Sooner Upward Bound

We had a great summer at Sooner Upward Bound and congratulate our participants for their hard work and commitment to the 2015 Summer Academic Institute. The Summer Institute included 30 students from Capitol Hill, Northwest Classen, and U.S Grant High Schools in Oklahoma City. Many thanks to the University of Oklahoma Student Affairs, Student Life, Housing & Food, Writing Center, Kaneisha Lloyd, Gaylord College, Fitness + Recreation staff for their outstanding support and service to the participants of the program. We deeply appreciate our students’ parents who pave the way for educational success. Most importantly, we recognize the hard-earned academic success of each of our students.

This year, our goal is to educate our students in academic and cultural principles through experience and in the classroom. With this goal in mind, we help our students reach their personal educational goals. We will take our students to various universities so they can preview potential college options. This year is one of expansion for the program and we anticipate recruiting more students to join on this endeavor. We will strive to provide college resources year-round to make college attendance a goal that our students accomplish.

Academic Excellence

**4.0 G.P.A**
- Manuel Aldana
- Jaqueline Deleon
- Tyshael Friday
- Tsega Legesse
- Sandy Pham
- Jazmine Roldan
- Ctlali Vazquez

**3.5 – 3.9 G.P.A**
- Valente Aldana
- Nathaniel Bullock
- Isabel Mata
- Skye Orosco
- Sophia Polwort

**3.0 – 3.4 G.P.A**
- Miguel Arroyo
- Ben Crawford
- Isaiah Duque
- Otis Evans
- Shyla Hudspeth
- Israel Lugo
- Theresa Paubel
- Marsela Perez
**Director’s Take**

**Why Mentors are important**

Growing up in a single parent household, I had difficulty understanding the importance of planning for my future and going to college. I always knew I wanted to go to college but had no idea how to get there. My sophomore year in high school I realized I needed help. This was a pivotal point in my life where I sought out mentors, people a little older than me who had accomplished similar goals. I had to make the frightening decision to be vulnerable and admit my fears to others. Through my time with these mentors, I learned that others had faced challenges and I could learn from them to be successful.

I chose individuals who could provide both resources and guidance. The investment of these mentors contributes to my continued accomplishments. Mentorship is essential for success in our lives. Students’ career and educational goals are evolutionary and mentors increase the quality of these experiences. Quality mentors also greatly enhance your chances for success. If you don’t have a mentor, I encourage you to find mentors that will develop and challenge you. My hope is that you become a mentor that lends your accomplishments to younger students’ successes.

**Your Academic Coordinator**

First, I am very glad to be here and am thankful for the new exciting experiences since joining Sooner Upward Bound. This is a wonderful place to work and full of people who want to make a difference in student’s lives. Personally, I grew up with many challenges so I understand what it is like to grow up with a lack of resources. I was told that my disabilities would keep me from accomplishing my academic dreams. It is programs like Sooner Upward Bound and staff like ours that encouraged me to pursue my college dreams. My experience as a student motivated me to work with students from disadvantaged backgrounds to inspire them to dream big. Every day I am thankful for our students, who are developing into intelligent, thoughtful adults.

Most importantly, because students need daily support, I am here for our students whenever they have questions or want schedule a face-to-face meeting at your school.

Thanks for making my job a dream job!

Amy Mireault – Academic Coordinator
Summer 2015
“Dare 2 Dream”

Our staff and students enjoyed the summer full of academic, recreational, and educational events. We fit so much into just six weeks. The students met a number of challenges, mostly from the weather. The first week, the students met a flood of rain that soaked shoes and made walking to class nearly impossible. The next few weeks were extremely HOT. Students walked everywhere, drank lots of water, and ate an occasional snow cone. Despite all of that, the students kept up their pace and we made it to class on time.

Our summer classes were a huge success. Our instructors were chosen specifically for their love of the subject and their desire to share their love of learning with us. The teaching assistants were also excellent, many taught classes and went above and beyond to tutor our students despite busy schedules and coursework. Each class ended with final exams and presentations. The world language classes even offered a feast of foods for their students on the last day!

Our students attended interesting places outside of the classroom as well. We visited the Oklahoma Natural History Museum. Our tenth grade students visited the Fred Jones Art Museum, which is free to the public year-round (thanks to a grant from the Football department). Mr. Markland scheduled esteemed community members to share weekly with our students about their life lessons and experiences. We had a “star party” sponsored by the Astrophysics department; we saw Venus and other planets through telescopes. At the end of the summer, we toured the Library, tried on virtual reality headsets, and received free t-shirts.

Team building experiences were a vital part of our program’s success. We enjoyed visits to Heyday, bowling, skating, and Whitewater Bay. The Fitness and Recreation department set up swimming, soccer, volleyball, basketball, and even dodge ball for us to play over the summer. For our final trip, we toured the University of North Texas and enjoyed our lunch in their beautiful dining hall. To end the trip, we headed over to Six Flags over Texas and had a blast together on the rollercoaster rides.

Overall, summer was a great experience. We had a great staff that made sure our students received quality one-to-one time with their teachers, teaching assistants and resident assistants. Our students reached out to each other and make new friends from other schools. All the Sooner Upward Bound staff are very proud of the students for making the best of a long, hot summer with us. We were sad for the summer to end, but we hope to make next year’s academy even better for them!

Save the Dates

Saturday September 19th    “Writing for College”
Friday October 23rd   “The Step Up”
Thursday November 19th    “UCO TRIO Day”
Community Service    “TBA”
Manuel Aldana

Manuel Aldana is a senior at U.S. Grant High School and has been a participant in the Sooner Upward Bound Program since his freshman year in high school. Manuel excels academically and is involved in various extra-curricular activities. He is involved in Student Council, National Honor Society, Wrestling and Track & Field. Manuel’s post high school plans are to attend Oklahoma City Community College to take his basic courses and then transfer to the University of Oklahoma to major in Mechanical Engineering. When asked what Sooner Upward means to him, Manuel’s response was:

“Sooner Upward Bound has prepared me for college by teaching me some great habits. I learned to be independent and place more value on my academics. I also learned time management because there is a lot of time in one day, you just have to know to utilize it properly. Also Upward Bound has taught me how to get out of my comfort zone. When I started this program I was quiet and reserved. Now I am more social. SUB has made me a better person in general. I am more confident of my abilities to make it in college.

Tyshael Friday

Tyshael Friday is a senior at Northwest Classen High School and has been participant in SUB for three years. In her three years, Tyshael has been a classroom and community leader. She is involved in volleyball, track, L.I.N.C crew, band, and drum line. Her plans after high school are to attend the University of Central Oklahoma to study forensic science. When asked how she has benefited from participating in the Sooner Upward Bound Program, Tyshael states:

“SUB has prepared me mentally for college. I have learned to manage my time. Without Sooner Upward Bound I would not have the mindset of a college student. SUB has helped me mature and grow into a confident woman. I now feel more equipped to take on any challenge that comes my way. I know if I need any help the SUB staff will always have my back.”
The Sooner Upward Bound Program is now accepting applications from all three target schools, Capitol Hill, Northwest Classen, and U.S. Grant. All interested students can visit the 9th grade counselor at each school for more information.

If you have any questions please contact the SUB office at (405) 325-9177.

Applications will be due December 2015.

We look forward to accepting new students into the program.

Go Sooners!