

The Upward Bound NEWS

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TRiO
UPWARD BOUND



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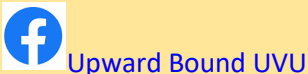
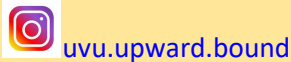
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CHECKOUT US OUT:

Website: uvu.edu/trio/ub/



WE HAVE A BLOG:

uvu.edu/trio/ub/blog/



ACT 2022-2023 TEST DATES

April 15
June 10
July 15

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 next week. Those of you who applied, keep an eye out to see if you were accepted, because you will need to sign and return some forms. We will also be sending out instructions on

how to get admitted to UVU, and how to register for classes. If you applied and didn't make it, I encourage you to work hard and apply next year. This year our students will be taking Art 1010, Meteorology 1010 and our seniors will also be taking Library Research. Our students will be earning 6 college credits in 4 weeks. Our seniors will be earning 7 college credits in that short time. **Mandatory Parent Meetings will be held Monday May 22, and Tuesday May 23, at 7pm.**

Students, I would encourage you to work hard the next couple of months. I know that you are tired and ready for summer to be here. These next few months are going to fly by. Keep working hard on keeping your grades up and making up credits if you need to.

Seniors, please make sure to work with your UB Advisor if you haven't already. They are there to help you get everything prepared so that you are ready to go to college in the fall. I am sure you have heard it tons of times already, but completing the FASFA and applying for scholarships can help you pay for college, and many times debt free.

-Rebecca Ayala, UB Coordinator-

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NEWS from our UB ADVISORS



UINTAH HIGH SCHOOL

Hopefully you all were able to settle into third trimester well enough. I know how difficult it can be to stay motivated this time of year. Goal setting with a rewards system in place can help you to stay motivated and stay on track. Set both small and big goals and short and long-term goals for yourself and be sure to reward yourself when you meet each goal. Please do all you can to finish the school year strong.

Seniors, if you have not completed the FAFSA yet I plead with you to please do so. Even if you don't plan on attending a school this Fall, you should still complete the FAFSA. You can always defer money awarded for use at a later time. Each of you are asked to complete the FAFSA and to apply to at least once college. You agreed to do this when you applied for Upward Bound. Please, please hold up your end of the agreement and do this for yourself! If you hold off on going to college for too long, you may never go!

-Brandon Aycock, UB Advisor-



OREM & PROVO HIGH SCHOOLS

The 3rd quarter is over and it's time to buckle down for the 4th quarter push.

- Seniors – it's time to decide on housing, accept scholarship offers and pass AP tests. Some schools require enrollment fees paid before you can register so check with your school. Just say no to 4th quarter Senioritis.
- Juniors – even if you don't need many credits to graduate from high school, you can take a full load of CE or DE classes to get ahead on college while you are still in high school. Talk to your counselor now if you want to adjust your schedule for next year to include more CE/DE classes.
- Sophomores – it's time to think about ACT prep. Check out the resources on <https://www.act.org/> and see what classes your high school offers. You can even check out ACT prep books from the public library.
- Freshmen – finish this first year strong. Learning study skills during your freshman year will help you for the rest of high school and college. Turn in your assignments on time and attend class and you'll be on the path to success!

-Marianne Overson, UB Advisor-

MORE NEWS from our UB ADVISORS



UNION HIGH SCHOOL

Happy Spring Everyone!

I hope the sunshine has found all of you. As you all know Upward Bound is a program to help you be prepared for college. Are you participating fully in the Upward Bound program? What could you do to become more well-rounded?

When applying for college, (and scholarships) admission offices often look not only at your academic record, but they also want a well-rounded student as well. Their goal is to ensure their student population has people with various interests and backgrounds. This means that they look at extracurricular activities such as clubs, performances, sports, internships, volunteer opportunities, or community service projects. These activities demonstrate that you can balance academics and leisure at the same time showing colleges your determination and time management skills. What other activities could you be involved in? Ask your Upward Bound advisor for suggestions if you are looking for new opportunities.

If you know of a student that would benefit from the Upward Bound program, tell them about it and take them to meet your advisor. If you have a younger sibling or friend that will be a freshman next year that would qualify for our program let your advisor know about them. We can get incoming freshmen signed up this spring. That way they can jump right into the program when school starts up in the fall.

Have a great summer everyone!

Audrey Goodrich, UB Advisor-



WASATCH HIGH SCHOOL

Hello parents and Upward Bound Students!

