

The Upward Bound NEWS

November 2022
Volume 31 Issue 2

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

TRIO
UPWARD BOUND

UVU UTAH VALLEY
UNIVERSITY

Upward Bound Staff UVU 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 US OUT:

Website: uvu.edu/trio/ub/



[uvu.upward.bound](https://www.instagram.com/uvu.upward.bound)



[Upward Bound UVU](https://www.facebook.com/UpwardBoundUVU)

WE HAVE A BLOG:

uvu.edu/trio/ub/blog/



ACT 2022-2023 TEST DATES

December 10
February 11
April 15
June 10
July 15

COORDINATOR'S MESSAGE



I want to wish you all a Happy Holidays! This time of year is a great time to think of all the different things we have in our lives to be thankful for. I am grateful for each of you. You are the reason we have the Upward Bound Program.

It is a great privilege to be able to work with each of you. Participating in Upward Bound is a great opportunity. I hope that each of you can see the benefits of UB and take full advantage by participating in the program.

I would also like to take a moment to thank our UB Advisors. They have been working hard this past year to make sure our UB students get the help and information they need. I see the many hours they put into sending emails, texts and holding meetings. Please use them as a resource. They are in the schools to help you succeed.

I would also like to thank the UVU Administration and the different departments at UVU. They are a big support to the UB Program. We would not be able to offer the free college credit and other opportunities without their support.

Seniors, right now 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 for when you will be applying for colleges. Being a leader of an organization, volunteering for an organization or doing service projects will help you stand out from other students. Also, preparing for the ACT and keeping your grades up, will be helpful when you will soon be applying to college. I hope you have a wonderful Holiday Season.

-Rebecca Ayala, UB Coordinator-

2022-2023

UB ADVISORS:

Marianne Overson
Orem/Provo
385-309-0130-cell
Moerson@uvu.edu

Emily Nelson
Wasatch
760-331-3767-cell
Enelson@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

We are already almost a third of the way through this school year. It has been a busy school year so far. I wish you all the best as you finish this trimester and prepare for 2nd trimester. Work and study hard!

Congratulations to Shelby Accutoroop for being selected as the Uintah High School Science Sterling Scholar! Congratulations to Kylee Anderson for being selected as the Speech, Theater and Forensic Sterling Scholar! I know you are all doing great things to prepare for your future. Many of you are working jobs while going to school and some of you are involved in extracurricular activities as well. Keep up it. Your efforts will pay off.

We had a successful campus visit at the USU-Eastern campus and were able to meet faculty and explore several different programs that are offered there. Make sure to take advantage of opportunities to explore post-secondary options!

Seniors, make sure you are applying to schools and are applying for scholarships. There are plenty of scholarships to apply for. Also, if you have not yet completed the FAFSA, please do so!

As always, please let me know if you need anything or if there is anything I can do for you.

-Brandon Aycock, UB Advisor-



OREM & PROVO HIGH SCHOOLS

This year the semester wraps up before the winter holiday break, so make sure you are getting all your assignments in and studying hard for any tests/finals you might have in December.

Seniors – we'll be working on Resumes. First draft is due to me by November 18th. I sent you a template that will help get you started, and we'll work on them together when I get back from my trip.

Orem – Prep for the Next Step night is Wednesday, November 16. This is another opportunity to learn about colleges and financial aid.

Provo – November 17 is FAFSA completion night. Finish up what you started in October.

Juniors – You'll all be taking the ACT test in February or March. Now is the time to start preparing. Check with your College/Career Center to see what ACT Prep options they offer.

Sophomores and Freshmen – Keep working hard and developing your study skills. It will soon be time to register for classes for next year. Keep in mind for the Utah Opportunity Scholarship, you need to have a 3.3 GPA and Complete 1 Advanced Placement (AP) or Concurrent Enrollment (CE) course in each of the core areas of high school graduation: math, science, and language arts.

-Marianne Overson, UB Advisor-



MORE NEWS from our UB ADVISORS



UNION HIGH SCHOOL

Hello all and Happy Holidays.

