

Welcome to the Washburn Upward Bound (WUB) Family!

Upward Bound (UB) Mission

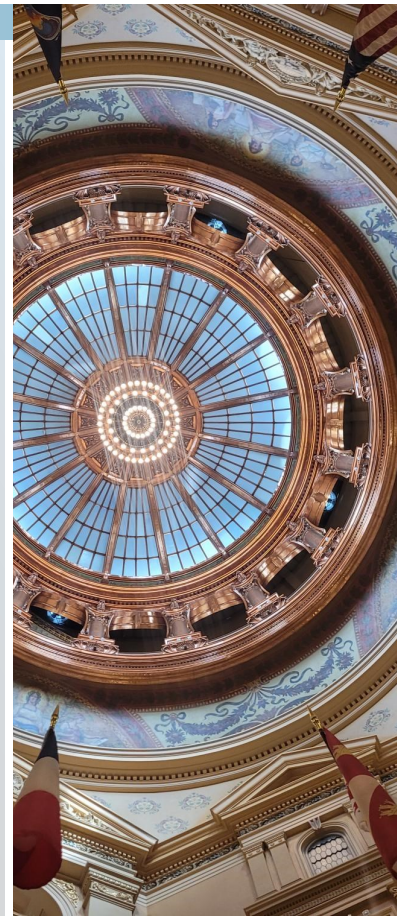
Upward Bound (UB) is a federal TRIO intensive intervention program that prepares students for higher education through various enrichment courses. Campus-based UB programs provide students instruction in literature, composition, mathematics, science, and foreign language during the school year and the summer. UB also offers intensive mentoring and support for students as they prepare for college entrance exams and tackle admission applications, financial aid, and scholarship forms.

All Upward Bound program activities and services are free to students enrolled in the program.

Specifically, the goal of Upward Bound is to get students excited about post-secondary education and picture themselves accomplishing their goals.

Services Provided:

- Needs assessment and academic advisement
- Counseling referrals
- Twice monthly Saturday Academies
- College tours
- Internship/scholarship opportunities exposing participants to careers requiring a post secondary degree
- Guest speakers from various entities
- Exposure to educational and cultural events
- College preparation and financial aid workshops
- Community service and volunteer opportunities



Inside this issue

Meet the Upward Bound Team ..2
Parent Dinner.....2
2023 Summer Academy3
TRIO News and Impact4
Academic Resources4
Community Resource Highlight ..5
WUB Calendar5
Fall 2023 WUB Events6
Saturday Academy Sign-Up.....7
Murder Mystery RSVP8
Contact Us!8

Find us on Social Media!

- Facebook: Washburn University Upward Bound
- Instagram: @upwardboundwashburn

Meet the Upward Bound Team!

Hello, my name is Zalma Molina and I'm very honored to be Washburn University's new Upward Bound Advisor. I look forward to working with you and providing any and every type of assistance in your early academic career.

I have a Bachelor's of Science degree in Petroleum Engineering with a Minor in Geology from the University of Kansas (Rockchalk!) and am also a first generation student. My own path was shaped by programs similar to Upward Bound which helped me not only become one of the first in my family to attend college but also one of the first to proudly finish it. This is exactly why I look forward to getting to know all of you and help navigate you towards accomplishing your own goals in any way. A fun fact about me

is I own a motorcycle that I refer to as my baby. Let me know if you ever want to see pictures of it or if you like motorcycles too.

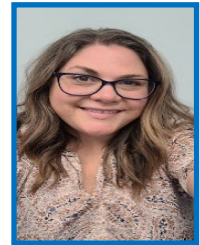
If you ever have any questions and/or concerns, please never hesitate to get in contact with me using the information below. I am also fluent in Spanish so if that is ever the preferred language, I'd be more than happy to speak that as well. I'm super excited to get to know you!



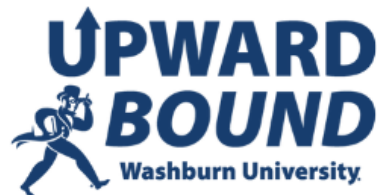
I am a graduate of Murray State University of Murray Kentucky with both a B.S. and M.S. degrees in organizational communication. If I can do it, you can too. I am originally from Kentucky but after living in Kansas for 23 years, I consider myself a transplanted Kansan. I have enjoyed working with adolescents and their families for several years and look forward to watching you grow and graduate from high school and college.

A fun fact about me is that as a first-generation college student I never imagined I would travel the circumference of the globe, but the travel bug has a hold of me. I love to travel having explored Mexico twice, England multiple times, France, Russia, New Zealand, India, Puerto Rico, and

China. My favorite food is good hamburger and have been since high school. Watching movies is my favorite pastime. Check out The Princess Bride and The Breakfast Club if you have not seen them. Lastly, if we were to take a trip together get ready for a long plane ride as I have always wanted to go to Australia. So welcome to Upward Bound, I look forward to getting to know you!



