Summer UB starts on Wednesday, June 13th from 1:00pm - 4:00pm when you move into Eagle Hall (map inside).

Lisa, Paul, Lee a as well as the summer UB staff will do their best in ensuring you have a great experience both inside and outside of the classroom this summer.

This summer’s classes, activities, field trips, electives, programs, parties, and special events will be the best ever! Be sure to check out the summer calendar inside and be ready for some surprises!

All those that meet the requirements will spend the last week of the summer in Chicago staying downtown at the J. Ira and Nicki Harris Family HI Chicago Hostel visiting colleges, businesses, museums, the zoo, great restaurants, and much more.

Many students spend thousands of dollars to attend college prep summer camps because they know it will help them get into college and be successful. For UB students, that invaluable experience is free!

This whole summer is just for YOU because we think you have a lot of potential and we want to help you get ready to be your best in college.

It won’t be easy, it should be FUN, it WILL be one of your most memorable experiences!

**IMPORTANT FACT NO. 1**

**SCHEDULE DOCTOR, DENTIST, AND OTHER APPOINTMENTS ON FRIDAY AFTERNOONS IF POSSIBLE, THAT WAY YOU WON’T MISS CLASS.**
PLEASE ARRIVE AT YOUR DESIGNATED TIME:
La Crosse & Onalaska Students: 1:00-2:00pm
Tomah & Sparta Students: 2:00-3:00pm
Holmen Students: 3:00-4:00pm

Plan to unload from the Eagle Hall lot (R-6) just off La Crosse St. When you arrive, UB staff will be waiting to direct you, show you around, and help you get settled. Lunch will be provided in the kitchen.

PLEASE BE SURE TO BRING:
• towels and washcloths
• toothbrush, floss, paste
• soap, shampoo, deodorant
• underwear, socks
• sleepwear
• Jeans, shorts, slacks, skirts**
• t-shirts, shirts**
• walking shoes, tennis shoes
• sandals, flip flops
• sweater and/or jacket
• alarm clock
• umbrella
• book bag or backpack

YOU MAY CONSIDER BRINGING:
• radio, ipod, personal music device
• camera
• bicycle, helmet and sturdy lock
• bedding (if you want your own, these are provided by the hall)
• laundry basket/supplies
• sports equipment
• musical instrument
• hair dryer
• books
• padlock (there is a drawer in your dresser that can be locked with a padlock if you have one)
• snacks and drinks for your room (you will share a small fridge with your roommate)

*** UB prohibits clothing promoting use of alcohol, tobacco or other drugs; containing profanity, obscenity, violence or sexual expressions; or that is disrespectful, disruptive or distracts from the educational process. Standard body coverage is required. If you’re not sure, ask Lisa or Paul or your tutor.
2 students will be assigned to each room. Each person will have a bed, dresser, closet, desk, chair and bookshelf. Each room will have a small refrigerator, waste baskets and a bathroom shared with one other room (4 people).

UB provides all of the following:
• all necessary school supplies
• food during the week
• access to computers
• air conditioned residence hall and classrooms
• Transportation for UB programming (during the week)
• safe storage for medications
• PLUS we pay YOU $10 per full week of participation

DO NOT BRING:
GAME CONSOLES (XBOX, PLAYSTATION, Wii, ETC.), STEREOS, TELEVISIONS, WEAPONS, PETS OF ANY KIND, CANDLES, FIREWORKS, HALOGEN LAMPS, OR ANYTHING ILLEGAL.

IMPORTANT FACT NO. 2

PLAN TO EAT EVERY MEAL WITH UB!

UB must order all meals ahead of time, so if you miss a meal without giving adequate notice, we will have to pay for it.

We expect every student to eat every meal with UB. If you are going to miss a meal due to an appointment, family event, or other approved absence, you MUST let us know at least 48 hours in advance.

Missing a meal without giving notice will result in a stipend deduction!
Andrew Roberts | Grad. Assistant
I am finishing my first year in the Student Affairs program at UWL. I served as the Intramural Coordinator at Western Technical College as well an intern at the Office of Multicultural Student Services at UWL.
In my free time I enjoy being active and indulging in the creative process. Looking forward to being a part of the Upward Bound program this summer!

Adria Braley | Bridge & Spanish
Hello! My name is Adria Braley, and I will be graduating from UWL in December with teaching certifications in both English and Spanish. This is my third summer as a residential tutor with Upward Bound, and I am excited to both see familiar faces and meet new students in this summer's session! I'm an avid reader, runner, traveler, and baker. My #1 hobby, however, is hanging out at local coffee shops to study or spend time with friends. I look forward to meeting you all!

