



UPWARD BOUND
EAST TENNESSEE STATE UNIVERSITY

Summer 2019 Newsletter

When?

Move-In: Sunday, June 2nd
Move-Out: Wednesday, July 3rd

Move-In Schedule:

- 3:00-4:00pm: Rising sophomores
- 4:00-5:00pm: Rising juniors
- 5:00-6:00pm: Rising seniors

Where?

Girls Dorm: Lucille Clement Hall (1193 Jack Vest Dr, Johnson City, TN 37614)

- 2 twin XL loft beds, desks, chairs, and built-in closet with drawers
- Bathrooms and showers located on each wing
- Kitchens located on the 1st, 3rd and 4th floors
- Laundry facilities located on the 1st floor
- Elevators

Guys Dorm: West Hall (289 S Dossett Dr, Johnson City, TN)

- 2 twin XL loft beds, desks, chairs, and built-in closet with drawers
- Bathrooms and kitchen on each floor
- Laundry facilities located on the 2nd and 3rd floors
- No elevators

All rooms are equipped with 2 Ethernet jacks, 1 cable TV jack, and Wi-Fi. Be sure to bring your own cords if you plan to hook up your TV or laptop. Laundry facilities on campus require quarters to pay for each use of the washing and drying machines.

What to bring?

Clothes for the week, Comfortable shoes, Twin xl bedding, Toiletries, Bath towels, Flip flops (for community shower), Shower caddy (transport items back and forth from room), Backpack, Alarm clock, Umbrella

Other clothing needs: Closed toe shoes and long pants (anyone taking a science lab), Career Work-Study specific attire (you'll be notified of your placement needs)

We provide all students with a notebook, pens, pencils, and other supplies they need for their summer classes with Upward Bound.

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Thursday Night special activities

- S'mores Night
- Welcome Back Party
- Tusculum Upward Bound Dance
- Barter Theater

Awards Day

July 3: ETSU Mini-Dome (1:00pm)

MANDATORY PAPERWORK FOR SUMMER MOVE-IN:

The following paperwork must be signed by a parent/guardian prior to or at dorm move-in for a student to be eligible for our summer program. Students cannot move in without these documents:

- ◇ **Student Commitment Form**
- ◇ **Parent Participant Form**
- ◇ **Medical Release & Authorization**
- ◇ **Transportation Form**

2019 Summer Trip

Atlanta, GA

July 9-11



Summer program participants who have an average of 80 in their courses, with no individual class grade below 60, are eligible to attend the summer trip.



Congratulation to the Upward Bound Class of 2019!

We wish them all the best!

Angelique Arrowood	Kendall Fair	Emily Jenkins	Hope Sabisch
Sidney Bagley	Reganne Fox	Courtney Johnson	Lorelei Sexton
Raven Baker	Kateri Franco	Summer Johnson	Lauren Shuler
Shayla Barnum	Jada Gentry	Savannah Lovell	Bryanna Slone
Caley Blevins	Lexzandra "Lexi" Gibbs	Cynthia Lunsford	Stephanie Smith
Myriah Bright	Makayla Gillette	Alexis "Lexi" Malone	Sylee "Kendra" Smith
Theodore "Sam" Burleson	William "Daniel" Glaspie	Nicholas "Nick" McClintock	Ashley Steadman
William Butler	Alexander "Alex" Graham	Kinidy McLaughlin	Lillian Street
Issac "Riley" Camacho	Elissia Greear	Bethany "Beth" Miller	Victoria Tankersley
Sarah "Katie" Carter	Charity Greene	Makayla Millner	Gavin Tolley
London Cole	Tea Greer	Nathen Milner	Zachary "Zach" Tolley
Aaron Collins	Hannah Haas	Gracie Monk	Quentin Tomlin
Tyler Cook	Cheyenne Hall	Morgan Morris	Sayona Turner
Frank Costantino	Jacob "Clyde" Harrell	Essence Murray	Summer Walker
Colby Cox	Seth Herron	Kaleb Myers	Sara Watkins
El Crawford	Hanah Hill	Victoria Neal	Emily Willard
Kaitlin Dean	Shyann Hill	Caleb Nelson	Konstance Williams
Brody Deloach	Lyndsay Hodgson	Rebecca Nowak	Brittany Wilson
James Ellison	Kylea Hughes	Zackary "Zack" Oliver	Savanna Woods
Kaitlyn Estep	Ashley Hunter	Shelby Parker	Maranda Worley
			Dannae Yeager

Summer Attendance

We know the summer is ideal for family trips, vacations, etc. We also know many students participate in band, sports, and have other summer obligations aside from Upward Bound.

