



## Upward Bound changes its name to COLLEGE BOUND

### Student Reminders

- Don't forget to register for your next SAT or ACT test dates!

#### SAT

Jan 26 (register by Dec 26)

#### ACT

Feb 9 (register by Jan 4)

- Watch for our upcoming trips to College Fairs:

-Nov 5th at the Seattle Convention Center. (Meet @ CB @ 7:30)

-Jan 27th College Goal Sunday at UWT

- Make sure to say goodbye to Mrs. McGovern! She's having a baby!
- Come see our new office! We're upstairs in room 30

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### Dean Kelly on College Bound and MDC

Hello parents and families! I wanted to introduce myself. I am the new program manager for the College Bound program. My name is Dean Kelly and I have spent 14 years in Education, both as a teacher and administrator. In fact, my first high school teaching job was with College Bound in the mid 1990's at Washington High School. I love this program because it helps students to access educational opportunities that they may never have thought possible. Both the journey of working towards a college degree and the actual earning of a degree offer so many adventures and opportunities for students and their families, that I am always excited to see how students are transformed.

We had a tremendous year in 2006-07 with 100% of our seniors graduating, and over 75% applying to college. As well, 100% of our students moved successfully to the next grade level and are taking a more college preparatory course load.

As you know, parents are an integral part of helping students get ready for college. Many parents, however, have questions about how to best help their son or daughter get prepared. Here are some ideas of things you can do to help your son/daughter get ready for college.

1. Ask to see their homework and get regular grade checks.
2. Visit a college.
3. Volunteer with them
4. Help them explore careers by setting up an appointment to visit a career site of their choice.
5. Ensure they take college prep courses
6. Help search for local scholarships such as:
  - a. Parents workplace
  - b. Local Banks/Financial Institutions
  - c. School District
  - d. Local foundations like Greater Tacoma Comm Fnd. [www.gtcf.org](http://www.gtcf.org)
  - e. Service organizations like Rotary, Elks Club, etc...
  - f. Churches, non-profits
7. Encourage them to be involved in something outside of school like a club, sport, music, etc...

Lastly, one website that offers guidance to parents about the college admission and financial aid process is [www.firstinthefamily.org](http://www.firstinthefamily.org). The site offers some free advice about how to best help your son or daughter navigate the



University of Puget Sound

system and answers frequently asked questions by parents.

Please let us know how we can best work with you to help your kids reach their goals and don't be afraid to contact us. We would love to speak with you!

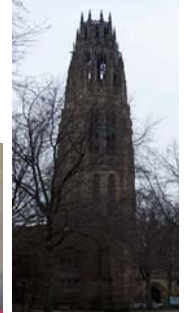
P.S.-We are also so excited about that MDC has received two new grants to serve four high schools in Tacoma! (Mt. Tahoma, Lincoln, Foss, and Stadium). This will open the opportunity to serve 120 new students.

-Dean Kelly



Fall Issue

CB



### Community Service Opportunities with United Way

- Nov 10th-food bank collections @ Safeway
- Dec 8th-Emergency Food Network. Help package food donations.
- Note: All dates are tentative. Please contact Bethany Singleton @ 597-6685 or look online @ [www.uwpc.org](http://www.uwpc.org)

*“There were numerous times during my Outward Bound experience when I wanted to give up. Every time that happened I had a new-found friend come along my side.”*

## Kristy Bell on Outward Bound



To sum up the Outward Bound Wilderness experience into one word; it would be amazing!

Throughout my two week trip I was challenged beyond anything I had ever done. First came one week of vigorous kayaking in the San Juan islands. Every morning at dawn, we would change into our bathing suits and go for a ‘dip’ in the freezing Puget Sound. It was actually quite refreshing! After packing up camp, we would climb inside our kayaks and set off for our next destination—we kayaked 12 miles one day. Every night, after setting up camp we would chill around the campfire and exchange stories about each other’s very different lives.

Then we transitioned from kayaking to mountaineering in the Northern Cascades. We packed all of our belongings and our group gear (food) into our backpacks—they weighed around 60 lbs. This is when we completely left civilization for a week. We traveled an average of about seven miles each day. It was tough, but every single group member was there ready to encourage anyone who needed it. On the last day we ran a 5 mile race just to see how much strength we had gained during the trip, which proved itself to be a lot. There were numerous times during my OB experience when I wanted to give up. Every time that happened I had a new-found friend

come along my side.

After completing my OB course, I now realize that I have no limits. We are all capable of more than we think. I also realized how much I take for granted. I didn’t really understand how lucky I was to have a bed or a toilet until I was deprived of them. These concepts will become a reality for you if you choose to take an Outward Bound course. I would recommend this program to everybody. You will be truly amazed at what you will learn and how much you will grow as a person. It will be the experience of a lifetime!

## Scholarship Info

- Student Reminder: Make sure you visit the counseling center at your school. They will help you get much needed money!
- Palmer Scholars award: Applications due Jan 19. Helps minority and low income students go to college. Up to \$4500/yr and a mentor. Find it at [www.palmerscholars.org](http://www.palmerscholars.org)
- Elks Lodge Foundational Scholarship. App’s due by Jan 11th. Most valuable Student. Up to thousands of dollars! Online at [www.elks.org](http://www.elks.org)
- WSU has an exciting scholarship. If your family makes less than 46,500 you could attend WSU tuition free! App deadline is Jan 31. This also makes you available for 700 more scholarships! Online @ [www.wsu.edu](http://www.wsu.edu) under scholarships.
- UW has a Diversity Scholarship Award. If you are from an underrepresented minority group you could be eligible

for thousands! App deadline is Dec 1. Online @ [www.admit.washington.edu/paying/freshman/scholarships/diversity](http://www.admit.washington.edu/paying/freshman/scholarships/diversity)

- Also, look online at [www.tacomafoundation.org](http://www.tacomafoundation.org) for some other great scholarships.



