

The Upward Bound NEWS

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TRIO
UPWARD BOUND



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 2023-2024

TEST DATES

October 28, 2023

December 9, 2023

February 10, 2024

April 13, 2024

June 8, 2024

July 13, 2024

COORDINATOR'S MESSAGE



Students and Parents, Welcome back to a new school year. I hope you had a wonderful summer. We are currently looking for students to join UB. If you know somebody that would like to join, please have them fill out an application. Our applications can be submitted online. Scan QR code for an online application:



If you prefer to fill out a paper application, please ask your UB Advisor at your school for one.

For those students who are new to UB this year, welcome, I am excited to get to know each of you this coming year. We had a successful hybrid summer program this past June. We met in-person for four days and online for two days. It was so great to have the students on the UVU campus, taking classes, workshops, and activities. Our students were able to earn 6-7 college credits and a lifetime of memories and friends. I have added some pictures to the last page of this Newsletter, where you can check out some of the fun and memories we made. If you are interested in joining us for our Summer Program next year, applications will be due in January 2024. More information to come soon.

I wish you all a successful year. If you need extra help in a class, setting school and personal goals, or you are unsure what you need to do as a senior, please go to your UB Advisor for help. Upward Bound is here to help you with whatever challenge you may be facing. We are here to help you succeed. Please do not sit back and let this year go by without you pushing yourself to do better in all things. I am also here to help you with whatever help you may need. Here is to another great year!

-Rebecca Ayala, UB Coordinator-

2023-2024 UB ADVISORS:

Marianne Overson
Orem/Provo

385-309-0130-cell
Moverson@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

Hello Uintah, Upward Bound students! I hope the new school year is treating you well and hope you are enjoying your classes. With the start of a new school year, there will be many opportunities to get involved with Upward Bound. I know you all are busy, but please take time to actively participate in Upward Bound this year. Upward Bound helps many students every year prepare for college and helps you meet your goal of earning a four-year college degree. If you consistently participate in Upward Bound, you'll realize what a great resource it can be and over time, how it can benefit you. Here are some ways you can actively participate in Upward Bound at Uintah High School:

- Attend meetings/learning opportunities
- Engage in the Upward Bound Canvas course
- Submit stipend forms each month
- Utilize the ACT vouchers to take the ACT free of charge and to gain access to an online ACT prep course
- Check in with Mr. Aycock on a regular basis
- Attend the Spring Activity
- Participate in the Summer Program during the month of June
- Attend the Summer trip

This list illustrates what Upward Bound has to offer and the many benefits of active participation. Last summer, the Summer Program was a hybrid program. This allowed students to complete two college courses and experience college life while still being able to be home for half the week to work and spend time with family and friends.

The best thing about Upward Bound is that you don't have to pay for anything. Everything Upward Bound offers is provided to you without any cost to you. I'm looking forward to another great year of Upward Bound and hope that you all will commit to taking full advantage of what Upward Bound provides you. Please don't hesitate to reach out if you need anything. Let's have a great year!

-Brandon Aycock, UB Advisor-



OREM & PROVO HIGH SCHOOLS

Welcome back to school! Hope you had a great summer. Students that did summer program took Art 1010 and Meteorology 1010 and enjoyed a fantastic educational experience in New York City. I hope all of you will keep your grades up this semester and apply for summer program when the application opens in January. If you have any questions, talk to me or any of the students that went and find out about the experience. I was so happy to be involved as a summer program advisor this year.

We are recruiting 9th graders and some 10th graders this year. If you have friends or younger siblings, please have them apply. We're going to focus on grades and attendance this school year and the expectation is that no one will fail any classes. If you need help, reach out to me so we can get the right tutoring for you to be successful! I know you'll make it a great year.

Reminders:

- On campus at Orem Monday and Tuesday – meetings at lunch and 1:55 p.m. Tuesday and by appointment
- On campus at Canyon View – meetings Tuesday 9-10 am
- On campus at Provo Wednesday and Thursday – meetings Thursday at both lunches and by appointment

-Marianne Overson, UB Advisor-

MORE NEWS from our UB ADVISORS



UNION HIGH SCHOOL

Hello and happy fall!

I hope you had an enjoyable summer break. As you return to school, I want to remind you of the incredible journey that lies ahead. High school is an important time in your academic and personal development, and it's a crucial steppingstone on the path to your future.

I encourage each of you to make the most of your high school experience. Engage in your classes, ask questions, and seek help when needed. Remember that your teachers are here to support you on your educational journey. By maintaining a strong academic record, you not only set yourself up for college readiness but also open doors to various scholarship opportunities that can help lessen the financial burden of college tuition.

Don't limit your high school experience to the classroom alone. Get involved in extracurricular activities, clubs, and volunteer opportunities. These experiences not only enrich your life but also demonstrate your dedication and commitment to potential scholarship committees. High school is your chance to grow, learn, and build the skills and character necessary for a bright future. So, seize every opportunity, and remember that your journey starts here.

Welcome back, and let's make this school year one to remember! If you have a friend that might be interested in the Upward Bound program, bring them by! I would love to meet them.

-Audrey Goodrich, UB Advisor-



WASATCH HIGH SCHOOL

Hello Upward Bound parents and students!

