Student Support Services alum update

Kim Garnett participated in the UND Student Support Services program from 2007 until graduating with honors in 2011 with a BS in Nursing. Since fall of 2011, Kim has been the Undergraduate Nurse Mentor for the UND RAIN (Retention/Recruitment of American Indians into Nursing) program where she assists current nursing students in developing their clinical skills, completing group projects and presentations, tutoring and planning their academic goals. Kim has also expanded her career as a part-time nurse in Altru’s Neonatal Intensive Care Unit (NICU) for over two years and participation in the medical ministry of Gospel Outreach Ministries. Through her church, she was able to go on a mission trip to Guyana, South America where she served on a medical team of one physician, three nurses, and two volunteer pharmacists.

Since Kim’s experience in South America, she decided that she would love to continue medical missions work and will be going back to school this fall to pursue her master’s degree in Family Nurse Practice!

Along with new career paths, Kim will also be experiencing new life adventures as a result of her marriage to the love of her life, Filipo Williams, in June 2013! Filipo is a current music therapy student here at UND. Congratulations on your new endeavors Kim!

UND TRIO Hosts Leadership Workshop

Have you tried to give directions to a blindfolded person? How about a chain of blindfolded people, with no words, and you are leading from the back of the chain? Recently TRIO participants and alumni from Talent Search, Upward Bound, Student Support Services, and McNair learned how to do this successfully. A team from Paradigm Shift, a company from Broken Arrow, Oklahoma that offers custom built team building and leadership initiative training programs agreed to come to UND to work with a small group of our collective students. Through a variety of activities, students were able to identify successful leadership skills, and put them to the test as they maneuvered through multiple hands-on tasks.

Talent Search participants were pleased to have two alumni assisting in the events of the day.

Jordan Jaeger, a graduate of Red Lake County Central is currently a Student Support Services participant at UND, pursing a degree in computer science.

Josh Tharaldson, a graduate of Goodridge High School and Bemidji State University, now teaches science at Marshall County Central in Newfolden, MN.
SSS alum, Heidi Demars receives regional TRIO achiever award

Heidi Demars received a TRIO Achiever award in October at the ASPIRE Regional Conference in Fort Collins, CO. TRIO Achievers are former TRIO participants who have completed their degrees and who are recognized among their colleagues as having a record of achievement and stature within their profession.

I began my educational journey in a small town in ND. I was curious and shy as a child and enjoyed learning new things. I always knew I was destined for something more, I just didn’t know what or how to get there. I grew up like most other kids; I had 3 sisters, a dog and parents who provided a loving home for me. I liked school and was on the honor roll until I made the transition into 7th grade. I starting hanging out with new friends and became less interested in academics and more concerned with my social life. My grades began to slip and my parents took notice. This was a time in my life when I felt lost, disengaged and uninspired.

As I approached high school, my interest in school continued to dwindle. I wanted to run away and felt that my parents didn’t understand me. They always wanted what was best for me; we just disagreed on what was best.

My friends and social life continued as a priority and my grades reflected that. I barely graduated high school due to an incomplete assignment.

At a time when many graduates were thinking about college, I wanted to pack my bags and go as far away from North Dakota as possible. I bought a one-way ticket to Alaska.

My Dad had a cousin in Anchorage who needed some help with his little boy. Being I loved kids, I jumped at the opportunity to leave the state and nanny for the family. I needed to take some time to figure out what my future was going to look like.

This family was very special and I got to take care of a beautiful little boy named Shawn. He was 4 years old and had Down’s syndrome. Shawn’s mother was also deaf so I had a hard time acclimating when I first arrived. Communicating with her in the beginning was very difficult. But before long, Shawn was teaching me sign language and helping to bridge the language barrier between two strangers. This little boy opened my heart to caring more about others than myself. He also had a fabulous Special Education team at his pre-school and I became so impressed with the positive role they played in his life each day. After spending time with this family and in his school, I started to realize how important service to others was and pursuing a college education became non-negotiable. I moved back to North Dakota and began to explore my options. Despite this newfound direction, I knew I would need some support along this path. I started calling around campus to find help with math. This was an area I knew I couldn’t conquer alone.

This is where my educational journey became blessed with a person that believed in me, and a program that advised and supported me in every way. I was welcomed with open arms and owe much of my success today to the TRIO program. I was inspired to learn again and hadn’t felt that way since middle school.

I remember thinking at times “I don’t know if I can do this, who am I to think I can finish college or get an ‘A’ in this class”.

I had experienced so much in Alaska and felt I owed it to Shawn, my parents and my young children to work hard and pursue my passions. I understood that the sky was the limit and that if I pushed myself, I could achieve anything that I set my mind to.

