

**COLLEGE BOUND SCHEDULE (the power of a smile ☺)**  
**Week 1 Regis College July 6-10**

8:00 AM	Breakfast
9:00 AM	Computer Animation Course
10:30 AM	Critical Thinking Course
12:00 PM	Lunch
1:00 PM	Study Hall in the computer lab
2:00 PM	Activity Time
4:00 PM	Healthy Choices Workshop
5:00 PM	Dinner
6:00 PM	College Awareness Workshop
7:00 PM	Career Panels
8:00 PM	Social Activities
10:00 PM	Students on respective floors

**COMPUTER ANIMATION COURSE** - In this course, students will learn the basics of Computer Animation and Graphics. In particular, how Computer Graphics are used to make commercials, cartoons and other forms of media. Students may also create a phone application about exercise and nutrition for their peers.

**CRITICAL THINKING COURSE** – In the course, students will discuss, debate, and write a persuasive essay on whether or not college athletes should be paid. Students will gain a better understanding of how to form an argument based on substantive claims, sound reasoning and relevant evidence.

**ACTIVITY TIME** - Arts/Crafts, Basketball, Bocce, Board Games, VolleyBall, Swimming, Field Day

**HEALTHY CHOICES WORKSHOPS** – The health of young people is directly tied to academic achievement and their potential for school success and overall quality of life. Therefore, daily workshops will be offered on Nutrition, Exercise, Self-Respect and Alcohol & Drug Prevention. Some of the nutrition and exercise workshops will take place at *Caitlin's Nutrition Studio* and *Solid Body Fitness*.

**COLLEGE AWARENESS WORKSHOPS** – A student's preparation for college does not start during his/her junior year in high school. It starts now! Therefore, the DYC will offer daily activities that help students understand the college admission process and the importance of attending *and* graduating from college. Daily activities include: Mock College Admissions, "The Price is Right" College game show, Dedham High School alumni panel, and a student facilitated College Fair.

**CAREER PANELS** – Career panels are an informative and interactive way for students to be exposed to numerous careers. During our nightly career panels, professionals from various fields will discuss the tips and secrets of how they have achieved success in their chosen careers. These events provide an excellent opportunity for students to learn about different career possibilities, and to get their questions answered about different careers options. Doctors, Disc Jockeys, Newspaper Editors, News Reporters, Bankers and Engineers are just a few of the careers that will be presented.

**SOCIAL ACTIVITIES** – College is Fun. Nightly social activities will include the following: Open Mic Night, Karaoke Contest & Dance Party, "Minute to Win It" Gameshow, Movie Night, etc.

**COLLEGE BOUND SCHEDULE**  
**Week 2 N.E. College Tours/Job Shadows July 13-17**

July 13	Rhode Island	University of RI(8 AM – 4 PM)
July 14	Dedham	Job Shadows (8 AM – 2 PM)
July 15	Boston	Northeastern (8 AM – 4 PM)
July 16	Dedham	Job Shadows (8 AM – 2 PM)
July 17	Beverly	Endicott College ( 8 AM – 4 PM)

**COLLEGE BOUND SCHEDULE**  
**Week 3 Community Service July 20-23**

During this week, students will participate in community service activities in Dedham from 8 AM to 12 Noon.

**SCHOOL YEAR 2015/2016**

During the 2015/2016 school year, College Bound students will be required to attend monthly workshops and activities. We want to make sure you are doing well academically, socially and mentally.

**MEET THE STAFF**

**Robert Blaney, M.Ed.**, serves as the Director of the Dedham Youth Commission. He earned his Bachelor's Degree in English from Bowdoin College and his Master's Degree in Educational Administration from UMass Boston. He loves helping students reach their full potential. Previously, Robert served as the Director of UMass Boston's Upward Bound, a year round college preparatory program for Boston public school students. Robert is also a former high school teacher.



**Greg Cabral** serves as the Youth Coordinator of the DYC. He was born and raised in Dedham and is an alum of Dedham middle school and high school. He earned his Bachelor's Degree in Sociology from Curry College and has served as Dedham's Youth Coordinator for 10 years. Greg also has a passion for community development and student success, as he has previously coordinated programs for Dedham's Park & Recreation department and the YMCA.

**Angela Osei-Mensah, LICSW**, serves as the Youth Services Counselor for the DYC. She earned her Master of Social Work (MSW) degree from Boston University and is new to the DYC this year. Angela holds experience working with children, teens, and families in the public school setting, clinic, hospital, and juvenile justice system. She is glad to be here in Dedham and is very excited to work with the youth and families represented in the town.

Student Name

Address

Home Phone Number

Cell Phone Number

Student Email

Parent/Guardian Email

Emergency Contact Name

Emergency Phone Number

Does student qualify for free or reduced lunch?  YES  NO

Has either parent/guardian completed a 4 year college degree?  YES  NO

\*Please note that all students who apply will be expected to participate in a short interview with DYC staff. Program orientation is scheduled for May 14 at 6 PM.

Any Medical Issues (attach a sheet if more space is needed)

**WAIVER:** I understand and accept the condition that the summer program, or anyone associated with this program, is not responsible for any accidents that occur. Students/guardians are held accountable for any medical or dental expenses incurred as a result of participation in this program. In case of student illness, parents/guardians will be notified (using emergency contact information). 911 will be notified in case of an emergency. Note: There will not be a nurse on duty during College Bound.

Parent/Guardian Signature

Parent/Guardian Name Printed

**PLEASE RETURN THIS FORM TO:**

**Dedham Youth Commission, 140 Whiting Avenue, Dedham MA 02026**

For more information contact:  
Robert, Greg or Angela at 781 751 9190  
Or email [Rblaney@dedham-ma.gov](mailto:Rblaney@dedham-ma.gov)

College Bound is a program brought to you  
by the Dedham Youth Commission and  
RIPPLES OF HOPE.



"YOU MUST BE THE CHANGE YOU SEEK TO SEE IN THE WORLD" - GANDHI



## COLLEGE BOUND SUMMER 2015

The Dedham Youth Commission is dedicated to providing educational, socioemotional, recreational and health programs and services to the young people of Dedham. We have proudly served the youth and families of Dedham for over 45 years. Therefore, the Dedham Youth Commission is proud to present COLLEGE BOUND!

College Bound is a three-week summer program primarily for low-income and/or first generation Dedham Middle School students who are currently in Grade 7 and entering Grade 8 in the Fall of 2014. The goal of College Bound is to excite students about college, expose them to various careers and encourage them to lead healthy lives and become leaders in their communities. During the first week of the program, students will live at Regis College and experience the life of a college student. Students will learn how to live with a roommate, participate in Computer Science and Critical Thinking courses, write essays, share ideas during class debates, play basketball, go swimming, attend career panel discussions, and enjoy nightly dance and karaoke parties. Students will also eat three delicious and nutritious meals a day in the cafeteria. During the second week of the program, students will participate in college tours across New England and in job shadow days around Dedham. During the 3<sup>rd</sup> week of the program, the students will partner with *Ripples of Hope* and conduct community service projects in Dedham.

Students from the summer of 2014 getting ready for an Engineering workshop at Northeastern Univ.



Application deadline is April 6<sup>th</sup>. Enrollment is 40 students.  
THIS PROGRAM IS COMPLETELY FREE! Apply now! Due by April 6<sup>th</sup>!