

# Upward Bound

## NEWSLETTER

Upward  
↑ BOUND

Spring Edition - 2023

## Careers Can Change!

By Sav Rose Serrano

**What career did you want to have as a child?** What career do you want to have *now*? Oftentimes, they will not be the same. People often change their career choices as much as 5-7 times throughout their life. It is also a possibility that you don't know what career path to choose. Regardless of where you are at in your journey, do not fret, your only goal is to choose a path that you will enjoy.

Our career options can change with us as we develop new interests. As a child, you may like math and decide to be an accountant. However, as an adult, you may realize you have a passion for medicine, and choose a path to become a doctor. Going through life gives you different experiences and exposure to new fields and ideas. It is only natural that you may want to change your career to something you're more passionate about and that's better suited to your interests.

Sometimes, careers can be chosen based on your individual skills as well. Just as with the previous example, if you are good with math, you may choose to become an accountant, because your skills are best suited for that job. While you may still appreciate medicine, you could always study it as a hobby.

It is also important to note that job availability and finances can affect how you choose a path. In any case, you should be encouraged to change career paths as often as you need to make sure you are building yourself a bright and happy future. Changing career paths shouldn't be viewed as being indecisive, but rather as a growth opportunity for your potential into a field that is suited for you.

### Featured...

Trying to Be the Perfect Student  
Loving Our World

What Is It Like To Be A Cyber  
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SAT & ACT Test Taking Tips  
A UB Student's Take on

Colorism

Parental Control

Meet the UB Students

*Student Written Poetry*

& so much more...



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# Trying to be the Perfect Student

By Giovanni Rodriguez

Listen. Do you find yourself overworking because you want to have perfect grades? Maybe you ask your friends about what they did on an assignment and they said they basically did the bare minimum and earned a 100. However, you tried your hardest on that assignment and completely stressed over it to get the same score. You received that 100, but then it does not satisfy you because everyone else received the same grade without all of the effort .

Well, my friends, I can relate.

Ever since elementary school, I have always been a straight A student. School has usually come easy to me, so maintaining those grades has never been a problem. Having this image for so long, it is a habit to use everything in my power to keep myself as the “perfect student.” If my English teacher asked for a five page minimum essay, I would give them ten. If my math teacher wants to see my work, I will give them every single step of that problem. It just goes on and on... and it just gets more and more stressful everyday. So, why do I , and people like me, give the maximum effort when the minimum effort is rewarded equally? This is the question that I have asked myself over and over. That is when I figured it out, and maybe this will help save you from this cycle too.

I saved myself from this mentality with one simple thought, one simple solution, one simple question: I asked myself, “what is perfection?” It does not exist. Nothing can be perfect. Everything in the world has at least one flaw. I could not expect myself to be perfect. There is a difference between trying your best, and trying to be perfect. The “trying to be perfect” mentality is toxic. It is a poison. Get rid of that personality. Just do your best, instead. Hey, if you get a B instead of an A, who cares? You did your best. It is not perfect, but then again, nothing is. Next time, try your best again, and again, and again. The satisfaction of trying your best and succeeding instead of stressing over being perfect is one of the best feelings in the world. Get this into your head; do not try to be perfect, try to be your best.

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Meet the "Upward Bound

**NEWSLETTER" STAFF**

**Head of Staff:** Ms. Briauna Robinson

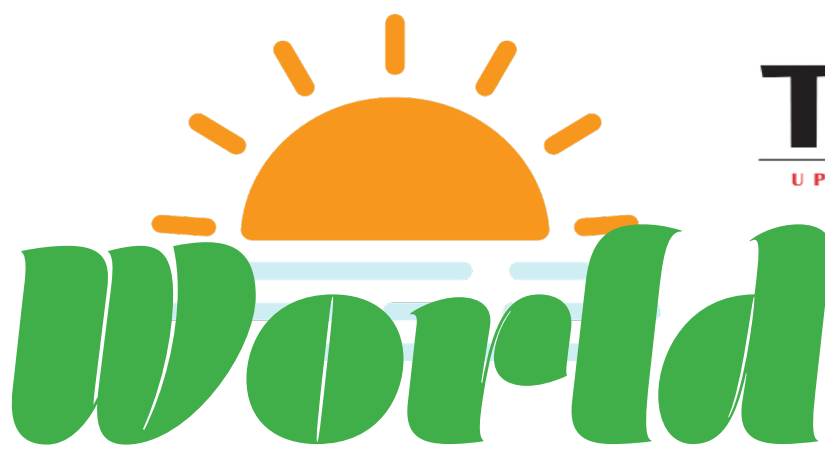
**Editor-In-Chief:** Caylee Carey

**Editors:** Lily Vahey, Jordan Lamb

**Layout Editors:** Savannah Rose Serrano, Jazmine Trathen

**Photographer(s):** Caylee Carey, Ibraheem Latifou, Keshawn Moran

# Loving Our



By Nicholas Kratz

Nature is something that will forever be around us. It's the beautiful natural world that shows the harsh reality and innocence of life. To us, a branch is a branch, but to a bird, it's a foundation to their future home. Nature is existential to all of us. It's a fundamental part of every being's livelihood. We may take it for granted, which may be a hard feat to overcome, but it's internally important for us.

