



**RESEARCH SYMPOSIUM AT IUPUI**

Upward Bound at IPFW attended Indiana University’s Undergraduate Research Conference held at IUPUI on Friday, November 17, 2017. A group of eleven UB upperclassmen learned all about the research process, new research being published, and virtual reality. The research topics varied greatly – some of the topics were education, chemistry, net neutrality, and social ostracism. The Department of Undergraduate Admissions at IUPUI offered an insightful campus tour that made our students aware of the multitude of opportunities they offer. We ended off the day with a tour at the campus’ Advanced Visualization Lab. Students experimented with different devices such as a virtual reality headset and an IQ wall. Here’s what some of our students had to say regarding our research day, or as Niang Chin referred to it—“our fun and educational trip”:

*“There were many things I learned at IUPUI that day, but the most prevalent is this: Regardless of the topic being researched, being diligent in*



*gathering information and data is crucial from both a credibility and precision perspective.” – Mario Arriaga*  
*“The research symposium was interesting to attend, especially knowing they were college students with so much work that could possibly be published.” –Thin Nyein*  
*“I noticed there were students from different ethnicities and students from different universities presenting their own research. I kind of get excited and interested in that. The visual reality at our final station was the most fun. Wow, it was incredible. The 3D screens were awesome. Overall, our visit to IUPUI for the research was fantastic.” –Sen Nu*



According to Sen Nu, a senior, this research day showed her a completely different view of IUPUI – it was not the same IUPUI she had visited before. We want to thank Dr. Dominique Galli, Carolyn Key, and Genevieve Arnold at IUPUI and Julia Jennings and Community and School Partnerships (a unit of the Office of the Vice President for Diversity, Equity, and Multicultural Affairs) for such an amazing day at IUPUI!

## UPWARD BOUND CELEBRATES BEING FIRST



On November 8, 2017, TRIO programs celebrated the 52<sup>nd</sup> anniversary of the Higher Education Act of 1965, which strengthened collegiate support for first-generation college students. IPFW students, staff, and faculty gathered for the “birthday” celebration hosted by IPFW TRIO programs. The photo on the left shows some of the first-generation students, staff, and faculty that celebrated with us.

TRIO works!

## NEW ACADEMIC ADVISOR: MELISSA MONTES

Melissa was born in Orange County, California and moved to Fort Wayne, IN in 2007. She is the daughter of immigrant parents who left their families and everything behind, in search of a dream to give her and her siblings better opportunities. Their sacrifices were not in vain—she graduated from Indiana University Bloomington with a B.S. in Public Health majoring in Human Development and Family Studies.

During her undergraduate education, she was involved with many organizations that promoted academic achievement, service to the community, leadership, and cultural enrichment. These organizations helped her develop her passion for higher education. She considers education as a right and important pathway to success. She wants to help bridge the gap to college for low-income and first generation students.



Welcome to the UB family,  
Melissa!

# 2017 Indiana TRIO Student Leadership Conference

On October 14th, over 100 UB students throughout Indiana gave up their Saturday morning to participate in the annual Indiana TRIO Student Leadership Conference, which took place at Indiana Wesleyan in Greenwood this year. The theme of the conference was “Advocate, Empower, Educate, and Organize”. Students attended engaging sessions. For example, one of the sessions focused on how students can present themselves in an authentic, empowering, and safe manner on social platforms. Another session focused on how to advocate for themselves and others. Students got the chance to sit in on a panel of legislative representatives as well as a panel of college students. Furthermore, participants networked with other UB students throughout the state.



**“The leadership conference was a beautiful experience that provided an availability to understand the advocating world. It created a building platform that we could continue off of such as communication skills or knowing who to connect to, to make an impact in the community.” -Trinity Carter**

“Trust the process. It is important to believe in what you do. It takes patience but it is worth to trust and wait for what is going to happen.” –Eh Shee Paw



**“Advocate, Empower, Educate, and Organize”**

## CULTURAL PROGRAMMING



### NIGHT OF LIGHTS

One of the cultural events that Upward Bound participated in for the first time was the Night of Lights Downtown Fort Wayne. The night before Thanksgiving, people gather downtown to watch the initial light-up of downtown's holiday lights. We ended the night with a hot chocolate and cookies mingle. It was a chilly night, but it was awesome to participate in this community-wide event!

### CULTURAL DINNERS

This semester, our students tried food from the Asian and Hispanic cultures. One of the dinners took place at Banh Mi Barista (Vietnamese). Most students were drawn to the Pho—a noodle soup consisting of broth, beef, and herbs. The other cultural dinner took place at El Salvador Restaurant. Most students were drawn to order pupusas—homemade tortillas with cheese, beans, and/or pork inside. Thank you to these local restaurants for their service and for letting us get a taste of their culture through their delicious food.



El Salvador

Banh Mi Barista



### SADDLE BOUND



This fall was our 10th year going to Noble County for Saddle Bound—an all-time favorite for UB students. The knowledgeable people at Noble County Saddle Club teach our students all about horses: how to clean their hoofs, how to properly put a saddle on, how to properly get on, give directions to, and get off a horse, and much more.