However, due to the amount of course-work students will need to make-up in their Upward Bound classes we highly discourage students from missing more than one week of our summer program. Participation in our end-of-summer trip is contingent on grades from summer courses. Although it is not mandatory for students to attend the summer program, many find it to be their favorite part of Upward Bound. Students regularly indicate the summer program prepared them for upcoming classes in high school, but it also allows students to better adjust to college and makes the experience less daunting.

What is the Upward Bound Summer Program?

Our summer program takes place on ETSU's campus for about 5 weeks each summer. This is a residential program where students live in dorms and are mentored and supervised by our summer staff. The summer program allows students to experience what college life is like.

Students take academic subjects such as mathematics, science, writing, literature, & foreign language. Enrichment courses vary each year and allow students to learn different skills & subjects from their Resident Advisors. Some past course offerings include art, dance, yoga, debate, leadership, & sports.

Regular recreation activities and opportunities for cultural activities are available to students during the summer program.

As with all other aspects of the Upward Bound program, participation in the summer program comes at no cost to students. All lodging and meal fees are paid for by the program and academic supplies are provided for students.

Check-in / Check-out

Paperwork needed to move-in to the dorms

We will be sending out packets to students and parents with a lot of information and permission forms for our summer program. Make sure we have your current address if you've moved since last summer (or since being accepted into the program if this is your first year in Upward Bound).

Students must bring **handbook & participation, medical, and transportation permission forms**, or have a parent/guardian with them at summer move-in, in order to move into the dorms. Students who do not have the necessary paperwork or have someone with them to complete the required documents will not be able to move into the dorms and begin the summer program until their paperwork is completed.

Sunday check-in

Students should arrive at the dorms between **6pm-8pm on Sundays**. There will not be any supervision in the dorms before 6pm as no staff is on duty during that timeframe. Students are not permitted to be at the dorms unsupervised. Students need to arrive Sunday evenings having already eaten dinner since there are **no meals provided on Sundays**.

Wednesday check-out

Every Wednesday is **Family Night (4pm-9pm)** where students have the option to check-out and be with their family for a few hours. This is not mandatory, but serves as a nice way for students to spend time with family during the week.

Friday check-out

Students need to **check-out each Friday between 1:30pm-4pm** at the dorms. During the afternoons, we will offer a variety of activities (swimming, volleyball, & hang out in dorm lobby) for students as they wait to be picked up. No staff is on duty after 4:00pm, so arrangements need to be made to pick up students during the indicated timeframe.

Students do not need to move out more items than necessary each week. Many only choose to take home laundry to wash over the weekend.

Check-in / check-out procedure

With the exception of the summer dorm move-in process, students may arrive on campus without a parent/guardian present. Students must check-in with a staff member when they enter the dorms. Students cannot stay in the dorms over the weekends. A parent or guardian on a student's approved check-out list must come inside the dorm and show ID in order to check students out of the program. Please make sure all people you grant permission to check-out your student are aware of this procedure.

Students with check-out permission

Students who receive parent/guardian permission to check-out themselves, through our summer paperwork, are only authorized to leave campus during the typical Wednesday and Friday check-out times. **If students need to check-out during times other than Wednesday evening and Friday afternoon, Upward Bound will need to receive authorization from a parent/guardian.**

Other Dates

ACT (Saturday, June 8)

Students who register to take the [June 8th ACT \(on ETSU campus\)](#) will be eligible to stay in their dorms the night before to be ready to test on Saturday morning. Supervision and meals will be provided Friday evening and Saturday morning prior to the ACT. Check-out on Saturday will be from 11am-1pm.

