

Director's Desktop



Geraldine E. Graham, Director

Project Upward Bound showed up in a big way February 15-17, 2019, at the statewide TRIO Student Leadership Summit sponsored by MI-CAPP (Michigan College Access Programs and Personnel). In addition to sending 15 PUB Scholars as delegates, 4 PUB Team Members also facilitated workshops:

“Small Habits Jumpstart Success”

Mr. Jeremy Johnson, Project Advisor

“Secure the Bag”

Ms. Ane’ Taylor, Graduate Intern

“Breaking Generational Cycles”

Ms. Shayla McCullough, Graduate Assistant

“Project Study Abroad”

Ms. Mahalia Thomas, Lead Academic Mentor

Through MI-CAPP’s Geri Graham Give-Back Initiative, hundreds of household cleaning supplies were collected and donated to Big Brothers/Big Sisters of Ann Arbor.

Congratulations to Da’Ron Guthery and Adrian Wilson, Jr. who were recognized as Outstanding Student Leaders. Both also served as Summit Ambassadors to assist

LAUNCHING MY FUTURE



WAIT FOR IT . . .

the Conference Committee wherever needed.

BIG CONGRATULATIONS are in order for Ms. Kendall Wright. She came out on top in the statewide competition among TRIO pre-college participants to win a \$1,000 MI-CAPP Educational



Endowment Scholarship based on her essay submission. That will come in handy when it is time to pay tuition and fees for next fall. (Kendall is also working to pay for school by being a debutante and would appreciate all support.)

Following are newsletter articles written by the 15 PUB Scholars who attended the Summit. Although many of PUB’s Summit delegates attended some of the same workshops, each of them has shared a unique perspective.

MI-CAPP STUDENT LEADERSHIP SUMMIT

Ann Arbor, Michigan
February 15—17, 2019

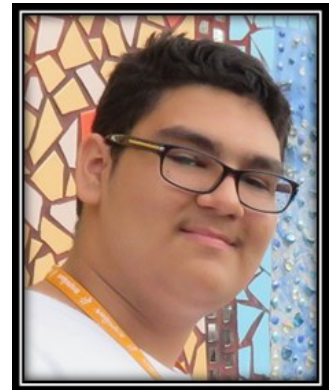
There were two sessions I enjoyed: “Overcoming Life’s Obstacles” and “Small Habits Jump-Start Success.” Overcoming Life’s Obstacles was very inspiring and motivating. The speaker was talking about always having a support system, taking action on your own life, and much more. But the one thing that stuck out for me was “once given an opportunity, take it and don’t look back.” To me that was very inspiring. After hearing “Small Habits Jump-Start Success,” I found a way to control my stamina because when I’m not very much interested in something, I tend to fall asleep. That’s when I realized having a small habit can make a big impact.



Adrian Wilson Jr.

ample, the difference between a college and a university is the degrees they offer and that a university is made up of more than one college. These two sessions were the most impactful for me and I would definitely recommend them to a friend.

First I learned that a college is a school that offers 2-year degrees whereas a university has many colleges within its campus and offers 4-year degrees. Secondly, I learned about goals and how you can make them very short but still have a big impact.



Soren Garcia

I also learned the importance of budgeting and saving money. We did a group activity that involved budgeting what we would

save and what we had to spend on necessities in one week based on what we earned.



My last session was about transitioning

from high school to college. It’s a big deal! It might feel the same to some, but there is more pressure.

Also, when transitioning you need to plan and pay attention to key points and to your classes. Meet new people. Get to know your academic advisor. Learn about campus life like clubs and events. Just make sure you don’t take college like it’s no problem. Take it like it’s your next serious job interview and present yourself right.



Da’Ron Guthery

I attended multiple sessions at the MI-CAPP Student Leadership Summit. During the “Culture and Identity” session, it was brought to my attention that we live in a very judgmental world. For example, when you meet someone new, they judge you by only your appearance or by what they see on the surface. But it’s not until you dive a little

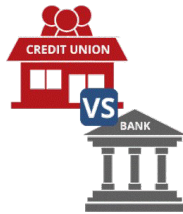
deeper that you get to know a person. Soon after, I attended “What Even IS College?” I found out what the basic fundamentals of college are. For ex-



I learned a lot during concurrent session A, "Overcoming Life's Obstacles," presented by Kailee Laplander. I won't be able to tell you everything she said, but the parts that really spoke to me were "If things are going bad you must change that." Another thing Ms. Laplander said that really spoke to me was "we are not bound to our past mistakes; nor are we bound to others' mistakes." In my second session, "Culture and Identity," I learned that the environment that I'm in affects my body movements. I also learned that it matters how I see myself. In "Secure the Bag," by our own Ms. Ane' Taylor, she taught me that banks can hold your money and let you deposit money from anywhere as long as it's the same bank. The credit union is where you can put your money at, but you can't travel and expect to deposit any money. "Etiquette at its Finest!" taught me never to put your napkin on the table once you place it in your lap until you get ready to leave – even if the service staff has taken your plate. No phones at the table, take small bites in case someone wants to start a conversation, and gently cut food with your knife.



