

CELEBRATE SUCCESS

FALL

# ITASCA UPWARD BOUND

FALL NEWSLETTER 2023



## A LETTER FROM THE DIRECTOR

By Toni Wick

Hello students, parents, and partners-

Wow! Beautiful weather, great students, amazing volunteers, and lots of learning experiences made for a memorable summer at Upward Bound! Some highlights for me included spending a lot of time outside hiking, many beach trips, and spending time on Lake Superior. When we start planning our summer program during the winter months, its hard to remember that beauty of northern Minnesota summers. We really took advantage of that this summer!

As we move forward into the academic year, I am continuously inspired to help our students find their path in higher education and eventual careers. The activities we plan and the work we do with students always has that goal at the forefront. Whether its college visits, career speakers, touring businesses, or chatting about mental health and resilience, our goal is to equip our students with as many tools and skills that will help them be successful in finding a fulfilling future. With that in mind, we continue to challenge our students to utilize all that Upward Bound has to offer and we hope to see all of you at our activities this year!

Sincerely,  
*Toni Wick*

## Newsletter Highlights

A Letter From  
the Director

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Graduating  
Class of 2023

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A Message  
from Your  
Advisors

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A Look Back:  
Summer 2023

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Important  
Dates School  
Year 2023-2024

# CONGRATULATIONS CLASS OF 2023!



Picture above from L to R: Raney W, Aislinn B, Bear C, Casey K, Blake D, and Rylee P

In May, we were able to celebrate our class of 2023 graduates. We had our graduates, their parents, and all current UB students for lunch in our new McMahon Student Center at Itasca, and honored each senior student.

We had 28 graduates who are attending colleges all over the state, including: Minnesota North-Itasca & Hibbing Campus', U of M-Duluth, Bemidji State University, Minnesota State Moorhead, Lake Superior College, and Central Lakes College. They are pursuing degrees that include Education, Graphic Design, Social Work, Pre-Med, Nursing, and Environmental Sciences. We are so proud of these students!

## FEDERAL APPLICATION FOR STUDENT AID (FAFSA)

### 12th grade students & parents!

- Students are able to begin submitting their FAFSA applications in December 2023 for school year 2024-2025!
- Students and parents will use income information from the 2022 tax year.

### SATURDAY JANUARY 13th @ 10:00AM

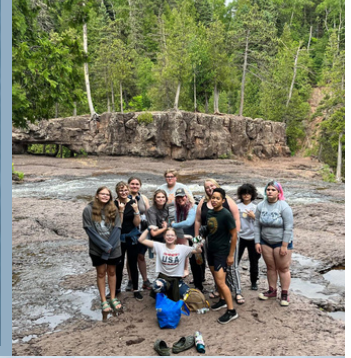
We will have a FAFSA workshop @ 10am for all senior students and their PARENTS. The financial aid director from Itasca will give a short overview of the FAFSA and then we will sit down and help ALL students and parents/guardians get their application completed & submitted.

# SUMMER PROGRAM 2023

The summer program of 2023 was one for the books! We spent the first week at Hibbing's campus where our students took their science courses. Highlights of the week included making homemade soap and learning about reactions in Chemistry with Steve Erickson, a trip to Carey Lake for Biology with Holly Hummel, & learning to program a robot in our Programming class taught by Tashanna Martinetto.

Weeks 2-5 were at Itasca's campus. Our students took their math, English, and foreign language courses, and participated in a few electives. As always, a huge thank you to all of our instructors: Katelyn Edstrom, Andrew Olson, Katie Thunshelle, Linda Helgren, Eric Ahlstrom, Harold Annette, Elma Strom, Elle Randle, Rachel Newman, and Monica Marciniak. Highlights from the weeks included our field trips to Bemidji and Brainerd, where we toured Bemidji State University and Central Lakes College. We also toured North Homes Children and Family Services where we met several staff, therapists, and learned about many career options in the human services and corrections fields. We also spent time in nature and went on a hike with Emily Johnson and visited the youth center in Grand Rapids. In the elective courses, favorites included learning self defense techniques from instructor Sean Gillman; sewing and crafts with Colleen Bishop; photography with Sandra Wicklund; cooking with UB advisors Tashanna and Kelci; and learning disc golf rules and skills from RA and UB alum Ryan Happy. Other fun activities included attending JustMove, Antiracism Education Through the Arts at the Reif Center, trips to the beach, art project with Leah Fox, and spending time in the dorms.

