

The Upward Bound NEWS

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TRIO
UPWARD BOUND



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[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 2024-2025 TEST DATES

December 14, 2024
February 8, 2025
April 5, 2025
June 14, 2025
July 12, 2025

COORDINATOR'S MESSAGE



We are still 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 the 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.

I want to wish you all a Happy Holidays! 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 of what this program has to offer you.

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

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-

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NEWS from our UB ADVISORS



UINTAH HIGH SCHOOL

Hello Everyone,

I'm excited to introduce myself as the new advisor for Uintah! My name is Cassie Gledhill, and I'm really looking forward to working with all of you. I know you each bring a wealth of knowledge and experience, and I'm eager to learn from and with you.

A little bit about me: I work in the counseling office at Uintah High, so that's where you can usually find me. I'm also about to complete my master's in school counseling this December, and I couldn't be more excited to finish this next chapter of my journey!

On a personal note, I've been happily married for 23 years to a wonderful man, and I have four amazing daughters (though I may be a little biased in that opinion!). When I'm not working, I love to dive into creative projects—anything from arts and crafts to graphic design, and even creating accent walls in my home. I also love spending time outdoors, whether that's boating, camping, or hunting. There's something about the fresh air that really helps me recharge.

I'm looking forward to a positive and collaborative experience with everyone here, and I'm grateful for your patience as I get to know you all. Please don't hesitate to reach out if there's anything I can do to support you!

-Cassie Gledhill, UB Advisor-



OREM & PROVO HIGH SCHOOLS

Pursuing scholarships in high school is crucial, as they can ease the financial burden of college and open doors to valuable opportunities. Starting early—ideally by setting goals as a 9th or 10th grader—helps students stay on track with scholarship deadlines, which often align with academic achievements and extracurricular involvement.

Regularly reviewing these goals keeps students aware of new scholarship options, application requirements, and deadlines, so they're better prepared as they progress through high school. Additionally, submitting applications well before deadlines ensures all materials are complete, improving the chance of securing funding. Developing these habits early not only supports scholarship success but also builds planning skills that benefit students throughout their academic and professional lives.

Applied for Scholarship Count

Orem - 0

Provo - 1

*If you think this number is in error please report your scholarships.

-Pamela Gardner, UB Advisor-



MORE NEWS from our UB ADVISORS



UNION HIGH SCHOOL

Hello, Union High School Upward Bound Students! I'm excited to take on the role of Upward Bound Advisor at Union High School and to work with all of you. For the past eight years I was the Upward Bound Advisor at Uintah High School along with working full-time for Uintah School District. Recently I accepted a position as a Counselor at Duchesne High School. In other words, I've been able to gain experience in academics and college preparation from my previous and current work experience. I have a bachelor's degree in business and marketing education and was the first in my family to complete a master's degree. My master's degree is in Educational Technology. I don't consider myself to be extremely talented but have always worked hard to accomplish my goals. I firmly believe that you can accomplish anything through consistent and hard work!

Most weeks I will be at Union High School on Wednesdays from 12:00-3:00pm, but can be at the school on other days of the week as needed. Please know that I am available for you and please don't hesitate to contact me at any time if you have questions or need anything. I would like to use the Band app for communications. You all should have received an invite to the Union Band Upward Bound Group. Please accept the invitation if you haven't already. You can also reach me at my email address: brandon.aycock@uvu.edu.

I've had the opportunity to meet some of you and look forward to meeting the rest of you. I'll be in contact with you all soon. Also, feel free to stop by on Wednesdays!

-Brandon Aycock, UB Advisor-



WASATCH HIGH SCHOOL

Hello Upward Bound students! As a first-generation high school student, thinking about college can feel overwhelming at times. However, planning ahead can make a big difference in making sure you're ready for the opportunities ahead. This is why the Upward Bound program is so great! The whole purpose of the program is to help you take small, manageable steps each year—starting from your freshman year. Here's a simple guide to help you stay on track:

Freshman Year: Start strong by focusing on building good study habits. Stay organized and develop a routine that helps you manage your time effectively. Take the initiative to join clubs or extracurricular activities to explore your interests and begin building leadership skills. Show up to your weekly GGA's! It's never too early to think about what subjects you enjoy and excel at.

Sophomore Year: This is the perfect time to start researching colleges and their programs. Begin talking to your school counselor and your Upward Bound Advisor about potential career paths and colleges that might be a good fit for you. It's also a good year to challenge yourself with advanced courses, such as honors or AP classes and concurrent classes, to build your academic profile.

