Welcome Back! Now that you are well into the swing of classes and extra-curriculars at school we are back to visiting! Each new school year is accompanied by change. We are embracing that change at Upward Bound and are working to restructure what school visits look like. This change is intended to help you take some ownership for your visits with Upward Bound staff and also to aid in your tracking of items like Back to Campus Flyers and usernames/passwords.

What does this change look like?
All UB students have been provided with a flashy red folder to serve as their Upward Bound folder. It is an expectation that this folder is brought with you to every school visit meeting.

What is your role in this change?
As a student we want you to take an active role in meeting with us! We are going to ask that you take notes or make a “To Do” list during your visits. Do you have a question that you need to ask a UB staff member? Write it down in your folder so you don’t forget it the next time you meet. Just like we have an agenda when we meet with you, you too can come with a list of things you need to cover!

Why the change?
At Upward Bound we are seeing that students are forgetting to follow up on items discussed in visits and we are trying to provide a way to help you accomplish the great things we talk about!

By helping you follow through, we are equipping you with skills you will need to have when heading off to college. Advocating for yourself is most crucial to ensuring you are all successful college students.

Additionally, Upward Bound will be working to update a bulletin board near your guidance counselor’s office so you are always updated and aware of school visits, tutoring and Back-to-Campus information. Check it out!!

Who is at the helm of the mentoring program for the 2013-2014 year? Paige Timm will be in action working to coordinate BSU student mentors with all UB students. Paige will be continuing her third full year with Upward Bound having been an RA during the Summer Program for three years now and having previously served as a mentor she is hoping to continue with all of her enthusiasm and a positive attitude.

Paige is most excited about "Meeting all of the new students and seeing everyone again!" Paige is excited about the opportunity to connect UB students with positive role models that students can learn from. Paige is hoping to strengthen the connection between students and mentors over the course of the year.

Paige will be wrapping up her last year at Bemidji State this year and will be graduating with a degree in Psychology this spring. She intends to pursue graduate school for Master’s degree in Student Affairs.

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Back-to-Campus Dates
- October 26th, 2013
  11:30-4:30
- December 7th, 2013
  10:00-2:30
“Tell me and I forget, teach me and I may remember, involve me and I learn.”
- Benjamin Franklin

Meet the Mentors!

Jonna Miller
Hometown: Cannon Falls, MN
Major: Elementary Education

I love Intervarsity and I love swing dance club. My hobbies include studying, reading and watching Netflix. I don’t like seafood or tea. I love anything sweet and chocolate. I have a chihuahua named Bruno. I lived in Iowa for 9 years.

Joe Stusynski
Hometown: Karlstad, MN
Major: English Education

I enjoy reading, coffee, old movies, and cake. I am learning Latin and I have been in 25 play productions.

Paige Timm
Hometown: Green Bay, WI
Major: Psychology

I am the Mentoring Coordinator this year. I like to play tennis and volleyball. Nachos is my favorite kind of food. I really like coffee and sloths. My favorite color is green or yellow. My brother and I were a day away from being Irish twins. And I am a senior this year!

Britta Berg
Hometown: Hawley, MN
Major: Social Studies Education

I love the outdoors, being with friends, bright colors, movies, running, biking, music, smoothies, traveling, and tacos. I don’t like leeches or crappy TV. Fun facts: I am an oldest child, I have 7 younger siblings. I work as an RA in Oak!

Rebecca Helam
Hometown: La Crosse, WI
Major: Clinical Laboratory Science and Biology
Minor: Mathematics

I am completely addicted to hockey! I have been playing since I was 4 and love spending my weekends at the rink! I am also very fond of art, mainly photography. I have 10 siblings and 13 pets.

My favorite musician is Jack Johnson and I love the guitar! I want to do research with ASL (Lou Gehrig’s) or find a cure for hiccups! Someday I hope to retire in New Zealand and run an alpaca farm!

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“The best help we can offer the youth of today is to prepare them for tomorrow.”
-Mark W. Boyer

Jordan Krulweski
Hometown: Oakdale, MN
Major: Environmental Studies
My hobbies include biking, hiking, climbing, running, and swimming. I can speak Spanish fluently and green is my favorite color!

Emily Turner
Hometown: Windom, MN
Major: Biology (Medical Science Emphasis)
Minor: Chemistry
I love running, swimming, and being active. I also love hanging out with friends. My favorite food is peanut butter but I also really like steak. My favorite color is green and my favorite animal is a dog. (I have a golden retriever named Roxy- she is crazy!)

Sylvia Wilson
From: Cokato, MN
Major: Education
I love the outdoors, hunting, fishing, biking, anything. I love to cook and eat, and hang out with friends and family.

Amber Pachan
Hometown: Long Prairie, MN
Major: Undecided
In high school I was in Just for Kix, and now that I’m in college I’m in Swing and Ballroom club. While I’m not a vegetarian I rarely eat meat. I love Disney movies and watch them all the time. A fun fact about me is that my eyes change color (blue, green, or grey!). I also was in Upward Bound when I was in high school.

Dina Lutz
Hometown: Onamia, MN
Major: Psychology
I love to dance and sing as loud as I can, writing and listening to music are also some of my favorite things to do. I am a romantic comedy movie kind of gal but can’t do Westerns.

“It’s what we think we know that keeps us from learning.”
-Claud Bernard
Meet the Mentors!