"I cant change the direction of the wind, but I can adjust my sails to always reach my destination." - Jimmy Dean



Parent Dinner

TUESDAY SEPTEMBER 19TH 2023

Dinner: 5pm-6pm (Catered by El Mezcal)

Presentation: 6pm-7pm

Location: Topeka High School Cafeteria
800 SW 10th St, Topeka, KS 66612

RSVP

Kindly respond using the QR code or notifying any Upward Bound staff member by September 11th, 2023



2023 Summer Academy

One highlight of Upward Bound's program is Summer Academy, a unique summer academic experience that plays a fundamental role in easing students' transition to college life. During Summer Academy students receive educational experiences while attending immersive interactive classes in English composition, math, foreign language, and lab sciences. The program allows students to familiarize themselves with the college environment, make new connections, and prepare academically for their upcoming high school year.

This year's Summer Academy was a resounding success. Students visited Topeka educational sites including the State Capitol, Brown Vs. Board of Education as well as community colleges and universities across Kansas. The Summer Academy included cultural trips to Kansas City where students visited the Negro Leagues Baseball Museum, Crown Center Aquarium, and Union Station.

Throughout the Summer Academy, the growth and development of participating students were evident to the Upward Bound staff. Students formed close friendships, formerly reserved individuals came out of their shells, and those uncertain about their future plans began developing detailed strategies for college, car ownership, and independent living. The positive impact of Summer Academy on students' lives and aspirations has been truly remarkable.

Upward Bound is now accepting applications for the upcoming 2023-2024 academic year. Topeka High School students who are interested in this life-changing opportunity can apply online at: [Student Application \(empoweranalytics.org\)](https://empoweranalytics.org)



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**

TRIO News and Impact

Young Doctors Project Hosts 11th Annual White Coat Ceremony: "I kept him alive long enough for him to have a chance to live."

By Brian Zhang July 25, 2023

The morning of Thursday, June 1, 2023 started like any other average school day for 17-year-old Mychael Brown. But when the high school junior was preparing to get off a train at Foggy Bottom metro station in Northwest Washington, D.C., he noticed a man in the same car starting to choke and fall unconscious. Another passenger had warned him to stay away.

Still, Brown rushed toward the man, put him in a recovery position, waited for the vomiting to stop before doing CPR compressions, and stayed behind until emergency health workers arrived. Had no one helped, the man's vomit would likely have obstructed his airways and killed him. Brown arrived thirty minutes late to school that day but said that the feeling of giving his all to save someone's life was an incomparable first.

He says that it will be far from his last time.

Brown, a rising senior at the School Without Walls, is a member of the Young Doctors Project. This D.C.-based nonprofit invests in 13 to 18-year-old students who predominantly identify as Black or Latino men wishing to pursue a medical career. On Sunday, June 25, the Young Doctors Project hosted its 11th annual White Coat celebration of the newest cohorts of "Young Doctors" on the rooftop terrace of the American Association of Medical Colleges building in the heart of Washington, D.C.

According to Young Doctors co-founder Dr.

Malcolm Woodland, their intimate understanding of Blackness and knowledge of nuances surrounding barriers to Black wellness makes Black doctors willing to take a more significant chance on their patients of color. A Southeast D.C. native and now a forensic psychologist still in the city at large, where he has sat across incarcerated African American men countless times and saw firsthand the correlation between poverty and disease, he knew the potential impact of a free program as an engine of social mobility for young boys.



Mychael Brown aspires to be either a cardiologist or an anesthesiologist.

Academic Resources

⇒ Study Stack

Create flash cards using the app or [studystack.com](#) for language, math, and science. Once you create the flash cards, the app automatically comes up with games to motivate you to study.

Link: <https://www.studystack.com/>

⇒ Kahoot

Allows users to create classroom games based on any subject. You come up with multiple choice questions, and you can add videos, images, and diagrams to make it more engaging.

Link: <https://www.apple.com/itunes/>

⇒ Vocabulary Spelling City

This website helps students improve spelling and vocabulary by playing games. The site has word lists for every subject and grade level.

Link: <https://www.spellingcity.com/>



Community Resource Highlight

Harvesters

Harvesters provides food and related household products to more than 760 nonprofit agencies including emergency food pantries, community kitchens, homeless shelters, children’s homes and others. They also offer education programs to increase community awareness of hunger and teach about good nutrition.

