TRIO Upward is a federally funded program funded sponsored by the U.S. Department of Education housed in the Boise State University Center for Multicultural and Educational Opportunities.

The goals of UB are retention in and graduation from secondary school, and enrollment in a post-secondary school.
Every year the Women Innovators Network hosts a conference for high school students called SheTech. This year students from Nampa, Capital and Borah were able to attend. The students learned about how to fill out scholarships, design robots, write phone apps, and think about the psychology behind innovation. The College of Idaho was also there passing out small scholarships to everyone who attended. The highlight for many students was the techzone that helped connect students with local tech businesses and passed out free swag.

“Event was fun, we learned a lot and we should come back next year”
- UB Students

This spring, multiple seniors from Nampa High School visited Utah State and the University of Utah. The colleges in Utah are closer than some in Idaho, and offer competitive financial aid. The trip started at Utah State in Logan, which reminded students of Boise State. They had delicious blue mint ice cream and open houses in every dorm so seniors could see which one they preferred. The next day we visited the University of Utah (the U) which is a much bigger university nestled in the foothills of Salt Lake City. There was no blue mint ice cream, but the U wowed students with their research opportunities, library, and beautiful dorms. Everyone who went is excited for their future and the universities in Utah are a stepping-stone for that future.
On Sunday, February 23rd students from Owyhee, Rimrock, Borah, Capital and Meridian came together for a day of enjoyable experiences at Boise State. They day started with a couple of options. Students who had never participated in an Upward Bound summer program were taken on a campus tour to familiarize themselves with the landscape of the university, allowing them to better understand what summer will look like. Summer veterans were taken to the Maker’s Lab at Albertson’s Library, where they were able to tinker with numerous technologies, including 3d printers, sewing machines, button makers and sticker designers, as well as tour a video production studio.

The group then ate lunch on campus and made their way over to the Extra Mile arena to watch the Boise State men’s basketball team take on the New Mexico Lobos. The tickets were donated to our program by the Bronco Athletic Department. Students were able to experience the environment of an important college basketball game, as Boise State vied for a strong seeding in the Mountain West conference. The Broncos did not disappoint. The game was close in the first half, but the Broncos took control of the game in the second half and sealed the deal with an amazing steal and alleyoop with just a minute to play.

This was an excellent opportunity for our students to get on a college campus, learn about technologies that are available for free to college students, witness a division one college basketball game and get a chance to catch up with their friends from other schools.
Spring time was not easy as we had to stop meeting together and start remote learning. The last few days that we had in person before this happened we tried to encourage each other in what we were trying to accomplish. Ty spent time practicing for his drum audition at BSU, we showed support and went to listen. Amran kept on trying to stay organized and motivated as her Senior year came to an end. We continuously encouraged her and gave her tips. We spent time outside soaking in the sun rays to melt away the winter blues. Together we grew a little closer and encouraged each other as days got harder with the distance we had to endeavor. The Seniors had to end their high school years in a way that no one imagined, but through it all they knew their TRIO family was there to support them.
On July 6, 2020 170 Upward Bound students grabbed their computers, logged into Blackboard and loaded up Zoom. The Boise State University TRIO Upward Bound High School participants were excited to get back to school and take advantage of our very first “virtual” summer program. The summer theme, “Ride the Wave”, was a constant reminder to our students and staff of how important it was to be flexible and positive during the pandemic, which was filled with many challenges and obstacles along the way. We “rode the wave of change” during the planning stages as our traditional residential face-to-face summer program plans quickly turned into a virtual campus setting that was filled with engaging assignments and college-going activities.

The program was highlighted by four primary activities. Fifty-two students took advantage and registered for a semester high school class for credit; Sixty-six students participated in our largest paid Internship program ever; Forty-three students from the class of 2020 met weekly in our Senior Academy and worked on their goals of going on to college in the fall; and all students/staff were offered exciting daily Social/Cultural extracurricular programming.

**Class:** Our incredible teachers and Academic Mentors taught six online classes accredited through AdvancED (Biology, English, Math, Speech, Technology, and Economics). The instruction included synchronous learning via Zoom meetings as well as asynchronous assignments and activities through Blackboard. Our creative staff put together wonderful guest speakers, interactive learning games, engaging reading materials and challenging assessments. Students loved the daily interaction with their teachers and took advantage of the free one-on-one virtual tutor sessions provided by our class Academic Mentors.

