

# The Upward Bound NEWS

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## CHECKOUT OUR WEBSITE:

[uvu.edu/trio/ub/](http://uvu.edu/trio/ub/)

## WE HAVE A NEW BLOG:

[uvu.edu/trio/ub/blog/](http://uvu.edu/trio/ub/blog/)



## ACT TEST DATES 2019-2020

**April 4, 2020**  
**June 13, 2020**  
**July 18, 2020**

## COORDINATOR'S MESSAGE



There are only a few months left until the end of the school year. If you are failing or struggling in a class, please reach out to me or your UB Advisor, so we can help you. We are here to tutor you or help you to make up the work you are missing, so you can pass all your classes. Remember, that our grades follow us to college. The better the GPA you have, the more scholarships and opportunities you will qualify for to help pay for college.

Seniors, right now you should be applying to colleges and for financial aid. Your UB advisor is there to help you get through these processes step by step. Please reach out to them and ask for help. Every senior who is in UB needs to apply to at least one college and apply for financial aid. The FASFA is free money that the government will give you to go to college. Almost all UB students should qualify for some FREE money. If you are planning on going on an LDS mission after you graduate, you need to still apply to a college and defer. This will also hold any scholarships you may get.

The UB Summer applications are due February 14, 2020. If you have not received an application and you would still like to attend the Summer Program, please reach out to your UB Advisor. We will place you on a waiting list, where you will have a chance to be added, if a student drops out. During the UB Summer Program, you will have an opportunity to get a better understanding of what college life will be like once you're in college. It will also be a great opportunity for you to earn 6 to 7 college credits for FREE. We will only be accepting 50 students to take advantage of this great opportunity. Don't miss out!

**-Rebecca Ayala, UB Coordinator-**

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# NEWS from our UB ADVISORS



## UINTAH HIGH SCHOOL

With a new year upon us, we have been preparing for the Spring Activity in March and applying for the summer program in June. We have had a few students submit the \$25 deposit for the Spring Activity. If you have not submitted your deposit, please do so. Again, the activity will be on Wednesday, March 4. We will be visiting two college campuses (University of Utah and Westminster) and will visit the Leonardo Museum in Salt Lake City. You will be excused from school for that day if you choose to participate in the Spring Activity. So far, we have had a great response regarding the summer program and a number of students have completed and turned in the Summer program application. Remember, the application deadline is Friday, February 14. Also, if you would like to go on the summer trip following the Summer Program, a \$50 deposit is required to secure a spot.

Our freshman, sophomores, and juniors have been completing and will complete various assessments to learn more about themselves. These assessments provide students with information about how they learn and what career options might be a good fit for them. Our seniors have been preparing for college admittance and are busy applying for scholarships, grants, and other financial aid. Our students seem to be doing well academically and I am impressed with their work ethic and their taking responsibility for themselves. We have a fantastic group of students at Uintah High! Please let me know if there is anything, I can do to be of assistance to any of you.

**-Brandon Aycock, UB Advisor-**



## OREM, PROVO & UCAS HIGH SCHOOLS

Happy new year and new century! I hope yours has been off to a great start. We have the opportunity to make some great things happen this year, so let's do it! Let's all strive to do better each day to improve our situation, whether that is to get your homework done now instead of procrastinating it, looking at what careers you would like to explore, or applying for scholarships now regardless of what grade you are in. Any student can apply for scholarships throughout high school, which would set you up well for college. Over the past little while during our meetings we have learned about internships, our physical health, and of course making sure that the seniors are applying for scholarships and college. Students, if you are having troubles in any of your classes feel free to come and talk to me and I will help you with what you are working on. I am available for tutoring if you need it. Lastly, just a fun fact: Did you know the more education you get, the more likely it is you will always have a job? According to one estimate, by the year 2028 there will be 19 million more jobs for educated workers than there are qualified people to fill them (Guide to College. Imfirst.org). You are setting yourself up for success, and we are here to help you along the way!

