



UPWARD . . . Toward College

Upward Bound students report
on their experiences

Summary of a WKCD “College Jam,”
in collaboration with Upward Bound and
Knowledge in the Public Interest

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Preface

Since 2005, the national nonprofit What Kids Can Do/Next Generation Press has been working with Lumina Foundation for Education to create a collection of materials for first-generation college students. We have produced two books, *First in the Family: Advice About College from First Generation Students--Your College Years* and *First in the Family--Your High School Years*, a 13-minute DVD of interviews with six first-generation college students, and a website targeted at high school students. (<http://www.firstinthefamily.org>). Also forthcoming are six audio slideshows that support the successful transition to college, as well as a short college planning DVD for early high school students. In all of these products, it is the wisdom and experiences of first-generation students that we tap and share.

In 2008, as part of our “First in the Family” campaign, we experimented with hosting a series of online forums—called “Jams”—aimed at engaging first-generation students in generative conversations about what it takes to get to college and succeed once there. WKCD teamed up with Knowledge in the Public Interest, which uses Web 2.0 tools to enable and analyze such online discourse, particularly in the field of education. The first online discussion brought together both high school and college students. The second discussion offered first-year college students a chance to compare notes and swap advice.

The third Jam, which we report here, attracted more than 120 students from nine Upward Bound programs—from Maine to Florida, Ohio to Arkansas. Over two days, they posted their ideas and reflections. As we read through the students’ many comments, we were struck by the in-depth student view they gave of one of this nation’s premiere college access programs. Their online exchange, we believe, merits an audience beyond the Jam’s participants—both within the Upward Bound community and beyond.

We are delighted to share this summary with you, and very much look forward to your feedback and questions.

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What's a "Jam?"

A Jam is an online exchange. A group of people “speaks” together, using written posts, about a subject of importance to them. The discussion is facilitated just the way a meeting might be chaired. Sometimes experts from outside of the community are invited to contribute their experience and to moderate a portion of the exchange. While participants may be online at the same time, this is not necessary. Indeed one of the advantages of a Jam is that it assumes that participants will come and go as their personal schedules permit – reading and commenting when they can. For this reason most Jams occur over at least a full day. While a Jam creates its own notes, at its conclusion the discussion is organized and analyzed, all the materials that are posted during the Jam or referenced are pulled together, and the analysis is posted on the Jam site for everyone to review.

Why jam? Jamming allows for fast, broad, and deep discussions that not only build knowledge about a subject but also build a community of interested parties. To the extent that participants do not have to travel to a central meeting location, Jams save money. Also, because Jams do not require that participants be online all at the same time, they are minimally disruptive of personal schedules. These factors apply to outside experts as well and consequently it is possible to have access to resources that would otherwise be both difficult and costly to reach for face-to-face meetings. In addition the medium engages outside experts in a collaborative exchange rather than a presentation format, which can be useful to participants in pursuit of a specific goal or goals.

Upward Bound Jam Overview

This Jam was designed to provide an opportunity for Upward Bound students to consider and identify the value of the Upward Bound program for their plans and preparation for college. However, the scope of inquiry broadened to include three sets of discussion questions:

1) **Preparing for college**—What has helped you get to where you are in preparing for college? What challenges have you faced and overcome? Who or what motivated and inspired you? Where did you find practical help when you needed it? How much of your college journey happened because you did it yourself? How much did you need someone else to motivate you and inspire you? Tell us your story!

2) **Upward Bound boost**--Upward Bound programs exist for one reason: to prepare students for college and lifelong learning. Describe one or two things you really value that came out of your Upward Bound experience so far. Did they happen during your summer work in UB, or during your school year? How did they change the way you thought about college, or the actions you took to get there?

3) **Imagine!**—Guess what? You are now a junior in college! Imagine that you have made it this far and have mastered the whole college scene. In the picture you imagine, where do you go to school? What are you studying? Where do you live? Do you work or volunteer? If so, where? How does your typical class day look?

Prior to the Jam, UB programs were provided with these questions to stimulate their students' thinking and help them use their limited computer keyboard time more effectively. More than 120 students from nine Upward Bound programs from Maine to Florida to Ohio to Arkansas came to the Jam over a two-day period to read, reflect, and post their ideas. Several other programs wished to participate but could not submit student contact information early enough for Polilogue accounts to be established. One REAL Upward Bound executive director, Rickey Booker, of UARK also shared his story of how the UB program benefited him.

Launching the Jam with three discussion threads gave students options to decide where they wished to spend their time. Some posted in every discussion thread while others posted only once or twice in the entire Jam. Students interacted very little with each other's ideas in the Jam. In one-two UB programs where students were probably in the computer lab at the same time and knew each other already, they felt comfortable to comment briefly and socially on each other's posts. Few students came to the Jam more than once.

UB programs participated as promised. Some directors said their students "would participate on their own free time" or "whenever they can." Other UB directors asked for the Jam to start earlier than planned to accommodate their students starting at 8:00 AM and working in one-two hour increments throughout the morning and early afternoon. These arrangements yielded a very high rate of student participation. Most students could only participate the first day as permitted by their program schedule and computer lab availability.

Although the Jam did not lead to sustained dialogue, it was nevertheless very rich in insight. Jam participants detailed how they found out about Upward Bound in school programs and from family members and friends. They talked about overcoming challenges to prepare for college. They noted how being prospective first-generation college students does not come with an easy-to-understand college path map. By the time many arrived at UB programs, they had to undo previous bad habits (procrastination) and attitudes (toward school) and overcome knowledge and skill deficits (often in math). While they credited much of their journey so far to their own hard work, they freely recognize that they have benefited, and will continue to gain, from help provided by family members, UB programs, schools, and teachers, too.

In a word, "love" best describes 99% of Jam participants' feelings for Upward Bound programs. They love the sense of family and support the UB staff give them. They love the hands-on learning and visible academic success they achieve with UB. They love the on-campus residential program to develop their sense of college life and the views of the wider world dangled before them in their UB program travels. They love their enhanced

self-confidence and competence that come from UB participation. They love being able to make friends, and college and life goals. They love being able to reciprocate in the future through college graduation and higher earnings the hard work their parents engage in now to provide them with economic security.

Jam participants also drew vivid word-images of their lives as third year college students. While these dreams are not challenged by reality in many instances, they are fragile works of art. Most are quite ambitious as students described how many different things they hope to accomplish in a 24-hour period. As they advance in their college quests with new knowledge and skills imparted by UB and other programs, many will become artisans capable of crafting and living their desired futures. Perhaps the biggest challenge is to keep their feet planted on the ground while they fly through the air to well-chosen destinations.

In the Beginning

Finding out about Upward Bound

Parents, especially mothers, older siblings, and friends introduce students to UB. In-school sessions, often provided in 9th grade, also acquaint students with the Upward Bound program. While most students gravitate toward UB at first glance, some do not immediately perceive the benefits, unless they have a friend's positive review of the program to fan their interest. Nor do they all sprint to complete the application and admission requirements. A few discussants said they procrastinate until a family member or friend reminds them that it's a *really good program*. (YR)



Jam participants said

- *The first time I ever heard of upward bound was when I was in 9th grade and it sounded like a really cool program but i was lazy and didn't fill out my application. Over the summer one of my friends that was in the program told me that it was a really good program and I should deff take the chance if I get again to apply. I did and so far it has been a great experience. (YR)*
- *When I first heard about Upward Bound, I had assumed it was a single year of tutoring and a small taste of the college life. I have never been so wrong in my life. (KZ)*

- *I first heard about the UB when I was a freshman. The Directors showed us a video and then went in to detail on how the Upward Bound can help you with college such as scholarships. In order for me to enter I had to give them some papers, write a 300 word essay and go in for an interview to see why I wanted to join. (CH)*
- *I didn't even know what UB was about until I went to a meeting that introduced me to what they offered. I thought it was awesome that they would actually accept me and offered to help me in college. (DS)*
- *I joined Upward Bound because my mom wanted me to. My sister was in the program for a short period and my mom wanted me to join it. So I joined the program and have liked it ever since. (NC)*
- *When I first heard about Upward Bound, I had no idea what it was... I was curious and wanted to know. I went to the meeting we had at school, and it sounded like a good idea. I got an application, and before I knew it, I got an acceptance letter saying I got in. . . . I was so excited. (JL)*
- *My parents were the ones who wanted me to join Upward Bound because it would help me with college and help me become something. At first, I was kind of nervous and didn't want to go, but once I went I had fun and met a lot of different people. (CH)*
- *The Upward Bound program was just another program that I thought I would join just so that I could hang out with my friends. I had no idea that it would actually have a big impact on my life and my getting into college. (GB)*
- *When I first heard of the Upward Bound program I thought it would be a good experience for me. (CB, EB)*
- *I first found out about Upward Bound by my sister. At first I thought that it was going to be boring because my sister said it was just like Summer school. But I found myself being completely wrong. Being in the Upward Bound program has taught me about how college life is going to be when I get up here. . . I am glad that my sister and mother made me come here. (LB)*
- *I was very curious about Upward Bound when I first heard about it as a freshman in high school. (TW)*
- *My friend Lashawn who was a student of Upward Bound invited me to the program. I honestly never knew that there were programs out there that helped you with your SAT and ACT test for free. (SJ)*

Challenges to Overcome

Jam discussants talked bluntly about the hurdles they have had to overcome to reach college. Jam discussants alluded to their one-parent families, often led by a hard-working mother, who struggle financially to keep their households afloat. Sometimes, Jam members said they had no parent. Other discussants spoke of family members who were chronically or terminally ill. Sick siblings may have required their parents' unrestricted attention thereby leaving Jam members to plan and prepare for college largely on their own. Family mental health issues also interfered with some Jam discussants' college preparations.

