What is Upward Bound?

Upward Bound is funded by the United States Department of Education and sponsored by the University of Wisconsin–La Crosse. It’s a pre-college program that helps high school students develop academic skills, build self-confidence, and prepare to enter and succeed in college.

Upward Bound students are four times more likely to earn a college degree than students from similar backgrounds who aren’t in Upward Bound.

Upward Bound at the University of Wisconsin-La Crosse works with students to:
- Improve their personal and academic skills
- Explore many college and career options
- Make new college-bound friends
- Broaden their vision and experience

Upward Bound may consists of:
- Special programming like Community Service, Career Day, College Visits, Job Shadows and Financial Aid and Scholarship Application Workshops.
- Weekly tutoring with UWL students to not only tutor but help with test taking, time management, and study skills.
- Get a chance to live in the dorms and take classes on a college campus with our summer program.

Our New Upward Bound Student Advisor

Lee is a first-generation college student who was born in Ban Vinai Refugee Camp, Thailand. Her family immigrated to the United States when she was young and resided in Sheboygan, WI. She pursued her love for the fine arts at the University of Wisconsin-Milwaukee, where she also fell in love with supporting college students. After receiving a Bachelor of Fine Arts from the University of Wisconsin-Milwaukee, Lee went on to complete her Masters of Arts degree in the Student Affairs Administration program at Michigan State University. GO GREEN!

Lee is an Upward Bound alumna and credits the Upward Bound Sheboygan and Manitowoc program for their support in providing her with a solid foundation to her higher education journey.

While in college and graduate school, Lee stayed involved with the Upward Bound program through tutoring and mentoring opportunities and research. To Lee, Upward Bound is family, and she is glad to be in a position now where she can give back to a pipeline system that supports thousands of students like her. She believes her involvement with Upward Bound has kept her grounded in championing an education agenda that is student and community-centered and social justice focused.
Mai Chao (Lor) Duddeck named as one of the 2017 TRIO Achiever Award recipients!

Mai Chao (Central ’01) is an artist, author, and educator. As a first generation college graduate and a TRIO participant, she received a Bachelor of Science in Art Education (2006) and Masters of Education (2008) from the University of Wisconsin - La Crosse.

She was born in Thailand and came to the United States at the age of ten with her family. As a child, she was often protected from the harsh (often miserable) realities of poverty, early marriage, and the day-to-day survival decisions that her parents had to make in Ban Vinai refugee camp. Her family made Wisconsin their home in the early 1990s, where Mai Chao started fourth grade in the La Crosse School District.

Today, one of her greatest desires in life is to help children in Southeast Asia go to school by providing educational scholarships in order to give them hope for the future. She believes that through education, children will have more opportunities to improve their way of life, gain courage to stand up to oppression, and give back to their communities. During her leisure time, she loves being with family, making art, and writing creatively about her cultural identity. She is the proud author of a historical novel called Gathering Fireflies published by Amazon (2015). She is currently working on her second book called Brave Rooster.

Yer Vang was inducted into the Logan High School 2017 Wall of Fame!

Double congrats to UB alumnus, Yer Vang (Logan ’94), in being induction into the Logan High School Wall of Fame in May of 2017 and having the opportunity to share her words of wisdom with the class of 2017 as well as celebrating her marriage this October to her life partner.

Also a political refugee from the Vietnam War, Yer came with her family to the U.S. in 1979 when she was four years old. Education was very important to her and with family support and determination she was able to pursue higher education at UW-Madison in law. She is an activist and advocates greatly for underrepresented populations but in particular, immigrants as she is an immigration attorney.

Dr. Pao (Lee) Vue, named new Director of Asian American and Multicultural Affairs at MN State University-Mankato!

Dr. Vue (Central ‘98) made the move back to the Midwest after being a professor at St. John Fisher College in Rochester, NY. Prior to teaching at St. John Fisher, Dr. Vue was an associate professor at UW-River Falls. At both institutions he was a professor in the Sociology, Anthropology, and Criminal Justice departments. His research started from his undergrad research while at UWL on race and ethnicity, crime and deviance, and subcultures and popular culture (especially Hmong youth culture). He is now the new Director of Asian American and Multicultural Affairs at MN State University-Mankato.