Justine Capetillo | Senior LA & Seminar
My name is Justine Capetillo. My preferred gender pronouns are she/her/hers. I am a 4th year student at UWL, graduating in May! My major is Psychology with a minor in Ethnic and Racial Studies. I am from Milwaukee, WI. This will be my 3rd Summer UB, and I am so excited to be back! I look forward to spending my summers with the students because the connections are important and positively life changing- not just for the UB students- for the staff too! My plans after Summer UB, I will be attending St. Cloud State University for my Master’s in Clinical Mental Health Counseling.

Mai Nue Lor | Junior LA & Skills
Nyob Zoo kuv lub npe yog Maiv Hnub Lauj. Hello my name is Mai Nue Lor. I am from Holmen, Wisconsin and my major is Communication Studies with an emphasis in Interpersonal. My minor is Ethnic Racial Studies and I certify in the Hmong Studies Certificate. I will graduate in Spring 2018 and will be attending the University of Wisconsin- La Crosse for the Master’s program in Student Affairs Administration. What I like to do during my free time is fly kites on a windy day, read fantasy books, and play board games.

Sabah Khan | Sophomore LA & Skills
My name is Sabah Khan. I am a French Education major and Women’s, Gender, and Sexuality Studies minor at UWL. This will be my first summer with UB. I am looking forward to the summer and getting to know the students. I enjoy bluff hikes, being with friends, going to concerts, and reading.

Nora Murguia | Algebra 2
My name is Nora Murguia and this will be my 2nd summer as a residential staff for UB and I will be tutoring Algebra 2. My major is elementary education with a minor in Spanish education, and I will be student teaching this fall in Milwaukee. I look forward to getting to know you all, and having fun this summer!

Susan Yang | Summer Intern
My name is Susan and I am 25 years old. I grew up in Holmen but live in Onalaska now. I am a student at Viterbo University and am majoring in Social Work and minoring in Women and Family Studies. I am married to by husband, Bill Vang, and we have two dogs names Lilly and Hershey. This is my first summer with UB. I will be coordinating activities on Sundays and Fridays with the staff and providing some advising with students.

Danny Bicoy | Pre-calc & Physics
My name is Danny Bicoy. I from Strugeon Bay, WI. This is my first summer with UB. I am a Math Education major at UWL. It’s been my passion for a long time to work with young people and to help them learn math in as many ways as possible. I enjoy juggling, music, magic, poetry, writing, math, and drawing.
SENIORS

Senior Year is an exciting and BUSY time, a time that includes a great deal of work to achieve your goals. To help you prepare for this time, Upward Bound offers a Senior Seminar course.

Students will begin deeper exploration of college and careers, learn more about how colleges operate. Seniors will begin working on their college application personal statements, prepare information for financial aid and scholarship applications, and experience job shadow opportunities. All seniors work will be saved to UW-L’s online portal.

This is tremendous opportunity to help your senior year be less hectic and stressful as some of your peers.

ARTS & REC

On Tuesdays and Wednesdays after dinner, UB students will be able to expand and explore their creativity and need for physical recreation. This summer students will participate in two separate classes, one on Tuesdays and a second on Wednesdays. The options, from which students will choose during the first week will likely be: Dance, Team Sports, Hmong Language Class, Printmaking, and SPB.

SPB

The Student Programming Board (SPB) is a group of student leaders who help with planning events. In the past, the SPB has chosen the color of the UB t-shirt, planned SPIRIT WEEK activities, served as MCs for the talent show, been hosts to 8th graders during visit day and much more. It’s a great way to build your leadership skills (and your resume)! If you are interested but need more information, please get in touch with Lisa!

SPECIAL EVENTS

On Thursday, June 28th we will travel to Winona, Minnesota to the Great River Shakespeare Festival to see “A Midsummer Night’s Dream”. A summer UB tradition - this is commonly one of the favorite experiences of many students, possibly getting a chance to take a tour backstage and have a question/answer session with the actors.

On Sunday, July 1st students will have the opportunity to come back to campus a little early to attend the UW-La Crosse a summer stage musical production, “Hair”. This is an optional event. This show is for mature audience only since it contains explicit content/language nudity, drug references, sexual references and violence.

TALENT SHOW

On our Final Thursday night on Campus, July 19, we will hold our annual Summer Session Talent Show. Students will sign up to participate, SPB will serve as the Master of Ceremonies, and the show will finish with the traditional Staff performance. This is great fun and we highly encourage students to consider a performance as a solo or group act. Please encourage your child(ren) in sharing their talent(s) with us!
1. You will be provided a UB ID card. This is your proof of participation for building access, and your meal card. If lost, the student will be charged a stipend deduction to cover the replacement cost.

2. **School supplies** are supplied and free for the summer session. Most will be waiting for you in your room when you arrive. If you need more, just visit the Eagle Hall UB office.