Octavio Alvarez



In "Personal & Academic Success in College" I learned that you must find mentors to be in your corner and encourage you. Have confidence because it is key; and find study skills that work best for you. Manage your time because it is crucial to your college career. Seek help when necessary and step out of your comfort zone. There is nothing wrong with finding friends and getting involved on campus. Be safe, be healthy, and take leadership of your education, values, and beliefs.

The leadership conference was a phenomenal experience. I learned so many amazing things and met a lot of wonderful people. Even though I participated last year, this year definitely surpassed last year's experience. In "Overcoming Life's Obstacles" I learned that your subconscious is your feelings and instincts. Your conscious develops at puberty and is not active when we are asleep. When overcoming obstacles, you must come to terms, design your life, do self-spiritual practices, and remove negativity.



Ashley Adams

In "Study Abroad Is for YOU!" I learned that it is imperative to have a Pell Grant to study outside of your home campus. You have to step out of your comfort zone, be courageous, and create a circle of control. In order to have classroom success, you must know, connect, attend, and learn. In order to have success outside of the classroom you must use study skills, adventure, try new foods and customs, and connect with like minds.



The last session I attended was "Secure the Bag." It talked about money management skills, awareness of debt and credit, and protecting your future. Set short, middle, and long term goals; track your expenses; and create a budget you can follow.



Overall, the leadership conference gave me essential skills to invest in my academic and personal life. I am eternally grateful for the opportunity to attend it once more.



Narjhae Hayes

In my rotation to sessions, the two experiences that I liked best were the "Vision Boards—A Motivational Tool!" and "Etiquette at its Finest!" workshops. I like the Vision Board because it helps you see the goals you have set for yourself. For example, one of my goals is to get a house one day; so on my board I

put pictures of the different things I would need for my house.

Etiquette is very important at the dinner table because you don't want anyone to think you don't have manners. That is especially important when you are trying to present yourself as a professional to another professional.



Kendall Wright

This year's experience at the 2019 MI-CAPP Student Leadership Summit was very empowering for me. The first impactful moment was listening to Mr. Fernando Cardenas speak about his life and his journey with TRIO. His story was very powerful and heartfelt. Fernando's experiences make me want to

work harder than ever and never give up. The second impactful moment was receiving the MI-CAPP Scholarship. This scholarship is worth \$1,000 toward my college tuition. I feel so honored to have received it.

The session that I took the most from was "Secure the Bag" facilitated by Ms. Ane' Taylor. In this session, Ms. Ane' talked to us about financial literacy. The three ways to secure the bag are setting a budget, tracking all spending, and setting financial goals. Tracking how much I spend is very crucial in the money-saving process, so this will be the thing I work on first.

Overall, I enjoyed learning and meeting more of my TRIO family. I am sad that this is my last year with Project Upward Bound; but I plan on becoming a part of Grand Valley State University's SSS STEM TRIO program in the fall of 2019.

This weekend was nothing short of fun. We learned many new things at the concurrent sessions and did many fun hands-on things as well. "Overcoming Life's Obstacles" was my favorite concurrent session because it was not only informational but helpful. It was an amazing presentation that gave us teens tips on how to



Joeli Santiago

push through and strive for a better future.

I greatly enjoyed "Culture and Identity" which helped us know ourselves and others as we step into new social circles and world views.



The presenters talked about how people will only see what you look like and assume what you are actually like based on your appearance. Until those people talk to you, they won't know who you truly are. What I took away from this is that people can't tell who you really are if you don't talk to them. So instead of waiting for them to come to you, take the initiative to tell them who you are.

My experience at the Student Leadership Summit was really fun because I got to see my friends. But I also learned many things. For instance, we had a great trip learning new things about Eastern Michigan University. After touring the campus, it made me really interested in researching it more because it might be the college that I would like to attend. It made me second-guess enrolling at MSU.