I graduated from UND Magna Cum Laude and received a NextGen award and scholarship for outstanding leadership qualities and civic engagement for a food pantry garden project I developed and implemented. Since I had always been passionate about hunger related issues, I grew a 100x75ft garden in my hometown in which 100% of the produce was donated to the emergency food pantry. I grew corn, beans, peas, tomatoes, squash, and cucumbers. The project was very rewarding and it was a way for me to give back to the place where I started my journey so many years before.

Although the garden was small, my hopes for giving back and creating change were big.

I now live in Bismarck, ND with my husband Tyler and my 2 children, Nola and Nash. I work at a pre-school as an Occupational Therapist and serve children with special needs. My favorite kids are the ones that remind me of Shawn.

With the minor in Nonprofit Leadership I earned from UND, I developed the ability to write grants. I continue to use this skill in the workplace and in my community. I recently secured funding through a state organization that provided new therapy equipment to our children with sensory processing issues.

I am still active with local food issues and have worked with my husband to organize a group that is establishing a community owned food co-op in Bismarck. I co-wrote a $10,000 grant that we received to conduct a feasibility study. This study will explore the market potential for a food co-op. The co-op would provide high quality local foods to consumers.

I also started my own business earlier this year called Youth Reach Yoga. I teach therapeutic yoga classes to children with special needs and I am pursuing my 200hr. teaching certificate this fall.

I still view learning as a dynamic, life-long process and learned so much from Cheryl and the TRIO program. Instead of doubting myself when faced with a challenge, I have learned to ask “who better than myself to tackle this problem?” I not only received math tutoring but a solid foundation of encouragement and support that has remained with me through the years.
Dear TRIO Alumni and Friends,

For the past 47 years, the University of North Dakota has an outstanding history of support for UND TRIO Programs, and they are still going strong! The five UND TRIO Programs: Upward Bound, Talent Search, EOC, Student Support Services, and McNair, provide services to students that assist in their educational success and career and life goals. TRIO Programs serve different age groups, but the mission is always the same: providing educational access which can change lives.

The UND TRIO Program alumni have a special role in keeping our programs strong and vibrant. During the summer and fall many alumni from all five programs have volunteered their time and talents to assist in a variety of ways. Upward Bound alumni have spoken to current students about the motivation needed to get a college degree; Student Support Services (SSS) alumni have spoken to current students about career choices, a SSS alumni was recognized as a regional “TRIO Achiever” (which is an award given for outstanding educational and career success) and an SSS alumni represented UND TRIO Programs at the national policy conference in Washington DC to advocate for current programs and students; McNair alumni have spoken to current students about the graduate school experience; Talent Search alumni have served as college tour chaperones and speakers and also served as a teacher (the alumni is a certified high school teacher) during two Talent Search summer programs; and Educational Opportunity Center alumni have mentored GED students as they worked toward completion of their programs.

Once again this year, Neil Reuter, retired UND TRIO Director, will chair our UND TRIO Alumni Committee. Many of you former TRIO students may remember Neil, and if you are interested in “staying connected” and just want to visit; or volunteering for assisting current students or planning a UND TRIO Alumni Reunion please contact me at (701) 777-3819 elaine.metcalfe@und.edu or Neil at (701) 772-1769 neilreuter@gfwireless.com, and we will be happy to hear from you and discuss any ideas you may have.

We wish you all the best this holiday season, and may the New Year bring joy, peace and much happiness to everyone.

Sincerely,
Elaine Metcalfe, Director
UND TRIO Programs

TRIO alum Brunelle working on Ph. D at UND

Dale Brunelle is an alumni of three UND TRIO Programs: Upward Bound in the early 90s; worked and attended college at Minot; decided to attend college full time and re-entered UND Student Support Services in the fall of 2007; and was accepted into the McNair Program in the fall of 2008. He received a Bachelor of Science degree in Biology in 2009. Currently, Dale has his M.S. in Biology and is working on his Ph.D. with Dr. William Sheridan at the University of North Dakota.
Talent Search alumnus memories with program

By Laurel Johnson, Talent Search Advisor

Kyle Wikstrom, a Talent Search alumni student from Tri-County High School, Karlstad, MN, attended University of North Dakota 2007-11. Kyle graduated in 2011, with a BS degree in Geography. He is presently a graduate student at the University of Minnesota, Twin Cities, in the Master of Geographic Information Science Program.

Five years from now, Kyle hopes to be working in asset & infrastructure management, application development, and utilities as a Geographic Information Science specialist. His goal is to become a GIS Systems Administrator in the Brainerd, MN area.

Some of Kyle’s TRIO Talent Search memories are rock climbing with some high school students at UND when they were visiting campus, and working with Ms. Johnson through many career and college exploration activities.