Jam participants said

- *im poor but what else is new, family no one in my family has gone to college my sis planed to go was accepted and ready to go but when the time came she did not, so now i must lead the way for the rest of my family. (AM)*
- *well for me i had nobody to push me to do anything. i am the oldest sibling in my family and i don't really know my mom, all my inspiration comes from my passion for learning and bettering yourself. i am glad that i was accepted into upward bound because i feel that it his really helping me in many ways, and i am learning things that will help me be ready to go to college and be able to make a life for myself. (JB)*
- *For several years my dream of college was pushed to the back of my mind because i was more focused on my elder brother who was diagnosed with cancer and was living at the Portland Maine Medical Center or at the Boston Children's Hospital. My whole family was focused on him, but he would always tell me that i should go on and do great in school and not to stray from the path that i have laid down for myself. (CD)*
- *A challenge that I have experienced more recently is the death of my grandfather and brother in-law. I was very close to my brother in-law and at the time of his death I just wanted to give up and say forget it. I pulled through it because I know that if he were alive he would have the highest hopes that I would not give up and to keep fighting for my future. (MN)*
- *i also have a mother who is not the best influence there is, she's done some things that are not approved of. she also has health issues where i needed to help take care of her. . . my older brother has behavior issues that make it so my mom has to stay on him to keep him out of trouble so i kept myself out of trouble. (CD)*
- *I suffer from depression and I constantly worry about what people think about me, but I push myself and I try to be strong and pursue my dreams. (DM)*

- *The biggest obstacle that i have had to overcome has been coping and helping my Autistic brother. he means the world to me and i don't know what i would do if any thing happened to him. (EB)*

First in the Family

Jam members often said they are among the first in their families to prepare for college. Therefore, natural scaffolding within the family does not exist to help them start and stay on a straight academic path to college. In fact, a family with a prospective first-generation college student may create attitudinal impediments. At least one Jam participant spoke of *all kinds of negativity* in her family who doubted her college goals *because no one else in the family* had gone. Once it became clear that she was going to a specific college, they continued to belittle her choice of schools (SB).

Jam participants said

- *I will be the first in my family to go to college and I plan on sticking with it and completing my goals. (CH)*
- *I plan to be the first girl in my family to go to college. I have five older siblings, and only my oldest brother has gone to college. (AC)*
- *Like many of the students that come here, I too come from a very mixed background. My father is from Guadalajara, Mexico, while my mother was born in a small European country called Andorra. I am the first in my family to graduate high school (with Honors), and if all goes well, I will be the first to graduate college. (JM, senior at UArK and UB mentor)*
- *My journey to college has been inspired by the fact that I am the first one in my family. . . to not drop out of high school and go farther than getting a 6th grade education. (YO)*
- *I have been through all kinds of negativity. First my family tells me they don't believe that I will actually go to college because no one else in the family did. Then once they realized where I was going and that I was actually going to go, they told me that the area sucked and that there was nothing around. Well the town I live in now has nothing. I know the school is small and I also know that the area is beautiful. (SB)*

Academic Struggles

Students may have limped through middle school only to arrive in high school with a poor academic record and study skills. Others reported a lack of focus and a negative view of school. Math--*the digit monster since 2nd grade* (BH)—was a difficult subject for many Jammers. One could almost feel his relief as KE explained his challenge with

math and the success he experienced in UB: *me and math don't see eye to eye, but for the past three semesters i passed with a B.* Jammers also spoke of the decisions facing them in finding and choosing the right college.

Jam participants said

- 🤔...one of my challenges was staying focus my freshmen year...I wasn't focus on my school work my gpa was dropping fast and I had the worst attitude with my teacher...I think its mostly because I really hated my school, the people I was surrounded with and I just wanted to have fun in high school 🤔... (MM)
- *i will admit that 9th grade did not go like this though. i did not think it was possible to get accepted into any college, so i didn't even try. but now that is behind me, and im working my hardest to bring those grades up.* (DS)
- *Challenges I had and are still overcoming are the typical grades, testing, and finding the right college.* (AG)
- *Some challenges I have faced would be the normal stuff either suffering from poor or not up to par grades. Or not having enough money for some classes that I would need to take.* (LG)
- *My challenges were physics because i thought of quitting in the beginning but stuck till the end.* (JA)
- *I have overcome a lot things such as my class work because to tell you the truth, me and math don't see eye to eye, but for the past three semesters I have passed with a B.* (KE)
- *I have overcome a lot of challenges and one is getting over my math problem and not giving up.* (RR)
- *. . . my struggle is math. i haven't gotten along with the digit monster since 2nd grade when i couldn't solve the problem 6x9. since then math has never agreed with me. i spend countless hours with multiple tutors each time passing by the skin of my teeth but i'm old enough to know practice makes better.* (BH)
- *My study habits were terrible before I came to UB. Every test I took, I just tried to wing it, now I care about tests and how I do on them.* (JL)

Mastering Language and the Clock

First-generation immigrants talked in the Jam about their first challenge: learning English. Several Jam participants also talked about their need to manage the clock better. One termed her ailment *procrastination-itis* (AD)

Jam participants said

- *The first challenge that i have overcome is the language barrier. When i was 8 i didn't know any English because i was born in a Spanish speaking country. But soon, that changed because i learn the language in a short time. (J)*
- *well to be completely honest, my motivation skills completely suck. i need someone else to push me to my limits in order to get things accomplished that i need done. (HS)*
- *i suffer from a very rare medical condition called procrastination-itis. i was diagnosed with this disease my freshmen year of high school and its been a real problem for me ever since. its a problem i have been working on for a while now, and although i have made many strides i still need that extra push now-and-again. (AD)*
- *I really needed this program because I'm a very big procrastinator so I would miss deadlines or turn in things last minute and with Upward Bound I had someone to stay on me and make sure all of my things are done and complete. (CR)*
- *The challenge I had was balancing what i want to do with the things I have to do. (TL)*
- *The main challenge that I have faced so far is doing my work when it needs to be done. (SM)*

Changes in Attitudes

Jam participants said that the Upward Bound residential experience has given them *maturity to know my priorities* (SD). Their self-perceptions grew as Upward Bound forced them out of their *comfort zones* and encouraged them to *take safe risks* (SD) and get to *know people and make more friends* (ML). Students talked about how UB helped them to become *an accepting person* (TW), *more open minded, a lot less self-conscious, and more dependent on myself* (CA), and a *diligent, dedicated pupil . . . and person* (AG).

Jam members reported that they *flourished* (AM) and their self-confidence soared as they received the *positive reinforcement that so many different people work so hard to create* (CB). CB went on to say: *It's like a utopia of satisfaction, where my friends and I feel comfortable and*



confident to accomplish anything we want. It's like everyone has this awesome side to them and Upward Bound brings that side out. As their competence increased, it fed their confidence and changed their view of college. Going to college became more important and feasible as they learned how to plan, use their time more effectively, ask for help, and move with a purpose (MA).

Self-knowledge

Jam participants said

- *I've learned who I am right now, and who I want to be in the future. I try to set big goals so that I can feel like I've really accomplished something important.*

I've also learned how to take safe risks. I'm really into making people laugh, so my first year, I decided to do stand-up comedy at the talent show that goes on during the last week of UB. Then, I realized how much I loved the feeling of being on stage, so I have done it every year since then. (SD)

It was through the Saturday sessions and summer residencies that I discovered my true identity. From there I became more open instead of just harboring my feelings and restraining my potential. - Anita

- *I've begun to become more open-minded, a lot less self-conscious, and I've actually become more dependant on myself and less dependant on others. These are all things that I value and have wanted to see in myself for such a long time. (CA)*
- *The other thing UB has taught me is to be an accepting person. There are many diverse people and everyone has a different story as to where they come from. It mostly happens during my summer here, and although it didn't change my action as for college, it indefinitely gave me something to take with me to college. (TW)*
- *Upward Bound has been a big help in the ways of coming out of my comfort zone, and getting to know people and making more friends. I did this while at work, and just at the dorms meeting new people. I will definitely need this when I go to college. (ML)*
- *It has definitely helped with my ability to ask questions and ask for help if I need it. The confidence Upward Bound has given me is huge. With all the support from everyone it makes me feel more comfortable and I feel like I can do anything. I can go to college and become whatever I want. I am smart and if I want something I just have to work for it. (NM)*
- *When i first went in to UB i was shut off and during the year i flourished into this wild and crazy person and let go of all the "barriers" i put up to keep people out that i built to stop myself from being hurt again. They made me want to go to college more and showed me how to do certain things and helped me fill out*

paper work and encouraged me to do not just my best but to do it while balancing a social life and an academic life as well. (AM)

- *With this program i grew to be more out and open about my future. this program has helped me to realize anything is possible, and that all you have to do is just prepare for it, and worse, to not procrastinate about it. (LA)*
- *I have also gained some good social skill. I loved meeting new people and experiencing new things. Joining the program has taken me out of my comfort zone, enabling me to grow more as a person. Because if you always stay in your comfort zone you will never grow . . . (NM)*
- *This program has also taught me a lot about myself. . . . I decided to break out of the shell I kept myself enclosed in for so long and it's because of the generous staff and great students that I was able to do that. Upward bound has molded me into a diligent, dedicated, and determined pupil.... and person. (AG)*
- *when i first came into the program, i was quiet and immature. within a year, i grew to understand that in order to get anywhere in life, i had to open up to people and learn how to talk to other people. (HS)*
- *upward bound has so far helped me to become less shy i feel out of place in my home school but in ub i feel accepted for who i am. yay!!! (SM))*
- *I love being me! I am a very outgoing person who wants to make a difference in the world. (CJ)*
- *Just being here for the second time, I realize anything is possible and I do have confidence I just have to let it show. (SB)*

