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UPWARD BOUND, EXCEL, THE DANBURY COLLABORATIVE,
EDUCATIONAL ACCESS & ACHIEVEMENT PROGRAM,
PROMOTING ACADEMICALLY SUCCESSFUL STUDENTS



ROB POTE

DIRECTOR

"I am an optimist. It does not seem too much use being anything else."
~Sir Winston Churchill

Who could have imagined at the beginning of the Spring 2020 semester we would be where we are today. While the future feels uncertain right now, when it comes to your school or campus, we want to share with you some of the ways that our department is here to support our students during this global health crisis.

We are committed to ensuring that our students are well-prepared, and comfortable with the transition from a traditional classroom, to a distance learning platform. We are still consistently providing a variety of resources designed to help. All you have to do is reach out to us.

This newsletter will provide you with information and guidance during this time.

Email: poter@wcsu.edu

JESSICA CORONEL

ASSISTANT DIRECTOR



As we embrace distance learning, my main advice is to check your email. Remember that you are the only one who has the power to keep track of your progress.

Need computer access? Our programs have the availability to help. Over the last weeks, our program staff has been delivering laptops to the students who need them. Just reach out to us to sign a contract. Having a laptop gives the students access to virtual resources such as Blackboard, Google Classroom and more.

Check our website for our virtual resources link. Our programs have been using Google Meet to check-in with our students in middle school, high school, and college.

Please reach out to coronelj@wcsu.edu or call 203-617-5582.



CARMEN CORNACCHIA

UPWARD BOUND SITE ADVISOR

Considering these challenging times, Upward Bound has stepped up to the plate. Google Meet has become our new form of communication. We have held conferences with over 72 students for our group meetings, and have stayed on schedule for our events. The UBBC (Upward Bound Book Club) read *The Crucible*, and then compared the book to the movie. Therefore, we watched the 1996 version of *The Crucible* online. The group discussion after the movie was enlightening.

Along with the Book Club, our Enrichment Sessions continued. Seniors Edie Solis and Brian Vargas hosted Video Management 101 through Google Meet. They shared their experiences, and discussed juggling online classes with playing video games. Twenty-five students from both Upward Bound and Excel participated in the workshop.

Senior interviews have also been taking place. Since May 1st is around the corner, we have been meeting individually with the Seniors to assist with college decisions. Recently we held conferences with three Rensselaer alumni engineers. They talked about the college, and their present careers. The discussion was both informative and interactive. The Upward Bound students continue to work hard toward their college-bound goals.

It's business as usual no matter what stands in their way! As Nelson Mandela reminds us, *"Education is the most powerful weapon which you can use to change the world."*

Stay Safe and Healthy!

Email: cornacchiac@wcsu.edu

COLLEGE COUNTDOWN
WCSU: 5 WEEKS UNTIL END OF SEMESTER!

* Mental Health Tips!

1. Drink lots of water.
2. Rest when you need to.
3. Make a schedule for your week.
4. Get sunshine as often as possible.
5. Snack mindfully and in moderation.
6. Exercise. Find a workout on You Tube, go for a walk.
7. Stay in contact with friends, loved ones, and us of course!
8. Don't worry about anything. Worry doesn't change a thing....
9. Change your clothes, bathe, wash your hair, and brush your teeth.
10. Listen to music, start with "Don't Worry, Be Happy" by Bobby McFerrin.
11. Give yourself grace. When you haven't finished something, try again later.

VIRTUAL RESOURCES

* Danbury Public Schools

* District Website: <https://www.danbury.k12.ct.us/>

* Danbury High School: <https://dhs.danbury.k12.ct.us/>

* Broadview Middle School: <https://sites.google.com/a/danbury.k12.ct.us/broadview-middle-school/>

* Rogers Park Middle School: <https://sites.google.com/a/danbury.k12.ct.us/rpms/>

* Westside Middle School Academy: <https://sites.google.com/danbury.k12.ct.us/wsmsa/home>

* Powerschool Portal: <https://danbury.powerschool.com/public/home.html>

* Google Classroom: <https://classroom.google.com/>

* Khan Academy: <https://www.khanacademy.org/>

YARA ZOCCARATO

STUDENT SUPPORT LIAISON

Dear Students,

In moments like this, we may be quick to focus on the things that are out of our control and the things that we are unable to do. Keeping a positive perspective helps us focus on what we can do to continue to move forward. In times of stress, remember that we at the Pre-Collegiate & Access Programs Office are still here to support you. Your PASS Mentors are still available to offer you assistance.

As a student, you are still able to continue with your education and grow as a student. Be sure to keep checking your e-mails. We will continue to host and present various workshops to help you connect with your peers and continue to strengthen your academic success.

In the weeks to come, your Mentors will present workshops in Résumé Building & Interviewing Skills, Essay Writing Strategies, and Time Management. We will also host guest speaker, Chad Molyneux, an HPX major from WCSU. Chad will share his story about how he went from college student to a fitness business owner and will answer questions you may have about online fitness and entrepreneurship. In addition, we will have a weekly Math Workshop with PASS Mentor Becky Rendich every Wednesday from 2-4 for her to help you with your Math skills. Be sure to check your student e-mail for the links for you to join in! Remember, we are still here to support you. Feel free to contact me with questions or concerns. Stay safe everyone.

Google Voice: 332-203-9171

"Do not let what you cannot do interfere with what you CAN do."

~John Wooden



Western Connecticut State University

* Ancestry Commons: <https://www.wcsu.edu/ancestry-commons/>

* Library: <http://library.wcsu.edu>

* Math Clinic:

– <https://www.wcsu.edu/math/math-clinic/math-clinic-remote/>

– <https://www.wcsu.edu/math/math-clinic/>

– <https://libguides.wcsu.edu/librarycontinuity>

* Math Emporium: <https://www.wcsu.edu/math/math-emporium/>

* Tutoring Resource Center:

– <https://www.wcsu.edu/trc/>

– <https://wcsu.edu/trc/online-tutoring>

– <https://wcsu.mywconline.net>

* Writing Center: <https://www.wcsu.edu/writingcenter/>