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Normandale Community College
Upward Bound Program
9700 France Avenue South
Bloomington, Minnesota 55431

Providing Equal Access to Higher Education

Coming Soon...

October 11:
Saturday Academy

Oct. 16:
College Tour & Career Site Visit

Dec. 6:
Saturday Academy—Bell-Ringing & B&N

November 15:
Saturday Academy

Normandale Community College Upward Bound Program serves Richfield, Shakopee, Southwest, and Washburn High Schools.

September Saturday Academy

September 20th was the first Saturday Academy of the year! Students started the day watching the slide show of Duluth trip photos before reviewing UB policies and procedures. We then broke up into workshop groups. Seniors began completing college applications with Charles. Juniors worked on ACT prep with Jennifer, and freshman and sophomores discussed time management and organization with Mustafa.

After battling the bees and wasps while eating lunch at Como Zoo, we attended a class called Keepers of the Zoo and Conservation. Hans, a zookeeper who works with the cats at Como Zoo spoke about his education, his daily job duties, and urged students to volunteer and intern in order to gain experience. He also warned students that being a zookeeper involved cleaning up a lot of animal poop...something to keep in mind!

Brigid showed examples of how they trained animals including a live demonstration with a parrot. We also saw a blue poison dart frog and snake.

It was an educational and fun way to begin a new year of UB activities!

A Year of Possibilities

Every year brings new students, new policies, as well as new programming. This year we are looking forward to keeping with tradition on some activities like our annual bell-ringing for the Salvation Army in addition to trying some new activities and strategies to help students meet both their academic and personal goals.

Here is a glimpse at some of the activities, both old and new, that we plan to do this year:

- College Tours: MSU, Mankato, St. Paul College, UST, Augsburg
- Career Site Visit: Shriners Hospital & Como Zoo
- Guthrie Theatre
- Feed My Starving Children
- Best Buy STEM Grant

September Saturday Academy

Upcoming Events
ACT Test Dates

October 25th
Register by November 7th

December 13th
Register by January 9th

February 7th
Register by January 9th

April 18th
Register by March 13th

June 13th
Register by May 8th

Recommended for seniors

Recommended for Juniors

Birthdays

September
• 18: Edgar
• 21: Eddah
• 24: Jeselina

October
• 10: Hassan
• 19: Oksana

November
• 2: Desiree

December
• 5: Kadija
• 26: Jailin
• 30: Abdikhaliq

Summer Academic Enrichment Program

This year’s UB Summer Academic Enrichment program ran from June 17th through July 25th at Normandale.

Our 9-11th grade students took math, science, English, and Spanish classes, which were taught by licensed teachers. They ate lunch in the cafeteria and many students enjoyed wandering around the Japanese Garden before getting on the bus to go home.

Recent graduates took Interpersonal Communication and “College 1000” here at Normandale. They had a study session with Mustafa before eating lunch with the rest of the students.

We would like to thank James and Patty from Lancer Catering for the food this summer.

We would also like to thank Torrion Amie, Director of Advising & Counseling and Erik Bquist, Academic Advisor for spending two mornings with our students working on career assessment and exploration.

Last, but not least, thank you to Matt Crawford, Dean of Enrollment & Marketing and Nancy Pates, Director of Admissions for providing lunch for the teachers and UB staff during our weekly meetings.

We finally have ACT waivers! Get one from your advisor today!

UPWARD BOUND NEWS
End-of-the-Year Trip: Duluth

DAY 1:
- Vista Fleet Boat Cruise
- Dinner on campus
- Planetarium at UMD
- Free time in dorm

DAY 2:
- Breakfast on campus
- UMD Admissions & Tour
- Free time in Canal Park
- Railroad Museum
- Lester River Train Ride
- Enger Tower
- Free time in dorms:
  - Sand volleyball
  - Foosball
  - Table tennis
  - Games
  - Billiards

Spanish

David also came back for his second year of teaching Spanish with UB. Students enjoyed doing a variety of experiments including:
- Candy DNA structure models
- Extracting DNA from a strawberry
- The Science of Making Ice Cream

Math

Melissa was back for her 8th year of teaching with UB. She taught geometry, algebra II, pre-calculus, and calculus. The class provided a lot of one-on-one help for students, which the students really appreciate.

Science

This summer was Krista’s second year teaching UB’s science classes. Students enjoyed doing a variety of experiments including:
- What’s in Pond Water?
- Peanut Lab
- Projectile Motion
- Building Challenge
- Frog Dissection

Welcome to UMD
English

Frozen was based. One of the final assignments was for students to write their own fairy tale or to add their own twist to an existing fairy tale. There were a lot of creative (and gory) stories!

Experiential Learning

Disc Golf

After working on ACT prep, students and staff enjoyed a beautiful day at Moir Park in Bloomington. We ate a picnic lunch and then got into teams and played disc golf. This was the first time most of us had played, but we learned as we went. Only a few people were hit with a disc and only one mini van “got in the way.” It was a chance to get to know each other and build team spirit as well as participate in a new activity.

Community Service: Como Park

July 18th was our community service day. This year we went to the Como Zoo and Conservatory and helped with their grounds maintenance. In other words, we picked weeds. Working in groups and using tools and a lot of muscle strength we worked on cleaning up the flower beds for an upcoming wedding. There was also a little friendly competition to see who could fill the most bins. We saw a noticeable improvement by the time we left!

Barnes and Noble

Students chose books for their free reading time on Fridays. This is what we’re doing in the book world this summer among UB students:

- The Curious Incident of the Dog in the Night-Time by Mark Haddon
- The Seven Realms by Cinda Williams Chima
- The View from the Tower by Charles Lambert
- Navy Seal Dogs by Mike Ritland
- The Unbecoming of Mara Dyer by Michelle Hodkin

Career Site Visit: TRIA & College Visit: St. Thomas

On June 27th students visited the University of St. Thomas in St. Paul. While listening to a professor and current student talk about why they chose St. Thomas, students enjoyed an ice cream treat. During the tour we had a surprise visit from Anisa, a UB alumni who is attending St. Thomas!

On July 11th we visited TRIA Orthopaedic Center in Bloomington. After the CEO welcomed us, students listened to a panel of professionals including a doctor, a nursing supervisor, a physical therapist, a sports medicine trainer, and the HR director. It was an informative presentation.

22nd Annual UB Banquet

Our 22nd annual banquet was a celebration of all of our Upward Bound accomplishments this year including recognition of most tutoring hours, graduations, summer students of the week, and summer teacher awards. The slide show also reminded us of all of the funny, sweet, and sometimes weird moments from the past year.

New this year were performances from each of the classes. Kelsan and Jamie, who took statistics, analyzed the Great Lakes ACT data and presented their findings in graphs and charts. Amran read her version of Little Red Riding Hood called The Full Moon to us. Desiree and Foune, who were completely new to Spanish this year, showed off their language skills by answering questions in Spanish in front of the group. And, Tu Tu, Musab, and Krystal (science teacher) performed their unique version of Head, Shoulders, Knees, & Toes for us.

Finally, the talented Phuong played guitar and sang Count on Me by Bruno Mars with Tu Tu, her sister, singing back up. We are so glad they performed for us and are hoping for an encore again sometime this year.