Making New Friends

Jam participants said

- *Kids from my school that may not have had many friends at my high school but when they came to Upward Bound they were swarmed with people. It is just truly amazing to see everyone having fun and coming out of their comfort zone(maybe even for their first time). Everyone is trying new things and meeting new people. I have met some people that I feel could be life long friends, it's like a utopia of satisfaction, where my friends and I feel comfortable and confident to accomplish anything we want. It's like everyone has this awesome side to them and Upward Bound brings that side out. (CB)*

Nobody knows who you are it's a clean slate you can get along with anyone and everyone. - David

- *The friends you make in the Upward Bound community are like none that you'll make anywhere else. They are there for the same reason you are, to better themselves, so there is always something in common with everyone you meet. Living with strangers for six weeks forces you to step out of your comfort zone and try new things. Without the prejudices of "Oh she's a cheerleader, i can't get along with her." (DD)*
- *Before i was in the program i was very shy and not very good at talking to people, but five weeks into the summer program i am friends with just about everyone here. It really helped me to be more of a people person. (GC)*
- *before upward bound, i was basically an outcast. i never went out of my comfort zone. now i never stop talking and im always one of the first to volunteer. (AC)*
- *What I have noticed is that the people who are more outgoing and animated are the ones who have the most fun and make the most friends. This program seems to be designed to be fun yet constructive. When someone comes with an angry attitude, it just takes away that much more, till it seems pointless. (DD)*
- *I have made many friends throughout this program and have a lot more interesting things to come. =) (CH)*
- *I have made more friends here in the one year that I have attended than there are people at my school. (NM)*

New Views of College

Jam participants said

- *My first year at Upward Bound has help open my eyes to keep learning more to further my education after high school to college. (CC)*
- *Upward Bound showed me how to have fun with education. (LC)*
- *Upward Bound has changed the way i thought about college because you have full responsibility of yourself. (CR)*
- *I have become a more mature and responsible person and thanks to Upward Bound i have changed and set new goals. Upward Bound has shaped my future and i have realized that anything is possible when you set your mind into it. (MB)*
- *One thing i truly value about the upward bound summer program is that it opens your eyes to a lot of things. For example, it showed me that college won't be just a walk in the park like i thought it would be. This program showed me that*

It has shown me the fiction and facts of college as well as how to deal with certain situations that I could possibly encounter when I actually become a full time college student. - Gerod

- working hard and dedication will take you a long ways. (AB)*
- *These experiences and more have shaped the way I look at college significantly. (GW)*
 - *I value . . . the support of experienced people around me . . . have been so helping to me in my problem areas in academics. people that possess willing attitudes give you a boost to strive to be the vey best you can be despite your many failures. you feel comfortable learning knowing someone cares about you and your future. (BH)*
 - *U.P. has given me the confidence that i can go to college and succeed. Before upward bound i thought about going to college but i didn't really think that it was possible for me to get into a good college. (JL)*
 - *The upward bound program has truly changed the way i view college life. At first i thought college was just all work and no play but upward bound has shown me that you can have both aspects of the college experience and still be successful. (AD)*
 - *that's one thing i value because they as a whole cared about me. when times got hard and i felt like i couldn't do something they came and help me realize that all they can do is help and after that it was all up to me. the peers also showed my how to be tough in college and stay on top of your work. like they say college is nothing like high school because nobody cares.... your all by yourself... (WP)*
 - *Upward Bound gives me a sense of family where they give me that extra push in which truly encourages my wanting to go to college and they do their best to help me reach that goal. The thing about Upward Bound is the fact that everyone around you wants to or are considering going to college therefore everyone in the program is there to help and support each other in the hopes to become college bound. When I'm away from home I feel as if Upward Bound is my home away from home because everyone cares so deeply about everyone else and we've developed such a tight bond. (CR)*
 - *It makes me feel that college will be a fun yet helpful experience in maturing to be an adult and completing a degree in college. (DA)*
 - *the upward bound program actually made me see how my education really is as a value. Before i got in the program college was really just something that i thought that i might get into but know i actually feel like i have a chance at it. (UM)*
 - *The residential and social experiences that I have had in Upward Bound have made into a more social and friendly person, and have made me much for aware of the need for a college education. (KR)*

- *I didn't want to go, because I didn't think I'd be able to handle it. But now, I know I can do anything I set my mind to. This includes college, and being a nurse like I've always wanted. Upward Bound really does help, and I'm so glad I signed up for it. 😊 (JL)*
- *This program has taught me that if I want to succeed at life I have to step up and ask questions. A professor doesn't know if your having problems and if you don't ask they can't help. (DD)*
- *I am so glad to be in upward bound. It is really helping me to pursue my dreams. I hope, in the long run, that people will understand how important education is and that you really need it. (CJ)*
- *Another thing i value is the wisdom of college that came from upward bound. i see other people who are not in the program fail because they don't care. honestly i didn't care at first, then when i came to florida international university upward bound i change everything... i told my self school is my life and its a must that i go to college. (WP)*
- *Upward Bound has helped me realize anything is possible. Because when I came back for my bridge year, I told everyone that I was going to Husson College to major in Criminal Justice and Psychology they all were there to support me, and help me get prepared for my future. Just knowing someone will be there to help you through college is a great feeling. (ML)*

It's Up to Me!

Jam participants said

- *I've learned a lot from these kids. From the 5 weeks they have spent with us I have discovered a group of the most motivated people I have ever encountered. The students are giving up 6 weeks of their summer to take classes and allow us mentors to get to know them better. They are willing to do whatever we ask of them just so they will have a better opportunity to go to college. These kids have made me realize how much work it really takes for some kids to be able to have the chance to go to college, and it makes me feel lucky that I have had the opportunity to make it to my junior year in school. (ML)*
- *In college my teachers won't give me extra time to do my homework am going to have deadlines, I should always stay on top of things and get it out the way. I won't always love my teachers and get along with them or my roommate but I have to learn to deal with it 😊. If I want to make it somewhere in life especially if I want to be a lawyer I have to be focused. (MM)*

My life is like a car, i basically drive myself with my mom in the passenger seat. - Ashleigh

- . . . you have to put forth your most maximum effort, because no one else is going to do it for you! (AB)
- My whole college journey will come from inspiration and it will come from me working hard at trying to become what I want to be. (SS)
- I have to make up my mind before anyone else does no one can make me do something unless i chose to do it. (TL)
- It taught me that school is my only job while in high school, and just like any other job i should perform it to my best quality. (CL)
- People say that you should want to go to college for yourself, not for anybody else's needs. in the future i want to be a successful African American and in this generation it is said that you need to go to college. i hear that college is so hard and its hard to stay focused but i think it depends on the person. me personally, i believe if you stay focused and look at this as the only way you can be successful then you do what needs to be done. (SK)
- My counselor started to tell us to "Move With A Purpose" and that really got me thinking. If i want to be something in life i got to "move with a purpose". If i want to achieve something in life i got to "move with a purpose". . . (MA)
- Although others are around me lending a helping hand, I feel my dreams and goals are best achieved by me alone, and I will work hard to reach them. 🤔 (TW)

If i want to receive the highest education i got to "move with a purpose" and my purpose is getting my education. - Matthania

Making Learning Fun!

Time Management and Study Skills

Jam participants cited before-and-after views of how Upward Bound affects their time management and study skills. They are now better able to achieve balance between school and social activities. *At first, I thought college was all work and no play but upward bound has shown me that you can have both aspects of the college experience and still be successful.* (AD) In addition, the UB learning opportunities appeal to students. Jam members said *UB makes learning fun . . . instead of sitting in a boring class they make it interesting so you want to stay awake.* (AL)



Jam participants said

- *The classes that I have taken during UB have helped me develop great study skills and time management.* (NM)
- *upward bound has taught me to take on my class work right away and to have a schedule for myself. This can really help me when i get to college because i have always been the type to leave things until the last minute . . .having a fit schedule for yourself makes your day go by smoother and you have more control of it. You ever have things planned out in your head and for some reason the day goes on but nothing you wanted to do gets done? Well that was me before this program I can already tell that i will be setting up different schedules for myself so that I can have a less stressful day.* (SJ)
- *Another thing that I learned was how to not procrastinate my duties and to just get them done and play later.* (SM)
- *Upward bound has taught me this summer that procrastination is a bad habit and is a very wasteful thing to do. Began an assignment as soon as possible and get it done well and thoughtfully.* (CL)
- *Somethings I've come to learn from my time at the Upward Bound program would be is time management. They give us homework a lot of free time, but it's up to YOU to get the work done and make time to get it done. Another is learning new ways to study for my classes.* (LG)
- *It showed me that when I get to college I have to focus partying 24/7 is not going to get me anywhere it would be easier for me after classes to sit down do my homework get it out the way and then have fun and it also showed me ill be able to meet new people and finally be independent without my mom. It also made me*

think that when I go back to school in August I have to study harder and stay focus just do everything on my own, my mom shouldn't have to tell me do this do that study get your homework out the way and everything else. I'm on my own 😊. (MM)

- *the summer program really showed me that college is no walk in the park! you have to really use your time wisely, to pass all of your classes. and you have to put fourth your most maximum effort, because no one else is going to do it for you! (AB))*
- *I was involved in so many different activities that it was very difficult for me to keep my grades up. Everyone I talked to told me that it was a good simulation of how to manage academics and social life. (GW)*
- *. . . it taught me hw to balance my work and to have fun at the same time. For example in class we were given a vocabulary list and was told that we were going to have a test on Friday, but during that week we had went to a adventure park on Wednesday and on Thursday we went to a big park all day in played games like game board, card games, football, volleyball, and find the flag. So during those days I had to find time to go over my vocabulary words so that i could get a grade that I like on the test. (AT)*
- *. . . it opens your eyes to a lot of things. For example, it showed me that college won't be just a walk in the park like i thought it would be. This program showed me that working hard and dedication will take you a long ways. From this summer program i learned how to use my time wisely because time flies when you have something to do. (AB)*
- *...i really value. . . learning new studying strategies in multiple classes. (ML)*

Practical Know-how

The Jam allowed students to talk about the just-in-time resources they received such as books and test fee waivers from Upward Bound. Additionally, Jam participants lauded the assistance they received to find the right college, apply to college, and become SAT and ACT test ready. They recognized the academic benefits they received from UB for higher performance in high school and college.

