Pursuing higher education in college is an extremely important commitment in one’s life. It’s one of the stepping stones to adulthood, daring to put your skills to the test. The College Now program allows high school students, at least in the tenth grade to take accredited college courses at City University of New York (CUNY). It is a free program for NYC public high school students. Taking advantage of this program really eased the daunting college process.

Completing four College Now courses at Borough of Manhattan Community College has been an incredible journey. Meeting other college oriented students that I may never see again encouraged me to form good relationships. Each professor had a unique character and skill which supported their ability to do an extravagant job at teaching the course material. My first class was Computer Programming, and it involved compiling programs using Java. I already had a lot of experience with computers, which helped me to succeed in this one. Next, I took Statistics with Algebra, which were the most difficult. It is about calculating statistical equations, like the standard deviation probability with mean, median, mode, and range. Following this was Psychology and Critical Thinking which I took simultaneously. Psychology was quite simple, but required a lot of work, such as daily reading, a 6-page-essay plus a large presentation at the end of the course. Critical Thinking was by far the simplest because learning the material required less effort when studying. That class focused on moral principles, types of arguments and determining fallacies. Finals for college and high school classes requires endless hours of studying however it successfully led me to acquiring fourteen college credits which are a blessing. The idea of perfectly mimicking the college setting works flawlessly. If you struggle with getting high school work completed College Now may not be the easiest for you. The main gain here is trying something new. I would recommend taking College Now in high school.
A Seniors View on the 2020 Winter College Tour
Melody Alvarado, College Bound Senior, Hobart & William Smith Colleges, Spring 2020

Since my freshman year, I’ve attended six different college tours. This means that I’ve *visited over 40 colleges in total*. While these numbers are impressive, it is the experiences they provide that makes them the most memorable. Since the start of high school, I’ve never been much of a social butterfly. However, during this college tour, where I was assigned room leader, I felt as if I finally broke out of my shell. I spoke to almost everyone and it was comfortable. I was initially invited on this trip to facilitate and lead my peers, but I was also able to experience my own personal growth. Being that I felt so comfortable with everyone, I especially enjoyed the “hotel adventures”. These consisted of many upperclassmen gathering together in one of our rooms as we hung out. We played games and spoke about various topics. After a full day of scheduled events, there was nothing better than everyone getting together during the late nights to bond even more. I was able to visit two colleges I applied to: UMass Amherst and Skidmore College. It was my first time visiting both. As much as I wanted to, I can’t envision myself on such a large campus like UMass Amherst. Instead, I really loved Skidmore’s campus, because in many ways, it reminded me of Marist College, which is my top choice. Overall, I didn’t expect this college tour to have such a big impact on me, but it did, and it’s so relieving to finally feel more comfortable in social interactions without the anxiety or worry. As a senior, I feel better prepared to lead my younger classmates in Upward Bound and am determined to complete this program strongly.

Reflections from 2020 College Tour

In a span of four days we visited seven colleges and universities: Boston University, Brandeis University, Babson College, UMASS Amherst, Amherst College, Middlebury College & Skidmore College.

Michelle Oduro,
College Bound Freshman

I was introduced to new attractions and very cold weather on campus tours. The best part of the trip was eating at different places such as Boston University’s dining hall and Brandeis University’s food court. My favorite college would have to be Skidmore College; I was captured by the clay animation films and the abstract paintings with LED lights. The faux art museum at Skidmore was aesthetically attractive; it felt like I was in a real gallery.

I feel more mature than I was before coming on the tour because I learned how to hold conversations with people who are older than me. I got along well with seniors and juniors and even exchanged social media accounts with them. We continued to bond while bowling at Pinz Arcade in Kingston Massachusetts. I had the highest number of pins knocked down until I helped my friends get more pins knocked down. I was ranked second place in my bowling team.

My assigned hotel roommates were really cool. A few HAHAHAHAHAHA moments were when my friends and I explored the hotel to see where the elevators and hallways would lead to even if they might me haunted.

Emily Pabon,
College Bound Sophomore

I received a better understanding of college life. I realized that when you go away to college you become a young adult and must be responsible. My favorite college was Brandeis University because the large campus felt peaceful. Bowling night at Pinz Arcade was very fun because I got to hang out with my friends and share great memories. I made new friends with those from another school. It was so nice to really bond with my new friends while we all explored college campuses. Another college I would like to visit is Harvard because I want to know what is required to be accepted at an Ivy league school. This college tour taught me that college can be difficult but totally worth it in the end.
Becoming Part of the Upward Bound Family While Camping

Emily Conklin, College Bound Sophomore

On October 18th, 2019, Upward Bound went on an overnight camping trip to Ramapo in Rhinebeck, New York. I had uncertainty about sharing cabin rooms with new students and feeling awkward in a social setting. Though I did not feel as close to the UB community, the Ramapo trip changed my mind a lot.

