

The Upward Bound NEWS

April 2020
Volume 28 Issue 4

(Funded through the U.S. Department of Education)



Upward Bound Staff Orem Campus

TRiO Director

Dr. Michael M. Campbell
Email: mcampbell@uvu.edu
Phone: 801-863-8569

Coordinator

Rebecca Ayala
Email: diazre@uvu.edu
Phone: 801-863-7216

Administrative Assistant

Kasha Farmer
Email: kfarmer@uvu.edu
Phone: 801-863-7414

CHECKOUT OUR WEBSITE:

uvu.edu/trio/ub/

WE HAVE A NEW BLOG:

uvu.edu/trio/ub/blog/



**ACT TEST
DATES 2019-2020**

**June 13, 2020
July 18, 2020**

DIRECTOR'S MESSAGE



The UB Summer Program plans are underway. By now you should have received several communications from our office with instructions for getting admitted to UVU. As soon as the classes are posted online, you will receive those instructions as well. I know our office is hard at work, especially Rebecca ("B"), to get everything in place as soon as possible.

We wish we could have our summer program as usual with everyone coming to campus. Due to COVID-19, we are doing everything to provide you with a program that will give you the same experience online. It's not the best of circumstances but hopefully it will be for one summer only.

I need to remind everyone that this is an academic camp. Because you will not be coming to campus, the field trips and fun activities will have to be postponed. What you will be provided is what we can do online and also to meet, as best we can, the grant requirements.

We will also post updates on the UB blog page. Please follow us and check the blog page regularly at: <https://www.uvu.edu/trio/ub/blog/index.html>

We look forward to a great summer program. Thanks for taking this unique online journey with us!



During this COVID-19 time, our office hopes this newsletter finds each of you and your families safe and quarantined as much as is possible.

Michael Campbell, UB Director

2019-2020 UB ADVISORS:

Jessica Dayley
Orem/Provo/UCAS
801-609-4672-cell
801-863-8718-office
Jessica.dayley@uvu.edu

Casey Wilde
Wasatch
385-208-0161-cell
Cwilde@uvu.edu

Brandon Aycock
Uintah
435-724-2659-cell
435-781-3110 ext.2601-office
Brandon.aycock@uvu.edu

Audrey Goodrich
Union
435-724-3946-cell
435-725-4525-office
Audrey.goodrich@uvu.edu

NEWS from our UB ADVISORS



UINTAH HIGH SCHOOL

With the school dismissal order that came earlier this month, I'm sure you are all now engaged in learning from home online. I hope this has been a positive experience for you and that you are getting the help and assistance you need. Even though you are out of your normal routine, please stay disciplined and give online your best effort and be sure to stay engaged in your academics. Being in this situation can make it difficult to stay caught up and to get the assistance you need, when you need. Be sure to self-advocate for yourself and stay connected with your teachers.

Since you are solely learning online, I thought I would share some tips for being a successful distance learning student. The International Association for Continuing Education and Training provides the following six tips for distance learning:

1. Set a fixed time to engage in the course work
2. Do not rush through your work
3. Take the time to ask questions and engage instructors
4. Explore the technology being used in advance of having to use it
5. If in a collaborative environment, choose your colleagues or project partners carefully
6. Use alarms and calendars to ensure your benchmarks and course milestones are met

When you experience challenges with distance learning during the school period, please don't be afraid to reach out to your teachers, your peers, and me, your Upward Bound Advisor. There are plenty of resources and support networks out there that can help you be successful.

Also, let's do our part to stop the spread of COVID-19 by following the directives of the Utah Health Department. I know this is difficult, but the more sacrifices we make now, the sooner we can get back to some sense of normality.

-Brandon Aycock, UB Advisor-



OREM, PROVO & UCAS HIGH SCHOOLS

Hello everyone,

I hope you are all staying safe and healthy. It is crazy times that we are experiencing right now. Even though we are not in school or able to meet in person I am available to help in any way that I can. If you need help with school, or your family needs help finding resources to make it through, feel free to reach out to me via phone 435-459-9258 or email Jessica.dayley@uvu.edu.

We will be meeting each week via zoom so I can continue to teach you lifelong valuable skills. I look forward to those virtual meetings. We are also still doing the stipends! Just send a picture of your grades to me and you will receive your monthly stipends. Stay safe and keep washing your hands!

-Jessica Dayley, UB Advisor-



MORE NEWS from our UB ADVISORS



UNION HIGH SCHOOL

Wow! What a year 2020 has been so far. Unbelievable!

Some important things to remember while you are adjusting to online school and social distancing:

1. It is ok to go outside and get some fresh air and sunshine. You need that.
2. Stay active. Go for a walk, throw or kick a ball. Get a jump rope. Do what you can to move a little every day.
3. Look for companies that are offering free online access. I have seen free tours, free virtual escape rooms, free online workouts, free art and cooking lessons. Take advantage of those things while you are stuck at home.
4. Make sure you are dedicating the time you need to do your schoolwork. Your grades will still matter when applying for college and if you procrastinate it will be hard to catch up!
5. Connect with family and friends. Just because you need to stay at home doesn't mean you can't connect with people you love. Call, text or facetime. Play a game through zoom. Do things to help you keep your friend group connected.