Jam participants said

- *They've taken me on trips to visit different colleges so I could have a more choices and not limit myself to only local or in-state colleges. They've provided me with waivers so I can take my ACT, SAT, and college application fees for free. Since my mother can not financial support me with all these expenses the help from Upward Bound really helps. Upward Bound has also helped me prepare by helping me search for potential colleges, helping us with our FAFSA applications,*

and helping us in school as well so we can also have the grades to go to college.
 (CR)

- *We studied SAT's on Saturdays and went on trips to tour other colleges...the thing i love most about our directors are their support... if there were a specific college you were interested in, Ms. Sofia would get colleges to come just for you to gather more information about the college you were interested in. (WP)*
- *I honestly never knew that there were programs out there that helped you with your SAT and ACT test for free. I was convinced that i was going to end up asking my mother to pay some ridiculous amount of money. . . every since then I have been more into finding programs to help me with college. (SJ)*
- *I always find practical help from anyone here at my Upward Bound or from CAP office at my school. (SM)*
- *UB has helped me in knowing what to do when it comes time to find colleges. They helped me a lot in my preparation. (MM)*
- *They sat down with me to figure out the best Financial Aid package which was very important because I had no clue about what the packages even meant. Doing FAFSA's were stressful if you had no clue, and I also stressed about my SAT score because I knew it was not great, and I thought it was going to keep me back from getting accepted to any college. . . My favorite teacher, and Upward Bound were my counselors for college it seemed. They knew all the tricks, and trades of going to college. (ML)*
- *I can take everything I've learned here in the summer program and apply it to my actual school work. The extra credits give me more reason to try and get a full scholarship to college. (CB)*
- *One of the things i value is that upward bound help me prepare for college by providing me the books i need. (SC)*
- *At first i thought that money was going to my main problem but i had learned about scholarship and financial aid. (K)*
- *The second thing I got from Upward Bound was all of the research I have been doing on surface and groundwater through Geology. (WP)*
- *This summer i am taking principles of writing and lifetime wellness classes. this will help me with college expenses and getting out of school faster all because of my participation in upward bound. (HS)*
- *I learned a lot this summer in math class. I learned how to graph quadratic equations and im only in algebra. (JL)*

- *For example, when I went to school I remembered how to do certain problems that I had never seen before. Upward bound helped me excel in school in classes such as math, English, and science. Also, by taking chemistry this year when the school year starts I will know what to do in order to be prepared for my class and how to pass it with a good grade. (JJ)*
- *The SAT and ACT prep classes that we received were really helpful and thanks to them I got a score boost of 90 points when I took my SAT for the second time. These classes from the Saturday sessions during the school year. The program furthermore helped me pay for my admission into these tests insuring that I would at least have a chance to get into a good college. (GB)*
- *Because we've had so many essay's I think I'll be more prepared for school this year. (CA)*
- *I've learn how to prepare myself for the college application procedure. As an upcoming senior I'm pretty sure that all of this information will be very valuable for me in the long run. (CB)*
- *It is a great learning experience and has a cultural aspect to the program as well. To get to go places such as New York City or Philadelphia and learn about the history and have that eye opening experience and when I first went to a big city it was intimidating at first because it wasn't what I was used to being around. (AL)*
- *Being in the UB is the only reason i've experience things. i've gone place from Philli Orlando to Key West and it's all because of Upward Bound. i've earn credits towards school and i've communicated with the outside world. Upward Bound has cracked my shell. Because of them I truly believe "where there's a will there's a way." Thanks UB! (ML)*
- *I now feel confident i can get a top score on the ACT. We took ACT classes this summer and after working with the Princeton review book i feel like i can ace the act and all the other tests just like it. (JL)*
- *Upward bound has taught me test skills, and things that i am going to definitely use in the future. for example, we have ACT classes that help us with the ACT test. i know i'm going to need that in the future. (MA)*
- *Before UB i never asked questions in class because i was afraid that people would laugh at me, but i learned that there is no such thing as a stupid question. UB and my mom pushed me to go to college; they helped me with the application process plus my essay that i had to write. Because of their help i got into every single college that i applied to. (CD)*

- *No one wants to spend six weeks doing extra homework but it's worth it. You not only get a head start on your classes but you make friends from different schools. This is something we will all need for college. (RM)*
- *Upward Bound has played a huge role in my preparation to college because I had no idea what I was doing and they helped me through it, from admissions and financial applications to choosing the right college. (SB)*
- *I learn to rely on others when I don't have a clue what to do. From getting people to help, I usually asked the kids who are taking classes with us, or I either ask a mentor, who is educated in what I need to take. (LT)*

On-Campus Experience

Jammers relished becoming acquainted with on-campus life. *It made me see how college really is (MC)*. Living in the dorms made Jam members hunger for future independence as college students. They also said they learned how to get along with roommates, find their way around campus, and *what I can expect when I get there (JL)*. Many discerned that real college life would be tougher without the structured schedule and constant monitoring provided by UB counselors and teachers. Most endorsed the rigorous Summer schedule. However, a few felt the sun-up to bedtime schedule reflected little trust by UB in the students: *they don't feel that we are mature enough to walk by ourselves or anything in that nature (SC)*.

Jam participants said

- *I always used to think that college was how you see it in the movies: parties, drinking, etc. But being here has shown me more of what it would really be like. We've done some challenging projects that i didn't think i could do, but i actually did pretty good in them. (GC)*
- *It helped me in knowing the good and bad in living the college life. (LA)*
- *U.B. has helped me a lot as well making my image of a college an experience rather than a vague idea. I now know what college is like and what i can expect when i get there. (JL)*
- *The biggest thing that Upward Bound helps do for many is just keeping them busy. When we attain too much free time, or don't have enough work, that is when we get a little lazy and focus on other*

Although its purpose is to send us off to college, UB does many diverse activities. We attend classes in the morning until lunch, and then we even get set up with a job which we work 3-4 hours each day Mon-Thurs.

After we get home from work we have free time until supper time. After supper we have evening activities planned and each night is completely different. Some nights we go roller skating, others we do things like go sailing or go swimming.

After that time we have a study session where students complete homework assignments and have time to ask questions to advisers.

- Travis

things besides the education factor that we are here for. In my experience here, I think that having this list of stuff to do everyday just keeps us on our feet and more responsible people. 🙄 (TW)

- *College and High school have nothing in common, they do not worry about your whereabouts so when you go missing, it really does not bug them, it only bugs you. another thing i learned is that "when you in college and you go to a quiet room, you must stay quiet or they will embarrass you and kick you out". with the upward bound program, i learned that its not everywhere you have to joke, some times you have to be focused and stay serious. (LA)*
- *I value the summer residential program because it teaches me the lifestyle of a real college student from eating habits to sleeping in dorms. (MM)*
- *The thing that I think is most valuable to the students in the program is the college experience. I feel that students get to live in dorms, eat at the dining hall, walk on campus, get an ID, and interact with peers that have similar goals. With the tools you learn at Upward Bound, you should be able to succeed in college and know what you are doing socially, physically, academically, and emotionally. You also gain a sense of accomplishment that will carry you to a degree. (JL)*
- *The first thing that i value from this experience is that fact that i got to be more independent and be able to live somewhere else that wasn't home. The other thing that i value from this summer experience is that i was able to meet new people and i was able to be more social. (J)*
- *One experience I had my first year in the upward bound program was the worst one you could have as a college student and that is not doing your work before fun. I would go have fun and come to my dorm knowing i have work to do but I would feel too tired to do any of it. Now I know to do work first and play later. (TL)*
- *One main thing that I really learned was how to get around the FIU campus. Learning that was important to me because I want to attend this University later. (SM)*
- *I enjoy hanging out with friends in the door rooms as a good thing i love the college experience that i have gotten through Upward Bound. (AW)*
- *I thought that it would allow me to better understand the college experience, see the work load and determine the amount of time that i would need to put aside for work and leisure time. the Wilderness adventure program has allowed me to take risks and do things i never thought that i would do. i am now in my fourth year and my first year of bridge. So far the bridge part has been awesome!!!! (EB)*

