October has well arrived, bringing with it many fall festivities. Apple cider, pumpkin carving, spooky decorations, hayrides, corn mazes, dressing up & colorful leaves will be some of the great fun to be had this month. We may all have different ideas of what to do during this season, but we can agree that Fall is a favored season, and a great way to wind down before a chilly winter....

School is in full-swing again, and some of you are really branching out—How Awesome! This month is a great time to really get a solid footing for your academics, remember! Well, so is any other month, but take each month as an opportunity to do better than the last.

I know that it’s a common thought that people never change, but if something as natural as the leaves change so beautifully you can’t expect me to believe humans can’t find ways to improve every day. That’s my challenge to you all, to find a few ways to improve yourself, your study habits, anything at all, THIS MONTH. There is no better time than the present!

Kris Kelley
UB Work Study Student

Quotes to Inspire

“What if the care for cancer is trapped inside the mind of someone who can’t afford education?”

—Unknown
- **Allison Bernier** will be joining the Poetry Slam Club at Spruce Mountain South Campus
- **Dylan** is working at the fitness center at CMCC as a personal trainer
- **Artie** joined the Criminal Justice club, the Veteran’s club, and the Music club at CMCC, where she is also a math tutor.
- **Chloe** is using the friendships she made at Sandy River Center for Health and Rehabilitation to create a new volunteer program at her school
- **MTH** is on the golf team and his robotics team won their last competition!
- **Alyssa Doucette** is on the yearbook committee.
- **Anna LeClair** got a lead role in UMF’s production of Once Upon a Mattress.
- **Montai** is joining the poetry slam club, civil rights team, and One Acts this year.
- **Devon** is playing soccer for Spruce Mountain.
- **Charles LaCroix** is playing football at Skowhegan.
- **Danika Weeks** received a department award for foreign language!
- **Tiffany Camire** is very busy: Cheerleading captain, JMG officer, Junior class secretary, and Homecoming committee.
- **Ashley Avery** is playing the lead in the Madison Area High School play, *Ubu*, November 9 and 10.
- **Phil Collins** is also in the play.
- **Danika Morin** is Cheering, in FBLA, on the Leadership Team at Mt. Blue, in the International Club and also coaches cheering.
- **Kara Libby** is on the Debate Team, in the Art Club, in National Honor Society and is going to be in Big Brothers/Big Sisters.
- **Cole Williams** is starting a new band called “Pogostick.”

**Andrew Marden** is both student council president and Junior class president at Valley.

**Stefanie Dizney, Michael Hilton, and Andrew Marden** are all playing soccer for Valley.

**AnnMarie** passed her ServSafe Certification Test.

**Katelin Carey** is in the Renaissance club, Civil Rights team, Gang Green, Yearbook, and FBLA.

**Terry Clark** has a tarantula named Rosie!!

- Thanks to **Krysta Brown** and **Montai Edwards** for representing us at the last minute at the Student Leadership Conference!
- **Danika Morin** is working hard raising funds to help a friend injured in an accident.
- **Macee Qi and Ricky Chen** have had a great x-country season.
To those of us that joined us last month for our Reunion, I would like to say Thank-You! Thank you all for introducing yourselves to me and telling me all about your program, and being willing to hear some of the differences between your program and the one I attended at Bowdoin. Thanks from Elyse, Lynn, and Cindy are extended for your awesome ideas and participation in the expansion conversations. Thanks are mostly due for your attendance and your fun-filled personalities.

Thanks for joining us!

Above, Current UB’ers and some Alum enjoy the UMF soccer game. Below, the group talked about what’s going on in the program. Hope you all enjoyed yourselves! 😊
One of the biggest transitions from high school to college is the time management and organization. In high school, you are used to having study halls where you can get most of your homework done and you do not spend a lot of your free time doing homework. In college, professors expect more from you. They give you homework that will take you at least a few hours to complete. This is why you should come up with a good planned schedule when you arrive at college. I have set up a fairly good one, if I do say so myself! I made sure to get a work study job that I could do homework at. So every Tuesday, Thursday, and Sunday, I go to work for 2½ hours and do my homework there. It is nice to have a set time to do your homework at, so you do not have to take up as much free time. After I get out of my classes, I generally go to my dorm, put on some comfy clothes, hop in my bed, get all cozy, and crank out my homework. I am generally doing homework from when I get out of class, which is either 2:30 or 3:30, until supper time, which varies from time to time. I do my homework then so I have my nights free to hang out with my friends. It is also a strategy to stay away from procrastinating, which I know most of you know too much about! Another good strategy to not procrastinate is to set a time during the day where you do your homework. While you are doing your homework, make sure to take short breaks every twenty minutes or so. I am not talking about an hour break, but for three minutes or so, just so you can re-energize your brain! Also, create study groups that meet at certain times where you guys study together but are still social. I do not want to scare you by implying that all you’re going to do is homework, but that is not the case. It is really not as bad as it sounds. Like from middle school to high school, it is a transition that you will get used to. As crazy as it sounds, I enjoy doing homework sometimes because I can relax in my bed. If you are more comfortable in a more controlled setting, you can always go to your schools library and study there. There are many ways to stay on top of things in college, you just need to find the ways that suit you, take a deep breath, and enjoy your journey!”
Upward Bound proudly presents our Peer Tutors!

highly skilled, exceptional students have been trained to serve as our peer tutors.

If you need a tutor for a class, contact Elyse and she will set you up.