As students go through high school they should be planning and preparing for the future. Plans can change, but by starting now to think about what you want your future to look like helps you to start making steps in the right direction. 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 one of the universities you are thinking about attending. Find someone local that is doing what you think you want to do in the future and ask them if you can shadow them or volunteer at their place of. By doing some of these things you can really get an idea if you are headed in the right direction. 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. Talk over these goals with others. Your parents or advisor might have insights that can help you along the way.

-Audrey Goodrich, UB Advisor-

*Happy
Thanksgiving*



WASATCH HIGH SCHOOL

We have had a busy fall at Wasatch High! Seniors have been working hard on filing their FAFSAs, applying to college, and filling out scholarship applications! We are excited to see what the next chapter is for this amazing group of students!

Our sophomores and freshmen have been eager to work on resumes, learn more about their learning styles, and discuss different study habits that will help them excel this year. We are excited to welcome our new freshmen class and show them the ropes of Upward Bound! They have also been amazing cheerleaders for the senior class as they watch them prepare for graduation! We are excited to welcome our new freshmen class and show them the ropes of Upward Bound!

Students just completed first term and they are all working hard to finish this semester off strong!



Congratulations to our UB student Shelby Accuttoroop. She was Uintah High's student of the month for October 2022. Shelby is pictured with Principal Christy Nerding.

2022-2023 UB PRESIDENCY



Hey guys!

We made it through the first quarter of the year! YOOHOOO! Now that the weather is getting colder, and the holidays are right around the corner, we might feel the urge to slow down but this is really the time to stay motivated and finish the semester strong! All seniors make sure to get all your applications in and for the rest of you guys make sure to maintain your high grades and start getting involved!! If you guys need any help, make sure to attend your weekly GGA's and get the help you need! Keep it up!! YOU GUYS ARE AMAZING:)

-Danelly Chacon, UB President-

DID YOU KNOW?

DID YOU KNOW?

According to a recent study by bold.org, the most popular undergraduate college major is Business. It topped the charts in 27 states including Utah. The second most popular major that tops the chart in 21 states is health professions and related programs (like nursing). The least popular undergraduate college major is legal professions/studies. This is probably because you still will attend law school to be a lawyer so many students choose to major in something else for their undergraduate degree.

DID YOU KNOW?

You can request to tour any of the college/universities in Utah, online. Request a tour to the college or colleges you are thinking about attending.

DID YOU KNOW?

If you are eligible for a Pell Grant, you can get free tuition at the University of Utah, * and Utah State University!
*Must have a cumulative GPA of a 3.2



On average, it takes 24.13 minutes to complete the FAFSA from start to finish. One way to achieve this goal is to have your materials ready before you start the application.

(Source: <https://www.startwithfafsa.org/2016/02/fun-fafsa-facts/>)



FREE OR REDUCED INTERNET RATE



Rule your future with FREE home Internet – and choose the speed you need for school!

Internet access is vital to science, technology, engineering, art, and math (STEAM) education. Internet Essentials from Comcast helps connect students to high-speed Internet so they can learn, grow, and achieve.

You can **get Internet Essentials or Internet Essentials Plus for FREE** when you qualify for the Affordable Connectivity Program (ACP). ACP provides eligible households a credit of up to \$30/month towards Internet services.

Apply today if you're eligible for programs like the Federal Pell Grant, National School Lunch Program, SNAP, Medicaid, housing assistance, and others.

Internet Essentials

~~\$9.95~~ = \$0 After benefit applied, tax extra
Per Month + Tax

- Fast, reliable connection – up to 50 Mbps!
- Best for up to 4 devices.
- Download music and photos.
- Light streaming.

or

Internet Essentials Plus

~~\$29.95~~ = \$0 After benefit applied, tax extra
Per Month + Tax

- Faster download speeds – up to 100 Mbps!
- Best for up to 5 devices.
- Make video calls and share files.
- Stream and download shows.

Getting started is easy with no activation fees and free equipment.



APPLY NOW >>

Visit [InternetEssentials.com](https://www.InternetEssentials.com), call **1-855-846-8376**, or hold your phone's camera over the code.