We need to start looking at this world through a different lens. Our eyes. It takes only a minute to bask in the world and enjoy it. There's beauty in everything around us. Beauty is what our planet is founded on; even some things that people may declare "ugly" are still beautiful because it's what our world made. Looking outside your window is a menial task which can benefit us greatly. To look out into the wild world and see what's around us. Simply looking upon the horizon with a smile can bring fortune into our life.

So I urge you to look at our world with shining eyes! It's a beautiful sight to see. The bright green grass flowing through the wind of summer, the fallen leaves of fall, the bright snow of winter, the blooming flowers of spring. It's all a part of our natural world. You may hate the bright sun, the heat, the snow, the dark clouds, the constant leaves all on the ground. But internally the concept of renewal is beautiful. Our world is taking that cycle and turning into a new one. It's all part of a process called life. Our planet grows and changes with us. We're growing up together.

We need to come together and look at our world with the eyes a parent does a child. It's a simple, naive thing that needs nurturing. It's up to us as humans living on this planet Earth to treat our planet with the love and respect it deserves and needs. The more we take advantage of it, take it for granted, or simply trash it - the worse we make everything.

If we treat our planet with love, it will treat us with love back. Our world won't amount to anything if we continue to hate each other or the planet. We all need to look into our horizons and make the change. A change that can be a difficult task for us all, but doable nonetheless. We're not built to last forever, but our planet is. Nothing is easy in life, that's certain. But going outside to take a walk and taking in the air, or just going outside to read in the summer is a big step. Once you realize the world we're in through enjoying our planet, YOU can then take the next step towards becoming someone who cares for our planet. I believe we should all take time to appreciate what we have and try to enjoy it. Realizing this first is a difficult shell to break out of. But life is too short to not try. Sooner than we know it, we won't be around anymore; but if we can establish a strong base within our future generations because we did, then our planet's outcome can look strong. Whether or not we see much change in our lifetime doesn't mean what we can do is for not. But it means what's to come: hope, beauty, perseverance. Our planet can endure as long as we can.

Change begins within all of our souls. Be a strong person who tries to bring a good change to this world because dooming our future generations will be detrimental for everyone. So next time you're picking up garbage or recycling or just walking outside and thinking you're not doing anything..

To the future world, you did *everything*.

**WE NEED TO  
COME TOGETHER  
AND LOOK AT OUR  
WORLD WITH THE  
EYES A PARENT  
DOES A CHILD.**

# A Poem

By Jevahnie Hernandez

Why do we love?  
We love knowing the pain will come  
We love when they don't  
Why do we love?

We love to show our differences  
We love to feel whole  
Love is something we can't control  
Love comes with tears, pain and lies

But true love?  
True love causes happiness through your darkest times  
This type of love doesn't have to be towards another person  
True love comes when you accept yourself  
When that happens, it will never leave



## Colorful?

By Jazmine Trathen

Not all beautiful things are colorful  
Sometimes, the dark  
is more beautiful

## Pretty Flower

By Jazmine Trathen

Be a pretty flower they say  
but even pretty flowers get old and fade away,  
until they are nothing but a memory.

# Meet Some UB Students!

Written and Coordinated by Lily Vahey

It is always important to feel comfortable when considering entering or supporting a program or group. The best way is to get to know the people already in it!

Every student in Upward Bound Wilkes University is a high school teenager around Luzerne County with their own interests, lives, and futures, just like every other applicant.

Let's introduce you to some of our future professionals!

