show you how to access thousands of dollars for your education. FREE MONEY This is a quick view of the scholarship resources you can apply for TODAY and a list of scholarship databases to find even more! Special thanks to our friends from the LaCrosse Promise Future Centers for this abbreviated list.

Here is a quick overview of some scholarships that are available - check out more on our website at https://www.uwlax.edu/upward-bound/you-are-upward-bound/

Ethel Hayes Destigmatization of Mental Health Scholarship
Grade/Eligibility: scholarship is open to all students who have had challenges with mental health or who have had loved ones who have struggled with mental health
Amount: $850 (goes up as donors contribute) Deadline: June 14, 2022

GEARUP, INC. School Supplies Scholarship-Local Opportunity
*This scholarship is dedicated to supplying low-income, first generation, graduating seniors with supplies they need to get started on their post-secondary adventure.*

Ongoing Grant Opportunities
• Pell Grant up to: $6,095
• Supplemental Educational Opportunity Grant (SEOG) up to: $4,000.
• Minority Undergraduate Student Retention Grant
• Wisconsin Tuition Grant
• Wisconsin Talent Incentive Program Grants (TIP)

Need help with your applications and essays? Just let us know!
• Contact your UB advisors: Meki Aneke at maneke@uwlax.edu and Darlene Geiger at dgeiger@uwlax.edu
• Visit your Future Center Advisor or AVID teachers at Logan and Central High schools.

*Scholarship dates are as accurate as possible. Year to year, dates will change on scholarships; we make our best attempt to have as up-to-date information as possible. If you find a date is incorrect, please notify an advisor to make the correction*
Pictures from Fall 2021
WANT TO BE UB?

Director
Ms. Jazz Holland
jholland2@uwlax.edu
608-785-8763

Academic Advisor
Mr. Meki Aneke
maneke@uwlax.edu
608-785-8527

Outreach Specialist
Ms. Ana Mendoza
amendoza@uwlax.edu
608-785-8760

Academic Advisor
Ms. Darlene Geiger
dgeiger@uwlax.edu
608-785-6548

Program Assistant
Mr. Caleb Colon-Rivera
ccolon-rivera@uwlax.edu
608-785-8539

Graduate Assistant
Ms. Kylie Sievers
sievers.kylie@uwlax.edu

“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