Dr. Vue credits UB for helping him to where he is today: “As for what UB has done for me...A LOT! In general, UB gave me the necessary tolls to succeed in college (e.g. time management skills, confidence, goal setting skills), and they made the transition from high school to college relatively easy (UB basically walked me through all the steps). “

This summer during our residential program, Dr. Vue volunteered his time to talk to our young participants and help them envision success and motivate them to have goals and dreams but to also learn how to be resourceful and seek help when needed.
We are currently seeking applications from high school freshman and sophomores. New applicants would join 63 other college-bound students from six area high schools to participate in programming that will prepare them for post-secondary success.

Students are eligible if they meet our low-income guidelines or if neither parent in their home has a four year college degree. Upward Bound students are four times more likely to earn a college degree than students from similar backgrounds who are not in Upward Bound.

We would like your help in helping us meet our goal of serving 95 students. If you know of any students who are interested please refer them to apply online on our website.

Once we receive their application, Upward Bound staff will request additional information from parents and school counselors.

Eligibility Guidelines:  
http://www.uwlax.edu/Upward-Bound/Learn-about-Upward-Bound/

Apply Online:  
https://jfe.qualtrics.com/form/SV_1ENsO7cAovAYhXn
The summer component of our program requires students to make a six week commitment to living on the UW-L campus and experiencing life away from home while they prepare for the upcoming school year.

This summer, 29 rising sophomores, juniors, and seniors spent the first five weeks taking college prep classes, exploring life on a college campus, meeting new people, having a roommate, and preparing for a successful transition from high school to college. In addition, seniors focused on college admissions and financial aid.

Like all the programming that we provide, the summer program is free. Students who participate in the summer program receive room and board for five weeks on the UW-L campus, and UB provides them with supplies and tutors to help them succeed. We also pay transportation, lodging, meals, and admission costs for students to join us on a four day trip to a major metropolitan area during the last week of the program.

The sixth week of our program took us off campus to Milwaukee in Wisconsin. There, we stayed at University of Wisconsin-Milwaukee. We went on college visits to UW-Milwaukee, Milwaukee School of Engineering; visited Miller Park, Discovery World, Milwaukee Zoo, attend a dinner and live show, and the Art Museum. We also got the chance to visit Edgewood College and UW-Whitewater our way to and from Milwaukee.
Current Enrollment

Monday tutoring from 3:30—5:30pm @ Holmen High School

Brookwood
Current enrollment: 2
12th: Diana Cruz-Velasco
    Natalie Stoikes

Wednesday tutoring from 3:30—7:30pm @ Sparta High School

Sparta
Current enrollment: 8
12th: Haley Ludke
    Marely Sanchez-Rodriguez
11th: Jared Gruber
    Olivia Feldbauer
    Cristina Matias-Escalante
    Madison Rabideau
    Arel Sanchez
    Hailee Zimmerman

Wednesday tutoring from 3:30—7:00pm @ Tomah High School

Tomah
Current enrollment: 12
12th: Kelsey Benson
    Ian Evans-Cloud
    Hanna Fritz
    Joy Joseph
    Ava Sovereign
11th: Emma Franks
    Ethen Jewell
    Samantha La Porte
    Lorabeth Luechhow
    Kaitlyn Thomas**
10th: Shelby Hawes
    Devon Kelley

Holmen
Current enrollment: 19
12th: Ya Thao
    (Ka) Zoua Pa Thao
    James Vang
    Kao Xiong
11th: Michael Hinman
    Eleanna Johnson
    Choua Lor
    Mandy Vang
    Mai Der Vue
    Delilah Xiong
    Neng Xiong
    Gao Yer Yang
    Seana Yang
10th: Tong Thao
    Vang Pao Thao
    Mai See Xiong
    Meng Xiong
9th: Alexis Sye**
    Trevan Thomson**

West Salem
Current enrollment: 1
11th: Jessica Aldama

Target enrollment: 95 students

Nothing beats the summer heat like ice cream and a walk to Riverside.

UB alum, Nhia Thao and others filling out scholarships.

LHS seniors, Dani Duong, Gally Lee, and Soua Yang on their job shadow at Hands on Health at Gundersen Lutheran.