I hope your school year is off to a strong start! By now you should be settled into your schedule and hopefully feeling like you have at least one class or teacher you really enjoy! Remember to focus on what you DO enjoy about school rather than what you don't like! I always find that helps my success rate.

I want to remind you, weekly attendance to your Upward Bound meetings are really important! I am always available in person every Wednesday from 9:00am-4pm in room 221 at main campus. If for some reason that time doesn't work for you, please reach out to me so we can figure out a time that works! I check my email and text regularly, so anytime you have questions, please don't hesitate to reach out!

-Emily Nelson, UB Advisor-



2023-2024 UB PRESIDENCY MESSAGE



Jacob Knox-President



Stephanie Canela
Lopez- VP



Crystal Luo-
Secretary/Historian

We have a new UB Presidency for 2023-2024

Welcome back to another year of Upward Bound. I hope that you all had a good summer. Let's start this year strong. Firstly, I encourage everyone to take honors/concurrent enrollment/AP classes. These classes will be beneficial for you because they will give you an idea of what college will be like. Also, they will look pleasing for colleges. I also encourage sophomores and juniors to prepare for the ACT or SAT—as these tests can give you a boost in the college process. Seniors should start to apply for scholarships. Getting scholarships will allow you to avoid debt. Lastly, all seniors should begin their college applications—using the Common Application or the Coalition Application. By starting these applications now, you will save time for improving your essays and making your application as accurate as possible. I hope everyone has a promising start to the year. Make the most of your time.

-Jacob Knox, UB President-

DID YOU KNOW?

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A recent article stated “In 1983, only 28% of jobs required any postsecondary education and training beyond high school. By 2021, that had jumped to 68%, the report also found. In another decade, it will climb to 72%.” A college degree will only propel you further ahead. Let's be smart about it now and enroll in CE/DE classes and attend summer programs to get you on the path for higher education at a reduced cost!

<https://www.cnn.com/2023/03/01/is-college-worth-it-what-the-research-shows.html>



Procrastination is bad for both your physical and mental health? People who procrastinate tend to have high levels of anxiety as well as poor impulse control. Procrastination is even linked to physical illness. People who procrastinate experience more stress and tend to delay treatments—which can create a cycle of poor health due to just putting things off.

<https://www.mcleanhospital.org/essential/procrastination>

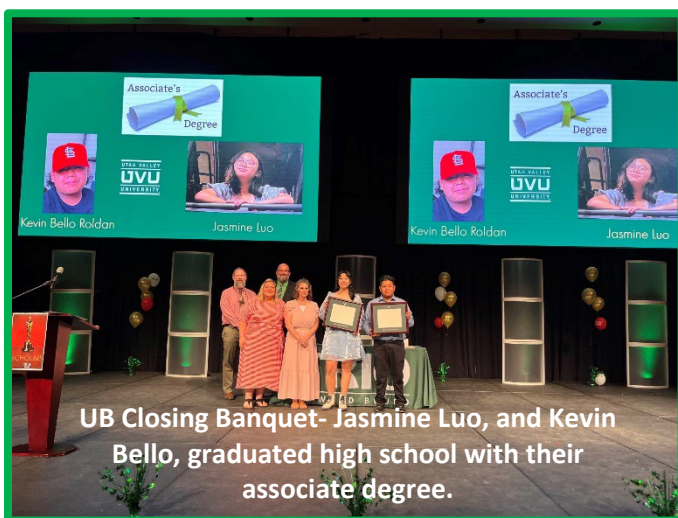
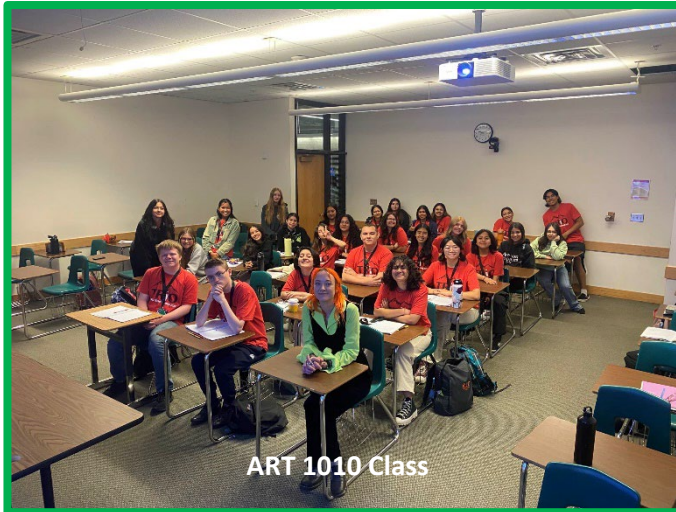


As a teenager you should be getting 8-10 hours of sleep each night. Getting enough sleep each night has the following benefits:

- Get sick less often
- Stay at a healthy weight
- Lower your risk for serious health problems, like diabetes and heart disease
- Reduce stress and improve your mood
- Think more clearly and do better in school and at work
- Get along better with people

<https://health.gov/myhealthfinder/healthy-living/mental-health-and-relationships/get-enough-sleep>

2023 SUMMER PROGRAM



We hope you join us next year!