Ballet Idaho and BSU Tour

We had an amazing and fun time at Ballet Idaho and on the Boise State University Tour. We had a fantastic tour of the snow-covered campus. Highlights of this activity were seeing the Blue Field and dorm rooms. We also attended a men's basketball game. It was an exciting game, and BSU won 105-57 against San Jose State University. Next, we grabbed dinner at Cafe' Zupas and headed over to the Morrison Center. The pre-show discussion informed students on ballet history. The backstage tour was neat, as we were able to see the behind the scenes activities. The ballet was incredible! It had a variety of dance techniques that kept us awake. The whole event was a success.

By Cory Freese
TRIO UB Rimrock Educational Specialist

Once again Ballet Idaho put on an unforgettable performance on the Morrison Center stage, with its very own ballet called (re)define. I’m incredibly grateful to have seen it, because it was so unique. Multiple dances were performed in different ways that helped show that ballet isn’t confined to a singular category. Not only did it differ from the norms of classic ballet, but it helped pay respect to the original pieces and scores that are already used across the world. It was a joy to see both classic and contemporary choreographers work together.

By Abby Rowell
Nampa TRIO UB Student
Waking at three in the morning to catch a 6:00 am flight was tiring, but our destination made it well worth it. On the first night, we saw some of the monuments that Washington DC has to offer, such as the Lincoln Memorial and the Washington Monument.

On the second day, we were able to see the Library of Congress and tour the US Capitol which was astonishing. Later that day we went through the United States Holocaust Memorial Museum which was breathtaking and eye opening. I took a class on Holocaust history during the TRIO Upward Bound summer program, and still learned new things about what took place during those frightening years.

By: Ashley Jelliffe
Meridian TRIO UB Student

I’m very thankful that TRIO Upward Bound gave me this opportunity at such a pivotal time in my high school career especially when I am in the middle of figuring out exactly who I want to be in the future.

The experiences I had in Washington D.C. will stay with me throughout high school and college, and has definitely influenced me to travel more around the states, and experience more than just college. Once I leave Idaho I can experience a whole new part of life.

By Kaila Adcock
Meridian TRIO UB Student
Ten juniors from Rimrock High School took a STEM adventure for their 2019 spring break. Our first stop was Utah State University. Since its founding in 1888, Utah State University has evolved from a small-town college tucked away in the Northern Utah mountains to a thriving research university respected around the world.

The following day we toured the University of Utah. This institution is the flagship institution of higher learning in Utah and offers over 100 undergraduate programs and more than 90 graduate degree programs to over 30,000 students. Amy Sibul, an instructor and lecturer in the School of Biological Sciences, gave us a presentation on bees. The focus of the presentation was on native bees versus honey bees. The students also assembled mason bee hotels. We participated in this presentation so students would understand STEM as it relates to bees and biology.

Along with visiting educational institutions, we also had a lot of fun. One night we attended a Utah Jazz game. We spent time at The Leonardo Museum where they combined science, technology, and art in ways that inspire creativity and innovation in visitors. Finally, we took flight at iFly Utah. iFly is an indoor skydiving activity and an experience that we will never forget. We flew in wind speeds up to 150 mph. We also learned about aerodynamics of flight. When asked what their favorite part of the STEM trip was students said, “visiting colleges and seeing the different options” and “iFly because it was super fun and taught us about wind resistance and why we floated in the tube.”

By Cory Freese
Rimrock TRIO UB Specialist
This spring break, a collective of Upward Bound students from Caldwell, Nampa, and Meridian awoke in the hours before dawn to load onto a bus in the parking lot of the Flying J gas station. Rather than spend the last few, precious days of spring break sleeping in and doing basically nothing, we decided to see what opportunities would lie in Oregon. After travelling for six hours, most of which was spent watching movies, making new friends, or napping, we arrived in Portland.

During the three-day retreat, Upward Bound students had the opportunity to see five schools, a combination of private, public, and community colleges. We visited, in order, George Fox University, University of Portland, University of Oregon, Oregon State University, and Linn Benton Community College. All of these schools radiated with idyllic, natural beauty, which is, to say the least, abundant in Oregon, and offered programs for a variety of areas of interest, including the arts, engineering, medical and political sciences, and so much more.