Even with all the changes some things stay the same. You can plan for your future while you have all this down time. Reach out to your Upward Bound advisor if they can help you in any way. We miss seeing you each week and hope you are all doing well.

-Audrey Goodrich, UB Advisor-



WASATCH HIGH SCHOOL

In the midst of all the uncertainty caused by COVID-19, the Upward Bound program at Wasatch continues undeterred. During the month of March, some of our students participated in our spring activity. This was a great opportunity to tour two college campuses, The University of Utah as well as Westminster. Becoming familiar with campus size, cost, and academic focus, gave students important perspective. Additionally, the students were exposed to the destruction of Pompeii at an exhibit presented by the Leonardo Museum.

Our group guidance activities have been altered a bit, as they are now being done remotely. However, all in all, the participation has been good, and the students seem eager to meet each week. The focus of our meetings has been all about attitude: maintaining a positive attitude even when life is challenging, practicing mindfulness, identifying things that can be controlled and letting go of the things that can't, and learning that balance between the physical, spiritual/values, emotional/social and mental/intellectual areas of life brings peace, purpose and improves capabilities.

I appreciate the hard work of these students. I was proud to meet with the principal and the superintendent this month and showcase several students and their accomplishments in this program. The Upward Bound students are doing impressive things. I am excited to learn of their success in the coming years. Thank you, parents/guardians, for the support and encouragement that you give your students.

-Casey Wilde, UB Advisor-

UB PRESIDENCY MESSAGE



Hello Upward Bound Students,

I'm not going to lie, the current state of the world right now is astonishingly confusing, so during all of which is occurring I hope you all are safe and healthy. I know that there have been many tribulations and sacrifices arising from the pandemic, because of these, students can become resentful, irritable, depressed, etc. Can we blame them? Rather than giving in to the negative emotions and thoughts that are becoming apparent, we can try to see the optimistic side of things. We have designed or viewed some of the best TikToks to ever be created. Our families are safe and well. We are all able to stay connected via the internet. We, as a student body, are fortunate enough to be able to further our education during these difficult times.

We cannot dwell on the past nor the absence of something we cannot control. This is all easier said than done, but I hope it has brought you some sort of perspective. We can get through this. I have noticed that by keeping up with those we love the most, we can not only benefit ourselves but the other party by supporting their thoughts and concerns. By staying connected we can spread the good aspects of our current world and move to become better versions of ourselves in the most critical of times.

"In order to carry a positive action, we must develop here a positive vision." -Dalai Lama

This major chain of events could quite literally be the only time in our lives where we don't have to be precious about things. As Meghan Batoon has stated, "Let's stop waiting for the right time, let's just do what we want to do and if they turn out bad... OKAY!" This is a time where each of us should be living to our greatest potential. We have all the opportunity in the world to wear what we want without having to have the right occasion, to bake a new creation without having to worry about the caloric value, to redesign a space in your environment, to paint absolutely anything you want, to eat cake with an ice cream scoop for breakfast. I hope you all can see this as an opportunity to try something and to not be afraid of the failure we believe will arise from it. This is a time to prove to yourself that you are capable of whatever you set your mind to.

With that being said, I wish you all the best and I hope you all have an everlasting adventure during these times. See you all in June:)

Sincerely,
-Serenity Jackson, UB President-

DID YOU KNOW?

Did you know there are scientifically proven benefits of being kind? Check out this website to learn more!

<https://www.randomactsofkindness.org/the-science-of-kindness>

Over a lifetime, the average person spends about 90,000 hours at work. That's why it's important to choose a career that you love doing.

<https://www.factretriever.com/working-facts>

UB 2020 SPRING ACTIVITY

We were able to get together on March 4, 2020 before COVID-19. Here are some pictures from that day.



Westminster College Tour



Westminster College Tour



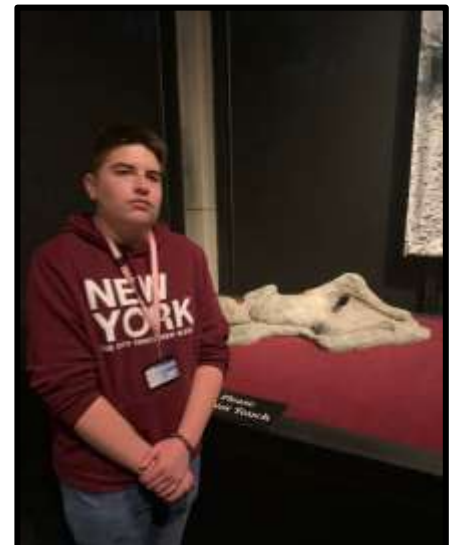
University of Utah Tour



STEM Activity @ UVU



The Leonardo Museum



The Leonardo Museum- Pompeii Exhibit