## SOPHOMORE STUDENTS

**Mia Swaditch**- Likes fashion and hair trends.

**Charisma Mosely**- Wants a career in business finance.

**Aniyah McGill-Racine**- Likes Tame Impala

**Harmony Hughes**- Says Upward Bound (UB) is helpful and encouraging.

**John Fronczek**- Enjoys the revival of Minecraft's online presence.

**Anonymous Student 1**- Likes Taylor Swift and does drama club.

**Jevahnie Hernandez**- Says UB is helpful for school and loves singing.



Photo accessed from iStock

## JUNIOR STUDENTS

**Giovanni Rodriguez**- Loves RnB music and the "rizz" internet trend.

**Zachary Gensel**- A volunteer firefighter and likes Bad Bunny.

**Maleea Rembish**- Likes country music and fundraises for Cystic Fibrosis.

**Brooke Plucas**- Says UB is accommodating and thrilling with others.

**Jaime Wright**- Plays volleyball and likes the Tiktok dupe trend.

**Anonymous Student 2**- Plans to be a lawyer and is in Honor Society.

**Italia Torres-Perez**- Learns instruments, other languages, and likes K-pop.

## SENIOR STUDENTS

**Jessica Graziano**- Career plan is pathology and likes 80s hippie music.

**Anonymous Student 3**- Loved the utter insanity of GameStop stock drama.

**Joli Dutko**- Activities include soccer, drawing, and Honor Society.

**Michael Andrews**- Career plan is engineering and likes Dungeons & Dragons.

**Anonymous Student 4**- Likes video games and alternative/pop/indie music.

**Andrew Warzynski**- Says UB is great for preparing for college.



Photo accessed from iStock

# A UB Student's Take on Colorism

By Giselle Aguilar

Whilst there are many different types of discrimination, a big one that gets ignored daily is colorism, or sometimes referred to as, "shadeism." Colorism is a form of racism happening within cultural communities where people are prejudiced against another person's skin color. Our society overlooks the effects colorism could have on a person, just as much as any form of racism often is. This is especially seen in communities where races are intertwined and, what many other people call, "mixed" their race with another. Within these communities of people, it is not unheard of for someone of two different races to be not able to fit into either one; even more so if their skin color isn't seen as a "perfect shade" according to the standards of said races.

**NO ONE SHOULD  
HAVE TO PROVE  
THEIR OWN  
RACE TO SOCIETY  
ITSELF, ESPECIALLY  
TO THEIR OWN  
CULTURE.**

"Beautiful, caramel skin" is the standard many Hispanics/Latinos have placed upon themselves. Within this community of people, if you're too dark, you're often looked down upon for being dark skinned. Sadly enough, having a darker skin complexion in certain communities can mean you're ugly. In these certain cases, the person you truly are doesn't seem to matter when it comes to your beauty. The same could be said for light skinned people in a culture where they don't meet the expectations. No one should have to prove their own race to society itself, especially to their own culture.

In retrospect, more light should be shared on colorism within our own communities. It is important to recognize this as soon as possible so we can begin the process to improve ourselves as a society. We shouldn't base our standards of being any race based on one's skin color, nor should we let it determine one's beauty. At the end of the day, a person's value and worth should not be determined by their skin color, especially in their own ethnic group.



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# 20

## Helpful ACT Test Tips!



### ACT Reading Section Tips

- 1.) Use Process of Elimination
- 2.) Skim Passages
- 3.) Familiarize Yourself With the Structure
- 4.) Read the Questions First
- 5.) Look at Context to Decipher Meaning

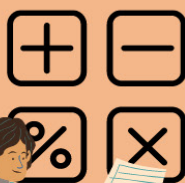


### ACT English Section Tips

- 1.) Think Simple, Keep it Simple
- 2.) Know Subject-Verb Agreement basics
- 3.) Watch for Run-On Sentences
- 4.) Check Transitional Sentences
- 5.) An Eye for Pronoun-Antecedent Agreements

### ACT Science Section Tips

- 1.) Work On Pacing & Time Management
- 2.) Practice Graph Skills
- 3.) Know the ACT Science Passage Types
- 4.) Assume Trends Continue, *unless otherwise stated*
- 5.) Always Refer Back to the Passage!