The days were not all only filled with college tours and admissions presentations. In the evenings, we had the opportunity to go to the Washington Square mall where we shopped to our hearts content and the iFLY center in Portland for indoor-skydiving, an experience new to almost all on the trip, including the chaperones! On our last day, we departed our hotel early in the morning to take a scenic hike up Multnomah Falls, a beautiful waterfall located right off the highway, and again, we were exposed to the true beauty of Oregon and its natural landmarks.

That marked the end of our Portland trip; hours later, in the late evening, we arrived, once again, at that same gas station from which we had departed. Each Upward Bound student got off the bus and made their way home, leaving with new memories and experiences that I know will last a lifetime.

By Bryanna Correa
Nampa TRIO UB Student
Owyhee TRIO UB Travels to New Mexico

Owyhee TRIO Upward Bound students had the opportunity to attend a special STEM spring break trip to Albuquerque and Santa Fe, New Mexico. While in Santa Fe everyone was exposed to some amazing art and unique architecture. Most of the first day was spent at the Institute of American Indian Arts, a tribal college offering four-year fine arts degrees with a focus on contemporary Native American arts.

The second day of the trip started out at The National Museum of Nuclear Science and History with two STEM hands-on learning classes. These classes taught everyone about the three primary types of radiation and how to operate mini robots. Our time at the nuclear museum concluded with the students doing a visual scavenger hunt as they got to explore the entire museum. The next stop on day two was The University of New Mexico. There we spent the afternoon having lunch and a tour of campus and then ended by meeting the U of NM TRIO Upward Bound staff and students. Then we were off to the Coronado Mall for a little free time and supper before everyone got to experience virtual reality for themselves at VR Junkies All Out Zone.

On the morning of the last day of our trip, we headed back to The University of New Mexico to visit the Museum of Southwestern Biology. We saw presentations from the Division of Mammals, the Division of Birds, the Herbarium, the Division of Arthropods, the Division of Amphibians & Reptiles, and the Division of Parasites. The information shared opened the students’ minds to areas of science that they didn’t even know existed. After that, we made our way to the Albuquerque Airport. There was so much learned and experienced in just a few days.

By Jennifer Streeter
Owyhee TRIO UB Specialist
Twenty TRIO Upward Bound students from Boise were given the opportunity to go to Los Angeles, California for Spring Break 2019. We did so much in the four day trip. We had the opportunity to tour amazing colleges such as Santa Monica College, California State University at Long Beach, and University of Southern California. All of the colleges were unique and had a lot to offer.

We explored STEM by visiting the Columbia Space Center and attending the Spring Equinox event at the Griffith Observatory. It was fascinating to learn how gravity works and being able to see models of our solar system. We were lucky enough to get a tour of the FIRST LA Regional Robotics Competition and stayed to watch a couple of robots battle. We also participated in an ecology lesson through a clean-up event on Seal Beach. Altogether, we picked up 379 pounds of trash! It was a heartwarming experience. It felt good to know we made a difference.

We had many cool adventures on this trip, including going to our first NBA game to watch the Clippers vs. the Pacers. We got to take a harbor cruise and see the beautiful scenery of Long Beach. Speaking of beauty, we also visited The Getty Villa and got to see amazing art from Rome. We experienced LA culture on a walking tour through the Fashion, Art, and Historic Districts, taking every photo opportunity with the graffiti and unique visuals along the way. This trip was a huge success! Many new friendships were made and many memories were created.

By Teresa Carabez
Borah TRIO UB Student
Alumni Feature: Jessica Mueller

Jessica Mueller is a TRIO Upward Bound alumni from Nampa High School. She is currently a sophomore at Boise State University (BSU) majoring in geoscience. This past semester, she strived towards becoming a better researcher by applying for REU (Research Experiences for Undergraduates) and IRES (International Research Experiences for Students) programs. With the help of TRIO advisors, the BSU writing center, and faculty mentors, she was accepted into the two programs she applied for!

For the first four weeks of summer she will participate in the Landscapes of Deep Time in the Red Earth of France: Research Training in Paleoclimate program. She will study redbed rocks in southern France in order to understand the tropical paleo-climate conditions from 300 million years ago. This opportunity will help her gain field, lab, and communicative experience in climate research.

After returning from France, Jessica will then travel to Ellensburg, Washington. There she will participate in the Hazards and Risks of Climate Change in the Pacific Northwest research program based at Central Washington University. She will work with a faculty mentor to investigate the impact of climate change hazards on tourism in the area. This program will involve structured interviews with tourism business operators and a subsequent content analysis. This project will help her understand the intersection of geoscience and social science.
We're on the web!
http://education.boisestate.edu/trio

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