- *I liked the fact that we got to sleep on campus. The little free time given to us gave me time to bond with people ive never met before. The food here is horrible though. It's very oily and its too good to the point i eat 3 plates at lunch and dinner. . . the dorm fights me and my roommates had one time was great. UB has given us a great experience ...although most of us complain that we don't have fun.”(YO)*
- *Staying in the dorms was very fun and it showed me that it won't always be me in a room all alone i had to get used to all my roommates. (NM)*
- *Another situation in which I looked at college difference is dorm life. My sophomore summer my roommate left after the first week. Therefore the rest of the time I was alone in my room until the last week when I had to share with someone else in an emergency situation. This year my roommate situation is different because they have been here the whole time so it has caused me to adjust and become more considerate. (GW)*
- *I really enjoyed staying at the dorms and sharing rooms with my best friend. It was a really nice experience that has taught me a little of how life will be when i live in a college dorm and how i should get along with others. Here i found many diverse people, most of them being different from me, but we all put aside our differences and focused on our similarities and got along great. In a way i feel like we have all grown to be a little closer to each other and it feels just so good that you could even call it a family. (MB)*
- *Something that i value the most was seeing the environment of college people and having an experience of how college would be like. (JL)*
- *My first summer wasn't at all what i expected, my roommate was awful and i didn't like the fact that i had homework to do over the summer. As i got into the swing of things i learned to lighten up and have fun in my classes, i learned how to deal with my roommate which wasn't as easy as i thought it was going to be. As the summers have gone by i have made more friends, i have learned to be more assertive, and i learned to speak up in class if i have a question. (CD)*
- *This summer i'm learning how different a high school and a college class setting is. Some people say that college classes are just like high school classes, but i disagree. I took some college classes in high school, and i know that they are totally different. (CD)*
- *The upward bound program gave me a chance to prepare myself for the college life with their vigorous schedule that we had to follow. Also as a Bridger i was able to take a college English class which helped me prepare for the classes i will be taking in the fall. Without taking this class i do not think i would be looking towards the fall semester with as much confidence as i am now. (CD)*

- *Another thing I value about this program is that it shows me how college might be. Through this program I get to experience how some college students live. For example, we wake up early to get ready for classes and each class is two hours and there are three classes a day. Then we have a ton of homework to do then after we do SOME of the work we have to go to dinner and then finish the rest of our homework. After we finish our homework we are stuck in our dorms and can barely do anything like go around and explore or even leave the dorm. I know for a fact that I will not live like this in college and I feel sorry for the people who do because I feel like a prisoner trapped in the dorms at all times. (JJ)*
- *I have a hard time trying to think of a way to improve the Upward Bound program, because I think it's absolutely amazing the way it is right now. There are so many activities and academic achievements that it would be impossible for me to find something that would be better.*

I would like to see the activities stay the same. At UMF Upward Bound we have square dancing nights (don't knock it until you try it =p) to movie nights. There is never a dull moment, generally everyone always has fun and that's what I always want to see. (SD)
- *If I could change one thing about UB I would change the time between meals and the amount of free time simply because we need more than an hour to relax. All and all UB is a great experience that I wouldn't change for anything. 🤔 (RM)*
- *It gives us a chance to know the campus a little more. This year for me, it has not really made me feel as if i had just come from a college experience. This is because of the lack of trust and because they don't feel that we are mature enough to walk by ourselves or anything in that nature. But from all of the B.S., it takes you away from home for a little amount of time. I really don't value Upward bound in any way and that's pretty much it. (SC)*

The only thing that i can think of, would be for them to sort of give us more of a leash. to me, it seems like they keep us so confined in all our activities and free time. i think as young adults we should have more responsibilities.

- Jacob

Imagine! “Living My Life in Full Color”

Jam participants were invited to “Imagine!” their lives as third year college students. They wrote about where they might go to school. Most students selected in-state schools, some of them the site for their UB summer residential programs.



Others identified schools far away from their UB program based on the majors they might choose. For instance, AW chose UCLA for acting and communications, KR linked computer engineering and MIT for his future emphasis and AG identified New York University for studying film and media. Other Jam participants felt that they would stay closer to home regardless of major to *save money for my own house when I get my career started* (TL) and *save my family gas* (RW).

UB programs represented in College Jam “Imagine!” discussion thread	Jam participants in Imagine! discussion thread	College choices identified by Jam members in “Imagine!”
University of Arkansas	Sherrie, Megan, Dalton, Gregory, Ricky, Lee, Dustin, Derrick, Kevin	University of Arkansas, Ivy league school, MIT
Florida International University	Aisha, Nathaniel, Michael, Arnadrian, Nathan, Sherence, Anita, Carmelle, Lawrence, Mcharry, Tyese, Sheenequa, Barbara, Max, Kauny, Matthania, Candy, Georandy, Jeffery, Ashleigh, Leonard, Leczere, Jasmin, Medjina, Carlheny, Clemisha, Johel, Yeltsin, Maudeline, Jean, Shauntasia, Juanita, Britany, Laurian	USF, FSU, New York University, FIU, Harvard, Boston University, University of Miami, UF, Curtis Institute of Music, technical career college in CA, FAMU, Nova Southeastern, Washington State, Bethune Cookman
Houghton College	Robert, Brandi, Michael, Ashley, Katie, Brandi, Stephanie, Liz	Alfred, Ashland, Canisius, SUNY Brockport, Southern New Hampshire, Medaille
University of Maine--Farmington	Sierra, Craig, Allen, Christina, Savanna, Carissa, Matt	University of Maine at Machias, University of Maine at Farmington, University of Scranton, Husson
University of Maryland Baltimore County	Desmon, Chelsey, Levauni, Chiara, Chantonae, Taker, Rahkeria, Nikki, Shaun	Penn State, DePaul University, Clark Atlanta, University of Toledo, Fashion Institute of Design, Grambling State, Johnson and Wales, Fisk, Winston-Salem State University
Wilkes University	Anne, Kayla, Steven	UCLA, Penn State, East Stroudsburg University

To make money during their college years, many students expressed interest in food service (coffee shop, local pizza joint, dining hall on campus, Red Robin, *Sonic like everybody else is, haha—LT*) or retail sales (part-time in Aventura Mall, convenience store, Barnes and Noble, Champs). Others tried to combine their college major with part-time work to make and produce music (SS, business), work as an assistant athletic trainer

at a high school (CB, athletic trainer), work at a construction site (TL, architecture and interior design), design and make web sites (MC, computer animation and web design), and work at a hospital (LA, neonatal nurse). Some Jam members acknowledged their need to get experience in their future professions through internships: AD, vet clinic; JJ, Architectonica; BC, hospital; and CC, a judge or prosecutor or law firm.

One of the more vivid descriptions of life as a college junior at New York University came from AG. Although she predicted *many hardships*, she *managed to push through the thickets of troubles and trials*. She said that she *learned to adapt to my new environment and that trait spilled into my school. . . I metamorphosed into a more outgoing and extroverted person; becoming an active member in the college Student Government Association, the president of the International Thespian Society, the “Secret Weapon” in the Debate club, and a fierce competitor on the intramural Volleyball team. On top of that I was still able to pencil in a job at the local pizza joint for some extra cash*. Her lively description continued, culminating in a fitting conclusion for a film and media studies major: *Once I got the hang of it I can now say that I’m living my life in full color and no longer in a coarse contrast*.

Some Jam participants said they would come back to Upward Bound to work as counselors (SJ, SR) while others wish to pursue their passions to bake (SR), *do everything with computers, build them, sell them, and fix them* (LC), or *travelll..travellll as a flight attendant* (KJ).

Time management issues could emerge for many Jam participants when they are in college. The full and in-depth range of activities they cited doing left them little time for sleep! Yet many expressed preferences for late wake-up times combined with rigorous class loads, sports (club volleyball, cheerleading, football, basketball, pool, skateboarding, track and field), extracurricular activities (Equestrian team, Hip Hop Dance team, Student Government Associate, Debate team, marching and concert band), part-time work, volunteering, studying (of course!), shopping, and partying on the weekends.

Students’ professional aspirations ranged from architecture to business, from engineering to medicine (nursing, doctor, veterinary medicine), from acting and communications to music. Some forecast interesting combinations of future work: high fashion model and substitute teaching elementary school—CJ or tradeoffs between two life-long dreams--optometry and owning a coffee shop—KM. Not everyone had narrowed their choices of study and profession yet: *I see myself as an aspiring stockbroker or a math scholar of some sort or even a lawyer. Obviously I have not made a final choice yet, but who could choose their profession and source of income and happiness in a matter of minutes. I know I can’t but more power to those than can*. (CL)

Glimpses into the Future Lives of Third Year College Students

Jam participants said

- *I am a finance management/investment major [UARK]. . . I have classes from 7.30 am till noon and then I work on my course projects before heading off to my job. . . time management and priorities are crucial to success. . . I am still able to make good grades, volunteer, participate in extra co-curriculum and have fun. (SC)*
- *. . . I can see myself going to an ivy league school. . . I'd like to study architecture or forensics and I'd be living the life. Yes I would volunteer. I love to help my fellow man. I'd work at the homeless shelter or picking up litter. (DM)*
- *I'm auditioning for a lot of parts [in school at UCLA majoring in acting]. I'm not trying to get anything big yet because it's still pretty hectic with college life but if the offer comes up I'll take it in a heartbeat. (AW)*
- *After I do two years at LCCC, I want to join the U.S. Navy Search and Rescue. Learning through search and rescue will help me develop the tools to one day be an occupational therapist. (AS)*
- *I'm studying sciences [Penn State University Park] so I could later fulfill my dream to be an optometrist. . . my life dream is to own a coffee shop but another dream of mine is to go to college. . . affording to go to college then opening up a shop is not in my bank account. So I plan to take up something interesting to me that has a higher paycheck. (KM)*
- *I am in East Stroudsburg University studying business management. . . for fun, I chill with my son and his mother, make music, and play basketball. (SS)*
- *I think that in my junior year, I will be happy that I only got one more year. (WG)*
- *I have had a tough life growing up but now I'm doing my best in life. . . I would love to talk some more but I have things to do. (EA)*
- *On my down time I intern at a vet clinic to gain more experience, and when I'm not perfecting my craft you can find me at the latest social event. (AD)*
- *My typical class days are waking up early in the morning and get to class on time. The work is very interesting but difficult at the same time but of course I'm used to it by now just as you will to . . . (NM)*
- *I'm majoring in pre-pharmacy at UF. . . for fun I would be involved with clubs that fit my personality. (CR)*

