“These past 3 months at VUB have been the best few months I’ve had in the last 5 years.”

- Recent VUB Graduate

Congratulations to our graduates and welcome to our incoming students! We are looking forward to an enriching, inspiring, and fulfilling summer semester!

TRIO Veterans Upward Bound at the University of Pennsylvania now has a Facebook page!

To join, log on to facebook.com and search: “TRIO Veterans Upward Bound at the University of Penn”

Veterans Upward Bound Mission Statement

The TRIO VUB Program, an educational opportunity program funded by the U.S. Dept. of Education, advocates for the learning experience of under-represented Philadelphia area military veterans. The program provides intensive pre-college academic courses and comprehensive supportive services to promote the academic development of veterans towards the pursuit of a post-secondary education.
Welcome VUB Students & Staff!
Throughout the Summer Semester, we will focus on many motivational slogans:

**From the University of Pennsylvania’s Making History Celebration:**
It’s Time To Shine!

**From all of the VUB Staff!**

**From VUB Counselor Todd Derby**

**From VUB Director Diane Sandefur**

WAYNE GRETZKY

*Shoot for the Moon*
Even if you miss, you’ll land among the **STARS**

*Life always offers you a second chance. It’s called tomorrow.*

YOU MISS 100% OF THE SHOTS YOU DON’T TAKE

This is your life and your future! All of us with the VUB Program are here to support you and show you the ropes toward success in higher education. We’ll go above and beyond to see you succeed! That is a known fact. This is what YOU NEED TO DETERMINE: How far will you go to succeed at VUB and beyond? Will you attend every class and arrive on time? Will you go to tutoring? Will you come to class prepared? Will YOU DO ALL YOU CAN to SUCCEED? We are all counting on that answer as YES! Let’s have a great semester!

Diane Sandefur
VUB Director
On March 29, 2013, VUB alumnus and current Peirce College student Corey Mims (United States Navy) was awarded a $1,000 scholarship from the Mid-Eastern Association of Educational Opportunity Program Personal, an organization of TRiO professionals from Delaware, the District of Columbia, Maryland, Pennsylvania, Virginia, and West Virginia. The competition was highly competitive, but Corey was awarded the scholarship due to his academic achievements, community involvement, and emerging leadership skills. Congratulations, Corey!

Corey enrolled at Peirce College in Fall 2012 to pursue an education in General Studies. While enrolled full-time at Peirce, Corey serves as a board member with The Veterans Group, a non-profit organization that helps veterans with housing and rehabilitation services. He is also involved with his local church, and he recently traveled to Queens, NY, to assist with the Hurricane Sandy cleanup and recovery.

Reflecting upon his time with VUB, Corey wrote, “VUB provided me with the confidence that I needed in my life and helped me to grow academically. I became an “A” student in most of my courses, and I grew and learned more at VUB than I did in 12 years of public schools. VUB helped me to grow...by teaching me how to take my responsibilities seriously, manage my time, and overcome adversity.”

Corey graduated from VUB in August, 2012. At the VUB Graduation Ceremony, Corey was recognized with four awards, including awards for Academic Determination, Academic Excellence, Academic Progress, and Superb Attendance.

Veterans Upward Bound Scholarship Fund

One way of making a positive difference in the life of a VUB graduate is to award scholarship monies that will help fund their college education. The TRiO Veterans Upward Bound Program at the University of Pennsylvania offers three scholarships annually. The scholarships support TRIO VUB Graduates to offset their college expenses. Every VUB recipient of the scholarship funds is a deserving and successful student.

To make a tax-deductible contribution to the scholarship fund, you may mail your check to: “The Trustees of the University of Pennsylvania”, Attn: Diane Sandefur, Director of VUB, 220 S. 40th St. Suite 260, Philadelphia, PA 19104

Or go here to make an online contribution: https://medley07.isc-seo.upenn.edu/giving/jsp/fast.do and type in TRIO Veterans Upward Bound in the upper right hand select box.
How to Graduate from College

Tom Conroy, CCP Student and VUB Alumnus

In the United States, college students are dropping out. A study from the Harvard Graduate School of Education says that among some very selective ‘elite’ four-year colleges, 75 percent of the students earn a B.A. within 6 years. “But among all four-year colleges, just 56 percent of students meet this goal. At community colleges — the nation’s largest post-secondary system—fewer than 30 percent of students manage to earn an A.A. degree “on time” (meaning within three years). In short, the majority of students who go on to college fail to earn a degree on time, and many of those never successfully complete their degree. As a result, according to the Organization for Economic Cooperation and Development, “the United States now has the highest college dropout rates in the industrialized world” (Harvard, 2011). The main reasons for this are: lack of finances, poor attendance, and poor self-discipline. To avoid dropping out of college, and to achieve graduation from college in a timely manner, students should connect with financial and academic advisors on campus, maintain a good attendance record, and cultivate self-discipline.

