

The Upward Bound NEWS

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TRIO
UPWARD BOUND



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**CHECKOUT OUR
WEBSITE:**

uvu.edu/trio/ub/

WE HAVE A BLOG:

uvu.edu/trio/ub/blog/



**ACT 2021-2022
TEST DATES**

**April 2, 2022
June 11, 2022
June 16, 2022**

COORDINATOR'S MESSAGE



In just a few months, we will be enjoying the sunshine of summer. These next few months are going to go by so quickly. At the Upward Bound Office, we are busy trying to get everything ready for our Summer Program.

Summer Program acceptance letters should be going out in the mail this week. We are excited to be able to be back in person this year. Soon we will be sending out instructions on how to register for the summer classes. This year, we will

be taking Geology 1010 and Sociology 1010. Our seniors will also be taking Library Research (SLSS 1050). Our students will be earning 6 college credits in 4 weeks. Our seniors will be earning 7 college credits in that short time. If you are still interested in applying for our Summer Program, we still have a few open spots available.

I just want to say how proud I am of our UB students. They have been through a lot the last couple of years, and I am so proud to see how many of you are still pushing through those tough times and are achieving your goals. I am also very appreciative of our UB Advisors, who have been working hard to help our students to achieve their personal and educational goals. They put many hours into helping our students to be successful. I know that I could not do my job without each one of them. They truly are heroes in my book.

I look forward to seeing you all soon.

-Rebecca Ayala, UB Coordinator-

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NEWS from our UB ADVISORS



UINTAH HIGH SCHOOL

Lately, Upward Bound participation has been a concern among advisors. As advisors, we have been trying to brainstorm ideas on how we can improve this. Many students aren't taking full advantage of what Upward Bound has to offer and are missing out. Weekly GGA meetings, if anything, are an opportunity to support one another and to network with your peers who have similar academic goals and aspirations.

The ultimate purpose of Upward Bound is to help you earn a four-year college degree of your choice from a university of your choice. Upward Bound provides you with the support and resources to get you there. You have to be willing to show up and participate and follow through on commitments that you made when you first applied to Upward Bound.

This Spring and Summer will bring on more opportunities to participate including weekly meetings, monthly stipends, the Spring Activity, the Summer Program, and the Summer Trip. If you haven't been attending our weekly meetings, recommit to doing so, if you can. If you cannot, please be sure to check in with me on a regular basis. Turn in your tracking sheet so you can earn your monthly stipend. The Spring Activity will take place on Friday, April 29. The Summer Program begins on Monday, June 6, and will conclude on Friday, July 1 with the Summer Banquet. The Summer trip will take place the next week, July 5-7.

-Brandon Aycock, UB Advisor-



OREM & PROVO HIGH SCHOOLS

Can you believe it's March already? The end of the school year draws ever nearer. What are your summer plans? Even closer still, is spring break, just four weeks away. With the start of spring comes our spring activity. On April 29th we will be touring University of Utah and watching a theatrical spectacle at the Hale Center Theater in Sandy. If you would like to participate, remember to bring me your \$25 deposit and your signed waiver form. You won't want to miss out!

With the end of the school year just around the corner we are getting ready for the summer program! We are so excited to be back in person this year! Students will be able to take Sociology and Geology to earn college credit and get the real college experience by living on campus. Acceptance letters to the summer program will be going out soon so be sure to keep an eye on your email.

This month in our weekly meetings we'll be focusing on emotional learning. What are your stressors and how do you respond to them? What are some techniques to reduce and better handle stress? How do you balance school, family life, socializing, extracurriculars, and a job? Is it even possible? It is! We'll discuss all these things and more throughout March and learn how to have more balance and less stress in our lives.

-Candela Anderson, UB Advisor-

MORE NEWS from our UB ADVISORS



UNION HIGH SCHOOL

Hello everyone! I can't believe we are already ¾ of the way through the school year. I hope you are all taking advantage of all the Upward Bound program has to offer. Take the time to fill out your stipends. Sign up to go on the Fall and Spring trips. Participate in the Summer Program. All these things are great experiences and cost you NOTHING!

Seniors, have you finalized your plans for fall? Are you paying attention to announcements in your schools about local scholarships? If you need help signing up for your fall semester college classes reach out to your advisor. Most fall semester college registrations are open now. The college you are planning on attending has counselors to help you as well. Most schools are offering online counseling sessions to help you understand what classes you will need and other important information you might need before you go off to school this fall.