- *Coming to New York University [from Miami] to study film and media studies was a test within itself. . . the weather was bleak, the people were not as welcoming, and the traffic was such a pain! (AG)*
- *I am a junior in Boston University . . . majoring in Journalism with a minor in English. . . I have a full-ride scholarship . . . I also have an internship with a newspaper. (J)*
- *My typical day is waking up about 7 and going to an engineering class at 8 then about 10:30 I would have an art class to better my drawing skills to become a design architect. After art I have lunch and cheerleading practice until 4pm. After practice I have two hours to study, do homework or rest, then my last class is at 7 and it is a business class. After business I go back to my house and chill with my roommates. (JJ)*
- *. . . since its my third year, I would be partying because for the past two years I have been preparing and studying a lot. I would feel like that's an accomplishment. I would be studying as a nurse at the moment. (SC)*
- *I have a job at a local diner where I make a nice amount of change for someone who is juggling school [majoring in pharmacy], work, and volunteering at a local hospital. (GB)*
- *I plan on moving with a purpose attending FIU or UF. . . plan on becoming a neonatal nurse where I would be working with God's precious gift to society, infants. (LA)*
- *. . . I will be at FIU studying architecture and interior designing. I still live with my mother to save money for my own house when I get my career started. (TL)*
- *My major is biology (pre-med). . . I chill, laugh and hang out with friends for fun. . . my normal school day is just 3 classes a day, 50 minutes each class and thats about it. (SM)*
- *Excelsior: a word of Latin origin meaning onwards and upwards. This is the direction in which we are all heading. **EXCELSIOR!** (RW)*
- *I would be going [Southern New Hampshire University in Boston] for creative writing and baking arts. . . probably would be at a local bakery too (I love to bake!!!) For fun I probably would be ether a tc or a ta for ub, I love ub. . . my class day wouldn't start until after 10:00 . . . fingers crossed. (SR)*
- *My junior year of attending Medaille College is probably going to be a little more laid back. By majoring in vet tech it will be chaotic but I get my license after two years . . . (LR)*

- *Things are easy for me because I stay 5 minutes away from the school [FSU]. Everything is okay with balancing school, work, and basketball. I work part-time at Barnes & Nobles getting \$9.15 an hour. (MJ)*
- *I'm a junior at the Curtis Institute of Music. . . studying for a degree as instrumentalist. . . I wake up at six a.m. go to breakfast at seven and start classes at eight. My first class is orchestra performance. . . After that I go to theoretical studies and my last class is private lessons. . . My day doesn't end there though. . . I have my own quartet and we play at weddings, banquets, etc.. . . and to raise money for our neighborhood. . . playing with my quartet serves as my means of extra income. (JL)*
- *I'm a very hard working man. . . thank god I finally made it [University of Florida]. . . their sports teams are outstanding. I went there to play basketball and learn about business. (JT)*
- *I see myself at FSU!!! Loving the Seminole life! I'm taking up accounting and working part-time with little kids. (AB)*
- *I am going to school [UF] to be a vet. I volunteer at local humane societies and animal hospitals to prepare myself. .. FUN. . . what a word. For fun I volunteer, that's about it. I don't really go to parties because it's not my thing. (AB)*
- *. . . I sure hope I'm still attending a technical career college somewhere in California. Working as an ASE certified technician at GOODYEAR autoshop. . . . I might own a used car, no shame in that. My classes are hands on how to take apart engines. . . going home smelling like oil and grease. (YO)*
- *I am at FAMU getting my nursing and later moving on to receive my Ph.D and doctorate to become an OB/GYN. . . I'd be working as a cosmetologist just being a side job until I could reach my goal and move on. (ML)*
- *I am studying business [FIU or UF] . . . A typical day in class would be me with a pencil and paper in my hand. I would be sitting at the very front desk in the class. And I would be trying to record almost everything really important to me for notes. And the class atmosphere would be very quiet with mature and responsible students with a great future ahead of them. (ML)*
- *I'm at Clark Atlanta University . . . major is business management and I have just earned an internship with MAC make-up company. I also do copious amount of volunteer work with my sorority Delta Sigma Theta. . . I live in a condo suite with my best friend Morgan in downtown Atlanta. . . Even though Megan is a "AKA" I still love her dearly. (LF)*
- *Chiara Hill is double majoring in business management and political management [University of Toledo]. . . she now resides in a small apartment with*

her best friend of eleven years, Shakira Kaintuck. It can be hard at times, financially, being student in college. She brings in a small income working in the Common Store, here on campus. It suffices; it buys her oodles of noodles, and cereal. (CH)

- *. . . I'll be attending University of Miami on a full track and field scholarship. I would be working as a paralegal at a law firm. I would be taking all my classes in the morning hopefully till noon. After classes I'll probably be at track practice, work, and just hanging out with friends or studying because school is my main priority. (MM)*
- *. . . I would be in school in either Miami or upstate. . . studying political science or something related to sociology. . . I would work since I would need to pay for my education along with my housing and necessities. . . probably a minimum wage job at some fast food place. (LG)*
- *I want to attend Washington state college to take studies in television production. My dream career is to be either a talk show host or news reporter/anchor. Hopefully I'll have my own apartment by then. (BH)*
- *I would be living in New York attending FIT (Fashion Institute of Design) studying fashion design. I don't want to be a fashion designer but fashion is a big part of my dream career as a model. . . I chose New York because that's where a lot of models start their careers. . . I don't like the fact that people are really rude but if that's what I have to deal with to get where I want to be then I take it. (CJ)*
- *I'm attending Johnson and Wales University in Miami. . . my major is culinary and business management. I'm learning how to own and prepare foods at my own restaurant. I am still living in the dorms. My dorms are co-ed. I work at Red Robin as a server. Red Robin is a famous restaurant known for their burgers. (RB)*
- *. . . at Fisk University I am studying business and interior design. I live in a dormitory suite. . . I have work study. . . I attend frat and sorror parties, homecoming and other special events. My typical class day involves the professor lecturing and interactive activities . . . (NR)*
- *I'm probably at some school down south. . . possibly Winston Salem State University. . . may be St. Augustine because the campus was cool and I can get a scholarship for track and field. I am majoring in graphic communications and minoring in business management. I'd be working at a barbershop and getting paid. . . I'd do stuff for fun. I would party and do things with my friends. My classes are simple. . . Yes, the good life. (SJ)*
- *I will be attending Penn State. I will have taken all my major Japanese courses and getting ready to travel abroad. Also, I would have interview for an*

- engineering job in Japan and hope to stay there for another year to hone my Japanese and engineering skills. (DH)*
- *. . . I am going to Bethune Cookman University. I have already master in computer technology and have a job creating video games. . . I see myself doing interviews with the people who created the Playstation. I see myself surrounded by friends and people who love me. (LB)*
 - *. . . I am attending a business college in New York City and it's really tough but I love what I'm doing. . . I live in the dorms. . . working in a bank as a bank teller. There are many things I love to do for fun. . . my typical class day is a little tiresome with the intensive classes I'm taking but I like it. (MB)*
 - *I'm graduating next year, I'm studying to become a pediatrician [FSU]. I work at a doctor's office as a medical assistant. I love spending time with my family, going to church, playing sports like football, baseball, soccer, and volleyball. My typical class days are waking up early in the morning and get to class on time. (KE)*
 - *I go to FSU and I'm in some business class because I love making money. . . I work in a business of renting party accessories. I hand out little contact cards all over campus. . . for fun I like to go play baseball every Saturday morning. (JL)*
 - *I'm a junior at FIU studying hospitality and tourism and I love it. TRAVELLL . . . TRAVELLL!! I live in Miami ALONE in an apartment near FIU. I work in a airplane as a flight attendant. I love my job too. (KJ))*
 - *I attend University of Miami . . . majoring in computer engineering. The reason I'm studying computer engineering is because I love every aspect of the computer. (CD)*
 - *I'm a junior. . . at the University of Florida. . . studying to be a computer engineer. I want to do everything with computers, build them sell them and fix them. I am living with my wife in West Miami Dade. I opened and work at my own computer hardware store. (LC)*
 - *I am an English major [University of Maine at Machias] and I love it! . . . We are near the ocean so we go there all the time. . . I am a writer for the campus paper. . . I want to become a journalist. . . at first I wasn't completely convinced Machias was the right school for me. . . I wasn't a huge fan of the small school size. I would have preferred the city . . . I have come to love Machias as a campus and town. I have become more open about new experiences . . . will definitely not underestimate a place just because of a small population size. (SB)*
 - *I am still attending UMF and loving every day of it. I will be either studying English, philosophy, or business. . . I'm living on campus because I love the*

