Meet the Upward Bound B.L.U.E. Stars!

This year marked the return of the B.L.U.E. Stars program. Under the direction of Mr. Nick, Staisy Cardenas, Ernesto Sandoval, Min Thu, Brenda Diaz, Janette Patino, Mon Htaw, Alyssa Luna, and myself, Ismael Aldave, have begun learning what it truly means to be leaders and how we can become better ones. At our weekly Monday meetings, we participate in discussions or exercises that Mr. Nick has chosen for us. These activities are beneficial because they make us address not only the qualities that make us leaders but also the qualities that limit us as well. We focus on our strengths just as much as our weaknesses. This is crucial because it is the best way for us to learn how to become better leaders.

Furthermore, the BLUE Stars program is also highly involved in community service. During the holiday season, we held a Toys for Tots drive. Each one of our members was fully responsible for setting up the collection at their respective high school. This meant talking to administration, making announcements, and many more things. At my school, South Side, we even put on Santa hats and collected at after-school events, such as our school's musical, basketball games, and wrestling meets. The Toys for Tots drive proved to be a great success as we collected over $2,000 in toys and donations. I am thoroughly pleased that I got to begin my time as a Blue Star with this project and am excited to see what other projects we help organize for the Big Event and TRiO Day- two more occasions we plan to do community service. Lastly, another aim of the BLUE Stars program is to send a positive message about Upward Bound. We plan to make presentations at various conferences and in front of a few school boards. Currently, we are scheduled to present at the Notre Dame Leadership Conference on February 23 and are beginning preparation. We are all looking forward to it. Everything we have done and will do is geared to make us better leaders. Ultimately, we must remember that the acronym BLUE stands for Building Leadership through Unity and Excellence- something that I believe all of our members have proven true.
We had a busy fall! Alyssa Luna (Grade 12, North Side) and Ziontu Ralhla (2012 New Haven graduate) had the opportunity to share how Upward Bound affected their lives during a press release about the refunding of the Upward Bound grants. UB students had the opportunity to attend a number of events outside of academic programming. We visited the Noble County Saddle Club and spent the day learning about and riding horses. We saw the hilarious play “A Servant of Two Masters” at the First Presbyterian Theater. We experienced Latino culture at Fort Wayne Museum of Art’s Day of the Dead exhibit. We saw the classic holiday play “A Christmas Story” at the Civic Theater and visited Ivy Tech to learn about the degree programs available there. We also held our annual holiday party for our students and their families.
Spring Calendar of Events

Every Monday January 14 – May 13 Tutoring @ ACPL 4 - 6 p.m.

Every Wednesday January 16 – May 15 Individual Tutoring @ IPFW UB Office 4 - 6 p.m.

JANUARY
January 12—ATS/New Student Orientation 9 a.m.-12:30 p.m.
January 16—7 Habits Session 4 4:30 – 5:30 p.m.
January 17—Cultural Event: FWMoA 5-6:30 p.m.
January 26—ATS 9 a.m.-12:30 p.m.
January 30—7 Habits Session 4 4:30 – 5:30 p.m.
January 30—Senior College Prep 6:15 –7:30 p.m.

FEBRUARY
February 1—Indiana Tech College Visit & New Student Mixer 5:30 – 9 p.m.
February 9—ATS 9 a.m. - 12:30 p.m.
February 12 & 13—Indiana TRiO Leadership Conference
February 13—7 Habits Session 5 4:30 - 5:30 p.m.
February 20—Senior College Prep 6:15 -7:30 p.m.
February 23—Notre Dame Leadership Conference & National TRiO Day
February 27—7 Habits Session 5 4:30 – 5:30 p.m.

MARCH
March 9—ATS 9 a.m. - 12:30 p.m.
March 13—7 Habits Session 6 4:30 - 5:30 p.m.
March 13—Sophomore College Prep 6—7 p.m.
March 20—Junior College Prep 6—7 p.m.
March 23—The Big Event
March 27—7 Habits Session 6 4:30-5:30 p.m.