**Internships:** Our paid Internship program was organized and taught by three of our superstar Educational Specialists (Megan Simila, Tia Short, and Nikki Cavalero). The program consisted of 70 hours of class time and activities (focusing on Career Exploration, Service Learning, and Leadership) as well as 15+ hours of work in a career field of their interest. Students worked virtually or face-to-face with a mentor with a Bachelor’s degree or higher in a number of fields including Lawyer, Doctor, Architecture, Interior Design, Veterinary, Nursing, Dentistry, Forensics, Accounting, Business, Counseling, etc. Other students completed various TRIO Leadership projects (Student Mental Health Support, Poster Contest, Sports Festival, Cultural event, Color Run, etc.) or worked and mentored under Service Learning organizations (Friendship Feast, JUMP, Idaho Food Bank, etc.).

**Senior Academy:** The class of 2020 was devastated this spring with the sudden loss of their final semester of classes, graduation services, and senior activities (like Prom). It was incredibly difficult for
our TRIO seniors, many of whom were in the middle of finalizing their college plans for the fall. Many of them considered giving up on their dreams of college due to the instability of the pandemic. This summer, veteran Educational Specialist Josh Engler, put together a great plan of senior services that included one-on-one college advising, group sessions, transition to college activities, and valuable nationally known guest speakers. These students benefitted greatly from this innovative programming. It was our very first Senior Academy and it worked — almost every one of these students are in college right now this fall.

**Social/Cultural programming:** Assistant Director, Mike Rupp, put together some amazing Social/Cultural activities for the students during our summer school program. Here are just a few examples: Real Talk w/Mike, Hermano Story Circle, Adventures in Art w/Monica, Tasty Bites w/ NikkiSpanish for Beginners, Game Nights w/ nationally known Paradigm Shift, YouTube channel, End of Summer Celebration

**The struggle was real but we persevered:**

We really had to change our entire approach to serving our TRIO Upward Bound students this past spring and summer. First, we evaluated the needs our families. We found that technology deficits, economic struggles, and emotional health were the biggest concerns. Our low-income families were hit the hardest with the pandemic...loss of jobs, along with limited devices and lack of consistent and reliable internet in the home have contributed to the fear and anxiety that our students have faced. All of this was on top of the fear of contracting the actual coronavirus and the very real devastation it has had in our communities. We have had several deaths from COVID19 of family members and friends in our TRIO circle. When the students were sent home from school in March, many of them became instant caretakers of their younger brothers and sisters. They were called upon to make the family meals, clean the house, finish daily chores, and take care of siblings while parents either had jobs as front line workers or tried to work from home. Often, our Upward Bound families would only have one working computer that they would have to share with the entire family. Printing was not always an option either, slow speeds on the internet was a struggle, and the students had to find enough time to complete their schoolwork from home. Some of our students found jobs and worked extra hours during the pandemic to try to help their family. This was also a struggle for our students and took a toll on their academic progress. Our seniors were hit the hardest. Not only did they suffer psychological effects of losing their final semester of high school with their friends, but also missed out on so many memorable activities. We had many seniors this past winter excited for college and tying up the loose ends needed in the college-going process. After a couple of months of the pandemic, many of our UB seniors started questioning if college was really where they should be in the fall. Overall, our TRIO Upward Bound students were scared of the unknown, concerned for their families well-being, and anxious about the future.

**Other services and support TRIO provided:**

Through hard work and care from the staff, the BSU TRIO Upward Bound program successfully delivered needed meals, computers, internet hotspots, safety materials (masks, hand sanitizer, etc.), and school supplies (notebook, calculator, pens, pencils, etc.) to all summer participants who needed them. Not only did these services assist our TRIO families, the summer program experience also provided key “running start” skills needed for virtual schooling, which became invaluable this fall as most of our schools opened online. Our students felt a little more ready going into the new school year, and had more online experience than many of their peers.

Although we had a very successful summer program, we are excited to go back to our “normal” and traditional face-to-face residential summer program experience. We are excited to SEE our students FACE
Once upon a covid Summer

Owyhee Students Triumph

They Led, They Served, They Interned, Well Sort of...
By Jennifer Streeter

Owyhee – Six citizens of Owyhee, Nevada were occupied for a long period of time over the summer “break” from Owyhee High School. These students participated in the BSU TRIO Upward Bound Virtual Summer Program. They were part of the combined Leadership, Service Learning, and Internship class. MaKinzie Cady, Brianna Manuelito, and Shaquala Smartt were all in our newly organized Student Council and focused on improving their leadership skills. Their project was planning and organizing a field day event for next year during Summer Program.

Samuel Whitesides focused his time in class on service learning, and his project was cleaning up trash in our community and documenting his project.

