

The Upward Bound NEWS

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CHECKOUT OUR WEBSITE:

uvu.edu/trio/ub/

WE HAVE A BLOG:

uvu.edu/trio/ub/blog/



ACT 2020-2021 TEST DATES

February 6, 2021
April 17, 2021
June 12, 2021
July 17, 2021

COORDINATOR'S MESSAGE



I want to wish you all a Happy Holidays! Although, this year has been different than what we are used to, I have seen some great things happen. I would like to take a moment to say thank you to our UB Advisors, who work in your schools. They have been working hard to make sure the students get the help and information they need. I have seen them send emails, texts, hold Zoom meetings and in person meetings. They have been great to help the students, in this time of uncertainty.

With all the uncertainty of what is to come this next year, we are still unable to hold an in-person summer program. We will be offering an online program again this year. Our staff wishes that we would be able to go back to the time where we were all able to live and gather in big groups. At this time, we are unsure when we will be able to return to those times. Although, it will be online this year, remember you will be earning college credits and learning new skills for your future. I encourage you to apply and experience the great things we have planned. The UB online summer application has been sent out. If you didn't receive it, please contact your UB Advisor, or me.

Seniors, you should be applying to college, filling out scholarships and applying for the FASFA. Freshmen, sophomores and juniors, keep in mind, the end game. Take advantage of any opportunities that can make you stand out when you will be applying for colleges. Being a leader of an organization, doing volunteer work and service projects will help you to stand out from other students.

I hope you all have a wonderful holiday season.

-Rebecca Ayala, UB Coordinator-

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NEWS from our UB ADVISORS



UINTAH HIGH SCHOOL

Despite the challenges that have presented themselves during the pandemic, we have still been able to meet as a group on a regular basis at Uintah High School. During our last meeting we talked about the new Keys to Success app. Keys to Success is a free app/program available to all high school students in the state of Utah. From the Keys to Success website:

"The purpose of Keys to Success is to motivate students to unlock their future by connecting them with scholarships, internships, and opportunities that match their career interests." ([KTSUtah.org](https://www.ktsutah.org))

We briefly explored the many features of Keys to Success and Upward Bound students were encouraged to download the app and create a free account. We will continue to explore this app and the opportunities that it provides for our students.

Additionally, I encourage each of you to follow the UVU TRiO Upward Bound blog found at: <https://www.uvu.edu/trio/ub/blog/index.html>. Here you will find updates regarding Upward Bound as well as information about scholarship and other academic opportunities.

As the Upward Bound Advisor, I am continuing to recruit new students to the program. I currently have six spots available. If you have any siblings or friends who would meet the following requirements, please let me know and I would be happy to talk to them about applying:

- A GPA of 3.0 or higher
- Meet Federal Qualifying Conditions for low income status (Based on family size and income)
- A first-generation college student (Neither parents have yet obtained a four-year degree)

A final note, Uintah Upward Bound students have risen to the occasion during this difficult and challenging school year. Students are doing well academically and doing their part to help keep our school open in the midst of the COVID-19 pandemic.

-Brandon Aycock, UB Advisor-



OREM & PROVO HIGH SCHOOLS

Hey everyone! We have had a lot of new students join our program. I hope you all feel welcomed and will learn something new every time that you come to our meetings. We have been discussing personal finances this last month and this upcoming month we will be covering how to get ready for college. Students have done very well and trying to make our meetings a priority.

I hope that you will continue to do so because the more you come to the meetings and participate in our discussions the more you will get out of the program. Seniors, if you haven't done so already make sure to complete your FAFSA application. You will want to complete that as soon as possible so you can be awarded the maximum amount possible. I am more than happy to help you fill it out. If you need help, please let me know. I hope you all have a wonderful holiday season and stay safe!

-Jessica Dayley, UB Advisor-

Happy Holidays!



MORE NEWS from our UB ADVISORS



UNION HIGH SCHOOL

Hello all and Happy Holidays. What a crazy year this has been! I am so ready for a new start and hope 2021 is a bit calmer than 2020 has been. I would like to welcome all the new Upward Bound Students. We are so glad to have you with us in this amazing program.

With all the craziness of 2020 I have had this saying come to my mind several times: "The only thing that is constant in life is change." Isn't that the truth? So many things have changed for all of us this year, but that doesn't mean you can't be planning and preparing for the future.

Start now to look at colleges and degrees you are interested in. Plan to visit a few campuses (in person or virtually). Talk to people that have gone to the Universities you are thinking about attending. It is never too early to start thinking about your college degree.

As we start off the new year, I would like to encourage all of you to set some educational goals for yourself and evaluate any previous goals you might have. Think about where you would like to be in 5 years, and 10 years, and plan how you can get there. If you need help applying to colleges or have questions that I can help with, please come find me and let me help you.

-Audrey Goodrich, UB Advisor-



WASATCH HIGH SCHOOL

We are excited to welcome six new students to Upward Bound this year! With a full cohort I am focused on teaching all students to have a growth mindset. This is necessary with all the interruptions presented by Covid-19. I desire my students to have the skills necessary to be successful in high school and throughout their academic and life experiences. Recently we have discovered awareness through metacognition, and developed strategies to overcome test anxiety.

Additionally, I want my students to discover what drives them—their passion—and to acquire the motivation and vision to seek and fulfill that passion. Muhamad Ali once stated, "Champions aren't made in gyms. Champions are made from something they have deep inside them, a desire, a dream, a vision. They must have the skill and the will. But the will must be stronger than the skill." I feel that most of the success a student has is through their own motivation, drive and diligent efforts. This past month we have been discussing finances and empowerment through financial freedom. Students have been discovering potential career interests and learning what motivates them. True career fulfillment comes in life as individuals have financial freedom coupled with doing something that they are passionate about.

May all of you have a wonderful holiday season and a new year full of opportunity and happiness!

-Casey Wilde, UB Advisor-



UB PRESIDENCY MESSAGE



Hey, everyone. My name is Kimie Bristol and I am your guy's historian/secretary for Upward Bound. I am a senior at Union High School, and I am looking forward to getting to know you all. Hope you all are doing good and staying safe.

-Kimmie Bristol, Historian/Secretary-

DID YOU KNOW?

DID YOU KNOW?

Utah has a new app to help high school students. You can find more about the app by visiting <https://www.ktsutah.org/> or downloading the Keys to Success app.

Once you have created an account you can select the top 5 careers that interest you. Keys to Success takes your choices and provides you with individual scholarship and internship opportunities.

You can gain points by exploring internships, applying for scholarships, recommending your friends, and more! Then redeem points for the Keys to Success prizes you've always known and loved!

DID YOU KNOW?

Did you know fact: "College graduates from the class of 2019 who took out [student loans](#) borrowed \$30,062 on average, according to data reported to U.S. News in its annual survey"-U.S. News website. Avoid the need to take out student loans by preparing for college now. You can start applying for scholarships right now.

<https://www.anthonioneal.com/> is a great website to help you apply for scholarships. It is a scholarship search that you can filter based on the grade you are in. Apply for scholarships now to avoid debt later!

DID YOU KNOW?

According to a 2017 report from the U.S. Bureau of Labor Statistics, those who only had a high school diploma earned an average of \$712 per week as compared to those with a bachelor's degree earning \$1,173 per week. Additionally, the unemployment rate for those with only a high school diploma was 4.6%, compared to only 2.5% for those with a bachelor's degree.

Source: <https://www.bls.gov/careeroutlook/2018/data-on-display/education-pays.htm>