The first step a new student should take to graduate college is to talk to a financial aid counselor at the school they plan to attend. The costs of going to college are astronomical. It is important to go to a school that is affordable. In an article for US News and World Report entitled “Why Students Drop Out of College and How They Can Avoid It”, Catherine Groux wrote, “Students should examine obstacles to completion before embarking on the path to a college degree. This means sitting down with a financial aid counselor” (Groux, 2012). In this article Groux refers to the director of retention at Ohio’s Defiance College, Randi Lydum. Lydum states “It’s very expensive to go to college so if a student just looks at that dollar sign, oftentimes it’s just so overwhelming that if they don’t talk to somebody within accounts or financial aid, they just get scared off by the price tag," she said. "Oftentimes when they sit down and meet with somebody to look at the plan and look at their student loans to see how it all plays out, it is just much more do-able. That helps students ease that panic” (Groux, 2013). So, if students do not take advice from experts on the matter of how to pay for college, they are setting themselves up for severe debt, worry, stress, failure, and ultimately drop out.

Secondly, new college students should take the time to talk to an academic advisor at the college they plan to attend. With class registration available on-line, some students may be tempted to skip this step; this is a mistake. Talking to an academic advisor helps students avoid taking classes that are beyond their abilities. According to the Latino Scholars Network “Academic advisors have a deep understanding of the curriculum, faculty, university rules and regulations, deadlines and academic policies. They can guide you every step of the way by helping you not only select appropriate courses but also determine the correct sequence in which they should be taken” (Latino Scholars Network, 2013). If students do not talk to an academic advisor, they are doing themselves a great disservice.
The third step to ensuring success in college is to maintain a good attendance at classes. The relation of good grades and attendance at class was studied by William Davenport. In Davenport’s study, he states that the connection between good grades and good class attendance is definite and definable. He studied 78 students at a community college and found that students with excellent or good attendance received A’s, B’s, or C’s, while students with poor attendance received D’s or F’s. Based on his findings he recommended that colleges implement attendance policies; however, many colleges do not have attendance policies (Davenport, 1990). It is therefore important for students to implement their own policy and attend class regularly. When a student does not attend class, they miss out on important information because the material being covered cannot always be found in the textbook. If a student must miss class, they should contact the instructor to get caught up. As Woody Allen said “Showing up is eighty percent of life.”

The fourth step towards success at college is to cultivate self-discipline. Some students think college workloads will be similar to high school workloads; however, this is not the case. College workloads are heavy, and the assignments can be difficult; therefore, self-discipline is extremely important. Success in college takes effort. Some college students are not prepared for long hours in the library. According to Emily Stewart from CollegeView: “Although moving on from the confines of high school academics to the less-structured college atmosphere may seem intimidating, building good self-discipline will help you adapt and increase your chances of success” (Stewart, 2013). Life is constantly throwing distractions at us. If students expect to graduate from college, they will need self-discipline.

In conclusion, to avoid dropping out of college, and to achieve graduation from college in a timely manner, students should connect with financial and academic advisors on campus, maintain a good attendance record, and cultivate self-discipline. There are some hurdles to clear if students want to graduate. Students are encouraged to talk to financial and academic counselors, show up to class, and work hard. It’s not just about getting a good job when they graduate. It’s true that there are more jobs with higher pay available to college graduates; however, this is because graduates have a deeper knowledge base and therefore good problem solving abilities. When a company has a choice between hiring a college graduate and someone who is not, they know that the graduate is probably a better-rounded individual. They also know that the person who successfully completed a degree knows something about responsibility and how to complete a task from start to finish. If you want to make the world a better place, make yourself better and become a college graduate. As Ralph Waldo Emerson said “We are all inventors, each sailing out on a voyage of discovery, guided each by a private chart, of which there is no duplicate. The world is all gates, all opportunities.”
How to Drive Your Teacher Crazy

George C. Johnson, VUB Alumnus and CCP Student

Since the times of Mesopotamia and Ancient Greece, the halls of organized and higher education have been the clearinghouses of the most knowledgeable and advanced minds of the times. Through the Dark Ages and the Renaissance, the Classical and Neo-Classical periods, many ideas, facts, and methods of teaching and learning have changed and evolved. Knowledge, and the use of it, has evolved dramatically. Still, some things never change. And so perhaps the most constant and unchanged facet of the whole learning process from the beginning of time until today lives on: how to drive your teacher crazy.

This first tip works great for lectures and class tests. Always have a high quality portable music device in good working order with you. It can be a cell phone, iPod, or any MP3 player. The important part is to have ear buds running from the device going straight to your ears. Just think: You can pretend not to hear a single word she utters while keeping the volume just loud enough to treat everyone in the room, including your teacher, to your brand of music. As for me, I say the real pros use an iPhone. This way, you can make and receive calls and text messages, play the music, and use your phone apps—all of which are sure to annoy!

My next tip to annoy your teacher and classmates is to ask questions that have little to do with anything relevant. For example, “Why do bees buzz?” - or, “If I were travelling in a vehicle through interstellar space as the speed of light and flipped on the headlights, would they work?” When your teacher replies, “I don’t know,” that is your cue to say, “Oh, well, you can’t be MY teacher then.”