Our two juniors, now seniors, Deenamae Shaw and Olivia Whitesides, had applied and been accepted for summer internship positions. But the Covid-19 pandemic messed that all up. So instead, they spent their time in class learning more about themselves. Then each completed their own personal project in which they did much research on more specific possible job interests and shared their findings in unique productions.

These students shared that the process was challenging, to say the least. But also, very rewarding.

Giant Steps into Their Future
By Jennifer Streeter

Owyhee and Beyond – This August I had the great joy of accompanying two of our graduated seniors as they moved onto their next adventures in education and life.

Thalia Thomas received scholarships to run in both cross country and track, to become a two-sport college athlete at Southeastern Community College in West Burlington, Iowa. That puts Thalia 4.5 miles from the Mississippi River.

While moving Thalia into her 4th floor dorm room, we met the school’s athletic director, Tyler Gaston, who was from Boise, and a graduate of BSU, small world.

Lance Owyhee was this year’s valedictorian, he received many scholarships, including the Governor Guinn Millennium Scholarship. He is attending the University of Nevada-Reno. He is studying Forest Management and Ecology and plans to go on to get his Master’s degree at UC-Davis.

Lance’s dorm room is on the second floor of The Nevada Living Learning Community building. He is looking forward to exploring his new community of Reno but focusing his attention on his studies.

“Hardships often prepare ordinary people for an extraordinary destiny.”

– C. S. Lewis
When I first got the call from my Educational Specialist about receiving this internship, I was excited. To get introduced to Chelsea Wilson, Communications Specialist with the City, we did a Zoom meeting. It was Josh Engler, Chelsea Wilson, and myself. We all introduced ourselves and Chelsea discussed what we would be doing in this internship. Chelsea works for Mayor Nancolas at Caldwell City Hall. She started mentioning that I was going to be working on Caldwell’s social media, such as their Facebook and their Instagram. I would also get to experience the process of reviewing a grant and having meetings with the people that wrote the grant.

On my first day, Chelsea was putting stickers in envelopes. She asked me to help and I was more than happy to do it. We took breaks from the envelopes to discuss the grant. The grant was about transportation solutions for Caldwell. The best part of the day was when the Mayor invited us to watch him swear in two officers. I have never seen that before and I thought it was really cool to experience. The last thing I did that day was sit in on a meeting with Chelsea and the others who were working on the grant. The first day was really awesome and I couldn’t wait for the rest of the internship.

Overall, the other days were spent with me making suggestions on the City’s social media accounts, talking about the grant, and researching some solutions that other cities did for their transportation issues. Then I made a social media post about fun things to do in Caldwell. I got to experience how Chelsea worked and what she did for the mayor. I loved when we would discuss college. She would also give me advice. I went on another Zoom meeting with the people that worked on the grant - it was nice to learn more about it. Chelsea also gave me this one assignment to make my own city, and it was really fun. Then after that, I was able to ask her questions about the City and how it works. I worked on another social media post for the 4th of July. On the last two days, I checked for dead links on Caldwell’s websites.

I learned many things about what Chelsea did and how she got to where she is. When heading to college, you have an idea of who you want to be, but sometimes it turns out that it’s not what you expected. I learned that it’s ok if you want to change your plan for college. Only you know who you want to be, not anyone else. When Chelsea and I would talk about the City, I learned about how the City functions. I also learned the different departments for the City and how they all help Caldwell in different ways. Learning the process of finalizing and reviewing the grant they worked on was awesome and it seemed like a lot of hard work. I’m so happy that Chelsea included me in that process. Overall, it was such a great and educational experience to have, and I’m so thankful to have been offered this internship.
TIPS FOR VIRTUAL LEARNING

We may have been working from home for awhile now, but a reminder on how to do it successfully can’t hurt!

1. Create a schedule and stick to it. Try to get up everyday right around the same time.

2. So you’re on a hybrid schedule now, half the time at school, half the time at home. That means sleeping in every other day right? NO! Disrupting sleep patterns can cause serious harm to your mental and physical health.

3. You’re staying home to work, this means you can study in pajamas right? NO! Take a shower, or at least change your clothes to prepare yourself for the day.

4. But my bed is so cozy! Don’t fall for this trap. Make your bed and set up a work station for yourself to be successful.

5. If you have to share spaces get creative about how to work within those shared spaces. Check out this picture of Nikki’s (your Capital Educational Specialist!) kids and their at home work stations.
“I am so endlessly grateful for what Upward Bound has provided for me! This summer is definitely not the same as summers in the past, but everyone did a great job giving us whatever they could to make up for it. With this being my last summer program experience I will have, I am happy to say I have learned a lot about myself and gained so much from this experience. Thank you to everyone who helped make this year’s summer program happen!”

-Victoria Grady