[The registration deadline for this ACT test date is May 3.](#) Students will have to show staff their ACT ticket by 4:30pm on Friday in order to stay.

You can use a UB fee waiver to sign up for the test if you will be a rising junior or senior this summer.

Don't forget about ePrep, the online ACT prep resource you get for free through Upward Bound. Just ask us and we can get you signed up with your email address.

[We request students notify us of their plans, in advance, by including the ACT test weekend in your summer paperwork as an important date to be noted.](#)



Worried about getting homesick?

It's okay to be homesick during the summer program. For some of you, this may be your first summer with Upward Bound. For others, this may be your first time away from home. Even returning students may experience homesickness.

Many students are excited for our summer program, but still feel scared or nervous at times. If you're feeling homesick, it doesn't mean you are weird. It just means you might need some helpful strategies. Try these tips for a more enjoyable summer experience:

1. Talk to people: RAs and permanent staff are here to help and listen when you need to talk with someone. Talk to some older UB students as well. They've been in your shoes.

2. Stay busy: Get involved with activities in your dorm and participate in evening recreation events.

3. Connect with others: Engaging with other students and staff will keep your mind off being homesick. Sitting alone and reflecting too much may make it harder to stay positive and have fun.

4. Stay in touch: Call, text, or email your family and friends when needed. Parents can sign you out on Wednesday nights to hang out or go get dinner. Use your weekends to catch up with friends and family.

5. Give it a week: Students who commit to at least one full week of the Upward Bound summer program are more likely to feel better and be less homesick.

Resolving Roommate Conflicts

Address potential issues before they turn into conflicts. Some students may wish to informally chat while settling into the dorms. While others may decide to write out an official "roommate agreement." Either way, it can be helpful to talk to your roommate about potential conflicts before they arise.

How clean do you want to keep the dorm room? How do each of you define clean? What is a reasonable time to go to bed at night, and wake up each morning? How will you share common spaces like closets, counter tops, etc.? Most issues roommates experience can be solved before they even become a conflict.

Communicate. Communication is super important when trying to solve roommate conflicts. If your roommate is doing something that bothers you, talk about it. Don't keep it to yourself and hope it changes. Chances are she/he may not even realize it's a problem.

Ask your roommate to sit down to talk at a time when you are both calm. Then, clearly communicate to them what is bothering you and why. Don't beat around the bush – a direct, but respectful, approach is best.

Try to empathize and understand each other. When working through conflicts, try to put aside your desire to "win" the fight. Instead, say what the conflict is from your view and ask for your roommate to share their views as well. Then, put yourself in their shoes and try

to understand where they are coming from.

Avoid yelling, insulting, or bringing up past issues. If the conflict gets too heated, step away and come back to the conversation later. Never bring other friends into the conflict or gossip about each other. Keep it between the two of you.

Remember, we are all different and that's a good thing! Your roommate may have completely different habits, interests, and personality traits than you. Try to embrace your differences and even learn from each other. Respect and appreciate your roommate for the person they are.

If you can't work it out on your own, let Upward Bound staff help you. Talk to an RA, RD, or permanent staff member – that's what we're here for! Sometimes, having a third party to act as a mediator can really help in resolving a problem.

Other considerations

- Being a roommate is a new experience for most people
- Some people have never shared a room with someone else
- Even for an experienced Upward Bound student, living arrangements can be complicated and vary from year to year
- Communication and helping each other along the way can make dorm life one of the best parts of UB Summer!

Learning from summer staff

Resident Advisors and Resident Directors are a great source of information and advice about college. They are all here to be mentors to our students and to help each of you with your goal of going to college. Make the most of your time with the RAs this summer by getting to know them and learning from their experiences.

