



TRiO

# Upward Bound

Graduate Messenger

March, 2003

Volume I, Issue #1

## Welcome Back To The TRiO Family!

Hello, St. Olaf UB Graduates! Welcome to the first edition of the *St. Olaf TRiO Upward Bound Graduate Messenger*, a newsletter dedicated to our graduates and their needs. We want to keep you informed of St. Olaf UB events, activities or legislation affecting our program on the local and national level, and keep you connected to your TRiO peers. If you have suggestions about the newsletter's content, or would like to contribute articles, let us know. Enjoy!



For those of you still in school, or planning on returning, financial aid is an extremely

important piece to earning your college degree. It is crucial that you pay attention to deadlines, complete you financial aid applications early, and contact your representatives in national and state governments. You should also continue to look for scholarship or internship opportunities.

**The current Minnesota State deficit will impact your financial aid packages next year.** The Minnesota State Grant, Student Work, and Childcare Grant pro-

grams will most likely all be affected. If you have not re-applied for financial aid for next school year, please do—soon!

Many of you completed the FAFSA (Free Application for Federal Student Aid) when you first started school, and can renew your application online using a PIN number that was previously given to you. If you have lost your PIN, or need to request a new PIN, do it online at [www.pin.ed.gov](http://www.pin.ed.gov); if you have never submitted a FAFSA you can also do this online at [www.fafsa.ed.gov](http://www.fafsa.ed.gov) (just be sure to get your PIN first, to make the process easier). If you, or your family files taxes, they should be completed before submitting the FAFSA. Information from taxes is needed to complete many financial aid applications.



For the last three years, UB has run a mentoring program. One goal of the mentoring program is to connect UB students with working adults in the community, sometimes with an adult in a field that the student may one day wish to pursue his/herself. Most UB students have little knowledge of the world of

work outside their parents' occupations and what they see on TV. A second goal of the mentoring program is to show mentees how valuable a college education is, so all of our mentors have graduated from a postsecondary institution. Many of our mentors are graduates from the St. Olaf UB program, or St. Olaf College.

Mentors and mentees write each other 1-2 times per month. In addition, 3 times per year mentors will meet with their mentee for a scheduled social activity. Mentors are also notified of other UB events that they are welcome to attend.

Graduates interested in our mentoring component should contact Mari Tototzintle, [tototzin@stolaf.edu](mailto:tototzin@stolaf.edu), for more information.

### ***In This Issue...***

**\*Doh! I Better Do That If I Want Money Next Year**

**\*How Can I Get In Touch With You?**

**\*That's So Exciting You're Doing That**

**\*That Mentoring Thing Sounds Cool**

**\*MIA**

***...Once A UB Student, Always A UB Student***

# Graduate Updates



As you know, UB must follow-up with its program graduates. We must account for the numbers of UB students who have graduated or dropped out of high school, and those who have pursued education after high school, including the military, college or vocational school. UB must update this information for a least six years from the time of your graduation.

To make the follow-up process easier, we encourage you to keep us informed about changes in address, phone number and e-mail. You can send changes to us via our website, [www.stolaf.edu/services/upward](http://www.stolaf.edu/services/upward), and clicking the "Graduate Update and Current Student Address Corrections" link.

And remember, although you're no longer an active participant in UB, we still like to see you, and can still help you sort through things like financial aid, scholarship applications, and proofing essays.

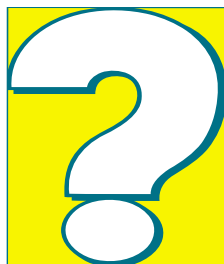
You can find us at your old high schools on the following days and times:

**Humboldt:** Mondays, Tuesdays and Wednesdays, 9:00 am - 3:00 pm; (651) 293-8600, x2251

**Central:** Tuesdays and Thursdays, 9:00 am - 3:00 pm; (651) 632-6000, x5530

**Red Wing:** Tuesdays, 9:00 am - 3:00 pm; (651) 385-4600, ask for the CFI

Be sure to call first so we know when you're coming!



Do you know where any of these UB graduates are? If so, send us their contact information, or have them contact UB.

## Class of 2002

Lue Thao

**Class of 2001**  
Tiesha Bell  
Kainani Bye  
Tony Dean  
Danielle Henderson  
Cassie LaBelle  
Xay Moua  
Rose Xiong  
Pa "Kristy" Yang

**Class of 2000**  
Katie Beck  
Louis Geehan  
Nick Geer  
Sam Moua  
Richhath Ourn  
Matt Sumter

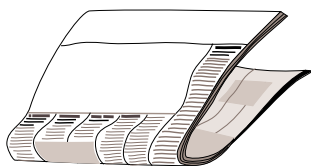
**Class of 1999**  
Belen Cabrera (Tellez)  
Na Thao  
Phil White

**Class of 1998**  
Beth Bremer  
Mike Hoffman  
Nelson Lo  
Joey Mendoza  
Toyia Mills  
Andrew Smith  
Joe Smith  
Jim Vang  
Stephan Weissmann  
Ulanda Wiley  
Pierre Yang

**Class of 1997**  
Carlos Fuentes  
Ying Lee  
Tyshanna McKamie  
Xeng Moua  
Yang Kou Moua  
Gina Robinson  
Brenda Valentine

**Class of 1996**  
Derrick Montgomery  
Lo (Halena) Moua  
Daleny Savandy  
Carter Xiong

## News and Notes



Congratulations to **Mang Vang** (St. Olaf College, 2006; Humboldt, 2002), who was chosen as a Hearst intern. For her internship, and in conjunction with St. Olaf's Student Support Services (SSS) program, Mang does outreach in the Hmong community. Mang works to expose Hmong students and parents to the postsecondary process and to St. Olaf College.

**Kou Vang** (St. Olaf College, 2005; Central, 2001) recently spent a month in China and Japan as part of his National Identity of China and Japan course.

**Jessica Lee** (St. Olaf College, 2004; Central, 2000) recently spent a month travelling throughout Mexico as part of her Family Social Service in Mexico course.



**St. Olaf College  
TRiO Upward Bound Graduate Messenger  
Established 1989**

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Ben Dieterich, Bridge Coordinator  
Liz Lulich, Academic Coordinator  
Mari Tototzintle, Mentor Coordinator

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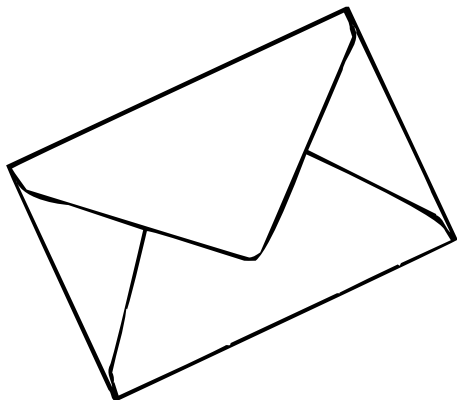
Kevin Cheatham, Editor and Layout

*The St. Olaf College TRiO Upward Bound Graduate Messenger is published several times annually, and sent via e-mail. Editors reserve the right to add, change or delete articles for spacing and clarity. All inquiries should be addressed to Heather Campbell, Director of St. Olaf Upward Bound, St. Olaf College, 1520 St. Olaf Avenue, Northfield, MN 55057-1098.*

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