While in college at UND, Kyle led several campus tours, assisted with Freshmen Orientation, and trained other tour guides. He served as a hall and student government leader, did department research and outreach, and was part of the Alpha Tau Omega fraternity re-chartering. Some of Kyle’s greatest memories are seeing students who have decided to attend the University of North Dakota and realizing he may have been the one who gave them their campus tour.

Talent Search alum soon to graduate

By Laurel Johnson, Talent Search Advisor

I ran into Jesse Wahlin, as he was completing his student teaching experience at Fertile-Beltrami School, spring 2013. I was surprised but very excited to see him and asked him if he would be willing to do a short interview to catch up on what he’s been doing since graduating from high school in May of 2008.

He smiled and said, “Sure, no problem.” Jesse went to Minnesota State University, Moorhead, following high school graduation in the fall of 2008. He majored in Business and Film, completing one semester. He transferred to the Minnesota School of Business in Richfield, Minnesota, where he attended for one semester. Then he went to Mayville State University, Mayville, North Dakota, and stayed for four years, majoring in Physical Education for elementary, high school and adaptive learning students. He has one class remaining which he will complete this summer and graduate in July 2013.

I asked Jesse what he hopes to do next, to which he replied, “I hope to find a job in the area but if not, I’m OK to travel somewhere if I need to.” His goal is to work in a small town and teach K-12 Phy Ed with coaching in golf or football.

TRIO helped him understand what services such as financial aid, finding the right fit for college, career interest testing, or taking the ACT test are about. TRIO Talent Search also advised on where to go if you need some help at college. He realized he had to locate the Financial Aid Office and his college advisor as well as the Student Center for help when needed. He recommends getting to know one’s advisor in college. They will help a lot.

Jesse’s journey has not always been easy. He thought he wanted to go into Business but discovered that really wasn’t his true passion. He has some advice for students who aren’t really sure of their direction. “Use a year to figure out what you want to do. Go to college for a year and you’ll probably find something you really like. You’ll meet great people who can also help you figure it out.” For him it worked, even though it can be expensive and take longer that way.

Jesse advises students to “take as few or as little loans as you can. Find a campus job where you can earn enough money to get by. The bosses on campus are very understanding and will work with you and be flexible with your hours.”
The following students are attending Sitting Bull College:

- **Tonia Hall**, Standing Rock High School graduate of 2007 is finishing up her Bachelor’s degree in May of 2014 at Sitting Bull College.

- **Hunter St. John** (2013) is pursuing a Bachelor’s degree in information technology.

- **Tonisha Brown** (2012) and **Travis Alkire** (2006) are in the pre-engineering program and plan to Transfer to North Dakota State University.

- **McKayla Gates** (2013) is at the University of North Dakota and works with the Student Support Services program. She is pursuing a nursing degree.

- **Other 2013 SRHS, David Molash, Brooke Smith and Elijah Strong Heart** are all attending Northern State University in Aberdeen South Dakota. They began a week early for orientation with Trio services and are doing very well.

Students from each University of North Dakota TRIO program participated in a Paradigm Shift Leadership workshop on November 15th, held at UND.

A few Highlights of the Standing Rock High School graduates
The topic of the November McNair meeting was “Transitions into Graduate School” with a panel of five McNair alumni graduate students. They discussed how to better prepare for graduate school, the benefits of having been a McNair Scholar and having conducted undergraduate research, what they wish they had known, important of having a life outside of academia, and other aspects of the transition process. The panelists were very open to questions from the current McNair Scholars and a wide ranging discussion was held.

Elizabeth Luger graduated in 2010 with a Bachelor of Science degree in Psychology. Liz accepted a post-baccalaureate research position and then worked at the UND Center for Rural Health before entering the Clinical Psychology Ph.D. program the Winter 2013 semester. She is involved in the INPSYDE Program and also has an assistantship.

Pat Jordheim graduated in 2005 with a Bachelor of Arts degree in Sociology. Pat received her Masters degree from Communications in August 2009. She is ABD (all but dissertation) in Teaching and Learning. Pat has received both teaching and research assistantships. She has taught in the following departments: Communications, Woman’s Studies, and Teaching and Learning. She plans on having her Ph.D. by Spring 2015.

Matthew McCleary graduated in 2012 with a Bachelor of Arts degree in History. Matt is in his second year of his Masters program in the UND History Department and has a teaching assistantship. He is expanding upon his interest in the history of Special Education in his thesis and is on the North Dakota Special Education IDEA Advisory Board. Matt plans on pursuing his Ph.D. after obtaining his Masters.

