

TRIO

UPWARD BOUND

Upward Bound Update

The Official Newsletter of the Tigard-Tualatin Upward Bound Program

Fall | 2021



TTSD Upward Bound – Helping Students Make College Dreams a Reality

Upward Bound is a federally funded grant program designed to help low-income, first generation college students graduate from high school, gain entrance to and successfully graduate from college. The program has funding to serve 62 TTSD high school students. It assists eligible participants in developing the skills and motivation necessary for success in education beyond high school. The school-year features weekly tutoring sessions, college campus visits, standardized test preparation, college counseling (including help completing the FAFSA, submitting applications and financial aid, etc.) and exposure to other educational and cultural opportunities. Additionally, students spend six-weeks attending an intensive summer program, which includes college-prep classes for high school credit, unique field trips, and a multitude of other opportunities to increase self-esteem, build leadership skills, expand social skills, and improve college readiness.

TTSD UB Graduates Make Fall College Plans

We are thrilled by the number of our graduates heading off to college this year! The 2021 UB Senior Class included 10 students who have been admitted and plan to enroll in college this fall. To see student testimonies regarding their time in UB, [visit the UB website](#).

Damaris Bailon-Villegas (TuHS) – Portland Community College

Tenzin Dolkar (TuHS) – Stanford University

Emily Mellin Ruiz (TuHS) – Portland Community College

Ian Munoz-Gallardo (TuHS) – Portland State University

Odalys Salas Moreno (TuHS) – Portland Community College

Sophia Ramirez-Navarrete (THS) – Portland State University

Anthony Salazar (THS) – Portland Community College

Maria Sotelo-Barriga (THS) – University of Oregon

Allan Velazquez-Camarena (THS) – Portland Community College

Elisa Yac (TuHS) – Oregon State University

TTSD UB Graduate Highlight - Tenzin Dolkar

Every fall we send graduates off to college, but we don't always send them to institutions as prestigious as Stanford University. Class of 2021 Upward Bound and Tualatin High School graduate Tenzin Dolkar is heading off to Stanford in the fall, so we asked her to reflect on her journey. Below is an excerpt from our interview. For a full transcript, visit the [TTSD UB website](#).

How did being a part of TTSD Upward Bound help prepare you for college? Starting from underclassmen years, visiting WOU and OSU really motivated me and made college feel like a reality because I was sleeping in a dorm and sitting in a giant lecture room. But, most importantly, it was the personal connections I made with UB counselors that inspired me as I saw them graduate with degrees even with their challenges as first-generation, low-income students and immigrants. During senior year, I had uncertainties about the college application process, FAFSA application, and the costs of college. Luckily, Greg and Genara organized financial workshops like the senior FAFSA night and sent constant reminders of scholarship opportunities and deadlines. UB also offers a summer Bridge class

which left the biggest impact on my acceptance to Stanford. Mr. Lieuallen pushed us to include specific imagery and concise descriptions as we shared our stories and read each other's college essays. I also received help from other UB staff members in editing my scholarship essays, and that kind of support system kept me accountable from procrastinating. I don't know how I got so lucky, but I couldn't have gotten in without the Bridge class, college workshops and the UB staff support.

TTSD UB Enjoys Successful In-Person Summer Program

While most students and staff were enjoying some well-deserved time off from school, TTSD Upward Bound's six-week Summer Program was full-speed ahead from June 21-July 29. With safety protocols in place students and staff thoroughly enjoyed being back together. Forty-four students - from both THS and TuHS - spent mornings participating in fun and challenging college-prep classes, with most earning 1.0 elective credits for their efforts. Outside of the classroom, UB students partook of team-building activities, presentations by speakers, college planning, community service, and weekly field trips.



UB Summer Offers Unique and Varied Academic Course Offerings

Students were able to choose from a wide-array of course offerings from across the academic spectrum. Classes were taught by some of TTSD's finest educators, with diverse educational backgrounds and specialties. After the trying year(s), we wanted both teachers and students to have fun being back in school. The teachers went all-in on creativity and the students responded positively.

Andrew Bonica - Humanities (TuHS); The Art of the Playlist; The Psychology of Relationships; Fascinating Conversations

Catherine Cox - Spanish (Metzger): Las chicas del cable; Esperanza renace; Musica mundial

Emily Gitt & Jennifer Pavelich - Language Arts (Metzger): The Hate U Give; Future Careers; The Last Dance

Justin Humble - Math (TuHS): Foundations of Algebra; Solidifying High School Math; Financial Literacy

Chris Lieuallen - College Prep (TuHS): Bridge 2022; 9th Grade UB; Play, Laugh, Live

Kaleb Reese - Lab Science (THS): Lab Science Sampler Pro; Engineering



Summer Field Trips Open New Horizons for TTSD UB Students

TTSD UB always strives to expose our students to opportunities that they might not otherwise have. Visiting unique locations and educational destinations is always the goal and we definitely had some great trips this summer despite the difficulties presented by COVID.