Juniors and Sophomores, do you know about concurrent enrollment classes? Each school is set up a little bit differently, and you need to understand the ins and outs of concurrent enrollment to make the most of it in high school. Stop by and talk to your UB advisor or your school counselor to understand how these classes can give you a boost. At Union our students can take up to 30 credits from USU. Add those to the 25 credits you can earn if you participate in the UB summer program, and you will have a great head start once you get to college.

As the school year ends make sure you are doing all you can to finish the year off strong.

-Audrey Goodrich, UB Advisor-



WASATCH HIGH SCHOOL

Just around the corner is Spring Activity (April 29th). It will be an all-day activity which usually includes a class of sorts, a campus tour, meals, and a fun evening activity such as a play. Students will be excused from school. If you plan to come, please bring a \$25 REFUNDABLE deposit to your next GGA. The money is just used to hold your spot. We will refund you when you get on the bus on April 29th!

The countdown is on for SUMMER!! Hopefully everyone had the chance to apply to Summer Program! If not, it's not too late to apply! This year's offerings are Geology 1010 and Sociology 1010. Both great classes! Summer Program is such a fun way to get a taste of the college experience. As the Wasatch High students say, "It's the BEST part of Upward Bound!"

There are three months left until the school year ends. My job as an advisor is to support the students through graduation. If you have any school concerns, please let me know. I can work with each student individually to make a plan to help them get on top of their GPA!

-Emily Nelson, UB Advisor-

**Join us for our Spring Activity on April 29th.
Ask your UB Advisor for details.**



UB PRESIDENCY MESSAGE



Hey guys!

As the weather is getting warmer and the days are getting longer, it's hard to stay focused. If you find you are struggling with this, something that helps me is my "why?". Write down the reason you work so hard to keep you motivated! Keeping your grades up and staying focused is so hard yet so important as the end of the school year gets closer. If any of you are ever struggling, feel free to reach out to me! I hope you all are staying safe!

-Vanessa Lucio, UB VP-

DID YOU KNOW?

DID YOU KNOW?

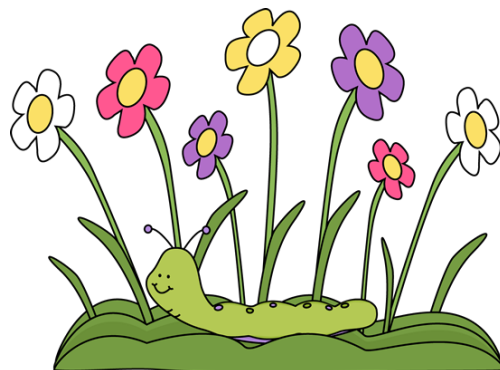
Quest Bridge, a nonprofit organization, connects high-achieving, low-income students with full scholarships to the nation's best colleges and has a College Prep Scholars Program for high school juniors. For more information go to www.questbridge.org.

DID YOU KNOW?

With more education comes the potential for a **better job**, a better salary, and better health benefits.

DID YOU KNOW?

A great resource for finding scholarships is www.fastweb.com



TRIO DAY

The Governor of Utah, Spencer J. Cox, declared February 26, 2022, as TRIO Day.



Spencer J. Cox
Governor

Declaration

Whereas, TRIO is the first set of federal programs to address the serious social, economic, and cultural barriers to higher education in the United States;

Whereas, today, more than 800,000 students in nearly 3,000 programs at host institutions, both urban and rural, make higher education a reality for students who are often the first members of their family to enroll in and graduate from college;

Whereas, on Feb. 24, 1986, concurrent resolution H. Con. Res. 278 declared the sense of Congress that Feb. 28, 1986, should be designated as "National TRIO Day" and the achievements of the TRIO programs should be recognized;

Whereas, TRIO emerged from an understanding that low-income, first-generation students need more than financial aid to overcome systematic obstacles in the way of them acquiring a college degree;

Whereas, by recognizing the untapped potential and talent of low-income, first-generation Americans, with diverse racial and economic backgrounds, TRIO programs open the doors to education access and opportunity for all; and,

Whereas, on the 34th anniversary of National TRIO Day we reaffirm our commitment to educational equity, access, and opportunity for all;

Now, Therefore, I, Spencer J. Cox, governor of the state of Utah, do hereby declare Feb. 26, 2022, as

TRIO Day in Utah

A handwritten signature in black ink, appearing to read "Spencer J. Cox".

Spencer J. Cox
Governor

