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 are not 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.

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

Apply Online: https://jfe.qualtrics.com/form/SV_1ENs07eA0AYhXn

All services are funded by the U.S. Department of Education and are offered without regard to race, sex, gender identity or expression, religion, color, creed, disability, sexual orientation, pregnancy, national origin, ancestry or age.
A NOTE FROM THE DIRECTOR

Hello! Summer flew by and we are back to another school year. UB is ready for a fresh start with a new Graduate Assistant and are currently hiring a new Assistant Director with Paul Krause, our former Assistant Director retiring.

This year we are focusing on recruiting students into our program and are looking for ways to better connect with our community and our target school and its administrators. We look forward to our continued partnership with you in providing services to these students and helping them hone their study skills, confidence, and their ability to be advocates for themselves.

This fall students will have opportunities for tutoring, attend college visits at UW-Platteville & Richland Center and UW-Eau Claire, and a select few students are invited to attend the 2018 TRiO Pre-College Conference at UW-Stevens Point, learn about their preferred profession of interest at Career Day, hear from graduate students about their process with graduate school, learn and practice study skills, in addition to having opportunities for cultural festivities like the Hmong New Year and other events both at UWL and in the La Crosse Community.

Thank you for your continued partnership and in being tools of guidance and support for our students. We know together, we can help these students achieve their goals for the year and beyond.

In partnership,

Lisa Yang

This family decided to decorate their flower pots and plant their own flowers.

Residential staff from our Summer UB program this summer.
We would like to announce that Paul Krause, our former Assistant Director, has now retired after finishing his last summer session with us this summer. He had served 28 years with Upward Bound. We want to take this time to thank him for his many years of service to the program and to the many students and families he has enabled to make that step towards higher education. Your time and dedication to students and their access to higher education and to financial aid in particular is much appreciated. We sincerely thank you and wish you the best as you complete your doctoral degree!
Katelynn Bollig (SHS, ’12) earned her bachelors’ degree in Elementary Education with emphasis in Learning Disabilities from Maranatha Baptist University in 2016. She is currently a third-grade teacher at Lake Delton Elementary School in Wisconsin Dells. This is her second year there and she truly loves her job! She has also taught third and fourth graders at Owatonna Christian School in Owatonna, MN. She credits her experience in college and high school to her success as a teacher with student teaching, volunteering as a tutor at the Milwaukee Rescue Mission as well as at the MBU campus, in addition to teaching 3-year old preschoolers. Knowing that she wanted to work with children, in high school she took childcare classes and got a daycare license, however, through her tutoring experiences it made her realize her passion in education and in teaching.

Katelynn felt Summer UB was a huge benefit in preparing her for college. Similar to college, she was the only person from SHS who attended the summer program her first summer so she had to move into the residence hall at UWL and live with a complete stranger, let alone a new place, in addition to getting acquainted with the college campus and taking classes while meeting new people was great to have experienced prior to college. She felt she was more than prepared when she finally made the move to MBU her first year. Summer also helped her better her time management and study skills like note taking. “The transition to college was sooooo much easier because I had already had a run-through with Summer UB.”

Another important part about UB Katelynn appreciated was the practice ACT testing UB had every year. At the time, standardized tests were not anything she looked forward to but she saw the benefits in her score each time she took it. She also enjoyed the college visits since being a first-generation student, her family did not have stories or resources to share with her about the college experience or what to expect. She took the opportunity to go to all the college visits available to her—even the ones she wasn’t interested in—in order to find what she wanted and did not want in a college and finding her fit.

What would you tell high school Katelynn if you could go back and talk to her?
“I’d tell myself to try everything and embrace my nervousness and not let it hold me back. Life is fun—it’s scary at times—but it’s well worth the ride. Getting out of my comfort zone has created more lasting memories than staying in ever did.”

“I love that everyday is a new adventure with the same kids. I especially enjoy the opportunities to see when a student truly understands something that they have been struggling with for days. I also love when I get to sit down 1 on 1 with a student and connect with them—especially those student who act out continuously. Those are the students who really need an adult in their lives who will love them through their faults and help them to become a better person.”

-Katelynn Bollig
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, 16 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 UWL 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. Moreover, students can get stipends after completing certain requirements.

The sixth week of our program took us off campus to Chicago, IL. There, we stayed at the International Hostel, toured local businesses, and enjoyed cultural events such as a Broadway play and dinning authentic Chinese food in Chinatown. Students also visited the University of Illinois-Chicago, DePaul University and Madison Colleges.

