

October 2017

# Central College Upward Bound Fall Newsletter

Central  
College  
— 1853 —



## Summer 2017 Recap of Events

This summer was packed with excitement as Upward Bound students got four full weeks on campus. The theme of the summer was based on water. Convocation series lectures reflected this as well. Academic sessions were held each day in various locations on campus. In the evenings, students would have time to unwind at activities such as: Intramurals, swimming, dances, movies, and many other activities. After surviving the four weeks on campus, students were able to have a academic showcase for their parents. Students then moved out and packed to get ready for their trip. Our community based fieldtrips were held at different locations. The sophomores did a low ropes course in West Des Moines. The juniors took classes at John Deere Financial in Johnston and the seniors did a college visit to Iowa State University. This year's three day educational trip was to Minneapolis. Students loaded busses early on Monday a.m. to make it to the Guthrie Theater for a back stage tour of production. On Tuesday, students went on various college visits to colleges and universities in Minneapolis. They also toured Target field and learned things about L.E.E.D. Certification and how Target Field uses water. On our final night, students went to a very educational musical on the start of Motown called "Motown Musical". On Wednesday, students checked out of the hotel to go to the Minnesota Zoo. After spending several hours at the zoo, students loaded the busses and headed home for the summer. We had a great summer 2017!



Photo of students in our 2017 summer program





## 1st Academic Workshop of 2017-18: Oct. 7th

Forty-five Upward Bound students attended the first academic workshop of the 2017-18 school year at Central College on Saturday, October 7. Students participated in grade-level specific academic sessions in the morning, including: Grade 12- How to Write a Winning Scholarship Essay, led by Sheri Roslien; Completing the FAFSA & Finding Scholarship \$, led by new UB Coordinator, Josh Swanson; and Overview of College Applications, led by UB Associate Director, Kelly Kowzan; Grade 11- Effective Study Habits, led by new UB Coordinator, Whitney Wagner; and Emotional Intelligence (Level II), led by Central College's Assistant Director of Counseling, George Clark; Grade 10- Time Management Skills, led by former UB Coordinator, Jason Anderson; and Emotional Intelligence (Level I), led by George Clark again.

Following lunch at Central Market (and some surprise visits from summer '17 Tutor Counselors!), we left campus and went to Pella's EXCIT-A-BOWL for an hour of unlimited bowling!

A special thank you to all of the students who attended the event! It was a wonderful day! Mark your calendars for our next one: 11/4!

## SAB attends Student Leadership Conference at Simpson College

On October 4, 2017, the Student Advisory Board (SAB) went to Simpson College and attended the IA-TRIO Student Leadership Conference. The conference started off with an address from the President Simmons, the President of Simpson College. The keynote speaker was Shanice Whitney, a former SSS student at Simpson College. After the key note speaker, students could go to break-out sessions on Leadership. During the provided lunch, we listened the second keynote speaker, Jose Rodriguez. Jose spoke about following your passions and never giving up. His road seemed to be a tough one from a difficult situation. He overcame the odds and got a college degree from Simpson College. The last activity of the day was participation in a service project. Our SAB students made t-shirt bags for a food shelter in Des Moines. SAB had a great time, and a special thank you to Simpson College for hosting us!





## Meet Josh Swanson our new UB Coordinator!

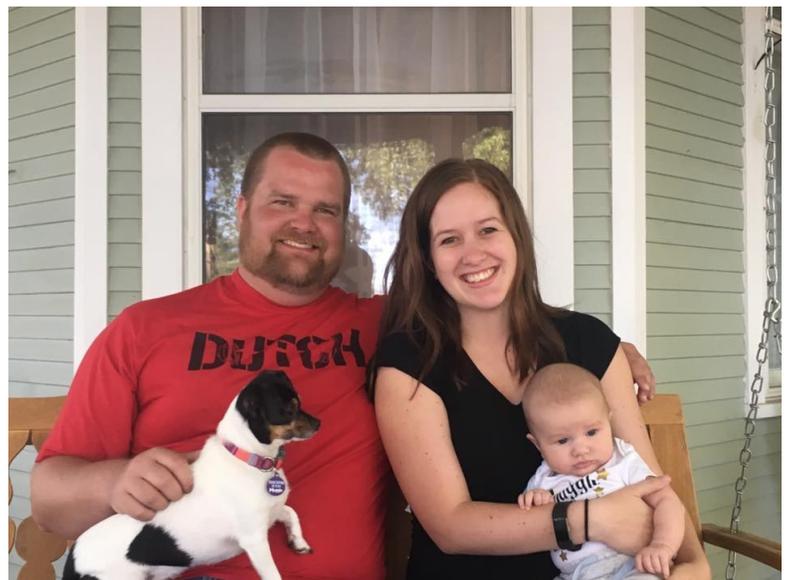
My name is Josh Swanson, and I am a new Upward Bound Coordinator. I will be working with students from Des Moines Lincoln and North High Schools. Working with students is a passion of mine, and I am excited for the opportunity to work with the students at Des Moines Lincoln and North.