This is my first overnight trip with UB. Personally, I am not the best at socializing with others. Even though I have made many friends in UB, I did not talk to many people from my school. During the beginning of the Ramapo trip I started off as very quiet, and at times I felt uncomfortable around others. Ramapo helped me open up to the students mainly because of how accepting everyone is.

The team building activities were a major component of the trip. One communication game is called blindfolded tic tac toe. My personal favorite activity was playing games around the campfire while eating s’mores. Even though the night hike was tiring, we got to sit around a nice, cozy fire trying to solve different riddles while we ate warm s’mores. I really liked that the camp guides at Ramapo chose activities designed for team building. Another one of my favorite activities was trying to balance on the rope. Even though at times we had to restart some of us motivated each other. I also liked that we had break time in the gym to play volleyball followed by lunch. At first, I felt a bit uncomfortable with sharing a room with other people. Luckily, I got a room with my UB friend Avy who helped me open up to the other girls. The rooming experience was way better than I expected because I ended up having fun and becoming more comfortable with people I had never known.

The girls in my room were very kind to me; they were willing to share and talk to me even though I never spoke to them before. We all had fun playing games like “Would You Rather”, taking pictures and eating our snacks. In some rooms people watched movies and played games together. After the Ramapo trip, Upward Bound is more like a family to me. I am so thankful to have made these amazing memories with UB.
Volunteering at the 14th Annual CUNY BMI Conference

October 1st, 2019 Upward Bound participants volunteered for the 14th Annual CUNY BMI Conference titled “Restorative Justice Education: We are All Justice Involved.” The central theme of the conference was “improving cultural sensitivity and engaging the lens of universal precautions to more deeply support all students—because when one person has justice involvement, we are ALL justice involved.”

During the preparatory stages UB participants and BMCC volunteers assembled conference leaflets & information packets for distribution. On the day of the conference volunteers were responsible for directing the guests to the correct conference rooms and managing the lunch crowd. Our major role was to ensure that the guests were directed to the appropriate rooms.

UB participants listened to panel discussions about the issues re-entry communities face and “how advocacy can be transformed into action for college and surrounding communities who experience justice involvement or are justice involved adjacent.”

It was quite inspiring to see BMCC in partner with Urban Male Leadership Academy, UMLA organize a socially conscious conference where by students, educators, community member, volunteers, health workers and justice involved individuals came together to discuss how we can all strive to support one another.

The Day in the Life of An Eldest Sibling

Marlin Penafort, College Bound Freshman

Have you ever had ore than one sibling? Cause I do, and it sucks, but it’s not all that bad, trust me. I am the eldest of five siblings; two sisters and three brothers and so I am annoyingly responsible for doing everything. Just call me the third parent trapped in a teenage body. My responsibilities are helping my parents with chores and being my siblings designated chaperone. I enjoy playing board and card games with them. I taught my siblings how to play UNO cards because it was my favorite game when I was younger. Sometimes I must drop & pick them up from school while my father is working. A times I feel I have this big sister/parent roll down pack until I realize there just isn’t enough time for myself; but such is life. Being the first born makes me what to go to college because I want to have a wonderful career enabling me to help my parents with everything they need. Pursuing a college degree will afford me with far better opportunities. My parents had a lot of hardship when they were young. In Mexico, my grandparents didn’t have any money to pay for college and so it was not encouraged.

It is my job to make the best out of the opportunities I have such as attending Upward Bound. This program gives me a bit of independence away from the family especially when attending UB workshops after school and going on college tours. Don’t get me wrong, being the eldest child has it perks because I can tell my sibling what to do and if they don’t listen they get in trouble. Also, I love being the eldest because I can tell my parents what I want, and they will buy it, or I can order it online.

A Day of Service at Starbucks

Shakari Caruth-Francis & Rose Hoshion
College Bound Sophomore’s

On Veterans Day, November 11th, 2019; Upward Bound participants volunteered at Starbucks. Our role involved helping children pay homage to our veterans. During this event the manager, Camille McIntosh offered many activities for both the children and volunteers to partake in. When we first arrived, she made us feel welcomed and comfortable. One of the activities we participated in was helping the children make thank you cards for veterans, acknowledging their dedication and service to the country. We also made certificates for children and volunteers that highlight their acts of service. The importance of volunteering is to help make a difference in the community and in people’s lives. There was also a musical guest who sang, and it was so funny to see the children dancing. Throughout the event, we received free drinks and a reference for a job opportunity at Starbucks. Shakari’s favorite drinks are the Pink drink, Mocha Frappuccino and the Mango Dragon Fruit Lemonade. Rose’s favorite drink is the Cinnamon Dolce Latte. Both of us like the Peach Green Tea and Strawberry Acai.