Try to ask questions like these to as many of our summer staff as you can to get a better sense of what it is like to be a college student:

- What college do/did you attend? How did you decide on that school?
- What do you want to do for your career? What is your major? How did you decide on that major?
- What's your favorite thing about college? What is your least favorite thing about college?
- What's your favorite class you've taken in college?
- What was the hardest thing to adjust to when you started college? How did you handle the adjustment?
- What do you wish you would have known or done differently in high school to help you prepare for college?

Meet your Summer Staff

Resident Directors

Leah Patton

ETSU, Masters in Public Health (concentration in Community Health)

Currently listening to: The new Hozier album

Binge watching now: This Is Us, and I'm crying every episode

Favorite food: Shrimp spring rolls!

My favorite Coke product: Fanta Pomme aka Fanta Apple. Very hard to find in the US, but I was obsessed with it when I lived in Madagascar.

Favorite thing about college: Meeting so many different people with their own unique experiences and learning something new from each person!

**Matt Peters**

ETSU, English (minor in secondary education)

Currently listening to: Lord Huron, Fleetwood Mac, Panic! At the Disco, and Dolly Parton

Binge watching now: Grey's Anatomy and Criminal Minds

Favorite food: Chicken Alfredo

My favorite Coke product: Lime Coke

Favorite thing about college: My favorite thing about college was the opportunity to explore a variety of subjects that I was personally interested in.

**Layken Ward**

ETSU, Early Childhood Education

Currently listening to: Panic! At the Disco, Hozier, and Twenty One Pilots

Binge watching now: Grey's Anatomy and You

Favorite food: All things breakfast

My favorite Coke product: Vanilla Coke

Favorite thing about college: My favorite thing about college was the ability to collaborate with peers in order to develop professionally.



Recreation Coordinator

Hunter Cobble

ETSU, Microbiology (minor in Psychology)

Currently listening to: Arctic Monkeys

Binge watching now: Game of Thrones and Peaky Blinders

Favorite food: Fried eggs and bacon

My favorite Coke product: Diet Sprite Cranberry

Favorite thing about college: Being able to study a subject I enjoy, meet new people that became my best friends, and having the freedom and responsibilities that come with living on my own.



Meet your Summer Staff

Girls Dorm Resident Advisors

Wasilat Adeoluwa

ETSU, Chemistry (Inorganic concentration)

Currently listening to: Hillsong

Binge watching now: Game of Thrones

Favorite food: poudo yam with okra soup

My favorite Coke product: Sprite

Favorite thing about college: Helps you discover yourself

**Jenny Brummett**

ETSU, Social Work

Currently listening to: Crowder "Red Letters" and Ed Sheeran "English Rose" & audiobooks

Binge watching now: Jane The Virgin & Good Girls

My favorite Coke product: Cherry Lime Coke

Favorite thing about college: I love being able to grow as a person and being in college has opened up so many possibilities to learn about anything that you have a passion for. It has also allowed me to meet some amazing new life long friends.

**Peggy Dossey**

ETSU, Engineering Tech (concentration in Biomed)

Currently listening to: When We All Fall Asleep Where Do We Go, Billie Eilish's new album

Binge watching now: Game of Thrones

Favorite food: Rice

My favorite Coke product: I don't drink soda

Favorite thing about college: Seeing all the dogs on campus

**Laken Dye**

University of Tennessee, Kinesiology

Currently listening to: The Jonas Brothers

Binge watching now: Great British Baking Show

Favorite food: Mac and cheese

My favorite Coke product: Sprite

Favorite thing about college: All the great friends I've met and the freedom!

**Megha Gupta**

School, Major

Currently listening to:

Binge watching now:

Favorite food:

My favorite Coke product:

Favorite thing about college:

Meet your Summer Staff

Girls Dorm Resident Advisors

Cassidy Hensley

ETSU, Psychology and Criminal Justice

Currently listening to: I am currently listening to ALOT of 90's and early 2000's country music!

Binge watching now: Blue Bloods

Favorite food: mac & cheese

My favorite Coke product: Vanilla Coke

Favorite thing about college: My favorite thing about college is the relationships that I have formed since I got here. People that I have only known for a year at most are people that I now can't imagine my life without!