Taken all together, these suggestions—(and don’t be too timid to ad-lib)- will surely drive any teacher up a wall. For our purposes, this your goal.

George C. Johnson is a student at the Community College of Philadelphia, where he enrolled after completing VUB in April, 2013. George is studying biology and chemistry, and he hopes to ultimately work in a research laboratory. George is passionate about the environment, and he is specifically interested in plant and animal species and classifications.

George NEVER drove his teachers crazy, and he maintained an ‘A’ average in all of his classes while at VUB.
**ENACTUS!**

*Enactus* is a University of Pennsylvania student organization that is committed to “using the power of entrepreneurial action to transform lives and shape a better more sustainable world.” This summer, Enactus, in partnership with the University of Pennsylvania Civic House, will be helping VUB students to create, market, and sell mural art projects. The murals will be constructed by using colorful ceramic tiles, recycled materials, and grout. This artistic initiative will be “green,” and all of the profit from the art sales will go back to the veterans to help finance veterans’ college tuition and supplies. This project will begin in May, 2013, and run indefinitely.

**Philadelphia University Tour**

On Friday, February 22, 2013, a group of VUB staff and students traveled to Philadelphia University for a campus tour. The group was joined by Kia Jenkins, the VUB Math 100 Day instructor, who is a proud alumnus of Philadelphia University. The VUB group was greeted with a lunch and an informational session. Several students completed admissions applications on the spot, and many were impressed with the supports offered by Philadelphia University for adult learners. Our final stop on the tour was the Financial Aid Office—an old, ornate Philadelphia home where, strikingly, Frank Sinatra and Ava Gardner were married in 1951.
On Saturday, April 13, 2013, I walked with my classmates and Diane, the VUB Director, to show my support and raise awareness about hunger in Philadelphia. The Walk+Run Against Hunger was a 3 mile walk along the Schuylkill River, and the weather was beautiful.

I can identify with being hungry and living on the streets of Philadelphia, always looking for my next meal. I have asked family, friends, and strangers for money to buy food. I had difficulties getting food stamps, because I did not have a permanent address. I knew families and friends who lost their jobs due to downsizing or being laid off from work. My friends and I shared information with each other about going to soup kitchens and food banks in order to get our next meal. We would line up on the Parkway for handouts. We know hunger.

Even the working class—a family of three to four with jobs—are having a hard time paying the bills and putting food on the table. These families—our parents, neighbors, and friends—are wondering whether their jobs will be there tomorrow. Most working class families live from paycheck to paycheck. This is a difficult time for many.

**Contributions to the Hunger Coalition:**
www.hungercoalition.org/hungerwalk
The Walk for Hunger
Connie Franklin, VUB Student

The morning was bright and sunny and people were all over the place. There were many runners in the area who were just coming back from their runs. There were people taking group photos and getting ready to make the 3.1 mile walk. You had young and old involved in the walk. The Hunger walk took place in front of the Philadelphia Art Museum on April 13, 2013. In the fight against hunger, according to State of Hunger, in Pennsylvania in 2013 nearly 1.6 million struggle to put food on the table.

We had four people show up to walk for VUB. Our contributions went to benefit Fresh Start which has two transitional facilities in Philadelphia. I always find whenever there is an event with VUB, it is always a good time. It is a time where you get to know your fellow classmates or other folks in the program that you wouldn’t get a chance to meet otherwise. We stopped along the way and took photos with boat house row as a backdrop.

The Hunger Walk happens every year on the second Saturday in April. Mark you calendars! There were only four of us this year but we look forward to seeing more of you out there next year!
To Succeed

William Heggs Jr., VUB Graduate and CCP Student

There comes a time in everyone’s life where problems surface; however, one must be strong enough to put the problem behind them and stay focused on the issues that are confronting them in the present. The goals that we set for continuing our educations involve doing difficult things. To achieve our goals, we must stay focused, determined, and we must have the will to succeed.

In order to stay focused, one has to be in the right mindset. At times, this is not easy to do. There are certain steps that need to be followed for this to happen. One has to overcome the challenges that confront us, and this takes a lot of practice. For example, set a time limit to accomplish your goal. Keep that cell phone turned off. Keep a motto of: “No interference.” Remember, a positive attitude is needed at all times.

Next, one must be determined. Once your mind is made up, there cannot be any distractions. Nothing can both your determination. Commotion cannot be tolerated. A diversion of attention is not allowed. Stand by your decisions. Remain confident and headstrong. Resolved all problems before they grow larger. Do not bend. Have a strong will. Every time one falls, they must get back up and dust themselves off and try again. One must have ambition to hit the mark, and definitely to “make the grade.”

William Heggs Jr. graduated from VUB in August, 2011. He enrolled in the Community College of Philadelphia (CCP) in September, 2011. Currently, William is studying Automotive Technology at CCP, and he hopes to one day own an automotive repair business. Mr. Heggs is a frequent contributor to the Warriors Journal, and he is also an avid painter (pictured right).