Junior Year: Junior year is crucial for preparing for standardized tests like the ACT. Aim to take these tests in the spring and consider taking practice exams to improve your scores. Remember, as an Upward Bound student, you have access to a waiver so taking the ACT is free for you! Start looking at scholarship opportunities and attend the college fairs your high school hosts. Begin narrowing down your list of colleges and consider how you can make yourself stand out through extracurricular activities, leadership roles, or internships. Summer program is an example of something you can do to make you stand out.

Senior Year: This year is all about finalizing your college applications. Be sure to visit campuses, ask questions, and make a list of deadlines. Focus on writing strong essays and securing letters of recommendation from teachers or your Upward Bound Advisor. Apply for as many scholarships as you can! It is so important to attend GGA's your senior year. Your advisor will do everything they can to help you meet deadlines and stay on top of things!

-Emily Nelson, UB Advisor-

2024-2025 UB PRESIDENCY MESSAGE



Hey everyone! I hope your school year has been going great so far.

We just had our fall activity on November 1st, and it was a blast! If you can, I definitely recommend signing up for the next field trip in the Spring. It is an engaging educational experience, a great opportunity to meet some of the UB students from other schools, and it's free!

If you're interested in earning a TRiO cord for graduation, ask your advisor about what you can do to gain sufficient points by the time you graduate—this is open to ALL grades. Let's end this year strong and cross the finish line together!

-Crystal Lou, UB Vice President-

DID YOU KNOW?

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PELL Grant

A Pell Grant is a type of federal student aid given to undergraduate students who demonstrate financial need. Unlike a student loan, Pell Grants usually do not have to be paid back. The Pell Grant gets its name from Senator Claiborne Pell of Rhode Island, the chief sponsor of the 1972 bill that created this education funding program. For the 2021-22 school year, more than six million students received a Pell Grant to help cover the costs of their education. The Pell Grant maximum for 2024-25 is \$7,395.

Source:

<https://www.coursera.org/articles/d-o-you-have-to-pay-back-pell-grants?>

DID YOU KNOW?

Take On a More Rigorous Course Load

Now, this one may not be for everyone, but, if you think you can handle it, you should give it a try. Colleges take into consideration whether or not you took standard or advanced courses. I took a mixture of AP, Pre-AP, Honor, and Dual Enrollment classes throughout high school. They were challenging at times, but totally worth it in the end. If you are going to take on a rigorous course load, be sure that you can maintain good grades while doing so. I'm sure that colleges would rather you have all A's in standard classes than C's and D's in an advanced class. Talk to your school's counselor and have them explain the difficulty level of each class before making a commitment.

<https://www.linkedin.com/pulse/11-things-every-high-school-freshman-should-know-alleah-stringer/>



Grades Matter

You would be surprised how many students start off their freshman year thinking that they have plenty of time to "start caring about their grades later". The truth is some colleges can see your transcript from as early as 8th grade, depending on how your school reports grades. Your grades really do matter, and they play a huge part in the college admissions decision as well as scholarships. My advice to you is to keep your grades up. Don't worry about what grades your friends or anyone else are making. High school friends will come and go, but the grades you make are plastered on your transcript forever.

<https://www.linkedin.com/pulse/11-things-every-high-school-freshman-should-know-alleah-stringer/>

UB Alumni Spotlight



TRiO
ALUMNI

I participated in the Upward Bound program from 2013-2016 and graduated from Provo High school in 2016. I currently hold a Master of Social Work and bachelor's in criminal justice. I am a certified social worker working towards my LCSW! The UB program provided me unimaginable opportunities for my education. As a first-generation student, the amount of credits I was able to obtain while in high school helped aid a pathway to my Bachelor's Degree and then later brought me to my Masters of Social Work! Without the program so early on in my life, I wouldn't have the opportunities and access to resources in my life today. The advice I would give to current UB students is take advantage of this program. I know it seems like your summer is taken away because you have to work really hard for 4 consecutive weeks but it's worth it at the end. Create friendships with the people who attend the program and network! I'm working as a victim advocate and do part-time therapy with survivors of sexual assault. I have dreamt of being an advocate from a young age and feel grateful to add to the percentage of Latinx/Hispanic folks who hold a master's degree. It's special being able to take up space in this field!

-Aranxa Mendez-

UB Fall Activity

For our UB Fall Activity on November 1, 2024, we visited the USU Campus in Logan for a campus tour, spent time at the USU Museum of Art, where we were able to learn about the Day of the Dead, and eat some Pan de Muerto. We also swam at the Crystal Hot Springs and finished our day by watching the play "Jekyll & Hyde" at the West Valley Performing Arts Center. We also ate some good food and had a lot of fun.