I currently reside in Oskaloosa, Iowa with my wife Ashley, daughter Grace, and dog Wiley. We enjoy spending time together, playing and watching sports, and being active. I have spent the last several years working as a Senior Admissions Counselor at William Penn University. I am looking forward to using the knowledge gained from that job to assist the students in the Central College Upward Bound program.

## Meet Whitney Wagner our new UB Coordinator!

Whitney Wagner will be the Upward Bound Coordinator for East High School, Oskaloosa High School, and E-B-F High School. Whitney is a 2012 Central College graduate. For the last five years she has been a high school Spanish teacher in Iowa and Minnesota. She loves working with students and helping them along their education journey.

Whitney enjoys spending time with her husband, Brandon and their son, Wyatt. They enjoy taking their dog on walks, visiting friends, and spending time at their family cabin in northern Minnesota. Whitney also loves to explore our world. She studied abroad in England and Mexico through Central College and has traveled to 15 different countries. Her favorite place she has visited is London- she has been there five different times. On any given weekend you can also find her trying out some recipes from Pinterest- usually desserts!



## Mark Your Calendars for fall UB Events!

- **(W) October 18: Small Group Campus Visit at Indian Hills Community College \* Seniors invited**  
⇒ Sign up to attend if this is a top school of interest for you & you want to tour! (lead: Kelly)
- **(Fri) October 20: Small Group Campus Visit at Grand View University, 1-4 p.m. \* DMPS Seniors invited**  
⇒ Sign up to attend if this is a top school of interest for you & you want to tour! (lead: Whitney)
- **(TH-F) October 26-27: STEM Overnight Trip to UNI & John Deere Engine Works, Waterloo, IA \* Juniors invited**
- **(Wed) November 1: Small Group Campus Visit at DMACC, Ankeny \*Seniors invited**  
⇒ Sign up to attend if this is a top school of interest for you & you want to tour! (lead: Josh)
- **(Sat) November 4: UB Academic Workshop & Cultural Event, Des Moines! \*ALL UB students invited**  
⇒ Grades 10/11 (\*& 12 for those applicable): Campus Visit/Tour of Simpson College, Indianola  
⇒ Grade 12: FAFSA Completion Assistance (Parents welcome!)  
⇒ Cultural Activity: Performance of “The Color Purple” at the Des Moines Civic Center
- **(Sat) December 2: UB Academic Workshop, Central College \*ALL UB students invited**



**SENIORS! Need help completing your FAFSA? Attend one of these events with FREE qualified assistance. Certified trainers will be on-site to help you/ your parent(s). NO registration is necessary! WALK-IN's welcome!**

East High School	Library	Des Moines	10/17/2017	3:30 pm- 8 pm
Grand View University	Student Center room 150	Des Moines	10/17/2017	11 am- 3 pm
East High School	Library	Des Moines	10/18/2017	3:30 pm- 8 pm
Forest Avenue Public Library	Ask upon arrival	Des Moines	10/21/2017	10 am- 1 pm
Central Library	Ask upon arrival	Des Moines	10/22/2017	1 pm- 4 pm
Oskaloosa High School	Library	Oskaloosa	11/6/2017	5 pm- 7 pm
Grand View University	Student Center room 150	Des Moines	11/14/2017	11am- 3 pm