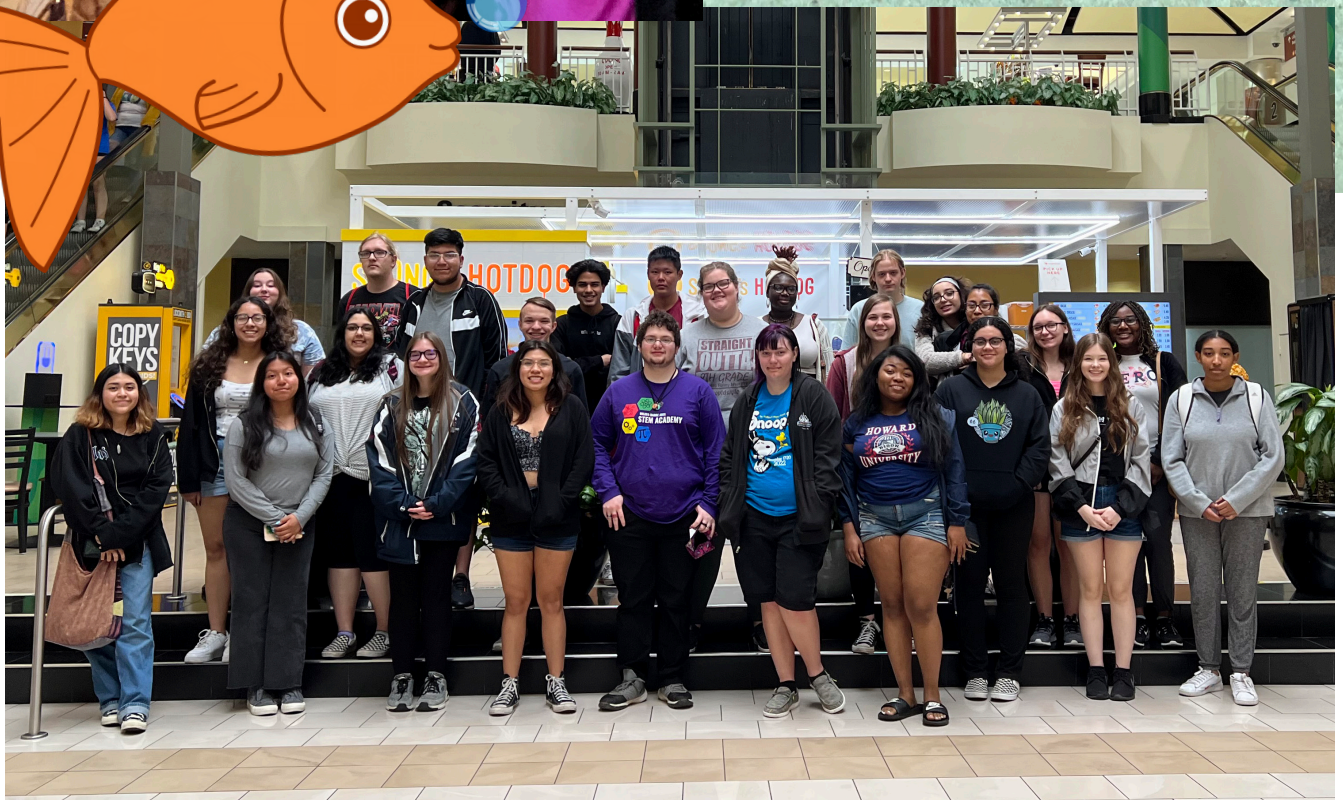
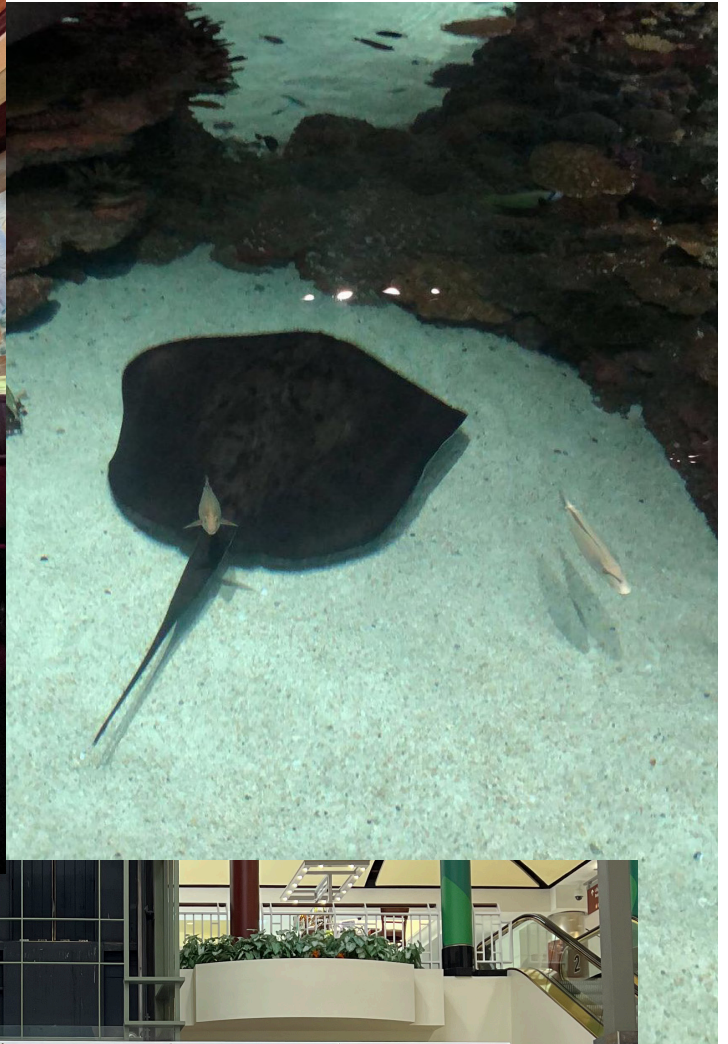
### ACT Mathematics Section Tips

- 1.) Know Your Triangles
- 2.) Skip Hard Problems, Come Back Later
- 3.) Backsolve to Save Time
- 4.) Memorize Key Equations and Formulas
- 5.) Know How Words Translate in Math



# Our 2023 Spring Trip to...

## The Baltimore Inner Harbor





Upward Bound is a fun, educational, supportive program for teenagers heading to college. They also provide a fantastic summer program. I'm graduating from there this year and I'm very proud of myself. Mostly because when my mom showed me the paper about this program one day, I was hesitant to sign up because I am shy. To be honest, at this point, I hadn't experienced something like this program ever, but yet I still signed up!

