

UPWARD BOUND



Washburn University

Celebrating Mental Health Awareness Month



My Mental Health: Do I Need Help?

First, determine how much your symptoms interfere with your daily life.



Do I have mild symptoms that have lasted for less than 2 weeks?

- Feeling a little down
- Feeling down, but still able to do job, schoolwork, or housework
- Some trouble sleeping
- Feeling down, but still able to take care of yourself or take care of others



If so, here are some self-care activities that can help:

- Exercising (e.g., aerobics, yoga)
- Engaging in social contact (virtual or in person)
- Getting adequate sleep on a regular schedule
- Eating healthy
- Talking to a trusted friend or family member
- Practicing meditation, relaxation, and mindfulness

If the symptoms above do not improve or seem to be worsening despite self-care efforts, talk to your health care provider.



Do I have severe symptoms that have lasted 2 weeks or more?

- Difficulty sleeping
- Appetite changes that result in unwanted weight changes
- Struggling to get out of bed in the morning because of mood
- Difficulty concentrating
- Loss of interest in things you usually find enjoyable
- Unable to perform usual daily functions and responsibilities
- Thoughts of death or self-harm



Seek professional help:

- Psychotherapy (talk therapy)—virtual or in person; individual, group, or family
- Medications
- Brain stimulation therapies

For help finding treatment, visit [nimh.nih.gov/findhelp](https://www.nimh.nih.gov/findhelp).

If you are in crisis, call or text the 988 Suicide & Crisis Lifeline at 988 or chat at 988lifeline.org, or text the Crisis Text Line (text HELLO to 741741).

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Follow us on Social Media!

- [Facebook](#): WU Upward Bound
- [Instagram](#): @upwardboundwashburn
- [Website](#): [TRIO Upward Bound Program - Washburn University](#)



[nimh.nih.gov/findhelp](https://www.nimh.nih.gov/findhelp)

St. Louis Multi- Campus Tour

Between April 18th-20th, Washburn Upward Bound took 23 WUB students to St. Louis, MO to visit the 4 campuses listed below. Students got to visit different types of post secondary institutions and meet with the TRIO programs at each campus. They also enjoyed interactive group activities and some cultural stops St. Louis has to offer.

- Columbia College
- Harris Stowe State University
- Webster University
- University of Missouri St. Louis



Saturday Academy and Celebrating the Class of 2024!



2024 UPWARD BOUND GRADUATING SENIORS:

- DE'NISHA ANDERSON
- ALLICIA DAVIS
- ANDREW HAZE
- PRESTON HUNTER
- NAOMI MERAZ
- EMILIANO REYES
- ELLIE SCRAGG
- FRANKIE TEVEBAUGH
- KAYDA VILLANUEVA



CONGRATULATIONS!

Scholarship Quick

Access

Washburn University:
[Scholarship Information | Washburn University](#)

Washburn Tech:
[Scholarships \(washburntech.edu\)](#)

Kansas State:
[Scholarships \(k-state.edu\)](#)

KU:
[All Opportunities - University of Kansas Scholarships \(academicworks.com\)](#)

ESU:
[Scholarships - Emporia State University](#)

Pitt. State:
[Scholarships and financial assistance | Pittsburg State University \(pittstate.edu\)](#)

Fort Hays:
[Scholarships - Fort Hays State University \(FHSU\)](#)

Wichita State:
[Scholarships \(wichita.edu\)](#)

JCCC:
[Scholarships | Johnson County Community College \(jccc.edu\)](#)

*Please inform Zalma if you'd like another school added to this list

News and Impact: From Port-au-Prince to Policy: A TRIO Upward Bound Journey of Service and Success

April 17, 2024

I was born in Boston but grew up in Port-au-Prince, where I spent the first fifteen years of my life. When I left Haiti, I pledged to my family that I would serve those who need it the most upon receiving my share of the American dream. When I got to Boston, my cousin insisted I enroll in TRIO Upward Bound. He talked about how much fun he had in the summer program and the tight-knit community he was part of, but little did I know TRIO Upward Bound would be a transformational experience at a critical point in my life.



After completing a master's in Education and Social Change at the University of Miami and a second master's in International Education Development at Columbia University, I joined the foreign service as an American diplomat. Still, even then, I stayed true to my TRIO Upward Bound roots. I volunteered to speak to students in Ecuador, organized a book drive for underserved schools in Mexico, and helped create a State Department's federal program to support first-generation college graduates in the United States and at our diplomatic missions abroad.

Since 2014, I have served in various positions in the State Department. I was recently offered the White House Director for Global Engagement and Multilateral Diplomacy role, which I expect to begin this spring. TRIO Upward Bound was a life-changing experience that gave me all the tools to reach my fullest potential. I was blessed to have that community behind me at such a pivotal time, and I wouldn't have been here without them.

Read Full Article: [From Port-au-Prince to Policy: A TRIO Upward Bound Journey of Service and Success - Council for Opportunity in Education \(coenet.org\)](#)

WUB Reminders/Updates

- **Invite friends to join WUB!**
 - Online Application: [Student Application \(empoweranalytics.org\)](#)
 - Paper Applications can be found in room 338
- **Last Day of WUB Services for 2023-2024:** Friday May 10th, 2024

Contact Us!