As we wrap up winter and gladly welcome spring, I want to make note of a few upcoming important dates!

Last day of school at WHS: May 26

Summer program dates: June 4-30

Tentative Summer trip dates: July 6-11th

Students, we are now officially on the countdown to summer break. Spring is always a good time to check in on your grades. If you need help in a class, there is still time to work with your teachers and your Upward Bound Advisor. Additionally, if you are a junior or senior, I recommend you start thinking about a summer internship. Internships are such good opportunities to bulk up your resume, make connections in the community, and try out a job in the field you have some interest in. One place to look for local internships is on www.indeed.com. You can also ask neighbors and friends or even pick up the phone and call some local businesses! Your Upward Bound Advisor would be happy to brainstorm some ideas with you.

Parents, if your student is planning to attend the summer program, we will reach out to you with a date for our mandatory (parent/student) zoom call regarding all things summer program (classes, housing, rules etc.) This will most likely occur in May, and we will offer a few different times for that meeting. Never hesitate to reach out to your student's Upward Bound Advisor if you have any questions or concerns or if there is anything we can do to help.

-Emily Nelson, UB Advisor-

2022-2023 UB PRESIDENCY MESSAGE



Hello everyone! I hope you all enjoyed the spring activity as much as I did! We are 3/4 of the way done and spring break is fast approaching! For seniors, we only have 2 months left of school! Although it's very exciting, I will for sure miss every one of you! Make sure to keep applying for scholarships and maintaining your high GPA. We are so close! For freshman-juniors, you guys only have a few years left and I can assure you, they will fly! So, make them count!! I hope to see every one of you at the summer program!

-Danelly Chacon, UB President-

DID YOU KNOW?

DID YOU KNOW?

Summer internships are usually 8-12 weeks of work during the summer months in which students can gain valuable experience in a field of their choosing. Summer Internships are a great way to build your work experience while in high school.

Four reasons high school students should do a summer internship:

1. A summer internship looks good on college applications.
2. It gives you job experience.
3. You get the skills you need in your field.
4. An internship will help you network.

Reach out to your UB Advisor to find out more about summer internships!



The following scholarships are available now:

- University of Utah Scholarships:
If you have been accepted to the University of Utah or plan on attending, you can apply for scholarships at <https://utah.academicworks.com/>
- Local scholarships for Uintah High School Students
- Scholarships with March deadlines



6 Tips for College Bound High School Students

1. Career Exploration- Get experience in different areas to help you figure out what you want to do.
2. Get good grades.
3. Research colleges
4. Look for scholarships.
5. Take ACT prep courses.
6. Extracurricular Activities- Colleges look at clubs, performances, sports, internships, volunteer opportunities.

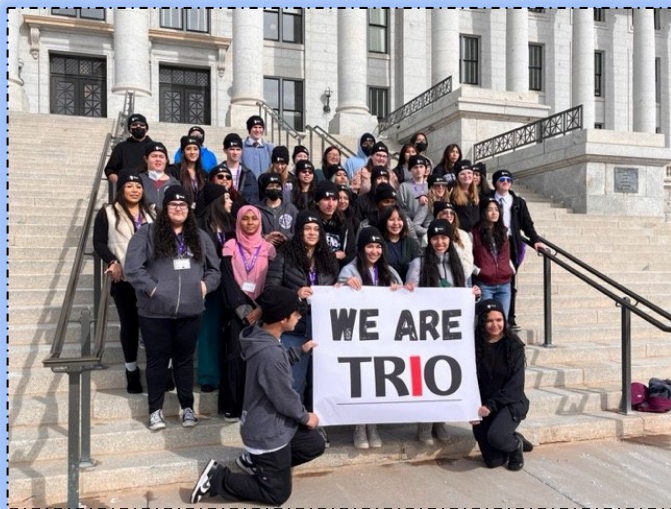
<https://www.yourfreecareertest.com/top-10-tips-for-college-bound-high-school-students/>



Individuals with bachelor's degrees earn an average of 60% more than people with only a high school diploma, which adds up to more than \$800,000 over a lifetime.

STUDENT LEADERSHIP CONFERENCE

Some of our UB/TS students had the opportunity to attend a Student Leadership Conference hosted by Weber State University. Our students learned some new skills on how to become better leaders and had the opportunity to go to the State Capital to celebrate TRiO Day. We had a lot of fun!



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 35th 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. 25, 2023, as

TRIO Day in Utah


Spencer J. Cox
Governor