The last week of the program included a three night trip to the North Shore and Ashland, Wisconsin. We drove up to Grand Portage National Monument, did the Alpine Slide & Gondola in Lutsen, toured the Great Lakes Aquarium in Duluth, hiked to Gooseberry Falls, toured UWS, Fon du Lac, & Northland College, and enjoyed a boat cruise through the Apostle Islands.



# SATURDAY EVENTS 2023-2024

**September 30th**      **ALL STUDENTS: Volunteer & Goal Setting Workshop**

Saturday 9am-3pm

**October 19th**      **ALL STUDENTS: College Visit @ UMD**

Thursday 9am - 4pm

**December 2nd**      **ALL STUDENTS: Career Speakers & Bowling**

Saturday 9am-3pm

**January 13th**      **SENIORS ONLY: Finish apps, scholarships, FAFSA**

Saturday 10am-1pm

**February 24th**      **ALL STUDENTS: Trio Day (TBD)**

Saturday ALL DAY TBD

**March 16th**      **ALL STUDENTS : Career Tours**

Saturday 9am- 3pm

**April 20th**      **ALL STUDENTS: Senior Banquet**

Saturday 11am-2pm

*\*All in-person activities will meet at Itasca campus.*



## STIPEND REMINDER

Students can earn up to \$40 per month for participating in Upward Bound and maintaining strong academics.

- \$20 for attending month's Saturday Event
- \$10 for attending at least 2 advising sessions a month
- \$10 for maintaining a 2.5 GPA

# A MESSAGE FROM YOUR ADVISORS

Hello!

There is something about being near Lake Superior that gives me such a sense of calm. So, it's no surprise that it was incredibly rewarding to visit the North Shore area with students this summer. As usual, the students made the experience even more valuable for me. Seeing their excitement while ascending up Lutsen Mountain, touching the Moon Jellies at the aquarium, or their engagement at the Grand Portage Heritage Center was unmatched. This is the kind of experiential learning that fosters lifelong learning and I'm ALL about it. I'm ready to carry over that momentum into the school year and get to work with students on their goals. One of my former students several years ago used to keep a section of his notepad app open for all the things he wanted to get done or discuss at our meetings. I encourage students to take advantage of the time we have together to really bring some of your goals, ideas, and dreams into fruition. You can bring a list, or we can make one together. I'm looking forward to seeing you all this fall.

Kelci

McGregor, Deer River,  
Northland-Remer, & Bigfork



Hello and welcome back,

The summer program was such a blast! I am so grateful to have been able to share in the laughs, smiles, and many memories made. I hope that, as the summer comes to a close, you have taken every opportunity to explore, relax, and grow in your own way. As we move into the academic year, I am looking forward to reconnecting with you all, setting goals, and taking steps toward accomplishing them.

Sincerely,

Tashanna

Greenway, Grand Rapids, Hill City



# THANK YOU!

TO OUR AREA BUSINESSES &  
INDIVIDUALS WHO DONATED TO  
OUR STUDENT AUCTION



Dairy Queen  
True North Salon  
Rapids Brewing  
Pokegama Golf Course  
Eagle Ridge Golf Course  
L&M Fleet Supply  
Lake Country Furniture

Domino's Pizza  
Judy Garland Childrens Discovery  
Museum  
Arby's  
Hardees  
Jimmy Johns  
Culvers  
Burger King

Holiday Gas Station  
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