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**Fall Events**

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<tr>
<th>College Application Workshop</th>
<th>Welcome/ Orientation Saturday Event</th>
<th>Financial Aid Workshop</th>
<th>UW-Richland Center &amp; Platteville College Visit</th>
<th>Skills of a Mastery Student Saturday Event</th>
<th>UW-Eau Claire College Visit</th>
<th>Career Day Saturday Event</th>
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Current Enrollment

Brookwood
Current enrollment: 2
12th: Brenda Tinoco-Mendoza
10th: Benjamin Retzlaff

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

Sparta
Current enrollment: 7
12th: Haley Ludke
11th: Cristina Matias-Escalante
Sam Matias-Escalante
Madison Rabideau
Arely Sanchez
Hailee Zimmerman
10th: Ashley Courtright

Wednesday tutoring from 4:30—7:30pm @ Sparta High School

Tomah
Current enrollment: 11
12th: Emma Franks**
Ethen Jewell
Samantha La Porte
Lorabeth Luebchow
Kaitlyn Thomas**
11th: Shelby Hawes
Devon Kelley
10th: Alissa Moake
Briar Shaw
Connor Eirschele
9th: Baylee Jewell

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

Holmen
Current enrollment: 21
12th: Michael Hinman
Eleanna Johnson
Choua Lor
Mandy Vang
Mai Der Vue
Delilah Xiong
Neng Xiong
Gao Yer Yang
Seana Yang
11th: Tong Thao
Vang Pao Thao
Mai See Xiong
Meng Xiong
10th: Trevan Thompson**
Cindra Vang
Sofia Vang
Kayhannali Vue
See Yang
Tshiabci Yang
9th: Yue Pheng Lor
Pa Nhia Yang

Target enrollment: 95 students

Mai Chia Vue & Choua Lor getting some footage while at their job shadow with WKBT.

Mai See Xiong & Tong Thao dress up as twins for Spirit Week during Summer UB.

Students and staff outside of the Shedd Aquarium in Chicago.

*Number of participants is subject to change.*

Students and staff excited to be in Chinatown.
Current Enrollment (cont.)

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

Onalaska
Current enrollment: 2
10th: Shaylyn Elliott
Elijah Defatte**

^: Students who attend Monday night tutoring at Holmen High instead 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: 3
11th: Ashtin Rittenhouse
Calli Fielding
Zena Xiong
10th: Joseph Lee

Central
Current enrollment: 5
12th: Christa Hutchison**
11th: Ashtin Rittenhouse
Calli Fielding
Zena Xiong
10th: Joseph Lee

Tutoring has started the week of Sept. 24th!

See Yang with instructor, Bill Heider, took geometry outside.

Amazing Creations instructor, Houa Yang, has students and staff make foamy slime.

Orion Lee entertains some of the residents at Bethany Riverside.

Tshiaci Angel Yang’s amazing artwork!

Every summer UB attends the Great River Shakespeare Festival in Winona, MN.

*Number of participants is subject to change.*

UBers checking out the sting rays at the Shedd Aquarium.
Meet the Upward Bound Staff

Lisa Yang | Director
PGPs: She/Her/Hers/They/Them/Their/Theirs

A local, Lisa is an UB alumna (Central ’99) and a two-time alumna of UWL (BA in Sociology & M.S. Ed. in Student Affairs Administration). She has been teaching Chinese for Summer UB since 2007 before sitting as the 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 | Advisor
PGPs: She/Her/Hers

Lee joined us last fall as our new Advisor. She graduated with a M.A. 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 Mondays and Wednesdays night tutoring at Brookwood and Tomah High Schools. She still goes to most of the high schools during lunch hours for her advising sessions.

Lilly Zou | Program Assistant
PGPs: She/Her/Hers/They/Them

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 has been a Chinese tutor and a site co-supervisor on Thursday nights for UB which she will return to supervise on Thursdays this year.

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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Melissa Brant | Graduate Assistant
PGPs: She/Her/Hers

Melissa Brant is our new Graduate Assistant from Benton, WI. She just completed her undergrad degree in psychology at Clarke University in Dubuque, Iowa. At Clarke, she was a pitcher on the softball team. She is currently a first-year student in the school psychology program here at UWL.

She is the site supervisor on Wednesday nights at Sparta High School and will be at Tomah High School during lunch hours on Fridays for her advising sessions. Please help us welcome Melissa.

We’re hiring an Assistant Director!