Keyila Hollis

During the concurrent sessions, I was most interested in "PILOT Student Leader Panel." I learned a few things like don't overwhelm yourself in participating in every club and activity; only do two or three. Socializing makes college a lot more fun and makes new friends. Lastly, do not pay for new books - they can cost, like, \$500! Try to buy nice used books which, depending on the book, only cost \$10-\$20. I also learned 10 great tips for col-



Used Book Sale

lege. A few of them are: Find Mentors. Be confident. Manage your study skills and time. Expand your comfort zone. These were all tips from someone who experienced personal and academic success.

Lastly, my experience here was really fun. Aside from learning things, I really had fun at the party. Even though I had a little problem with a nose bleed, this was really a great and fun trip. I hope one day we can all do it again!

Over the February 15-17 weekend, 15 Oakland University Project Upward Bound Scholars attended the 2019 MI-CAPP Student Leadership Summit. Throughout Saturday, we all attended the 4 workshop sessions that we thought fit us best. "PILOT Student Leader Panel" was very helpful in



Brendaly Batrez

opening my mind about certain things I questioned. They told us to aim for the best and helped students who are first-generation to find answers. "Culture and Identity" was about understanding and accepting diversity. As a Mexican, first-generation, I want people



to realize that I can achieve certain standards without anything such as my ethnicity stopping me.

In "Project Study Abroad" we learned about the steps to take to go to another country and the presenter's experiences while there. Study Abroad has been something I've wanted to do since I was younger. Having experiences out of the country seems so interesting and exciting.

"A New Beginning: Give your GPA a 180" really helped me out. Being a high school student can be tough with assignments, big exams, and a horri-



fyingly early schedule. This session taught me about making a right schedule, note taking, tips and tricks for studying, and apps to help me study. What I liked about the session was that it included college students and it was filled with information.

At the Summit not only did we attend sessions to teach us about topics, but we got to meet many other TRIO students. This was such a worthwhile use of time and I hope to attend again next year.

As an Oakland University Project Upward Bound Scholar, I would like to share with you what I learned during my 3-day trip to the 2019 MI-CAPP Student Leadership Summit. Some of the sessions were only for high school students and others were only for college students. Since I am in high school, I attended the sessions for high school students.



Kyla Evans

My first session was "Overcoming Life's Obstacles" presented by Kailee Laplander. She taught us about how if our minds are not clear we are not able to think straight and, therefore, we struggle in school and in everyday life. If we are having problems like mental health issues, problems at home, or even injuries, it could impact the way we learn. If there are things going on in our lives it could cause us to not want to go to school. Kail-



ee said that if we were to simply relieve our shame or stress, our minds will be set free and we would be able to think clearly. Then we talked about what we believe our purpose in life is, what we value in life, and what in our lives is good.

"Culture and Identity" was presented by James Miller and Julie Weatherhead. They taught us about what other people look at first versus what you look at and what your family looks at. As an experiment, we made cards stating our race, gender, one thing we like about ourself, etc. First they told us to put them in order according to how you think other people who do not know you would think about you when they first meet you. Then we put them in order as to how our families may see us; and we compared the two. Our conversation explored how and why the two were different. Finally, we put them in order as to how we see ourselves showing us that we can be someone different inside than what people assume from only seeing the outside without talking to you.



Ashili Lee

At the Student Leadership Summit I learned about 4 entertaining topics: “Small Habits Jump-Start Success,” “Culture and Identity,” “Secure the Bag,” and “Etiquette at its Finest!”

“Small Habits Jump-Start Success” taught me that there is always a way to get rid of those small habits that

are not good habits. One way is to make a list of the habits you would like to get rid of. You can even put a star next to the one you need to work on most. It also taught me to set aside time for myself to do my duties. For example, if I want to study, I need to turn off my phone to get my homework done.

“Culture and Identity” taught me that other people don’t see me the way I see myself. Basically, people judge you before they get to know you. I also learned that the way you view yourself at home is probably different than the way you view yourself at school. “Secure the Bag” taught me not to waste my money on unnecessary things such as new shoes or head phones. It taught me to save up my money and don’t waste it, to have good financial management skills, and to save my money in a secure financial institution such as a bank rather than in a piggy bank or shoe box. “Etiquette at its Finest!” taught me the proper way to behave at meals, at school, and at work. No matter where you are, you should be proper such as sitting up straight, eating appropriately, and being polite because you never know who is watching.

Overall, this Student Leadership Summit has taught me to meet new people, interact with others, and to always show up and be a responsible leader.