(L. to R.) Alyssa Doucette, Patrick Toribio, Jasen Dickey, Sam Santos, Mollie Pleau, Katelin Carey, Devon Autrey, Michalya Holt

OPEN HOUSES

What’s an Open House? Why should I go? What will I learn and do there?

Well UB’ers, an Open House is an opportunity to see the campus in full swing. A lot of colleges offer prospective students the chance to talk to professors, departments, coaches…basically everyone you may want a chance to hear from! You should go if you get the chance, because it can really reveal a lot about the inner-workings of a college and give you a chance to think about how you would function at the college.

Maybe you should look into some of these Open Houses—you could always check out a school’s website for more info!

Beal College – Nov. 9
UMaine Farmington – Nov. 10
Maine Maritime Academy – Dec. 8
Maine College of the Arts – Nov. 10, Dec. 1

Husson University - Nov. 10
Unity College – Nov. 10
UMaine Fort Kent – Nov. 5
Kennebec Valley Community College – Nov. 3
UB’ers posed for these two pictures at UMaine Machias while on a recent visit. Can you spot all the differences? Go to [http://upwardbound.umf.maine.edu/](http://upwardbound.umf.maine.edu/) and look under “Newsletter Archive” to check your answers!!

**Syrena Clark wrote in to say,** “It was a long and windy trip, but well worth it. First, we visited UMaine Machias (UMM) which, like College of the Atlantic (COA) would be, was quaint and surrounded by brisk waters and cozy forests. At UMM, we were met by a UB Bowdoin Alum, and our alums, Robert and Nikki, for lunch. The cookies, of course, were excellent. (I’m sure that everyone would agree.) We were given a tour, and found the dorms to be a competitor in the size department. By the end of the tour we had received hot apple cider, and t-shirts, along with folders to give us any more information that we craved. At COA, we were met by a tour guide who was nice, although a bit on the quiet side, and a campus that was so small it held but 350 students. The campus was waterfront property. But COA operated differently than any college we had visited before, offering but one major: Human Ecology, although students could graduate with a concentration in many different areas before moving on to grad school. After leaving COA we found problems with the traffic and became stuck for about an hour trying to leave Mt. Desert Island. Finally we stopped in at a Chinese Buffet, ate our fill, and headed back home.”

On their visit to Colby College, UB’ers were greeted by none other than alum Jackie Chen!
Montai Edwards sent in an awesome write-up about the colleges he visited with UB last month:

"It wasn't that long ago that I participated in a college trip facilitated by the awesome team member of Upward Bound, Elyse and Holly. Waking up in the wee hours of the morning, we got together at the Look House and went over that plan for the next couple of days. After we went over plans and got the long awaited reunion hugs out of the way, we were on our way. Usually, car trips are a chore for me- but with a family like Upward Bound that could not be further from the truth. I could not remember a time that I wasn't smiling. It felt great to get out of state for a while; it only made it that much greater to be looking at colleges. One of the first colleges we visited was Worcester Polytechnic Institute located in Worcester, Massachusetts. If science or math is your thing, this is most definitely the school for you. It is a pretty large campus, but you still have that close community feeling. We met with an Alum of the Upward Bound program named Andrew Leonard. This was my first time meeting him and within that short time I felt like we could be great friends. He mentioned that he was part of the L.A.R.P. club (Live Action Role Playing). This alone turned me on to this school, and that alone was just one of the hundreds of options available for extra-curricular activities.

After bidding our farewells to Andrew, we visited Becker College. Only minutes from WPI, Becker College has a feel similar to that of UMF. Our tour guide was extremely friendly and helpful, and to the best of his ability answered any and every question we had. After a day of touring colleges we checked into the hotel and settled in for a night of much needed rest and relaxation. Though the ever enthusiastic and spunky Elyse had yet another surprise planned for us which included arcade games, tickets and prizes, and a chocolate fountain! Great food, friends, and hot tubs. One of the best combinations I have ever heard of. After an early breakfast blunder, we checked out for another day of college tours. Colleges on schedule for today were the beautiful and history rich Assumption College, and the free minded and revolutionary Clark University. Both colleges offered different things for everyone, making it a hard decision. After two great tours and info sessions, we were on the road again to Bennington, VT.

Awaking that morning we headed to Southern Vermont Castle. Sorry, College. It was absolutely gorgeous. The architecture was top notch and the landscaping (if you are interested in that sort of thing) was both unique and stunning to admire. Out of the way, this campus does not sit in the middle of a city, but is still not too far from fulfilling the entertainment requirements of their scholars. Our tour guide from this school was even nice enough to message us after we had left. Now that is heart. The last college was Bennington College, and if you love the arts and anything to do with individuality and value of self, this is a great and caring college. Excellent art and music studios, it was a campus that tickled the heartstrings with the promise of finding yourself and blossoming into whoever you choose to be. One last time, we packed up and headed out, this time for home. It was bitter sweet. You wanted to be able to share all the experiences and inside jokes you made with your friends when you got home, but at the same time, you were going to miss your family. I was extremely happy to see these amazing people again, and I had just got them back, I didn't want to let them go again. Alas, I knew it would not be for long. There would be reunions, other trips, and of course next summer. It was a great time that is extremely hard to find the words to summarize such a stellar time. The best advice I could give would be to experience it for yourself. It was an amazing time that I would not trade for anything. I cannot wait to see what is in store for next time. :)"
Got Spare Time? Here’s a Word Search to enjoy! 😊