Rachel (Rae) Piwarski graduated in 2013 with a Bachelor of Arts degree in English. Rae is currently a first year graduate student in the UND English Department. Rae has a teaching assistantship and is enjoying graduate school very much. Once she receives her Masters, she plans on continuing with her Ph.D. out of state.

Robert (BJ) Rainbow graduated in 2010 with a Bachelor of Science degree in Criminal Justice Studies. BJ first entered the UND Sociology Graduate Program, and is currently in the UND Educational Leadership Graduate Program. This semester, he is interning at the Student Involvement Center and next semester, will have an assistantship at American Indian Student Services. BJ is involved in teaching cultural enrichment with a wide variety of community and youth organizations. These include: singing, dancing, and other cultural activities.
A few words from Neil

Greetings to TRIO Alumni and Friends,

I recently attended a TRIO Advisory Board meeting and a TRIO Alumni Committee meeting. Although, I do not see all the things TRIO staff do on a first hand basis from their reports it sounds like they do many wonderful activities with TRIO participants. Talent Search and Upward Bound had some great experiences with their summer programs. I still do come in to the office and meet with a few Upward Bound students once a week during the summer program. That's always a delight.

Many of the past activities with TRIO Alumni have involved mentoring or speaking to small groups. If any of you have a desire to do that you can contact the TRIO office or myself. We always appreciate that.

Once again TRIO Day where they honor past and present TRIO participants will be on February 5th. That is always a wonderful celebration.

I continue to run into TRIO Alumni periodically and always enjoy seeing you.

I wish all of you a nice Christmas and happy holidays and hope to see you all in the future.

Neil Reuter, Chair
TRIO Alumni Committee

UND Upward Bound update...

The Upward Bound Program has been busy with activities and school visits this fall. We once again took Juniors and Seniors on campus tours, this year we toured Minot State University and the University of Mary.

Upward Bound staff have been working hard to connect with Alumni from as far back as the late 60’s. If you have connections to or know of any alumni please forward their names on to us. We are planning a reunion for this summer and would like to have Alumni of all ages in attendance. More information will be coming out in the next newsletter as well as on our Facebook page. The UND Upward Bound Program also has a Facebook page so if you would “like” that page and invite friends to like that page we could all become better connected as an Upward Bound Family!

Some Alumni that I have recently been in contact with include:

- **Ashley Young** - Grafton High School 2010, NDSU 2013, Ashley is currently working as the Executive Meeting Specialist at the Phoenician Resort in Scottsdale, AZ.
- **Shaina Azure** - Turtle Mountain Community High School 2006, Yale University 2013, Shaina is currently working at the Yale Law School.
- **Jodi Albertson** - St John High School 2003, Minnesota State Community and Technical College, Jodi is currently working at Sanford Children’s Clinic in Fargo, ND.

I hope everyone has a great Holiday Season and a Wonderful 2014!

Lori Larson,
Upward Bound Assistant Director

Student Support Services alum update

- **Eric Souvannasacd**, Bachelor of Arts in International Studies, Master’s Degree in Teaching and Learning, Education: General Studies, he is working on his Ph.D. in Education.
- **Michael Mudgett**, (Bachelor of Arts, Psychology, May 11, 2013) is in graduate school at the University of North Dakota pursuing a degree in Public Health.
- **Rachel Nelson**, (Bachelor of Arts, Psychology, May 11, 2013) is a Residential Counselor, working with females 8-17 for Northwood Children’s Services, in Duluth, MN.
- **Alma Torres**, (Bachelor of Science in Social Work, August 3, 2012) is currently enrolled in graduate school in Social Work at the University of North Dakota.
EOC alum working on Masters Degree at University of North Dakota

Logan Tong, from Grand Forks, is an alumnus of the EOC, and graduated in 2012 with a bachelor's degree in Graphic Design Technology from the College of Business and Public Administration at UND. In his senior year in the GDT program, Logan decided he wanted to further his education at UND in order to pursue a career in technology education. He was accepted to the Master of Technology program in May of 2012, and began graduate classes the following fall.

Along with his acceptance into the School of Graduate Studies, Logan was hired as a Graduate Teaching Assistant in the Department of Technology where he works with undergraduate design and photography students. Logan's passion for technology, teaching, and learning, along with a love of gadgets led him to begin research on how smartphones are used in college environments. He will be conducting a study for his Master's thesis in the Spring of 2014.

Most recently, Logan has been chosen to present at the annual Association of Technology Management and Applied Engineering Conference. He will be presenting on his research findings, and will discuss the potential uses of smartphones as teaching and learning tools in higher education. The conference is being held in New Orleans, LA in late November.

Logan would like to again continue his education after getting his Master's degree. He plans to apply to a Doctoral program for teaching and learning, and hopes to eventually teach technology in higher ed.