It turned out to be the best thing for me. The summer program was awesome and I really enjoyed it! You meet new friends and learn a lot of helpful information. If you're holding back and not sure about signing up...

**DON'T BE!!!**

Think about your future and what good things can come from signing up.



# An **UB** Letter

Written by Keshawn Moran

## COMMUNITY SERVICE PROJECT

Spring 2023



**Habitat**  
for Humanity®

# Who is Behind Upward Bound?

By Jessica Graziano

**Ms. Abraham**, the current Director of Upward Bound, was an Upward Bound Wilkes University alumni and Mansfield Trio alumni. She has worked to aid several other TRIO programs, and joined Upward Bound Wilkes University, all to help students on a closer level. She is working towards making change within the program, to further enhance the student experience and set them up to success at a college ready level. Mrs. Abraham hopes to have an area on campus solely for Upward Bound students to feel comfortable.

**Ms. Robinson**, the Academic Coordinator of Upward Bound, was actually also an Upward Bound Wilkes University alumni, class of 2018. She became a TC, Tutor Counselor, for the summer program unexpectedly, and enjoyed the atmosphere and cause of the program. She has since been honored to help the young minds of Upward Bound, and enjoys seeing the brilliance of their thoughts. Ms. Robinson wishes to amplify the students thoughts and ideas, and help students have a say in the world around us. Thus, giving students a strong sense of self and understanding of the paths college, and beyond, has to offer.

**Mr. Murphy**, the College Coordinator of Upward Bound, is the third alumni of the Upward Bound Wilkes University program on staff, graduating as the class of 2016. He stayed with Wilkes and the program throughout college. After being a TC in the summer program, he applied to Upward Bound as a staff member. Since then Mr. Murphy has been, as he says, “in the progress of changing the world” through the Upward Bound program. Yielding time, he aids in making this program beneficial for the students, socially and academically. Mr. Murphy hopes to one day have a dedicated space for the Upward Bound students on campus with more resources to aid students in need.

**Mrs. Nolan**, the Office Coordinator of Upward Bound, is the only staff member who is not an Upward Bound, nor TRIO, alumni. However, she had had a long career at General Hospital, in Wilkes-Barre, before joining the Upward Bound Program at Wilkes University. Mrs. Nolan yields time to the program for the students to be able to succeed and bloom during their time with UB. Mrs. Nolan helps students have a good understanding of college prep in the sense of communication and growth as people. She hopes to offer the program to a larger demographic of students, to thus be able to help a larger quantity of students.

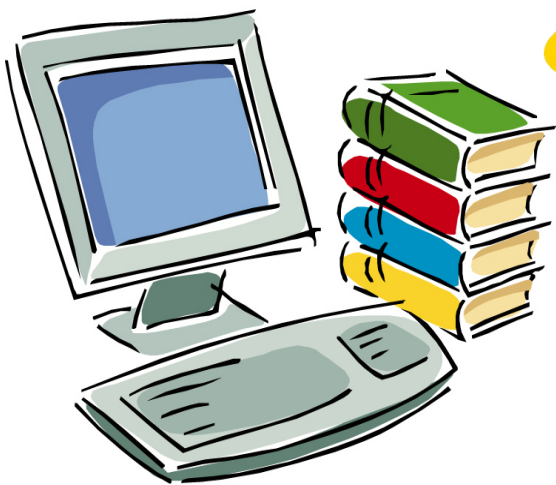


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Upward  
↑ BOUND

# CATCH UP

with Upward Bound

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## VISIT TO PENNSTATE WILKES-BARRE AND THEIR SSS PROGRAM !



**PennState**  
Wilkes-Barre  
November 2022



# 20 Helpful SAT Test Tips!



## SAT Math Section Tips

- Don't Become Calculator Dependent
- Plug-In Answer Choices
- Write Out the Problem and Steps
- Draw Visuals
- Translate Words into Math

## SAT Reading Section Tips

- Look for Errors in Answer Choices
- Take Notes while Reading
- Read What You Need
- Know the Questions are Chronological
- Save Main Idea Q's for Last



## SAT English Section Tips

- Shorter Answers are (almost always) Better
- Read it Outloud
- Know Your Transition Words/Phrases
- Eliminate Duplicate Answers
- Dependent vs Independent Clauses



## SAT Essay Section Tips

- Practice Writing Prompts beforehand!
- Plan Before You Write!
- Use Elevated Vocabulary
- Fill 3-4 pages!
- Finish with a Strong Conclusion



## General Test Tips

- Get a Good Night's Sleep
- Healthy Breakfast; lots of healthy fats!
- Practice and Familiarize!

