



November 2022



Welcome to our Newsletter!

By Caytlin Meribela

Hello Upward Bound Student, Support Staff, and Families,

Welcome to our first monthly Newsletter! We hope this monthly brief will help you stay informed about what the program is doing, what to be prepared for, and how to get engaged! Here are a few events for the upcoming month!

- o Election Day: Tuesday November 8th
- o 2nd 6-week Report Cards: November 11th
- o Parent Engagement Event: November 19th
- o Thanksgiving Break: November 19th-27th

Thank you and have a great month!

WHAT'S NEW

MEET THE UB STAFF

Students have seen us. Parents have spoken with us. Learn more about the UB team!

HISD SERVICE SPOTLIGHT

Take a look at how HISD supports students and families. This week: Wraparound Services

OCTOBER REFLECTION

Congratulations on a great month! Let's look back on everything we accomplished in October.

Meet the Upward Bound Staff



Alex Segura

Academic Coach

(Austin & Worthing HS)

Education

B.A. in Individualized Studies & History
M.A. in Higher Education Administration
New Mexico State University

Contact

alejandro.segura@hccs.edu
713.718.6389

Services

Academic Coaches help students master soft skills, monitor academic progress, and prepare for post-high school program enrollment



Caytlin Meribela

Academic Coach

(Northside & Sam Houston MSTC HS)

Education

B.A. in History & Spanish from Carthage College

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Latonia Hunt

Program Coordinator

Education

B.A. in Communication from Savannah State University
M.A. in Professional Communications and Digital Media from Texas Southern University

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Rosie Flores

Administrative Assistant

Education

B.A. in Interdisciplinary Studies from University of Houston at Clear Lake

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Contact

HCC Upward Bound Central

1300 Holman Street, Suite 107, Houston, TX 77004

 713.718.6388

Mark your Calendars!

Upward Bound

November						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

- 5 Saturday Academy
- 9 Tutoring Northside & Sam Houston MSTC 4:30p-7p
- 10 Tutoring Austin 4:00p-6p
- 11 Veterans Day
- 16 Tutoring Northside & Sam Houston MSTC 4:30p-7p
- 17 Tutoring Austin 4:00p-6p
- 19 Saturday Academy & Parent engagement event
- 20-27 Thanksgiving Break
- 30 Tutoring Northside & Sam Houston MSTC 4:30p-7p

HISD Service Spotlight

Wraparound Services



The Wraparound Services Department connects students and their families with community resources that address the non-academic challenges that students face which ultimately impact their ability to learn.

To contact your campus Wraparound Specialist, complete the Student Assistance Form (SAF) by scanning the QR code or [clicking here](#).



Wraparound Services Department
 4001 Hardy Street
 Houston, TX 77009
 Telephone: 713-556-5917
 Fax: 713-556-6958
WraparoundAdmin@HoustonISD.org

Parents and Family

Upward Bound is inviting you to an engagement event during Saturday Academy on November 19th. Come join us for lunch and more as we celebrate your students' accomplishments, learn about what they do in the program, and how you can be more involved. The event will take place at HCC – Central at 1300 Holman St. @12:30 (lunch will be provided).

Research from the American Psychological Association (APA.org) and the Centers for Disease Control and Prevention (CDC.gov) shows that students who have high family involvement earn higher grades and test scores, are more likely to graduate from high school and attend post-secondary education, and develop more self-confidence and motivation in the classroom!

FOLLOW US!



@upward.bound.hcc.central

HCC Upward Bound



Scan QR code to follow account



@hccupwardbound

October Reflection

During the month of October, Upward Bound students and staff stayed busy!

We successfully completed our first college visits of the year: Rice University in Houston and University of Texas at San Antonio. We saw the historic Spanish mission, The Alamo, and enjoyed the San Antonio Riverwalk.

Students studied hard for the PSAT/SAT that they took on October 12th, and many seniors applied for federal student aid (FASFA) in preparation for graduation and college!

To finish the month off, we celebrated the coming of fall and spooky season with a costume party and plenty of candy.

Here's to another successful month of Upward Bound!



**Upward
Bound +
Friends =
\$\$\$\$\$\$**



As part of our recruitment efforts, Upward Bound is offering a chance for current students to earn more money! Refer friends and family to apply to Upward Bound, and if their application is accepted, you'll earn an extra \$10 on your stipend!

Apply with the QR code or [click here](#).

A Look to the Future

We hope to have a wonderful December with Upward Bound students, family, and staff.

A couple things to look forward to:

- Dallas Field Trip
- End of Fall Semester
 - Report Cards will be distributed in January
- Winter Break
 - HISD Dec 22nd- Jan 6th
 - HCC Dec 19th - Jan 1st



Do you have something to share? Do you want to be featured in next month's Newsletter?!



Scan the QR code or [Click here](#) to fill out a feature form!

Houston Community College has so much to offer!



Check out the following flyers for more information on the programs and services HCC has available. As a reminder, all Upward Bound students are already accepted to HCC and have a student ID number.



START YOUR MEDICAL CAREER **NOW**



LICENSED VOCATIONAL NURSING

Description:

A licensed vocational nurse (LVN) is a team member of the health care delivery system in health promotion, disease prevention, treatment and rehabilitation.

Duration:

1 Year

Cost:

\$6,300

Possible Job Opportunities:

- Hospitals
- Clinics
- Schools
- Nursing Homes

For more information,
please contact:

713-718-7145

coleman.advising@hccs.edu

hccs.edu/lvn

Annual Salary:

\$47,280*

Median Wages:

\$22.73*

*Wages cited by <https://www.careerinfonet.org>.

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HOUSTON COMMUNITY COLLEGE

Coleman

COLLEGE FOR HEALTH SCIENCES



COLEMAN COLLEGE FOR HEALTH SCIENCES

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Earn a degree or certificate in more than 20 fast-growing careers in health care.

The Health Sciences Center of Excellence is a leading health science community college in the nation and the only one of its kind residing in the world-renowned Texas Medical Center. Degrees and certification programs in more than 20 fastest-growing careers in medicine are offered and the school's outstanding faculty are acknowledged by their peers for leadership and vision.

The Health Sciences Center also supports professional licensing continuing education training requirements for incumbent health care professionals.

PREREQUISITES VARY BY PROGRAM.

VISIT HCCS.EDU/HEALTH FOR MORE INFORMATION.

PROGRAMS

- Community Health Worker
- Computed Tomography
- Dental Assisting
- Dental Hygiene
- Diagnostic Medical Sonography
- Endoscopy Technician
- Health Information Technology
- Histologic Technician
- Human Service Technology
- Medical Assistant
- Medical Biotechnology
- Medical Laboratory Technician
- Medical Scribe
- Nuclear Medicine Technology
- Nursing (ADN & LVN)
- Occupational Therapy Assistant
- Pharmacy Technician
- Physical Therapist Assistant
- Radiography
- Respiratory Therapy
- Sterile Processing
- Surgical Technology