**Taylor Herron**

School, Major

Currently listening to:

Binge watching now:

Favorite food:

My favorite Coke product:

Favorite thing about college:

Amber Nerren

School, Major

Currently listening to:

Binge watching now:

Favorite food:

My favorite Coke product:

Favorite thing about college:

Olufeyisayo "Feyi" Odebunmi

ETSU, Public Health

Currently listening to: Elevation Music/Phil Collins

Binge watching now: Game of Thrones

Favorite food: Jollof Rice and Barbeque Chicken

My favorite Coke product: Coke

Favorite thing about college: The aspect I love most about College is the independence.

**Roxy Reed**

ETSU, Nursing

Currently listening to: Contemporary Christian, or Country!

Binge watching now: Always re-watching Grey's Anatomy

Favorite food: Ice cream and pasta!

My favorite Coke product: Coca Cola in a glass bottle!

Favorite thing about college: Meeting so many new people and getting involved



Meet your Summer Staff

Girls Dorm Resident Advisors

Idaraobong Udoeyop

School, Major

Currently listening to:

Binge watching now:

Favorite food:

My favorite Coke product:

Favorite thing about college:

Brianne Ward

ETSU, Biology

Currently listening to: Mamma Mia soundtrack

Binge watching now: Criminal Minds

Favorite food: Chicken Pot Pie

My favorite Coke product: Vanilla Coke

Favorite thing about college: My favorite thing about college is the opportunity to explore a ton of different subjects and meet interesting people.



Meet your Summer Staff

Guys Dorm Resident Advisors

Grayson Aldridge

ETSU, Psychology (w/ Health Professions concentration and Biology minor)

Currently listening to: MARINA

Binge watching now: currently nothing but the last thing I watched was Brooklyn Nine-Nine

Favorite food: Subway Cookies

My favorite Coke product: Dasani water

Favorite thing about college: It pushed me out of my comfort zone and drove me to mature in my personal life as well as academic.

**Zander Bennett**

ETSU, English and Theatre

Currently listening to: Hippo Campus and Jon Bellion

Binge watching now: Magic: The Gathering tournaments

Favorite food: Alfredo

My favorite Coke product: I only drink water, but I have a Coca-Cola hat I like.

Favorite thing about college: Being more in control of my schedule

**Ryan Burgess**

ETSU, Biology

Currently listening to: Khalid

Binge watching now: Brooklyn Nine-Nine

Favorite food: Cheese fries

My favorite Coke product: Pibb Xtra

Favorite thing about college: Meeting amazing people from different backgrounds and cultures

**Sanjeev Das**

ETSU, Health Sciences & Psychology

Currently listening to: Maroon 5

Binge watching now: Star Trek: The Next Generation

Favorite food: Curry Chicken

My favorite Coke product: Fanta Mango

Favorite thing about college: Group study and making a lot of new friends



Meet your Summer Staff

Guys Dorm Resident Advisors

Hunter Jones

ETSU, Radio-TV-Film (minor in Digital Media)

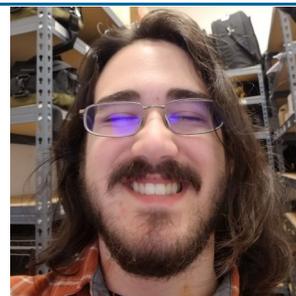
Currently listening to: Billie Eilish

Binge watching now: Boruto

Favorite food: Food

My favorite Coke product: Barq's Orange Crème Soda

Favorite thing about college: The Potential For Improvement



Hunter Oliver

ETSU, Elementary Teaching/School Counseling

Currently listening to: John Mayer, Amber Mark, SZA, Ariana Grande, and Red Hot Chili Peppers

Binge watching now: NBA Playoffs

Favorite food: El Kroger

My favorite Coke product: Sprite Lymonade

Favorite thing about college: The PEOPLE and CLUBS. You are the captain of your own ship, so you get to decide who you want to spend your time with.