# Parental Control

By Hayley Harris

Growing up is realizing your parents were never the bad guys. They didn't make you stay at home to torture you. Your parents wanted you safe and all they knew was the world around us was and still is always changing in dangerous ways but inside the house is safe. As your guardians they are responsible for school so of course they won't let you skip. They didn't take your stuff to make it feel like you were dying. Your mother took the stuff you liked to teach you a lesson and keep you from being spoiled. A child not

disciplined in some way will be spoiled and always think they are right. These are the same kids that are told "if you have nothing nice to say don't say anything at all". They will play the victim and try to blame everything going wrong in their life on their parents. Only you control your life and have the power to fix or change it in any way.

Your parents are only there to guide you and be there when you need them. From your first steps to dropping you off at college every moment is meaningful to them. They teach you to walk it off when you get hit with a softball. Parents always have the same phrase growing up, "kill them with kindness", because as an adult you need to be able to let go of what others say. The only opinion of yourself that matters is your own.

"You can not love others if you don't love yourself". If your mood is terrible, you're going to reflect that on others. Friends come and go but that



Photo accessed from iStock

is no reason to push them away faster. The only person that will stay in your life, indefinitely, is yourself. There is always a possibility that someone will leave.

As a kid you get your hopes up, as an adult you let your hopes fade away. As a teenager you think you know the world around you but you don't. You don't know anything yet. Nothing about bills or taxes. The stress of making it on your own without your parents to cradle you. If you run back to them, you'll be a failure. As a young adult you learn to cope with failure and often find yourself wishing to get those younger years back. Quietly wishing to yourself that you never wished to age faster.

Life throws things at you but what you do about it determines your life. If you fall and lay there waiting for someone to pick you up, you're never going to be independent. You're never going to want to be anything or make anything of yourself. You have to want something of yourself. In this world you have to work for everything.

Your parents sheltered you from the world. That was the worst thing they could have done. This world that we live in is dangerous. It makes you quiver in fear thinking in just a year we'll be thrown into this world.

**IF YOU FALL AND LAY  
THERE WAITING  
FOR SOMEONE  
TO PICK YOU UP,  
YOU'RE NEVER  
GOING TO BE  
INDEPENDENT.**

# Kooth

## Mental Health

By Jordan Lamb

Over the past 10 years, mental health concerns have risen by 40% in young adults across America. More and more every year, teens are reporting experiencing depression, anxiety, hopelessness, loneliness, and suicidal ideation.

Kooth is an online mental health service that originated in the UK. This service, specifically designed for youth mental health support, is now becoming available to students across Pennsylvania. This will allow middle and high school students to access articles, forums, and chat-based therapy via the Kooth website.

Kooth focuses on individual-first services for mental health, with a database that allows for a personalized experience to help anyone with a wide variety of needs. Additionally, Kooth is completely anonymous, and available to any middle or high school student. If you could benefit from Kooth's services, go to [us.kooth.com](http://us.kooth.com) to create an account. It's a completely free, user-friendly tool that is both safe and confidential. Take initiative with your mental health and sign up for Kooth today!

# Thunderstorm

By Jazmine Trathen

The rain falling faster and faster  
My mind was at ease  
It's quiet; peaceful; it's dangerous  
Because it's so addicting  
The quiet and the peacefulness  
Come knocking on my windows;  
Begging to be let in; to be heard  
But yet I can't seem to get passed  
The gray and white skies;  
like a tie-dye  
Bleeding, bleeding together  
Now the sky doesn't seem so scary  
It seems at peace  
With the storms  
It's created

# Butterfly..Angel..Demon

By Jazmine Trathen

Fly  
Even if your wing is broken,  
Even if your lungs can't hold anymore air,  
Even if you feel numb,  
Even if the rain stays and the sun never comes back out,  
Even when you are down on your knees,  
Fly; so high that they will be damned if they forget  
Your will to fight  
But never let it go to your head  
So Fly,  
My butterfly; My angel; My demon  
Whichever you are;  
Fly  
Because the sun can't shine without rain  
And flowers can't grow without water.

# Her Storm

By Jazmine Trathen

Her story is not as over as she thinks  
It's just begun  
The storm isn't yet over but the sun is starting to shine;  
Through the dark clouds,  
The rain has stopped  
For the time being; you see no tears in her eyes  
But yet they hold her story,  
Her storm,  
Her dark secrets  
That the world around her can't see.



# What's it like being a Cyber Student in 2023?

By David Howell



Photo accessed from PBS Education

During the third quarter of the 2022-2023 school year, I decided that my best course of action would be to switch to full time cyber. I chose this option because I felt like I was alone in my classes. I felt like I didn't have any friends, and that my courses were too boring to sit through. I also wanted the opportunity to get a full time job, because my parents were having trouble paying their bills. Many people have better reasons for switching to cyber, but those were mine.