Standard data charges apply.

Restrictions apply. Not available in all areas. Limited to Internet Essentials. IE is available to customers 18 years of age or older meeting certain eligibility criteria. If a customer is determined to be ineligible for the IE program, a higher rate will apply to the selected Internet service. Subject to Internet Essentials program terms and conditions. Taxes, home phone, and pay-as-you-go data extra. Advertised price applies to a single-line, voice speeds vary and are not guaranteed. For factors affecting speed, visit www.comcast.com/management/AffordableConnectivityProgram. Coverage not available in all areas. Speed up to \$30 toward 12th month. Total is \$0. After the conclusion of the Affordable Connectivity Program, you will be billed at Comcast's standard monthly service rates. See www.comcast.com/management/AffordableConnectivityProgram for details. ©2022 Comcast. All rights reserved. *2022. If you're a Comcast customer, you're a Comcast customer. All Rights Reserved.



FREE OR REDUCED INTERNET RATE



Dirige tu futuro con Internet GRATIS para el hogar y elige la velocidad que necesitas para la escuela.

El acceso a Internet es vital para la educación en ciencias, tecnología, ingeniería, art y matemáticas (STEAM, por sus siglas en inglés). Internet Essentials de Comcast ayuda a estudiantes a conectarse a Internet de alta velocidad para que puedan aprender, avanzar y tener éxito.

Puedes **obtener Internet Essentials o Internet Essentials Plus GRATIS** cuando calificas para el Programa de Descuentos para Internet (ACP, por sus siglas en inglés). ACP proporciona a hogares elegibles un crédito de hasta \$30 al mes para su servicio de Internet.

Solicítalo hoy si eres elegible para programas como la Beca Federal Pell, el Programa Nacional de Almuerzos escolares (NSLP), SNAP, Medicaid, asistencia para viviendas públicas y otros.

Internet Essentials

~~\$9.95~~ = \$0 después de aplicado el beneficio, impuestos extra
al mes + impuestos

- Conexión rápida y confiable, ¡hasta 50 Mbps!
- Mejor para hasta 4 equipos.
- Descarga de fotos y música.
- Streaming moderado.

Internet Essentials Plus

~~\$29.95~~ = \$0 después de aplicado el beneficio, impuestos extra
al mes + impuestos

- Velocidades de descarga más rápidas, ¡hasta 100 Mbps!
- Mejor para hasta 5 equipos.
- Haz videollamadas y comparte archivos.
- Haz streaming y descarga shows.

Empezar es fácil sin cargos por activación y equipo gratis.



SOLICÍTALO AHORA >>

Visita es.InternetEssentials.com, llama al **1-855-765-6995**

o mantén la cámara de tu teléfono sobre el código.

Se aplican cargos estándares por la transmisión de datos.

Se aplican restricciones. No está disponible en todas las áreas. El crédito a nuevos clientes de Internet Essentials. Únete a cuando seas mayor de 18 años de edad que cumplan con ciertos requisitos de elegibilidad. Si se determina que un crédito ya no es elegible para el programa de I.E. se aplicarán las tarifas regulares al servicio de Internet selecto ofrecido. Sujeto a los términos y condiciones del programa de Internet Essentials. Impuestos, tarifas de activación y asistencia profesional son extra. El precio promocional se aplica a una sola conexión. Las velocidades reales varían y no están garantizadas. Para tarifas que afectan a la velocidad y otros atributos de velocidad, véase el sitio web de Internet Essentials. El beneficio de hasta \$30 al mes es para Familias Trabajadoras. Descarga de contenido del Programa de Descuentos para Internet de Comcast a los precios mostrados está sujeto a los términos y condiciones de Comcast. Tarifas e impuestos aplicables. Una vez más, el programa de Descuentos para Internet de Comcast es una oferta para el servicio de Internet. Para detalles completos, visite es.internets.com. © 2022 Comcast. Derechos Reservados. 1-855-765-6995. El futuro es ahora. Comcast. Resultados.