3. **Transportation**: you do NOT need a car here during the summer. If you do bring one, you will need to purchase a summer permit through the parking department for $66* or park on the streets surrounding UWL. UB staff will collect your keys when you arrive and will return them when you have an excused reason to leave campus. We do recommend that students bring a bike (with a sturdy lock) to get around campus. Long boards or skateboards are permitted, but there is NO riding in any building.

4. **Stipends** will be given out in cash each Friday. A full participation week will result a $10. Students will be deducted for missed meals without proper notice. If students have not completed all that is required, their stipend will be held until the following week.

5. **Schedule**: UBs summer schedule is FULL. Please keep track of your schedule and be where you are supposed to when you are supposed to be there!

6. **Illness or Injury**: UB maintains an infirmary near the UB Eagle office. If students are too ill to attend class they will come to the infirmary for rest. If a non-emergency trip to the doctor is necessary, parents/guardians will be called. Minor injuries will be handled by UB staff, anything more serious will result in a trip to the clinic.

*Subject to change at any time.

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**Summer UB 2018**

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<tr>
<th>Sunday</th>
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<tr>
<td>RECREATION STAFF TRAINING</td>
<td>START</td>
<td>TUTORING/STAFF TRAINING</td>
<td>UB students move-in 10:00-4:00</td>
<td>ORIENTATION ACTIVITY P.S. BINDER</td>
<td>START</td>
<td>FIRST CLASS DAY PRE-TEST Students leave @ 5:30</td>
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<tr>
<td>UB students return to campus at 6:00 p.m.</td>
<td>START</td>
<td>START</td>
<td>ARTS AND REC</td>
<td>ARTS AND REC</td>
<td>START</td>
<td>Afternoon Activity Students leave @ 3:30</td>
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<tr>
<td>ARTS AND REC</td>
<td>ARTS AND REC</td>
<td>ARTS AND REC</td>
<td>GRASP @ Winona 7:00 pm</td>
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<td>Afternoon Activity Students leave @ 3:30</td>
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<tr>
<td>JULY 1</td>
<td>DMU: Musical 7:30 pm</td>
<td>NO LUNCH</td>
<td>** NO UB **</td>
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<tr>
<td>UB students return to campus at 6:00 a.m.</td>
<td>ARTS AND REC</td>
<td>FINE DINE (evening)</td>
<td>VISIT DAY (breakfast) ARTS AND REC</td>
<td>W7 LUNCH/8A SPORTS</td>
<td>Afternoon CAMPUS FUN DAY Students leave @ 5:30</td>
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<tr>
<td>UB students return to campus at 6:00 p.m.</td>
<td>ARTS AND REC</td>
<td>FINALS ARTS AND REC</td>
<td>FINALS</td>
<td>CLASS WRAP UP Students move out 3:00 pm</td>
<td>5:00 pm</td>
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<tr>
<td>DEPART FOR CHICAGO at 6:00 a.m.</td>
<td>UB IN CHICAGO</td>
<td>URBN CHICAGO</td>
<td>RETURN FROM CHICAGO DINNER GRADUATION 6pm</td>
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Weekly Schedule

During the summer session UB will provide breakfast, lunch, and dinner on Monday, Tuesday, Wednesday, and Thursday. No dinner will be provided on Fridays. A light snack will be provided on Sunday evenings when students return to campus.

The United States Department of Agriculture (USDA) pays us back part of the costs associated with food so we must guarantee that all meals we serve meet portion and nutrition requirements.

Menus for the week will be posted or available with staff who monitor meals checks. You will always have two options plus a vegetarian option.

Please follow the meal time rules:
1. Show up on time to eat with the group.
2. Make sure you have your ID to eat at every meal.

**BREAKFAST - 7:30AM SERVED AT THE E-CAFÉ IN THE STUDENT UNION**

**LUNCH - 12:40PM SERVED AT THE E-CAFÉ IN THE STUDENT UNION**

**DINNER - 5:45PM SERVED AT THE E-CAFÉ IN THE STUDENT UNION**
Summer UB students will have the opportunity to earn a spot on an all-expense paid trip to Chicago from July 23-26. We will stay at the J. Ira & Nicki Harris Family HI Chicago Hostel.

While in Chicago, students will visit colleges, meet and interact with professionals in different fields of interest, visit museums, restaurants, Chinatown and see the “Color Purple” Broadway show.

Students who invest themselves fully into the experience of summer, giving it their all and challenging themselves to improve, will be awarded the opportunity to attend this trip. We will communicate with parents throughout the summer if a students attendance is in question.

CHICAGO, IL

IMPORTANT FACT NO. 3

Your Summer UB snail mail address will be:

STUDENTS NAME
Upward Bound
UW-La Crosse
176 Murphy Library
1725 State Street
La Crosse, WI 54601
SUMMER 2017 HIGHLIGHTS

[Collage of images showing various summer activities and events]