TRIO Mission Statement

The mission of the TRIO programs is to advance the ideal of equal educational opportunities in postsecondary education. It is to assure that the least advantaged segments of the American population have a realistic chance to enter and graduate from a postsecondary institution. Our purpose here at UVU is to empower youth who have academic potential, but who lack adequate information or school preparation to enter and continue in postsecondary education. Through the TRIO (Educational Talent Search/Upward Bound) developmental curriculum and guidance processes, students are expected to improve their academic skills, social skills, and motivation to pursue and complete their postsecondary options.

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COORDINATOR’S MESSAGE

Dear Upward Bounders,

Welcome to the 2015-16 academic school year. I hope everyone had a restful and fun-filled summer. Are you ready for school? The TRIO office definitely is as well as the Upward Bound student council. I have been in contact with the young ladies and our first weekend activity is a work in progress.

I would like to thank all of you who made the Upward Bound Summer Program and Trip a brilliant success and an experience to be remembered for years to come. Below you will find important accomplishments from the Summer Program:

i. All students earned 8 credits—first time in the history of Upward Bound since 1993
ii. The average grade obtained was an A-
iii. 9 students obtained a 4.0

Please remember “Continuous effort—not strength or intelligence—is the key to unlocking our potential” - Winston Churchill. I am looking forward to an amazing year!

John South -Upward Bound Coordinator

ACT

Test Date Registration
October 24, 2015 September 18, 2015
December 12, 2015 November 6, 2015
February 6, 2016 January 8, 2016
April 9, 2016 March 4, 2016
June 11, 2016 May 6, 2016

Funded through the United States Department of Education Upward Bound Grant

https://www.uvu.edu/trio/ub/
Welcome back to school! I’m really excited to be implementing some new ideas this year. I anticipate that Upward Bound will be a great help to you academically, and I hope that you will have fun and make some lasting friendships.

If you want to succeed in college, it’s important to form good habits now. Here are some tips to help you be prepared.

Fifteen Steps to Be Successful in High School and Beyond

**Attendance** – Be on time and show up for class. In college some professors don’t take roll, but you’ll miss out on unannounced quizzes and important information.

**Organization** – Keep separate folders for each class. Know exactly where everything is so that you are prepared for class and you don’t lose homework.

**Time Management** – Learn to effectively use a planner and stick to it. In high school you have more hours in class than you do homework. College is just the opposite. The general rule is “three hours of study time for each credit hour.” Managing your time now, will help you successfully separate study time from social time in the future.

**Be Prepared** – Don’t procrastinate! Some professors are willing to look at and give feedback on reports that are completed early. Study continuously. Cramming the night before a big exam doesn’t work!

**Be a Good Listener** – Stay focused in class and be willing to ask questions.

**Take Good Notes** – It’s impossible to write down every word a teacher says. Learn to recognize main points and what’s most important. Think about what might be on a test. Compare notes with a study group.

**Complete All Assignments** – Even if an assignment feels like busy-work, complete it thoroughly and on time.

**Review Daily Notes** – Reviewing notes on a daily basis will help you to master the material so that you won’t need to cram for a test.

**Choose Good Friends** – True friends want you to succeed. They won’t try to talk you out of studying for a night on the town. Choose friends who respect your goals and inspire you to be a better person.

**Contact Teachers and Advisors** – Stay in contact with teachers and advisors. Let them know if you are having problems. There are many people willing to help you!

**Challenge Yourself** – Don’t be afraid to take honors courses or concurrent enrollment. Be willing to take rigorous classes so that you are better prepared for college.

**Set Attainable Goals** – Achieving goals is a great feeling! It provides the confidence and inspiration to do more. However, don’t set goals that are unattainable. This only leads to frustration and disappointment.

**Find a Mentor** – Mentors and role models can be a great shortcut to reaching your goals. Find someone who went to the university of your choice or who has the career you want. Instead of stumbling to find your own way, listen to their experiences of success and failure. Learn what works and what doesn’t.

**Get Involved** – School can be fun when it is more than just work. Join a sports team or club. Go to after school activities. Volunteer in the community. It looks great on a college application!

**Motivation** – What do you really want in life? Who do you want to become? What career do you want? Hard work becomes meaningful if you can picture the end result. If there’s a subject that is particularly difficult or boring set small goals with rewards for yourself.

Shandi Erickson—Provo,Orem/UCAS Advisor
Welcome back Wasatch High School Upward Bound students. I am so excited to spend another year with each one of you as we embark on new adventures and work towards our dreams of higher education.

An old Chinese Proverb says, “Learning is a treasure that will follow its owner everywhere.” You will never regret the time and effort that you put into your education. Worldly possessions can come and go, but you will always have with you the knowledge that you have gained. Let’s make this our best year yet as we continue to strive to reach new heights and truly discover who we are.

We will continue to meet every Wednesday right after school. Please listen for the announcements, check your texts, e-mails and Facebook, or stop by the office to find out the latest information.

Parents, thank you so much for your continued support of our Upward Bound Program. As you know, I am in awe of your children and the potential that I see in each one of them. If you have any questions or concerns please call, e-mail, or stop by the office.

Thank you so much!

Camille Rhees—Wasatch Advisor

Welcome back to another school year! I just wanted to inform you that Darlene Purdy has taken a position with the Terra Academy Charter School. Until our office finds a replacement, I will be traveling to Uintah and Union to provide you with the weekly “group guidance activities”.

I am very excited to be meeting with you and getting to know you all better. I have already met several of you and enjoyed your company during weekend activities and the summer program and trip. I will be contacting you through Facebook to set up a time to meet after school. In the meantime, if any of you need anything, please do not hesitate to contact me.

Group guidance activities will be conducted at Union High every Tuesday right after school session is over. Upward Bound has been relocated to the portable trailers across the main entrance.

Uintah High will meet every Wednesday as soon as school session is over. These schedules will be kept until a new advisor is hired.

Thank you for everything you do to make Upward Bound brilliant!

Looking forward to seeing you soon!

John South—Upward Bound Coordinator

Marcia Miner
President

Grace Robinson
Vice-President

Camila Kelly
Historian

Elizabeth Bayon
Secretary

https://www.uvu.edu/trio/ub/
DID YOU KNOW?

Upward Bound Stipends
Did you know that you can earn up to $225.00 a year by turning in your monthly stipends? The criteria for each month is as follows:

- Attend all activities and meetings held by Upward Bound
- No unexcused absences
- Work with tutors, teachers, or professors when a grade drops
- No D+ or below grades
- Complete all assignments in class
- Extra $5.00 for AP/Concurrent Enrollment classes

This is totally doable! Work with your advisors. They want to help you earn your money each month. Let’s make this the best year yet.

The Rising Cost of Not Going to College
Did you know that it's more important now than ever to get a college degree? The income gap between a high school diploma and a bachelor's degree has grown substantially in past years. For more information on the study go to: The Rising Cost of Not Going to College.