*Number of participants is subject to change.*
Current Enrollment (cont.)

Thursday tutoring from 5:30—8:30pm
@ UW-La Crosse

Onalaska
Current enrollment: 5

12th: Amy Lor^  
     Davee Lor**  
     Stevie Vue^  
     Kheng Yang^  

11th: Cheyenne Christ  

:^: Students who attend Monday  
night tutoring at Holmen High in-  
stead of Thursday night at UW-La  
Crosse.  

**: Tier 2 students: Students with a  
3.0 GPA who are involved in other  
extra-curriculars are exempt from  
tutoring and Saturday Events upon  
approval from UB staff.

Logan
Current enrollment: 12

12th: Dani Duong  
     Galatea Lee  
     Mai Pa Thao  
     Chee Meng Vang  
     Yee Xeng Vang  
     Yue Pheng Vang  
     John Vue  
     Kao Xiong  
     Soua Yang  

11th: Ivy Herman  
     Wa Xiong  

10th: Orion Lee

Central
Current enrollment: 4

12th: Marques Fielding  

11th: Christa Hutchison**  

10th: Ashtin Rittenhouse  
     Calli Fielding

TUTORING HAS STARTED THE  
WEEK OF SEPT. 25th!

Honors and Citizen recipients from summer  
got to enjoy themselves at Shenanigan’s.

Every summer, UBers attend the Great  
River Shakespeare Festival in Winona, MN.

Some UB seniors at the College Application Workshop.

Ubers learn about various resources at UWL; Student  
Support Services, another TRIO program.

Two UB alumni, Fong Vang and Yer (Maggie) Xiong, share their UB experience and how it has helped them navigate college as well as their professional career.

*Number of participants is subject to change.*
Meet the Upward Bound Staff

**Lisa Yang**  
Director

A local, Lisa is an UB alumna (Central ’99) and a two-time alumna of UW-L (BA in Sociology & M.S.Ed. in Student Affairs Administration). She has been teaching Chinese for UB since summer of 2007 before sitting as the Student Advisor in 2010 and now the Director since 2016.

Lisa is the site supervisor on Monday nights at Holmen High school.

You may contact her if you have questions about the program or if you want to refer a student to the program.

**Lee Xiong**  
Student Advisor

Lee joins the UWL UB team this fall as the new Student Advisor. She recently graduated with a M.A.Ed. in Student Affairs Administration from Michigan State University.

As a first-generation student, UB alumna (UW-Sheboygan/Manitowoc UB), and refugee, Lee understands the importance of student service and the need for accessibility for first-generation and low-income students.

She is the site supervisor for Thursday night tutoring at UWL. Please introduce yourself to her when she is at your school during her advising sessions.

**Paul Krause**  
Assistant Director

Paul has been with UB since 1990. Paul works closely with our seniors assisting them with college applications and also coordinates our ACT preparation workshops and college visits.

Paul is a UW-L graduate Paul currently chairs the Ho Chunk Constitutional Reform Task Force.

Paul is the site supervisor on Wednesday nights at Tomah High and as the recruiter, visits 8th grade classrooms each spring to recruit new students.

**Lindsey Artyymiuk**  
Graduate Assistant

Lindsey is a second year student in the School Psychology program at UWL, originally from Antigo, Wisconsin. (UWL alumna with a BS in Psychology minored in At-Risk Child/Youth Care in May of 2016 & M.A.Ed. in May of 2017.)

She is the president of the School Psychology Student Society on the UWL campus. Lindsey currently resides in Winona, MN where she enjoys running and hiking with her husband in her spare time.

She is the site supervisor for Wednesday nights at Sparta High and will be at Tomah High on Fridays for advising.

**Lilly Zou**  
Program Assistant

Linli (Lilly) has been with UB since summer 2016. A China-native, she is a two-time alumna of UWL (BS in International Management and M.S.Ed. in College Student Development and Administration. As an undergrad, she also has been a Chinese tutor and a site co-supervisor on Thursday nights for UB.

Lilly assists staff in managing the office, grant, annual performance reports, budget, payroll, and other tasks.

Most times she will be the lovely voice you hear on the phone or face you see when you walk in our door.

Need to contact us?

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