- college scene and night life . . . and my awesome roommate. I'm working a job downtown so I can easily walk there and not worry about buying gas. I also volunteer at a local retirement home whenever I have some free time. (CB)*
- *I hope to be attending Harvard medical school or FIU. I would be living in a dorm working and striving to do my best. . . for fun I would go out with friends and have a good time but not too good of a time. (MA)*
 - *I will be finishing my nursing courses [University of Scranton] and finishing my physical training for the Army Nurses corps. . . I hope to have an apartment just off campus. . . I hope to have my classes in the afternoon because I am not a morning person. . . I hope to be on the Equestrian team and the Hip hop Dance team. I want to do things that I never had a chance to do while I was in high school. (CD)*
 - *I am studying modern medicine [University of Miami] and live at the university. For fun I go out and party with my friends. My typical class day is going to my classes and studying. (CR)*
 - *I hope by my junior year in college that I got everything together. I probably will be working on a store . . . and living in an apartment with some good dependable friends. I'm hoping on getting into medical school and become a pediatrician in an ER or clinic. (MC)*
 - *I will still be at Husson College going for my criminal justice and psychology degree. . . working at a store. . . living in dorms or maybe an apartment. . . having a blast with friends and playing some varsity sports or intramural sports. . . I definitely have to keep myself active. . . the average school week for me would be taking four or five classes, and maybe three a day. It will be a handful, but definitely doable. (ML)*
 - *I am attending USM. . . majoring in economics. . . I do not have any classes before 9 am and there are no Friday classes at USM so my schedule looks fantastic! . . . the spring semester is when I planned to study abroad. I am not really sure where . . . but I hope to have a great time. (TW)*
 - *I am majoring in secondary ed with a concentration in math [UMF], my dream is to become a math teacher and spread the love I have for numbers and help others master the power they hold. . . my ideal college junior year would have to be living on campus in one of the better residence halls, with a job in the UMF mail room, taking classes in the evening and hanging out with my club friends during the day. (AM)*
 - *I have recently transferred . . . to UMF to . . . get my early childhood degree. I . . . commute back and forth to school. . . and work part-time at a convenience store as a cashier. I spend my free time either with my friends or cozy on my bed*

reading a good book. . . I take five classes spread out throughout the week in the late morning early afternoon. (CD)

- *I hope to still be at UMF studying early childhood education. . . working at a daycare center to give me some experience working with children. For fun, I will hopefully be seeing a bunch of concerts and being around my friends. (SD)*

Coaching the Next Upward Bound Cohort

In addition to looking forward to college, Jam participants were encouraged to record their ideas on how they would counsel themselves or their peers in high school as they work toward college readiness. Themes such as staying focused, expressing belief in the abilities of others to help propel them through tough times, researching financial assistance options, finding supportive adults and peers, and being straight with your friends about your college goals emerged in this part of the Jam.

Jam participants said

- *I have a very supporting family who have helped me in a positive influence. Overcoming obstacles through life, is easier to get it out of your system, and to talk to someone about your problems. It may not be exactly your parents, but if there are a couple mentors you can trust, go to them im sure they can help, at least it works for me. Things that have helped motivate me would be the way my parents raised me with high expectations. Also having a strong mentality on what I want to achieve has helped me be a dedicated person and to stay on the right side of the rode. There really isn't much I've done by myself without help from others, especially without the help of my parents, but I guess there are a couple of my own accomplishments I'm proud of. Well I myself, have chosen to stay away from negative things like drugs, and feel like I have a strong mentality to the point where friends with negative influences don't peer pressure me and I make my own decisions. If I could advice anything to anyone, it would be to not get too distracted from school whether it's partying, girls, sports, or any other extracurricular activity that won't make a positive influence in your life. I'm not saying not to do it, just don't over do it, and do what you know should come first. (EP)*
- *If I knew someone that had a possibility for college, then I would absolutely stand behind them, and help them make the best decision for them. I would tell them facts everyday so they would get the hint to go to college. My suggestion is college is not an option, it is mandatory if you want a good paying job these days. There is no easy way to life, you cannot just squeeze by high school, and think that you will be fine come later life. Take the chance make the money as you can. College is what you need these days to support a family. Make the right choice, think before you mess up, and are not able to support the family you love. Think about your future, because after all you are to blame for the future you behold. I*

- am always there for my friends no matter what. If they need someone to talk to I am here for sure. (ML)*
- *The best possible way to support them is to first tell them that they can do it. I would do what I could to help them apply for college, and try and help them find out all that they can about financial aid. Of course, everyone needs something they can look up to, so I would try and set a good example by getting good grades and staying active with the campus community. I would support this person by always being there for them to help answer questions, or just talk about college. Going to college is a somewhat nerve-racking experience, so I would do what I could to put the person's mind at ease. (SD)*
 - *Preparing for college. . well, keeping up with schoolwork is always a no brainer for me. In order to get where you want you have to work, it's simple facts. I would say junior year really start looking at colleges, don't base it on what you can or cannot afford. Prepare yourself for scholarships by working towards good SAT scores and getting decent grades. I got a lot of money off of my school that originally started at \$27,000 and i got it down to a good \$10,000. Its a big drop. Focus on getting everything done early like applications. It helps, trust me. (LR)*
 - *Preparation is a broad name when it comes to different topics. when preparation falls in the same sentence with college, it holds a heavier toll. To prepare for college it takes time, hard work, motivation, determination and a focus mind. The reasons why i say to prepare for college you need all these characteristics are because without hard work you wouldn't have nothing to look back on. Motivation you need motivation to prepare for college. You might be wondering "what does he mean?" well motivation is a drive to prepare for college. Everyone needs motivation on what ever they are doing. Determination also plays a part in preparing for college because, if you're not determined that you would make it to college if you're not determined that you are going to be someone later on in life then you won't make it at all. Everyone that is trying to make it to college needs to have a focused mind. The reasons why everyone needs to have a focused mind is because when you have a focused mind. You tend to stay on a straight path to your future, when you have a focused mind your head stays straight and you won't focus on no other distractions that are in your way. (MJ)*
 - *If I was a junior in college, and looking back into high school, I would advise myself to stay strong, and look into the college choices that I had. When you get the financial aid packages make sure you look over each of them with a teacher or counselor, and make the best decision. Also start cracking down on the scholarships because they are a big help in going to college. Make sure you know that you are going undeclared or as a major of some kind. It is always helpful to get a grasp of what you want to go for. There are soo many different jobs out there. In school pay attention more stay away from the parties, and all the bad things high school students do, because that gets you nowhere in life. In your free time be confident enough to stand up for yourself, and tell your friends your*

looking for colleges so I do not want to go out tonight. They will be mad, but will eventually understand. Use your free time wisely. Because it goes faster then you think. The adults you should seek for help at this time is your parents if you think they can help you in some way or another, but most importantly seek your high school guidance counselors or your life after high school teacher because they all have been through this to become what they are today. Bring prepared questions to ask them so you do not waste their time trying to figure your questions out, or make them late for an appointment. Be respectful to their use of time also. When it comes down to friends, and who will help you most when college is around the corner, go to your best friend, or good friends, but also if you play on a sports team seek them for help in going to college, because most high school athletes continue there play in a sport when they reach college, so maybe you have something in common for colleges. Just bring up a conversation talking about college with your friends, before school or after, or even at lunch. If you know someone that is in college ask them they are also a very valuable tool. Make use of what you got because when college comes that is all you got. (ML)

Sources of Inspiration and Support

Close to Home

Jam participants described the loving support and inspiration from their family members to help them prepare for college. Mothers and sisters have often been the most insistent drivers for the students. But other family members such as fathers, brothers, aunts, and grandmothers have pushed, provoked, and supported students to do their best. Older siblings who had been to college generously eased the way for their younger sisters and brothers to *navigate through the whole process*. (KW)



Jammers told of parents who left comfortable circumstances to give their children better lives in the United States. Even younger brothers hanging around can help; they unknowingly prompted AC *to set a good example for them* by committing herself to succeed in college. SM's kids, *that I plan to have in the future make her want to be successful and for them to have the best things in life*.

Jam members also talked about their parents overcoming the absence of educational credentials through hard work and perseverance. The students appreciated the economic security afforded by their parents' efforts. In return, students wished to reciprocate their parents' sacrifices for their children with school success.

Mothers Rule!

Jam participants said

- *My mother, especially, has pushed me to the limit in preparing me and not letting me give up and I love her for that.* (DM)
- *Looking back I'd say that my mother is the one who actually got me started with preparing for college. I don't think she knows it but she did. She helped me realize that after high school comes college and if my high school grades aren't where they're supposed to be that I won't be where I want to be.* (CA)
- *I have watched my mom take care of me and my 3 younger siblings on her own. She says that it's no big deal and I don't believe a word of that because I know that raising four kids on your own is difficult. Luckily for us, she went to college and got a degree in nursing. I know that if she hadn't motivated herself and gone*

through the schooling like she did things would be a lot more difficult for my family. I watch as other parents struggle even more than my mom because they didn't get to go to college and I know that I don't want to end up like that. (GB)

- *I was born into a family where my mother's favorite quote was "Education is the key to success." (SJ)*
- *. . . the things that I see in my surroundings at home and outside of home have inspired me to be different from those around me and strive for the best to be the best. The person that helped me most was my mother. . . (TL)*
- *My mom helps me in my journey of preparing for college as well as other family members that have gone to college and made something of themselves. (AB)*
- *The things that helped me throughout my school and life and trying to achieve something is really my mom because i see how much she struggles in life and i don't want to end up like her. Everyday i try and yes i face challenges but i overcome them and i succeed. I want to become something in life. (WC)*
- *My family . . . but most of all my mother because when I was about to die it was only her that was there for me and did not let me go, also she raised me and my other five siblings on her own. Not only does she inspire me but I really admire her. (KE)*
- *My mother motivated me to do good in school she works all day an all I can do in return is do good in school. Everyone around me gave me help my parents, neighbors, my aunts and uncles and my cousins. (CC)*
- *My mom always told me the education was the most important thing in being successful. she always tried her best to do her best for me and that inspired me soo much. my cousin taught me to be determined and she taught me never to give up or give in and so set herself as an example by going back to school and becoming more than many people say. (MC)*