Lisa Kittleson  
**Hometown:** Waconia, MN  
**Major:** Marketing Communications and Business Administration

I am a sophomore this year at BSU and was a mentor last year as well as an RA at the summer program this past summer! I enjoy being on the lake during the summers jet skiing, knee boarding, tubing, wakeboarding and being on the beach!

Danielle Wold  
**Hometown:** Hatton, ND  
**Major:** Nursing

I enjoy the outdoors, going camping, hiking, biking, and just being on the water! I love my friends and being spontaneous with them. Being a nursing major, I’ve grown in many areas—relationship-building, teamwork, and just being interested in health and wellness. I like ceramics, horseback riding, and my Ford truck ‘79. I don’t like olives or the color pink. I can wiggle my ears. My favorite movie is Patch Adams. I am a music leader for Young Life worship team and I’m in the National Guard.

Thomas Sullivan  
**Hometown:** Ogilvie, MN  
**Major:** Political Science and Indian Studies

I enjoy watching TV and when not doing homework on my free time, rocking out to music on youtube.

David Teeples  
**Hometown:** Hawley, MN  
**Major:** Mass Communications

I enjoy so many different things: guitar, hiking, running, camping, photography, watching movies, hiking, skiing and just hanging out with friends. I like traveling, all kinds of music, and learning. I love Mexican food, pizza and ice cream (looking forward to the Cherry Berry!) I have 2 younger brothers and a springer spaniel named Hope. After college I want to go into Advertising. In high school I participated in cross country, track, basketball, on act play, musicals, and knowledge bowl.

“I may not be there yet, but I am closer than I was yesterday.”  
-Anonymous
Meet Your Tutors!

Roseanne Tripp
Red Lake Tutor
I am an Elementary Education major because I love surrounding myself with people eager to learn new things. My plan for after college is to be teaching at an elementary level somewhere in Minnesota and to spend time around my family. Making the decision to go to college was important to me because it's a big step in bettering my future. I love how close I am to everything when I live in the dorms! I feel more connected to my studies when I'm right on campus and able to use resources. The most surprising thing about college life for me was the amount of freedom you have when choosing your courses.

Alex Wolter
Park Rapids & Bemidji Tutor
I am a Mathematics Education major because I want to teach math. For me the reason to go to college was simple. I wanted to be a teacher and to be a teacher you have to go to college. I lived in the dorms last year and I liked how close you were to everyone and everything. Outside of school I enjoy to deer hunt, fish walleyes, and play guitar.

Lindsey Nelson
Mahnomen Tutor
I am a mathematics education major because I have always wanted to be a teacher and I want to be able to inspire students to learn. If I could go back in time, I would tell myself to grasp every opportunity that is given and enjoy the time that I have left in high school. It goes by fast, so be sure to sit back once in a while and take it all in. One of the most surprising things about college life has been the amount of responsibility that is put on your shoulders. It is up to you to be sure you attend your classes, pay your bills, and stay on track. There are no more permission slips or forms that you need to have a parent/guardian sign because you become the adult and you are responsible for yourself.

Allison Giese
Bagley & Blackduck Tutor
My major is English Education! I've always loved my English classes and it's my strong subject! Plus, I love working directly with people! So becoming an English teacher is such an exciting goal for me! After college I plan on getting right into teaching! Then when I get settled down in the future I would love to go back to get my Master's degree and maybe an Administration license. The most surprising thing about college life... Just the realization of everything. Growing up and being on my own isn't an easy transition! It has also been the best experience of my life thus far! Being aware of all financial responsibilities is Huge. Keep a planner and makes lists. That helps.

Ethan Luing
Back to Campus Tutor
I am a Math Education major. Throughout high school I was lucky to have several great teachers which inspired me to become one. Math has always been a strong subject for me so I chose that as an easy choice. The most surprising thing about college has been money. Everything costs money, and a lot of it! Living in the dorms has been great. It's a great place to make a lot of friends and meet new people. I have a cool roommate and I am right on campus close to everything. Outside of class, I enjoy hunting, fishing, basketball, anything outdoors or sports related and just hanging out with friends.

Peter Kuefler
Cass Lake & Mahnomen Tutor
I currently am a biology major with a Wildlife Management Emphasis and have a Geographic Information Systems minor. My plan for after Bemidji State is to attend a 4 year doctrate school to get my dentistry license. After I am done with school all together I would love to find a job in a smaller Minnesota community to start my working career. College was always an important goal for me because I have always wanted to be as educated as possible in the career. Outside of class I really enjoy the outdoors so try to get out in the woods or water as much as school allows. I also play intramural basketball and football on campus.
BSU Tutors Are Back!

Keep an eye on your calendar; starting October 1st tutors are officially back in your high schools to help with any and all of your academic needs. You can check out your schools tutoring schedule in your new UB red folders or on your schools new UB bulletin board. Be sure to make your way over to tutoring at least once a month- get some homework done, ask for help on assignments, or help other UB students with some of their questions on assignments. See you there!

ComFit

Does the thought of any and all standardized tests cause your brain to go into over drive, your hands get the shakes and you suddenly find it hard to breathe? Do you have to re-take the MCA exam? Nervous about the ACT? Then you need ComFit! This program is specifically designed to create individualized curriculum based on the areas you need to study. Juniors and seniors get ready for more info at your next school visit.

September Back-to-Campus!

Check out our website:
www.bemidjistate.edu/students/services/upward_bound