Cannon Beach, Oregon Coast - Students and staff played volleyball on the beach, explored the unique ecosystem and tidepools, and built sand castles along a beautiful stretch of Oregon coastline.

Paesano Bocce Club, Gresham, OR - Students were introduced to the rules and traditions of the ancient game of bocce and played a round-robin tournament. It was a great day enjoying the outdoors, comradery, and a little healthy competition.

Warner Pacific University, Portland, OR - While TTSD UB didn't get its usual overnight stay on a college campus this summer due to COVID, students did have a great day exploring WPU's Southeast Portland campus.

OMSI, Portland, OR - Students were able to investigate all sorts of interactive displays regarding the dinosaurs of North America, and who doesn't love learning about dinosaurs?

Timberline Lodge, Mt. Hood, OR - The students thoroughly enjoyed the day and, what was for many, their first time on the mountain. Students were able to explore the historic lodge, throw snowballs at each other, and go for a hike on the legendary Pacific Crest Trail.

Oaks Park, Portland, OR - As has been the UB tradition, the students and staff enjoyed their final celebration together at historic Oaks Park.



TTSD UB Undertakes Community Service with the City of Tualatin

Working in conjunction with Jackie Konen and the City of Tualatin Parks and Recreation Department, UB students and staff undertook two projects this summer. First, UB spent a day revitalizing **Ibach Park**. Students spread bark chips throughout the playground area, eradicated invasive species, and cleared hiking trails of overgrowth. Second, UB worked alongside Friends of Trees to clean up damage from this winter's ice storm and remove invasive plants throughout the **Chieftain Dakota Greenway**, leaving the park in great shape.



TTSD UB Summer Program Features Special Presentations

Another way UB exposes participants to unique opportunities is by inviting presenters to share their knowledge and skills with students. We had an amazing line-up of speakers and presentations this summer.

Mental Health and Self-Care – Psychologist Dr. Amy Stoeber gave students all sorts of food for thought regarding self-care and future-casting during this difficult time. She gave helpful advice on how to deal with anxiety and how to stay connected with key support systems.

Financial Literacy – TuHS math teacher Justin Humble taught an intensive financial literacy seminar, covering everything from debt to savings to investing.

Art Workshop – Each UB student was able to take home a beautifully painted canvas that

they'd created. It proved to be a great exercise in developing untapped talent for some and stepping out of their comfort zone and trying something new for others.

Digital Literacy – UB students were encouraged to think about their interaction with that little device they have in their pocket. Discussion touched on social media, their digital footprint, personal information, citizenship, and much more.

Resume Writing and Interviewing Skills – Faith Avery, Community Education Manager for Goodwill Industries, spent two afternoons sharing practical skills and resources regarding preparing for jobs and/or scholarship opportunities.

Etiquette Training & The Lost Arts – Prior to the end of summer awards and formal luncheon, TTSD UB Director Greg Mitchell gave a presentation on etiquette – covering everything from which utensil is used for what purpose to proper attire for interviews as well as other lost arts.



TTSD UB Summer Staff Members Come Full-Circle

Each summer, TTSD UB hires 6-8 college-aged tutor-counselors who plan and lead afternoon enrichment activities, chaperone field trips, serve as academic tutors and act as positive role-models throughout the program. This summer, six of our seven tutor-counselors as well as the program assistant were graduates of the TTSD Upward Bound program.

Sheyla Dorantes (THS class of 2018) – Lewis & Clark College

Ceirra Gordon (THS class of 2020) – Portland State University

Melissa Ontiveros (THS class of 2020) – Western Oregon University

Ruben Pascual Gomez (TuHS class of 2019) – University of Rochester

Jazmine Rios (THS class of 2018) – Western Oregon University

Genara Solis (THS class of 2015) – Portland State University (graduate)

Xavier Walker (THS class of 2020) – Portland Community College

Special Thanks to Those Who Made the UB Summer Program Happen

The summer program is hosted by Tualatin High School and we couldn't do it without all of the help we receive. From room reservations to tech support to event set up, TuHS staff went above and beyond this summer, helping us enjoy a successful summer program. Our sincerest thanks to Michael Dellerba, Marji Ruzicka, Marie Shockloss, Kristie Bullock, Debra

Olson, Bradley Baker, and Thor Kuhn. Also, thanks to Susan Salkield and Ray Grosenbach at the district office for all of the tireless work they do behind the scenes.

TTSD Upward Bound Staff

Greg Mitchell, Director

Genara Solis, Program Coordinator

[READ MORE ON OUR WEBSITE](#)

*Upward Bound is one of eight programs that fall under the TRIO umbrella of the US Department of Education. TTSD Upward Bound costs are 100% financed by federal money. Annually the funding amount differs, but year specific data is available to the public upon request. For 2020-21 the project received \$297,601 in federal funds.