Location: 215 SE Quincy St, Topeka, KS 66603

Link: [Home - Harvesters](#)



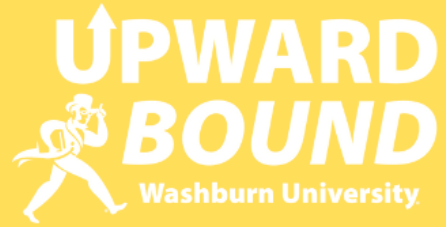
“If opportunity doesn’t knock, build a door.” - Milton Berle

September

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					Trojan Time (1 hour)	
3	4	5	6	7	8	9
	No School	Trojan Time (1 hour) PM Academy (1.5 hours)	Trojan Time (1 hour) PM Academy (1.5 hours)	Trojan Time (1 hour) PM Academy (1.5 hours)	Trojan Time (1 hour)	National ACT Test Date
10	11	12	13	14	15	16
	PM Academy (1.5 hours)	Trojan Time (1 hour) PM Academy (1.5 hours)	Trojan Time (1 hour) PM Academy (1.5 hours)	Trojan Time (1 hour) PM Academy (1.5 hours)	Trojan Time (1 hour)	KC Zoo Trip
17	18	19	20	21	22	23
	PM Academy (1.5 hours)	Trojan Time (1 hour) PM Academy (1.5 hours) Parent Night 5pm-7pm @ THS Cafeteria	Trojan Time (1 hour) PM Academy (1.5 hours)	Trojan Time (1 hour) PM Academy (1.5 hours)	Trojan Time (1 hour)	Saturday Academy (4 hours)
24	25	26	27	28	29	30
	PM Academy (1.5 hours)	Trojan Time (1 hour) PM Academy (1.5 hours)	Trojan Time (1 hour) PM Academy (1.5 hours)	Trojan Time (1 hour) PM Academy (1.5 hours)	Trojan Time (1 hour)	Homecoming

FALL 2023 WUB EVENTS



SEPTEMBER

Saturday 9/16/23 - Field Trip to Kansas City Zoo (9am-6:30pm)

Tuesday 9/19/23 - Parent Meeting (5pm-7pm) @ THS Cafeteria

Saturday 9/23/23 - Saturday Academy (9am-1pm) @ Washburn University

OCTOBER

Saturday 10/7/23 - Saturday Academy (9am-1pm) @ Washburn University

Tuesday 10/17/23 - Washburn Tech Open House (*Exact time pending)

Tuesday 10/17/23 - Parent Meeting (5pm-7pm) @ THS Cafeteria

Saturday 10/21/23 - Field Trip to Topeka Civic Theater (6pm-9pm)

NOVEMBER

Friday 11/3/23 - Field Trip to IFly KC (4pm-10pm)

Wednesday 11/8/23 - College Application Day during PM Academy (3pm-4:30pm)

Saturday 11/11/23 - Saturday Academy (9am-1pm) @ Washburn University

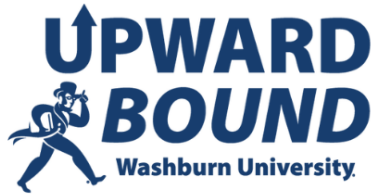
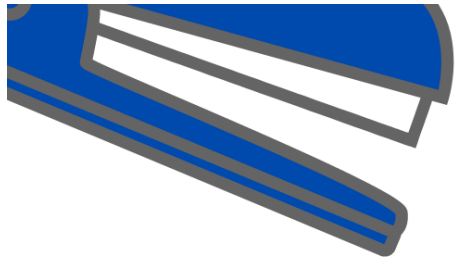
Tuesday 11/14/23 - Parent Meeting (5pm-7pm) @ THS Cafeteria

*Excused absences include doctor appointments, THS sponsored athletics, band, and events as well as church and family obligations like a Saturday family reunion. Work is not considered an excused absence.

Students will meet up at the roundabout in front of Morgan Hall located at Washburn University for Field Trips

At-Home Ways to Reach Required 16 Hours of Monthly Participation for WUB:

Tutor Me
Naviance
Method Learning



SATURDAY ACADEMY SIGN-UP



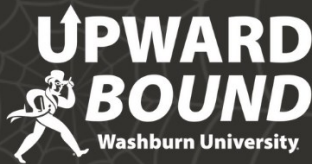
Fall 2023

Join us for the fun! Free lunch provided!



Washburn Upward Bound
Saturday Academy RSVP Fall 2023





MURDER MYSTERY DINNER AND SHOW

WHO SHOT DR. CRISTOW?

THE HOLLOW BY AGATHA CHRISTIE

Saturday, October 21 2023, Dinner at 6pm, Show at 7:30pm
Topeka Civic Theater 3028 SW 8th Ave., Topeka, KS 66606

*Let us know you're
coming*

Washburn Upward Bound Murder
Mystery Dinner and Show



Contact Us!

Shelley Bearman - Upward Bound Director

shelley.bearman@washburn.edu

Zalma Molina - Upward Bound Advisor

zalma.molina@washburn.edu

Phone: (785)295-3220