Parents, Dads, and Grands

Jam participants said

- *I have to thank my parents for engraving into me the drive to pursue a college education. Without their pragmatic and emotional support, it would have been impossible for me to have achieved academically what I have thus far. (KR)*
- *My dad motivated me because he was in the army for 21 years he went to desert storm the war and i want to make him proud by going through college since he did that for me. (DA)*

- *. . . i come from a family were none of my parents went to college. So for me it would really be great if i could help my parents see that they have helped me. Also it has made me see that i am really helped by different people that want me to accomplish something in my life. (UM)*
- *Most of my inspiration came from my foster parents. They taught me to value my education and that you have to work hard for what you want in life. If you want a good paying job, you need a good education. Do not give up right away merely because you don't immediately understand it. (AS)*
- *My parents have made many sacrifices to be where we are. And coming to the U.S. was a big one. My parents sacrificed their high-paying jobs, our 3 story house, and our comfort. They want me become a very well known and respected person with a good job i enjoy and love. (MB)*
- *My parents have always wanted me to go to college . . . (SD)*
- *My parents were always pushing me to figure out what i wanted to do later on in life. Both of my parents went to a technical college, my mom got a certificate of completion, and my dad got an associates degree in carpentry. They are happily married, but they wished they could have done better in school. My parents are pushing me to follow my dream, finish school so that i can make my kids lives better then mine is. (CD)*
- *My grandma has always been there for me and did whatever she could to make my dreams come true. whenever i thought i could not do something she was there telling me that i could do anything i put my mind to 🙏 i know that without her i would not be where i am. (CD)*
- *Though I'm still struggling on where it is I want to go, my family ((grandmother especially)) have been there for me, guiding me and instilling in me that patience, persistence, passion, and prayer are the keys to unlocking the doors of true SUCCESS!! (AG)*
- *ma parents really encouraged me to prepare for college, since they didnt end up going to college! they want better for me. i plan to let them see me succeed in life! (AB)*
- *. . . not many people in my family actually went to college. They work very hard to support their families and observing my family struggles really inspired me to go to college. I believe that if can do it i might inspire my future kids or family members to attend college. And basically i don't want to be put in the same situation as some of my families having to struggle to support my family, I just want to be successful. (ML)*

- *My family has always aspired me to be an architect or a doctor and they have always made it clear that if I want to be any of those things I have to go to college. (JL)*

Sisters, Brothers, Aunts, and Shiekera

Jam participants said

- *My Aunt was pushing for me to go to college to better myself. My younger brothers also help me to realize that I need to set a good example for them. (AC)*
- *"My sisters definitely helped me prepare for college. They both went before me and were able to help me navigate through the whole process. Financial aid was definitely the most difficult part, and had they not been there I don't know what I would've done. My parents were able to help as well, but my sisters had more know-how. I am happy to say that because of their help I am enrolled in college for this fall." (KW)*
- *My family has so much high expectations of me, that I don't want to fail them. I look up to my brother because he's been passing everything he takes, and I want to be just like him. (LT)*
- *My brother is the one who has inspired me because he is always telling me to aim for high goals. (J)*
- *But luckily it was my sister's senior year in high school and I saw her preparing for college and noticed if I didn't change my ways... after high school my future would be over. 😞 So I transferred school my sophomore year and signed up with the magnet program at NMB (my high school) I started focusing on school . . . (MM)*
- *Things that motivate me to try my hardest is my late brother, he always wanted me to do the best even when no one else wanted to try. Life is too short to sit back later and say I could have, then to look back and say I was almost there. (BH)*
- *I was very close to my brother-in-law and at the time of his death I just wanted to give up and say forget it. I pulled through it because I know that if he were alive he would have the highest hopes that I would not give up and to keep fighting for my future. I have found inspiration from my sister Michelle because she managed to stay focused, play sports, and maintain her grades all throughout high school and I know that she only wants the best for me. (MN)*
- *. . . my dawg Shiekera, and two of my sisters Mon and Sindy. they inspired me and helped me to know that I am somebody and I can achieve no matter what people may say or think of me. they helped me with completing certain tasks as well as gaining patience to fulfill the tasks. (LA)*

- *I have watched my two older brothers grow up. I think my first memory of any type of college was when I helped my brother move into college. I saw the hype and chaos that went on with first year students: trying to figure out what do do, where to go, and figuring out where the cafeteria was located. 😊 I saw that this was the place for me. Not necessarily that college, but college in general. (TW)*
- All of my college journey happened because of me. I can say that my sister helped motivate me into college. She did this by introducing me to the Upward Bound program. (CR)

Extended Family

In addition to the support provided by family and friends, Jam participants recognized the valuable practical help that teachers and UB mentors and counselors give them, too. Jammers said the teachers and UB staff help students take the right tests at the right time, search for colleges with the best fit, and apply for college and financial aid, among other sustenance. This assistance is important because it enables the students to close the knowledge deficit in families where no one has gone to college before. But it is the feeling of being cared for that Jam participants really appreciate; they paid tribute to many staff members by name and deed.

Jam participants said

- *Since 3rd grade i've built unbreakable bonds with my language arts teachers and because i still keep in touch with all of them i constantly get emails of writing contests and practice essays to correct. (BH)*
- *Many of my High school teachers prepared me for college. They actually talked to us in class and shared their experiences in college with us. (ML)*
- *Some people who have motivated me would be my Geometry teacher Ms. Inness since she pushed to be my best in class the past year, and made me see that I can do what i want if i try hard enough. (LG)*
- *When I needed practical help most of the time I turned to my teachers in school because most of them would like to see me succeed and become better than others expect of me. (MN)*
- *if it was not for my teachers and counselors i would have failed. the counselors i thank the most is Ash, Felisha, and Miss J. (LC)*
- *I admire the head counselor ms jorge because she wants to be the perfect human beings that we are and she always there for us when we need her and she's helping us with our homework. so i couldn't do it with ms. jorge. (MA)*
- *My favorite teacher, and Upward Bound were my counselors for college it seemed. They knew all the tricks and trades of going to college. . . I knew what I*

wanted to do which was go to college, but it was that extra gear where I needed people to step in, and push me on to go to college. (ML)

- *the person who motivated me the most was ms felisha she was always there telling dont stop.i found practical help everywhere especially during tutorial. during the time of the mid-term in physics i was all focused and determined to the fullest. i didn't really need that much all i need is some to tell me you can do it. (JA)*
- *Since you couldn't really play any sports without a proper gpa I started buckling down and did what I had to do...thank God I had a coach who put up with me and cared about me to get where I wanted to go🤗. . . When I needed help, the only person I can count on is my coach. . . (MM)*
- *One special person that i must mention is Timothy A. Dean, this institution just wouldn't be the same without him. he goes above and beyond the call of duty to ensure that every student has a comfortable environment to learn in as well as an equal opportunity to succeed. he has been a life saver and i appreciate him for all that he does, he constantly pushes me to be the best Aisha that i can be, and with out him i would not be on the college bound path that i am today. (AD)*
- *Ever since i got to my 9th grade year all teaches talk about was preparing for college. So what i did was started getting involve in it. (LB)*
- *Upward program has helped me a lot towards preparing for college. before i entered this program, i didn't planned to go to college either but thanks to all my fellow friends, teacher and Mrs.sofia(upward program) i learned that i can always do what ever i want in life. (K)*
- *during all my time in upward bound all me teachers help me all the way. this year was learning physics. i learned the basic of it in 3 weeks. if it was not for my teachers and counselors i would have failed. the counselors i thank the most is Ash, Felisha, and Miss J. (LC)*
- *With the guidance from Ms. Sofia, Mr. Dean, Ms. George, the array of counselors, and even my peers, I have a clear vision of what I want to achieve and how I want to achieve it. (AG)*
- *the one person that has inspired me the most and has made me want to go into college more is the most amazing mentor world JAMES MENDOZA. (WG)*
- *Senior year I took a class called "Touching the Future." This class was taught by our principle. She was there to guide, but not push us into our goals. She was just there. She left the work on our shoulders. She guided us through things like the FAFSA, scholarships, and college application difficulties. This is where most of my challenges came from. (TW)*

College Jam Participants

1. Juanita, UB, Florida International University (FIU)
2. Jean Alabre, UB, FIU
3. Ehab Almedhwaki, UB, University of Arkansas (UARK)
4. Mialex Almonte, UB, FIU
5. Dalton Alston, UB, UARK
6. Lawrence Americain, UB, FIU
7. Matthania Americain, UB, FIU
8. Christina Armstrong, UB, Ohio University
9. Craig Bailey, UB, University of Maine at Farmington (UMF)
10. Maridy Barrera, UB, FIU
11. Rahkeria Barrett, UB, University of Maryland in Baltimore County (UMBC)
12. Georandy Bernard, UB, FIU
13. Sierra Blanchard, UB, UMF
14. Candy Blanco, UB, FIU
15. Laurian Blanco, UB, FIU
16. Rickey Booker, Director, UB, UARK
17. Ashleigh Brown, UB, FIU
18. Arnadrian Burgess, UB, FIU
19. Erienne Burton, UB, Houghton College
20. Windshelle Cadet, UB, FIU
21. Michael Carey, UB, Houghton College
22. Efrain Carillo, UB, (UARK)
23. Shauntasia Carrion, UB, FIU
24. Leonard Cazeau, UB, FIU
25. Marcdala Celerin, UB, FIU
26. Chelsey Chapman, UB, UMBC
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40. Al Badee Edwards, UB, Ohio University
41. Kedline Eloissant, UB, FIU

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