Now to answer the question, *What is it like to be a cyber student in 2023?*

Well, it straight up sucks! Point blank.

Let me clarify- If you have the patience and fortitude to sit through hours of school work in a lonely dark room, cyber provides you just the right amount of brain candy to do so; but, if you're someone like me, then expect to be open-jawed at the amount of work they expect you to do. The program my school uses for cyber is called "Edgenuity." They use very old videos to teach you "modern" topics. By "very old" I mean very old. The webcam quality is about 140p and the mics sound like they've been waterboarded. To prove the age of the videos used, let me provide you with an example...

In one of my lessons, the woman in the video was talking about gothic architecture. As an example of one of these buildings, she pulled up a picture of Notre Dame. She then went on to say that the building still stands perfectly today. Notre Dame burnt down in 2019! Now that might not seem "old", but remember that a fire took place almost 5 years ago at this cathedral. The videos, and their lessons, haven't been updated for at least 5 years. So I cannot help but ask - *How am I supposed to learn modern world history when the videos were filmed before I was born?*

So - Would I recommend cyber to a dear friend? Depends. I wouldn't say cyber doesn't offer anything, because it offers the most difficult classes I have ever taken in my highschool career. At the same time though, with no teachers present, I can't really say all your questions are answered.

**Will I ever take cyber again?** Maybe. I did make a lot of money from working my job, and I had much more time to take care of and enjoy myself, but I never felt like I truly learned my material.

If I had to say one final thing, it would be that I enjoyed my time in cyber and I learned a lot about myself. If you ever get the chance, you should try it for yourself to see if you like it or not.

# Clean Your Community

By Kayla Nash

When regarding the word pollution, the minds of people correlate this word with the thought of global warming. Global warming is a phenomenon that is a severe consequence to the air pollution that occurs in our world, but other forms and outcomes of pollution aren't taken into account as promptly. Though all pollution is not something that we, as a community, can overlook, many choose to entirely disregard it because it doesn't concern them. But how can this pollution not concern you if it is occurring right in front of you?



Photo taken by Kayla Nash in Hanover Twp.

One of the major forms of pollution in our community can be seen on the ground we walk on or in most cases drive on: **land pollution**. People of our community shrug off the image of the trash and waste that is dumped by others, turning a blind eye. They often believe since they are not the ones committing the action of littering and dumping their trash that the pollution happening isn't their responsibility. Though this isn't true. Our community is directly responsible for letting the waste sit and accumulate with more people contributing towards it since no repercussions are given. By ignoring the pollution, you are actively taking a role in letting our planet and community become dirty and even producing bacterial diseases if left neglected.

Many individuals have achieved the mindset to play their part by not littering or discarding their waste in orderly fashion. Though this is a step that the plants, animals, and fellow members of our community can appreciate, we shouldn't stop at these actions.

Help our community become as beautiful as it was originally given to us without all the wrappers and plastic thrown on the ground that supplies us with nature and a food source to us and other beings on the planet we share. Take action with your community to help return the home we inhabit to its prior state and get back the pristine environment as it once was. Keep the pollution from becoming irreversible and recycle the materials that you can. Maintaining sanitary conditions can positively impact not only the environment, but also the people and things that we share it with.

Though this task may seem tedious, it isn't much different from cleaning your own home. There are days when people, especially parents, may feel the burden of cleaning up after oneself or others. However, it still needs to be done. The task of the dreadful cleaning of your home may not be a weekly occurrence, but it still takes place to an extent every day by picking up trash left behind or dishes from a tasty meal. Helping maintain the cleanliness that you have in your home to the community that your home dwells in. By cleaning up litter and waste that nature man leaves polluting the land, air, and water, we can showcase our beautiful community to anyone that passes by or perhaps stays some time. With a clean environment, we can feel good going into the world every morning with a fresh outlook for our everyday goals we have for ourselves.



Photo taken by Kayla Nash in Hanover Twp.



# Wrong Time Period

By Jazmine Trathen

This life isn't for everyone as they say,  
As I sit with my phone writing and listening to all the poems that fill my head.  
I daydream if I had been born in another time;  
Would that life be more for me?  
I suppose I could thrive better there,  
I'm talking about the time when they wore long skirts and puffy shirts that make you look like a queen;  
Where the dresses were so elegant and pure.  
The times when you're mother would wake you up in the morning with breakfast and you have to walk to school,  
When there was only one teacher to teach you all the major subjects you needed.  
The time when every girl wore dresses to class just to show off how beautiful they were.  
The time when there was a take notice board, and where there weren't any phones nor anything like that.  
Where it was just you and your books,  
I would so love to be born in that time when the crease of this reality wasn't even thought of.  
Where every song had a bigger meaning than what it was to give,  
And where love was so beautiful and pure.  
I could thrive in a time like that but here in this reality unfortunately I was born; in this reality where no one is meant to thrive.  
So how does one survive in this unsurvivable time where no one was meant to thrive and live like there's no tomorrow?