It felt rewarding to volunteer on Veterans Day; spending time with Upward Bound friends. Helping children with their art projects, celebrating Veterans in a creative way and receiving free Starbucks drinks is a day well spent.
The Youth vs. Climate Change

Fahid Nayem, College Bound Senior, Pratt Institute, Spring 2020

The world has been through a global phenomenon known as The Climate crisis. “According to NASA, the average temperature of the earth has risen 1.62 degrees Fahrenheit since the 19th century.

The increase in temperature is due to human activities that increased the amount of CO2 and other human-made emissions into the atmosphere. This comes with a great cost. Oceanic ice sheets are melting, glaciers are retreating, sea levels are rising resulting in major natural disasters that progress the extinction of certain species. To call attention to this matter, millions across the world took to the streets protesting for transformative action from their governments. More than 4,500 strikes were planned worldwide in over 120 different countries in the course of a week.

An estimated 60,000 people flooded the streets of Lower Manhattan for a Global Climate Strike on September 20, 2019 rallying against climate change. I had the amazing opportunity of being there in Battery Park where the protestors congregated after the march showing our support against climate change. Schools excused students’ absence once they had parents’ permission to attend to protest. I felt united with my fellow peers and saw the potential for change in my generation. We also heard from activist Greta Thunberg who was amazed to see the large turnout for the climate strike. I was taken by surprise when music artists Willow and Jaden Smith performed and left the young crowd screaming at the top of their lungs. Three days after the NYC Climate Strike, the UN held a Climate Action Summit where world leaders recognized the problems that we are facing in terms of climate change and how we can combat those problems.

It has been quite some time since the NYC Climate Strike and so far, we have not seen much action from our government. President Trump fails to recognize global warming as a serious issue specifically when he pulled the US out of The Paris Agreement in 2017 which retracted President Obama’s previous attempts. This agreement calls for all ambitious efforts to combat climate change particularly in pursuing efforts to limit the temperature increase and will assist developing countries to do so. Fortunately, the US has implemented nationwide fuel-efficiency standards for vehicles and some states have passed laws designed to lower emissions within time. An NPR report titled “What Countries Are Doing to Tackle Climate Change” stated that “California has the most ambitious plan: Starting in 2013, the state will cap greenhouse gas emissions from factories and power plants, and, eventually, emissions from vehicles.” New York City specifically as of March 1st, 2020 has banned the distribution of plastic bags to consumers which is a step towards decreasing pollution and sea life preservation.

This planet does have a healthy future if we cautiously take the steps necessary to preserve nature and decrease greenhouse emissions. What we need is a green new deal that lays out an overall plan for the US to cut down on greenhouse emissions. We need to increase the carbon tax, move towards more renewable energy sources, and clean our oceans to preserve sea life. Moving forward, it will be advantageous to elect government officials that are in agreement for cutting down the energy consumption in the US which will slow down the warming of the planet by a substantial amount.
Joanna Perez, College Bound Junior

The art of storytelling through dance, costume & music can be quite enchanting. The Alvin & Ailey American Dancer’s didn’t just have one style of dancing but there were multiple styles I have never seen before. The music reminded me of a remix because there were different tunes and melodies fusing for an afternoon of jazz and elegance. Not only did the music accompany the dancing but their costumes were captivating. In one scene the wardrobe reflected the 1920s style with jazz music playing. This act instantly brought me back to my class. During this time, we were learning about the Harlem Renaissance as well as the events taking place in the 1920s. One thing that really made me smile during the show was the ending when the women dressed all in yellow dancing joyfully. The name of the dance tribute is called Revelations. Since its premiere in 1960 it is known as a classic in modern dance and has been performed all over the world. It is considered a national treasure because of its universal theme of grief and joy in the soul using African American spirituals. It made us want to get up and dance because of the music. And they were able to give another dance because the audience was yelling “ENCORE”!!! Dining at Olive Garden was amazing because the food was exquisite, and it was fun talking to everybody. My pasta with chicken and bacon dish was so delicious that I could not have another bite. It was such a nice day to spend the Sunday before Christmas.

Yasmerlin Rodriguez, Hobart & William Smith Colleges & Samantha Cedeno, SUNY Oswego College Bound Seniors, Spring 20’

Yaz: The night before leaving for Hobart William Smith Colleges I wasn’t able to sleep because of how excited I was to go on a trip with no adults. If I had gone by myself, I would’ve been lost but thankfully I was with my friend, Samantha. We had a good experience in Hobart and William Smith Colleges; the environment was quiet and nice. Samantha and I met some welcoming and friendly people from Posse and HEOP who made our stay very comfortable and memorable.

Sam: One thing that I liked about HWS is learning that I could earn a master’s degree in 5 years in early childhood education. It was unfortunate to see that there was’nt much racial diversity among college students and faculty as they appeared predominantly white.

