Before attending the National Student Leadership Congress (NSLC), I was a bit skeptical about it. I thought that it would be like some of the other student conferences that Upward Bound has sent us to; meet and greet, food, long lectures, and head home. But it wasn’t. NSLC was unlike anything I have ever experienced in my entire life. The people were more open than any I have ever met, and our mentors were attentive to every single one of us individually. I got to meet every single one of the 150 people that attended the conference. Each was from a different part of the country and almost every state was represented there. From California to New York, there was a wide spectra of ethnicities, races, and personalities. But there was one thing we all had in common; we were all leaders in our TRiO program.

The first day as I was meeting everyone and going along with the day, I could tell that this program was going to be different. Every single person that I met was widely open with me and I shared some deep and personal conversations with a lot of them. I still keep in contact with a lot of the people from NSLC today.

Our mentors that we had were amazing as well. They weren’t only our mentors, but also our friends. They joked around with us, played the games we played, danced with us, and sang with us. But most importantly, they kept us in line and made sure we got our work done.

While we were in Washington, we were separated into groups of 8-10 people to debate a certain subject, and create a congressional bill to support the topic. The topics were “Hot Topics” and included everything from the benefits to recycling to euthanasia. Each group presented their bill to the NSLC student body while the student body came up with questions to stump the presenters and try to prove their bill invalid. At the end of it all, every student voted on which group presented their bill the best and medals were awarded to everyone on the winning team.

With the extensive hours of research, sight-seeing across our nation’s capital, meeting an abundance of people, running on 3-4 hours of sleep, learning about a wide array of hot topics, getting to meet our senators, and celebrating on the last night until a girl broke her ankle doing the dance known as the “Stanky Leg”, my NSLC experience was unfathomable to most. On the other hand, I will remember it for the rest of my life, and I am forever appreciative to Upward Bound for giving me the opportunity to have such an experience.

By: Ernesto Sandoval III
Fall 2012 Upward Bound Academic and College Prep Events
Every Monday September 17- December 10 Tutoring @ ACPL 4 - 6 p.m.

SEPTEMBER
September 26-- SAT Prep 4 - 6 p.m.
September 26-- Senior College Prep 6:15 - 7:30 p.m.

OCTOBER
October 3-- 7 Habits Session 1 4:30 - 5:30 p.m.
October 6-- ATS 9 a.m. - 12:30 p.m.**
October 10-- SAT Prep 4 - 6 p.m.
October 17-- 7 Habits Session 1 4:30 - 5:30 p.m.
October 17-- Sophomore College Prep 6 - 7 p.m.
October 20-- ATS 9 a.m. - 12:30 p.m.**
October 24-- SAT Prep 4 - 6 p.m.
October 24-- Junior College Prep 6 - 7 p.m.
October 27-- Senior College Prep Scholarship Search 10 a.m. - 12 p.m.

NOVEMBER
November 3-- ATS 9 a.m. - 12:30 p.m.**
November 7-- 7 Habits Session 2 4:30 - 5:30 p.m.
November 14-- SAT Prep 4 - 6 p.m.
November 17-- ATS 9 a.m. - 12:30 p.m.**
November 28-- SAT Prep 4 - 6 p.m.
November 28-- Senior College Prep 6:15 p.m. - 7:30 p.m.

DECEMBER
December 1-- ATS 9 a.m. - 12:30 p.m.**
December 5-- 7 Habits Session 3 4:30 - 5:30 p.m.
December 12-- SAT Prep 4 - 6 p.m.

In addition to attending 20 hours of academic programming, students must attend either a cultural event or college visit in the fall to receive their stipend. The Holiday Party does not count as a cultural event.
This summer was full of activities for Upward Bound students. In addition to Summer Academy classes, student participated in team building activities, went to Olympiad at Indiana Wesleyan University, and had a number of fun evening activities in the dorms. We also enjoyed three days in Chicago where we visited Northeastern University, Northwestern University, Navy Pier, Willis Tower, the Art Institute, Six Flags Great America, and other interesting sites.
5 TIPS TO STUDY BETTER AT HOME

1. Create a study space in your home—This space should be away from distractors like your bed, tv, etc. and be well lit. If you cannot find some place in your home, consider going to your neighborhood library.

2. Study at the “right” time—Get into the habit of studying at the same time each day, and make it a time that works for you. Choose a time when you feel awake and alert.

3. Choose healthy snacks for study time—Healthy snacks such as fruit, crackers, or pretzels will keep you feeling energized during your study time.

4. Find somebody who will help hold you accountable—Ask a parent, sibling or friend to quiz you before tests and quizzes.

5. Set goals—Before you start studying, look over what you are going to study and set goals. As you study, monitor your progress.

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The UB office is open from 8 a.m. - 5 p.m. Monday-Friday