### DIA DE LOS MUERTOS



UB partnered with IPFW Hispanos Unidos in making an altar (above) for Dia de los Muertos (Day of the Dead) at the Fort Wayne Museum of Art. Students made crafts and brought in photos of deceased loved ones. On October 29th, the museum showcased the altars to the public during a Day of the Dead celebration.

# UB Alumni Spotlight:

## Maristela Calderon-Garner (class of 2007)

### **Current Role & Company:**

I am a Health Educator at WebMD Health Services. I do telephonic health coaching which means I talk to participants about their health and modifiable health risk factors. At my company, I've also had other roles such as Quality Assurance Analyst and Supervisor. I stepped down from supervising in order to have the flexibility of working from home, which is a perk and worked for my lifestyle.

### **What college did you attend? Why did you choose that college?**

IUPUI. I chose this college because I really liked the campus and they had the major I was going for. I also liked that it was far enough from home that I would live on campus but close enough where I could drive home within a couple hours.

**Major:** Bachelor's of Science in Kinesiology

### **Why did you choose this career path?**

At the time I wanted to become a physical therapist so a BS in

Kinesiology provided me with the pre-requisites that I needed.

### **How did UB play a part in your high school and college experience?**

UB was a great resource that helped me prepare for college. I was able to visit multiple colleges, which I would not have done on my own. It also helped me prepare for the SAT as well as giving me a taste of what college life would be during Summer Academy.

### **What is the one thing that surprised you most about college?**

The amount of freedom. In high school, you HAVE to go to classes. In college, you do not HAVE to go to class if you don't want to. Many classes do not have a penalty for it, however, you probably won't understand what's going on in class if you don't go. Miss one class and you get behind 3 chapters as well as some tips and bonus questions for the exams. So enjoy the freedom but make good choices, go to class.

**FUN FACT: Maristela is Ms. Gladys' sister!**

### **What surprised you about the professional world?**

How fast you can move up and how easy it is to remain stable. If you work hard and put in effort, you can quickly be promoted. Employers like to see initiative, motivation, and effort. Use this to accomplish your goals in the workplace.

### **How can high-schoolers prepare for their dream career?**

Job shadowing, job shadowing, job shadowing! I cannot emphasize enough. Most college students, including myself, will change their career path multiple times during school. Not only can this make your college education take longer but you may be taking some classes you won't even need for the new major you're going for which can also turn into more money spent. Some college graduates find out after they graduate that they don't like the career they chose. It's so important to do some observation hours and shadowing to see if you like that career.

GOOD LUCK IN YOUR FUTURE ENDEAVORS, MARISTELA!



Maristela with her family (2017)



Maristela at Camp Potawatomi with Upward Bound, junior year (2005)

# FALL 2017



@ Saddle Bound



Holiday Party gift exchange



@ Banh Mi Barista



@ The Civic Theatre



@ Saddle Bound



Learning new skills @ Saddle Bound



Advanced Visualization Lab @ IUPUI



Working on math during Academic Theme Saturday



Day of the Dead @ Fort Wayne Museum of Art

# SPRING PROGRAMMING

To receive a **SPRING stipend**, students must complete:

- 25 hours of academic programming (tutoring, ATS)
- A mandatory college prep session
- An advisor meeting upon completion of your campus toolkit assignment (ICEP)
- At least 3 ATS and
- either a college visit, leadership conference, or cultural event.

**In order to receive credit towards your stipend, you must work. Simply attending will not grant you credit. We offer plenty of opportunities for you to complete these hours.**

## New Student Orientation

Wednesday, January 17, 2018

6-8 PM @ IPFW Walb Student Union Ballroom  
(student and a parent must attend)

### TUTORING

4- 6:00 PM

Mondays @ Main ACPL  
downtown room A

Wednesdays @ IPFW Walb  
G08

Starting week of January 22

### MANDATORY COLLEGE PREP SESSIONS

5:30PM @ IPFW

⇒ Seniors: 2/7 & 4/25

⇒ Juniors: 3/28

⇒ Sophomores: 4/18

⇒ Freshmen: 3/7

### Academic Theme Saturdays (ATS)

9AM – 1PM

@ IPFW  
Kettler Hall  
room G46

#### DATES:

FEB. 3 & 17

MAR. 3 & 17

APR. 14 & 28

Must attend at least 3

## CULTURAL EVENTS: TBA

Almost every month, we offer at least two cultural events. Make sure you plan ahead and sign up for at least one. You can sign up for these events during our programming (tutoring, ATS, etc.), or by contacting Ms. Gladys. Most of these events fill up quickly so be on the lookout for the sign-up sheets.

Some of the events we have planned this semester are: plays & musicals at local theaters, tours, a butterfly exhibit, cultural dinners, and more.

## CAREER FOCUS DAY

Saturday, January 20th, 9am  
@ IPFW Kettler Hall room G46

Are you in a sport this semester? Make sure you communicate with us and your coach(es) to plan your UB participation accordingly.

COMMUNITY SERVICE OPPORTUNITIES:  
TBA

Check your calendar for details and **always** check our social media for updates

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