# A Lost Parent

By Jazmine Trathen

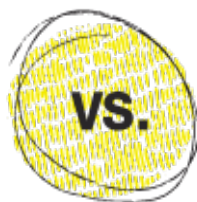
I do not understand,  
I never thought of losing a parent so young.  
Nor, did I want to;  
But now seeing how cruel this world is for taking you away.  
Why must life take you?  
I'm only 16..  
I've had more death than I can count;  
But yours will be the most painful.  
I will miss you;  
I don't think life will be the same without you're beautiful soul mom  
And I'll forever miss our music sessions in the car.  
R.I.P Mom  
2/27/22  
My guardian angel, that was taken too soon...

# Snow

By Jazmine Trathen

The moon, on the snow, brings life  
To those who feel less of the living  
A breath of the snowy air  
Is freeing to my troubled soul  
Snow is sound canceling to; our messy heads  
But even when there's snow there's happiness even if it  
Leaves as fast as it came  
Breathe; relax; it's okay  
Life isn't always as it seems but remember only you  
Stops.  
You

# ACT



# SAT

## AMERICAN COLLEGE TESTING

## SCHOLASTIC APTITUDE TEST

It's an achievement test, measuring what the student has learned in school.	It's more of an aptitude test, measuring reasoning and verbal abilities.
Results are accepted by virtually all U.S. colleges and universities.	Results are accepted by virtually all U.S. colleges and universities.
Colleges use these scores for admissions requirements, course placement and awarding scholarships.	These scores are intended to supplement your transcript, but are often used for college admissions requirements, course placement and scholarships.
An optional writing portion is available; several Arkansas colleges and universities recommend taking it.	Has a mandatory writing portion, including one 25-minute essay and a 35-minute multiple-choice section.
Except for the optional writing portion, the ACT is all multiple choice.	In addition to multiple choice questions, the SAT has a math section that requires students to produce their own answers.
The ACT doesn't count off for wrong answers, so it's OK to guess.	The SAT takes off for wrong answers, so it's better to leave answers blank than to guess.
Without the writing portion and not including breaks, the ACT takes about three hours.	SAT has 44 fewer questions and takes about four hours to complete, not including breaks. SAT gives you more time per question than ACT.
The ACT has five components: mathematics, reading, science, English and an optional 30-minute writing test.	The SAT has three components: critical reading, mathematics and writing, but offers additional subject tests at an additional cost in specific areas.
The exam fee is \$38, which includes score reports sent to four colleges or universities of your choice. The optional writing portion costs an extra \$16.50.	The SAT fee is \$52.50, which includes score reports sent to four colleges or universities of your choice.

Resource accessed from ArkansasNext.com

# CATCH UP

**TRIO**  
UPWARD BOUND

with Upward Bound

  
**F.M. KIRBY CENTER**  
FOR THE PERFORMING ARTS

December 2022



*A Night  
on the  
Square*

# Congratulations!

Michael Andrews

Aniah Austin

Katherin Brito

Samera Buchanan

Jun Jie Cao

Caylee Carey

Connor Carey

Joli Dutko

Aleica Francisco-Peralta

Camila Garcia

Jessica Graziano

Jordan Lamb

Aiyannah Lewis

Emma Lewis

Ariana Martinez

Jayla McCloe

Keshaun Moran

Cody Muller

Sean Murphy

Isibelle Nash

Gavin Nichols

Tamia Oliver

Jessica Phares

Sarah Pugliese

Kayla Rhodes

Sav Rose Serrano

Ashley Shorts

Noah St. Clair

Andrew Warzynski

## Class of 2023

## MISSION STATEMENT

The Upward Bound program at Wilkes University is a Federal TRIO Program that provides the framework for college success through individualized academic and personal services for potential first-generation college bound high school students in Luzerne County who prove a financial need.

### Fall Office Hours

**Monday - Friday:** 8:30 am - 4:30 pm

**Saturday & Sunday:** Not in Office

Conyngham Hall, Wilkes University  
130 S River St, Wilkes-Barre, PA 18766

### Important Fall Dates

**September 21st** First Day of Fall Classes!

**October 12th** NO CLASSES - Fall Break

**November 23rd** NO CLASSES- Thanksgiving

**December 7th** Last Day of Fall Classes!



## & VISION

To be Wilkes University's prominent face of precollege success; to formulate and establish innovative partnerships in the community, so that the horizons of our students broaden and college retention improves

Contact the Upward Bound Office with any questions or inquiries!

Office Coordinator, Sharon Nolan  
sharon.nolan@wilkes.edu  
(570)408-4230