## Our CB Staff Bio's



**Dean Kelly**

I am 36 and married with two children. I hail from Wyoming, but moved here to attend PLU and graduated with a degree in secondary Education. In the College Bound program I

have taught in high schools, written grants, and earned a Master's from UW. I have also directed two different TRIO programs. What excites me most about College Bound is providing vision and opportunity for students to do something they might not have ever thought possible. Seeing former students earn college degrees and the exciting direction their lives have taken is inspiring and motivating.



**Gavin Brem**

I am married and I have two kids. I've earned a master's degree and I work at CB as the assistant director.

I get excited about seeing students gain the self-confidence needed to attend college. Never gets old! It is especially exciting now that we have tripled our influence with the addition of the new grants.



**Ryan Speier**

I am the CB teacher at Franklin Pierce high school. I'm originally from Oregon and I

graduated from PLU and I have a MA degree. I have been working at CB for three years. I love to do video production in my off time.

An aspect of College Bound that excites me is seeing my seniors succeed and go to college.



**Angela McGovern**

I am a graduate from PLU and the first in my family to go to college. I've been working

at CB for 3 years. I am married and we are expecting our first child in Dec.

The most exciting thing about College Bound is seeing students overcome obstacles to get into college and seeing kids believe in themselves and follow after their dreams



**Myron Bernard**

I was born in Portland, but raised in Montrose, CO. I graduated

from PLU. I am married, with two children.

The most exciting thing about College Bound for me, is that I get to work with young people. I love young people and to have a chance to have an impact is awesome!



**Peter Williams**

I am a new addition to the CB staff.

I'm married and I have a son. I recently earned a BA and I am currently working on my MA.

Although I have only been here for a few weeks, I am thrilled to see the influence that CB has in helping kids make a better life for themselves



**Amy Fletcher**

I'm 25 and a graduate of PLU. I teach at Washington High and

my husband and I are expecting our first child next spring!

What excites me about College Bound is that it gives kids resources and opportunities that would not otherwise be available.

**"The most exciting thing is that I get to work with young people. I love young people"**



**Ben Cochran**

I am 29 and married with three children (twins!) I am originally from Portland. I have a BA from PLU and a Masters. I

teach at the Lincoln High School (GO ABES) I get excited about College Bound because education can change a persons life and I am excited about helping students reach their dreams.



**Lauren Thompson**

I'm 22 and the oldest of four children. I'm originally from Charleston, SC, I went to Whitworth College in Spokane (Act Six

Cadre I!!!! Yay!!) I teach at Henry Foss. I love the program because I have the opportunity to truly enrich the lives of and advocate for my students in a way others may not have before. I can watch my students grow into amazing, successful people.



**Sadie Allen**

I am from Bellingham, married and 26 years old with a cat named Chicken. I have a BA from

Western Washington University and I am working on my MA at UW. I am the CB teacher at Mt. Tahoma. I am excited about College Bound because I have the opportunity to make a direct impact on the academic success of a group of at-risk students.

**COLLEGEbound**



**Our Mission**

Since 1996 College Bound, in partnership with Pacific Lutheran University and the Metropolitan Development Council has been serving the Franklin Pierce school district. Our mission is to assist low income and first generation college bound students with college admission. We have seen over 95% of our seniors graduate high school and most of those students have college plans when they graduate. We believe that being a consistent, loving presence in the lives of the students is their greatest motivating factor.

**Fall Issue**

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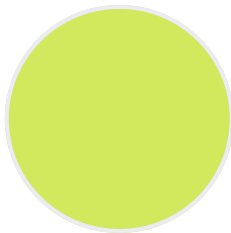
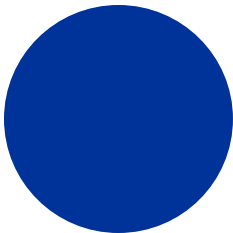


CHECK US OUT ON THE WEB@  
[WWW.COLLEGEBOUNDTACOMA.ORG](http://WWW.COLLEGEBOUNDTACOMA.ORG)

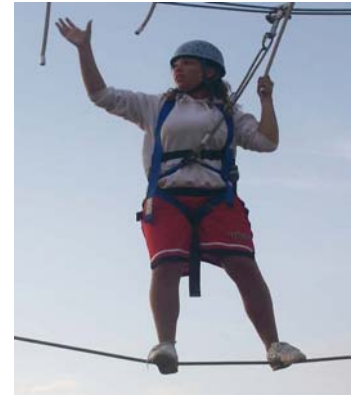
In the history of College Bound we have seen 78% of all of our students that we have graduated go on to attend college and nearly 50 students have earned a degree so far!

In 2006-2007 we saw all of our active students graduate and 18 of the 24 are attending college or

**Our Summer Pix!**



Debra and Peter working hard at Mother Earth



Cassie Ramirez on the ropes

Mr. Dill, Brandon, Mrs. Fletcher, Nicole, Mrs. McGovern and baby to be!



The students on a tour at a campus