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Happy Birthday Sevin, Ayden and Daniela!



“Education’s purpose is to replace an empty mind with an open one” - Malcolm Forbes

May

Proud to be Upward Bound!



2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			Trojan Time (1 hour) PM Academy (1.5 hours)	Trojan Time (1 hour) PM Academy (1.5 hours)		
5	6	7	8	9	10	11
KC Royals Game	PM Academy (1.5 hours)	PM Academy (1.5 hours)	Trojan Time (1 hour) PM Academy (1.5 hours)	Trojan Time (1 hour) PM Academy (1.5 hours)	Last Day of WUB Services	
12	13	14	15	16	17	18
						Commencement
19	20	21	22	23	24	25
		Last Day of School				
26	27	28	29	30	31	



I'M SO STRESSED OUT!

Is it stress or anxiety?

Stress

- Generally is a response to an *external* cause, such as taking a big test or arguing with a friend.
- Goes away once the situation is resolved.
- Can be positive or negative. For example, it may inspire you to meet a deadline, or it may cause you to lose sleep.

Both Stress and Anxiety

- Both stress and anxiety can affect your mind and body. You may experience symptoms such as:
- Excessive worry
 - Uneasiness
 - Tension
 - Headaches or body pain
 - High blood pressure
 - Loss of sleep

Anxiety

- Generally is *internal*, meaning it's your reaction to stress.
 - Usually involves a persistent feeling of apprehension or dread that doesn't go away, and that interferes with how you live your life.
- Is constant, even if there is no immediate threat.

Ways to Cope

- Keep a journal.
- Download an app with relaxation exercises.
- Exercise and eat healthy.
- Get regular sleep.
- Avoid excess caffeine.
- Identify and challenge your negative thoughts.
- Reach out to your friends or family.

Find Help

If you are struggling to cope, or the symptoms of your stress or anxiety begin to interfere with your everyday life, it may be time to talk to a professional. Find more information about getting help on the National Institute of Mental Health website at www.nimh.nih.gov/findhelp.

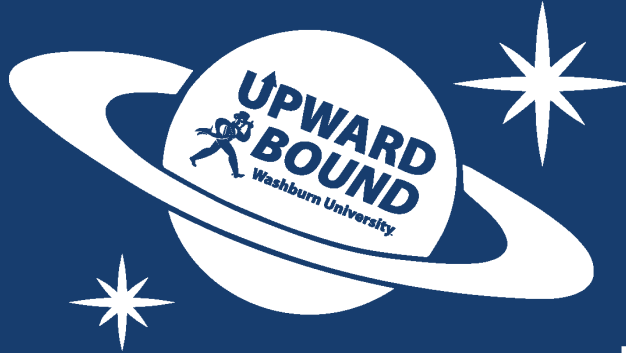


National Institute of Mental Health

nimh.nih.gov/stressandxiety

Top 10 Ways to Improve Mental Health

1. Get enough sleep	6. Be mindful
2. Exercise	7. Eat healthy
3. Open up to someone	8. Deal with stress
4. Be grateful	9. Reflect
5. Help someone else	10. Reach out for help



UPWARD BOUND SUMMER ACADEMY

JUNE 17-JULY 26, 2024

A 6-week day camp for UB participants from incoming freshmen to incoming seniors can participate. Lunch and snacks provided. Students may register for all six weeks. Students who attend four out of six weeks will receive a \$60 stipend. Students can be dropped off at 7:30 am and be monitored until camp begins at 9:00 am. Camp ends at 3:00 pm, but students can stay until 5:00 pm and be monitored until 5:15 pm. Must register by April 1, 2024.

SCHEDULE

WEEK 1

June 17-21, 2024 (NOTE: NO Camp June 19 for Juneteenth)

Field Trip: Wichita State University campus tour
and Great Plains Nature Center

WEEK 2

June 24-28, 2024

Field Trip: Royals Game and walking tour of Kauffman Stadium

WEEK 3

July 1 – July 5, 2024 (NOTE: NO Camp July 4 for Independence Day)

Field Trip: The Federal Reserve Money Museum
and The Nelson Atkins Museum of Art

WEEK 4

July 8-12, 2024

Field Trip: Worlds of Fun

WEEK 5

July 15-19, 2024

Field Trip: Fiesta Topeka Festival

WEEK 6

July 22-26, 2024:

Field Trip Cosmosphere
6:00- 7:00 PM Parent Closing Ceremony



**REGISTER
HERE!**



JOURNEY TO THE STARS: TOGETHER WE THRIVE



UPWARD BOUND SUMMER BRIDGE FOR 2024 GRADUATING SENIORS JUNE 17-JULY 26, 2024

Bridge is a residential 6-week camp where only 2024 graduating seniors can apply. Students will earn 6 free university credits while living on campus, and attend field trips. The theme is "Journey to the Stars: Together We Thrive". Lunch and snacks provided. Must register by April 1, 2024. Bridge will have evening activities planned that Summer Academy kids can't attend.

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