



### Ashleigh Palmer

TRIO Upward Bound

My name is Ashleigh Palmer and I was a part of the Upward Bound program at Centralia College for four years. I was a Running Start student and earned my AA degree in Political Science during that time. TRIO guided me to resources I would have not otherwise had. When I needed help acquiring books for the college classes I was taking in high school, they made them available to me. When I needed help with my homework, my counselor through Upward Bound found me a tutor. At one point I had a class that required me to have a laptop, which I borrowed from Upward Bound. Someone was always in my corner, and they always found a way to help me.

Through TRIO, I was able to go on school visits and find the university for me. I attended a summer program at Western Washington University which gave me insight into the world of business. I went on several tours of out of state universities as well. I participated in Lute nights at Pacific Lutheran University, which ultimately became the school I fell in love with.

I was given opportunities to explore my career interests. I participated in programs that my counselor found for me, such as job shadowing. I was able to apply for an internship with a Washington state legislator because she went out of her way to find that for me. Time and time again she found programs for me to grow through and gave her unwavering support when I made the decision to join the National Guard.

Since graduation I became a paralegal specialist in the Washington State National Guard. Currently, I am perusing a position as a commissioned officer in the JAG Corps as well as completing my bachelor's degree. I also have applied to work with Grassroots, which is a women's rights activist group.

 <http://www.centralia.edu/students/trio/UpwardBound/>



## Upward Bound

In 2007 Peninsula College was awarded its first TRIO Upward Bound grant to serve 50 first-generation and low income yearly. Peninsula College is the only postsecondary institution based in the 3,553 square miles known as the Olympic Peninsula. Within such vast geographic reach the PC Upward Bound program serves high school students from small towns and rural communities in Clallam County including students from 5 distinct Native American Tribes. The program, now in its 9th year, serves students from five target high schools of the Port Angeles, Quillayute Valley, and, Quileute Tribal School Districts. The area population income levels are very low, especially for students who live on tribal reservations. In an area where only 8.34% of residents have attained a Baccalaureate degree or higher, it is imperative to prepare first generation, low income students for postsecondary education. Upward Bound sees to the academic, social, and emotional needs of its students by tutoring, mentoring, and encouraging students to become lifelong learners, remove barriers to success and discover their passions and hidden strengths. PC Upward Bound students have consistently exceeded the program's objectives for secondary school retention and graduation as well as postsecondary enrollment rates. With a small but powerful, caring and dedicated staff, all who were also first generation students including 2 UB alumni, they work hard to build relationships with students and make an impactful difference in each student's postsecondary preparation and persistence.

# TRIO