The 3-day MI-CAPP Leadership Summit trip was eventful, educational, and a ball of energy. The activities of different concurrent sessions allowed me to open my mind to greater opportunities. The session “Overcoming Life’s Obstacles” by Kailee Laplander made me see that it is extremely important to look at my inner self and prepare myself for a better future.



Makayla King

The experience of meeting and interacting with Upward Bound and other TRIO students from across Michigan was very eventful, especially seeing how we all came together to uplift and support our Upward Bound family and community. Mr. Cardenas, a TRIO Upward Bound alumnus, started from nothing in Mexico and fought his way for his goals and education. His story has left a mark on me to do the same for a brighter future.

Have you ever wondered what a college is or how it works? Well, a college and a university are different. Colleges are 2-year schools (Associates Degrees and Certificate Programs) and universities are 4-year schools (Bachelor’s Degrees and higher).



Isa’Nique Hall Etchen

A university is an educational institution designed for instruction, examination, or both. It teaches students in many branches of advanced learning. If you want to know how a credit hour works, it is approximately the number of hours a class meets per week. (So, for example, a 4-credit class might meet

two times a week for 2 hours each time.) In Michigan many of the universities have an agreement with community colleges to accept their credits. You can find out which schools and credits at macrao.org.

“Small Habits Jump-Start Success” was about taking small steps to eliminate habits that keep you from being successful. I chose “Secure the Bag” because it was about money and how to budget and save. We learned that financial literacy



is important because it helps you in the future. We also learned that 33% of American adults have zero dollars saved for retirement. We also need to use our SMART goals.

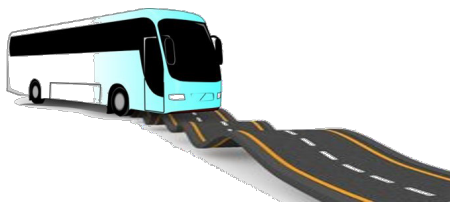


In reflecting on my time at the 2019 MI-CAPP Student Leadership Summit, the best thing that I learned was that you should never blame yourself or think that you are responsible for someone else's actions. The first session that I went to told me that; and it really helped because it made me process the fact that the relationships that I haven't been able to have with others aren't entirely my fault, especially if I have tried. This session was my favorite because all of the problems that were being discussed mostly related to me. I learned that not everyone who comes from the same or different household situation handles things the same and some aren't able to handle them at all. As people, we must think and wonder how a person may feel if we judge them before we ever get to know them because you'll never truly know what someone is going through. These are the reasons why the "Overcoming Life's Obstacles" session was my favorite.



Andrew Edwards

My overall experience at the MI-CAPP Student Leadership Summit was very influential and exciting. The first



day that we left Oakland University was a little bumpy, but we went to places like the Ann Arbor

"Hands On Museum." This museum helped me embrace my inner child as I played with water and took pictures with crazy scenery. The food at the Kensington Hotel was amazing as I was never left hungry or sad that I was hungry. The staff served everyone in an excellent way, and they would ask if I was done with my food before taking my plate.

At the scholarship banquet, I saw a lot of intelligent people get awarded some very prestigious scholarships. Some of those people were dealing with bigger problems than I could imagine and this made me feel motivated. I thought



to myself, "If they could get excellent grades and achieve scholarships [while dealing] with their past and present problems, then I can too." These are the reasons why the MI-CAPP Leadership Summit was very influential and exciting for me.

From the experience I had this weekend with my PUB Family, I would never expect to have such a great time. From the trip we had going to the excellent sessions, it was amazing. From the information I gained and absorbed, it changed me into a new person. For example, one of my sessions was called "Culture and Identity."



LaFetches Burseley II

They did an activity where we had to write down our gender, race, religion and other characteristics. Then we had to put them in order, first to last, of how people see you. From that activity I learned that even though the order that you think people see you, you don't truly know the next person. That leaves room to make friends and bring people together. Now, from this trip, I have changed for the better.





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UPCOMING LEADERSHIP CONFERENCES

WOMEN IN STEM

May 17—19, 2019
Chicago, Illinois

PUB Delegates:

Lillian Martinez, International Technology Academy
Johanna Ramos, International Technology Academy
Briauna Travis, Oak Park High School

NATIONAL STUDENT LEADERSHIP CONGRESS

June 8—13, 2019
Washington, DC

PUB Delegates:

Da’Ron Guthery, Art & Technology Academy of Pontiac
Joeli Santiago, International Technology Academy
Briauna Travis, Oak Park High School
Adrian Wilson Jr., Avondale High School