APRIL
April 2—Ball State University College Visit
April 4—Butler University and University of Indianapolis College Visit
April 10—7 Habits Session 7 4:30 - 5:30 p.m.
April 13—ATS 9 a.m. – 12:30 p.m.
April 17—Senior College Prep 6:15 – 7:30 p.m.
April 24—7 Habits Session 7 4:30 -5:30 p.m.
April 27—Blue Stars Leadership Conference & Senior Recognition 9 a.m.—1 p.m.

MAY
May 22—Summer Academy Orientation 6-7:30 p.m.

*Additional events may be added to this calendar.
**If FWCS cancels school or after school activities due to weather, Upward Bound events on that day are also cancelled.

Spring Stipend Requirements
These are the requirements that you MUST fulfill in order to earn your stipend this spring! No exceptions will be made!

$30 Stipend
- 20 Hours of Academic Programming
- College Visit (Freshman-Juniors Only)
- Cultural Event or Leadership Conference

$20 Stipend
- Meet with Advisor
- College Prep Meeting (Seniors must attend 2 College Prep meetings)
Special Events

New Student Mixer
Join us on Friday, February 1st at Indiana Tech! We will visit the campus from 5:30-7 p.m. and then enjoy the evening bowling, playing pool, and socializing! Food will be provided. This event will conclude at 9 p.m. Come ready to enjoy the evening and mingle with new friends!

Leadership Conferences
UB students have the opportunity to attend several leadership conferences this semester. We will be taking a small group to Indianapolis for the Indiana TRiO Leadership Conference on February 12th & 13th and to the Norte Dame Leadership Conference on February 23rd. And on April 27th, all students are invited to attend the Blue Stars Leadership Conference at IPFW.

The Big Event
On March 23rd, Upward Bound will participate in the IPFW Big Event. This is an opportunity participate in a one-day volunteer service project to make a difference in the Fort Wayne community. We would like to see all Upward Bound students participate in this great event!

College Visits
During FWCS and EACS spring break, we will offer students the opportunity to visit Ball State University, Butler University and University of Indianapolis. In February, we will offer a visit to Indiana Tech in conjunction with the New Student Mixer and University of Notre Dame as part of the Notre Dame Leadership Conference. Please make sure you attend at least one of these college visits!!
Upward Bound Celebrates National TRiO Day!

National TRiO day is a day of celebration, reflection and action around increased access to higher education for disadvantaged students. Federal TRiO programs help income-eligible and first-generation students successfully enter college and earn a degree.

Congress proclaimed February 28 as “National TRiO Day” in 1986. Every year on the last Saturday of February, high school and college students, teachers, Members of Congress, local officials, TRiO program staff, participants and alumni come together to:

CELEBRATE the positive impact of Federal TRiO Programs in our communities throughout the nation.

REFLECT on the importance of educational opportunity programs in creating a fairer society for all.

ACT to protect and advance access to higher education for income-eligible and first-generation students.

Last year, IPFW Upward Bound celebrated National TRiO Day by holding a food drive for Community Harvest Food Bank and spending the day volunteering at the food bank.

This year IPFW Upward Bound will be celebrating National TRiO day on Saturday, February 23rd. We invite you to participate with us either by attending the Notre Dame Leadership Conference in South Bend, IN, or by volunteering in the Fort Wayne community. We will be collaborating with IPFW Student Support Services for National TRiO Day. More information will be shared soon!

Study Tip Corner: How to Retain What You Read

1. Read with purpose. Identify what you hope to learn or gain from the text.
2. Skim first. Quickly scan the material and mark off passages that contain headings, main ideas, statistics and facts. Then read important passages more closely.
3. Stop periodically. Pause every few paragraphs and make sure you understood what you just read. Quiz yourself to make sure you’re comprehending the content.
4. Set a time limit. Your ability to remember what you read drops off after an hour or so. Break long reading assignments into small chunks. Usually 10 to 15 minutes at a time are good for complex material; it depends on your ability and interest.
5. Identify main ideas and facts. Highlight the text or take notes on the important ideas you read.
6. Visualize. Paint a picture in your mind of what you’re reading. Creating mental images of the material may help improve your retention. Try these six steps to improve your reading retention. Remember, it takes practice. Find the method that works best for you and then make it a regular study habit!
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The UB office is open from 8 a.m. – 5 p.m. Monday-Friday

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