Yaz: Hobart and William Smith Colleges is helpful to incoming freshmen. There’s a lot of different events which makes the campus lively. Having concerts, forums, club activities, lecture series and more encourages students to spread their wings and meet other people. The reason why I visited HWS was because my counselor, Karina, wanted me to apply Early Decision but in order to be committed to that school I needed to see it with my own eyes. While going to HWS we experienced how to travel by ourselves and surprisingly we didn't get lost. Samantha and I stayed over in an UB alumni, student-dorm which was comfortable because we knew her from the program and from Landmark High school. While we stayed over, we met her roommate who was very nice and relaxed.
Games in a year, example team

decided to sue FIFA, the federation which
2019 when the US Women's Soccer Team
players are experiencing pay inequity based on
gender. This became an issue on March 8th,

Soccer cleats have progressed over time from the spiky bottoms that can cause injuries, to the turf bottoms that are safer and still effective. Although sportswear has improved over time, the United States women's national soccer team salary has not. Women soccer players are experiencing pay inequity based on gender. This became an issue on March 8th, 2019 when the US Women’s Soccer Team decided to sue FIFA, the federation which governs U.S. soccer, claiming “purposeful gender discrimination.”

The U.S. women's soccer team lawsuit accuses FIFA of pay discrimination, discrimination related to players' medical treatment and working conditions. The New York Times article “The Best Women’s Soccer Team in the World Fights for Equal Pay,” by Lizzy Goodman states “The lawsuit asserts, for example team player each played 20 exhibition games in a year, members of the men’s squad

In a century the U.S. men’s soccer team has not been successfully winning an Olympic gold medal while the U.S women’s soccer team has won four Olympic gold medals, and four World Cups. They were celebrated in a ticker tape parade in NYC on July 10, 2019.

As someone who used to play soccer, I know that the only thing that counts, is the game. The stronger athletes are those with more skills, agility and accuracy. Women athletes seem to be overlooked when playing a sport that has been dominated by men for decades. Gender inequities exist in other women’s sports like the Women’s National Basketball Association (WNBA).

Amazingly, women have made new strides with the WNBA new labor deal. This new collective-bargaining agreement enables these women athletes to earn more than $500,000; the maximum base salary will rise to $215,000, up from the previous $117,000 in 2019. This is an equity “milestone” because even though they are not getting paid the same as their counterparts, the world recognizes the need for better pay wages. Sports fans all over the world need to continue fighting for gender equality until we see a change.
“Our lives are going to be different now and they are changing every day. School buildings were shut down and because of this students are adapting to virtual learning.”

Raven King, College Bound Freshman

“UB program will always be your second family and they are more than equipped at helping with problems you may face whether college related, or personal. As we are all going through a tough time, stress may feel like it’s building up enormously, but you must focus on the people you care about and the things that make you happy in order to move on.”

Bryan Nunez, College Bound Senior

Shakari Caruth-Francis, College Bound Sophomore

We are Strong; Together We Strive:
Upward Bound Adopts Distant Learning

Due to COVID-19 Pandemic, Upward Bound continues to support participants from home utilizing Zoom for virtual academic workshops and face to face counseling. In addition, our Road to College workshop series for high school Juniors and Transition to College for Seniors continue weekly to ensure Upward Bound participants have a smooth transition into their senior year and freshman year of college.

“The coronavirus pandemic has impacted many people world wide. I have been trying to keep myself preoccupied with newly discovered hobbies, but they haven't really been working out. We shouldn't be in overcrowded places and we should try to stay 6 feet apart…”

Upward Bound is an externally funded program sponsored by the U.S. Department of Education

UB Alerts
End of Year Celebration
Zoom, Friday, May 29, 2020
Time: 4:00pm

Join UB as we celebrate our seniors & participants as they venture into new beginnings.

UB Summer Program Goes Virtual
June 29th - Aug 6th

Our six-week enrichment program will involve stimulating virtual workshops. As we practice social distancing participants will tune in online for cultural & educational activities.

Parent Corner
Here’s a check list to keep your child on track!

A Prepatory Timeline: Senior’s Applying to College

<table>
<thead>
<tr>
<th></th>
<th>August</th>
<th>September</th>
<th>October</th>
<th>November</th>
<th>December</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>✓ Review College website &amp; attend virtual tours</td>
<td>✓ Start your College Essay Drafts</td>
<td>✓ Get Common Application Papers</td>
<td>✓ Send SAT &amp; Transcripts</td>
<td>✓ Research Financial Aid &amp; Scholarships</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>✓ Evaluate Acceptances &amp; Decide</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>✓ Decision Day (May 1st)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

For more information about College Readiness visit https://sites.google.com/view/getting-college-ready/for-parents/keeping-on-track-a-helpful-timeline-for-applying-to-college