Program Assistants

Elizabeth Coffey
Lauren Coleman
Ray Combs
Kerrington Dougherty
Erin Helbert
Rose Minton
Christian Phillippi
Jonathan Waddell

Directions

From Kingsport to Dorms

- Get on I-26 E/US-23 S towards Johnson City
- Take exit 24 for US-321/TN-67 W
- Turn left at the light onto TN-67 W/US-321 S/University Pkwy. Continue approximately 2 miles.
- Turn left onto State of Franklin Road
- Turn left at the 2nd light (first light after you pass the Mini-Dome on your left)
- Continue straight through the traffic circle
- On your left—**Girls dorm (Lucille Clement Hall): 1193 Jack Vest Dr, Johnson City, TN 37614**
- Continue on Jack Vest Drive until you get to another traffic circle. Go around the circle and turn onto South Dossett Drive.
- On your right—**Guys dorm (West Hall): 289 S Dossett Dr, Johnson City, TN 37614**

From Bristol to Dorms

- Get on US-11E S/Volunteer Pkwy towards Johnson City
- Turn right onto TN-381 S (signs for I-26/Kingsport/Johnson City). Continue approximately 1.5 miles.
- Turn left to merge onto I-26 E
- Take exit 24 for US-321/TN-67 W
- Turn left at the light onto TN-67 W/US-321 S/University Pkwy. Continue approximately 2 miles.
- Turn left onto State of Franklin Road
- Turn left at the 2nd light (first light after you pass the Mini-Dome on your left)
- Continue straight through the traffic circle
- On your left—**Girls dorm (Lucille Clement Hall): 1193 Jack Vest Dr, Johnson City, TN 37614**
- Continue on Jack Vest Drive until you get to another traffic circle. Go around the circle and turn onto South Dossett Drive.
- On your right—**Guys dorm (West Hall): 289 S Dossett Dr, Johnson City, TN 37614**

From Elizabethton to Dorms

- Get on US-321 S towards Johnson City
- Continue for approximately 5.7 miles (US-321 S turns into University Pkwy)
- Turn left onto State of Franklin Road
- Turn left at the 2nd light (first light after you pass the Mini-Dome on your left)
- Continue straight through the traffic circle
- On your left—**Girls dorm (Lucille Clement Hall): 1193 Jack Vest Dr, Johnson City, TN 37614**
- Continue on Jack Vest Drive until you get to another traffic circle. Go around the circle and turn onto South Dossett Drive.
- On your right—**Guys dorm (West Hall): 289 S Dossett Dr, Johnson City, TN 37614**

Parking

Students

If you will be parking a vehicle on ETSU campus during the summer program, you will be issued a temporary parking permit by Upward Bound upon your arrival to campus for dorm move-in.

Parents/Guardians

One Parking Permit will be mailed to each household along with our summer paperwork. This will be necessary for times when you are parked on campus to drop off or pick up your student at the dorms and attend events such as Awards Day.

All Drivers

Permits should be placed in your front dashboard on the driver's side of the vehicle. You are limited to parking only in Student (indicated by gold curb marking) or Faculty/Staff (indicated by blue curb marking) parking lots for the duration of the Upward Bound summer program. Be sure to read over the fine print on your parking pass before you park on campus. A complete list of parking rules and regulations can be found on the Office of Parking Services website (www.etsu.edu/parking). Be sure to pay attention to signage before parking your vehicle. If you accidentally park in Disability, Service Vehicle, or Resident Director spaces, or violate any other parking rules which incur a parking fine, it will be your responsibility to pay those fines. Please know that Upward Bound cannot pay any parking fees accrued by our students and their visitors, either during the academic year or during our summer program.

Contact Us

Upward Bound
PO Box 70714
Johnson City, TN 37614
Tel: 423-439-5619 | Fax: 423-439-4770
ETSUUBstaff@gmail.com

OFFICE LOCATION

Lucille Clement Hall
1st floor—Room 121
1193 Jack Vest Dr
Johnson City, TN 37614

We are now located on the 1st floor of the Lucille Clement residence hall (room 121). Walk towards the 1st floor entrance of Clement. On the right side of the building (facing the football stadium) we're the 1st door on the left.