**-Jessica Dayley, UB Advisor-**

## MARK YOUR CALENDARS:

**THE UB SPRING ACTIVITY WILL BE ON  
MARCH 4, 2020. CONTACT YOUR UB  
ADVISOR FOR DETAILS.**

# MORE NEWS from our UB ADVISORS



## UNION HIGH SCHOOL

This is a crazy time of year for high school students and especially if you are a senior. So many things to do to finish out the school year strong and if you are a senior you add to that college choice, housing, scholarship applications just to name a few. I have had so many of my seniors in my office and I am able to help them apply for scholarships, look up different programs at different schools and even help them film a video for a position on a college ambassador team. That is why I love what I do. My job is to help my students finish high school being prepared for college and hopefully to have scholarships to follow you as you start the next part of your life. I would encourage all of you to take full advantage of the Upward Bound program. Let your advisor help you, check in often and let them know if you need help with anything along the way. That is why we are here.

If you are going to be a junior or a senior next year seriously consider taking concurrent enrollment classes. These classes are college credits at a fraction of the price you will pay once you are out of high school. If you don't take this opportunity you are missing out. In addition to getting college credit, some classes count as required credits you need to graduate from high school. If you have any questions about concurrent enrollment talk to your UB advisor.

Finally, if you know of anyone that would qualify for Upward Bound and will be a freshman in high school next year, let your advisor know about them. We can recruit for next year this spring.

**-Audrey Goodrich, UB Advisor-**



## WASATCH HIGH SCHOOL

We are back in full swing here at Wasatch High School since the holiday break. Six freshman and one sophomore have been added to the Upward Bound program, filling our enrollment for the current academic year. These students are engaged in their academics, and excited to participate in this program. We welcome all of them!

Over the past month we have identified ways to improve study habits, sleep patterns and overall wellness. The students have also been able to determine how they best learn. Additionally, we had a guest speaker from the Wasatch Educational Foundation come and explain scholarship opportunities specifically for Wasatch High School students. This will be a great opportunity for our seniors this year, and a future opportunity for our other Upward Bound students.

This month we will be developing a foundational career portfolio in our weekly meetings, crafting resumes and cover letters, identifying proper networking strategies and interviewing for jobs confidently. We are also working on 30 second introductions and solid power statements. The students will also be participating in a spring activity with other Upward Bound students in UVU's program. This will include a college tour to the University of Utah and Westminster College. Students will also have a cultural experience at the Leonardo Museum. I hope all can participate. Thank you for the support you give your students. They are amazing!

**-Casey Wilde, UB Advisor-**



# Valentine's Day

# UB PRESIDENCY MESSAGE



Hey everyone! How are you doing? I can't believe we're already more than halfway through the school year. It's crazy, isn't it? Anyways, for those of you who don't know, my name is Teresa Luo, and I'm the secretary this year. I'm a senior at Wasatch High School. I like music and CAD designing/drafting. But enough about me, I want to hear about you! What are your interests? We have our March activity coming up soon. Be sure to go so we can talk. I might be a little quiet at first, but I'm down to make a new friend! I hope to see you there. And as a last message, I hope you guys are being friendly and kind to one another. You never know what someone is going through. So, go out there and do something great!

-Teresa Luo, UB Secretary-

## DID YOU KNOW?



Community colleges and public universities are probably the best value. When you look at college prices, the community colleges and public universities are the most affordable, especially if you choose one in your home state (you get an in-state discount of up to 50%).

<https://www.susangreenecopywriter.com/article/top-10-surprising-facts-about-colleges-today.html>



75 percent of high school seniors are accepted to their first-choice colleges, but less than 57 percent can afford to attend. A [UCLA study about college students](#) confirmed that although students are often accepted to their first choice colleges, they are unable to attend due to financial constraints. This means it's critically important to investigate the college's financial aid awards before you apply.

<https://www.teenlife.com/blogs/10-surprising-facts-about-college>

**The following 2019 Seniors that attended the Summer Program earned FREE college credits.**

NAME	Concurrent College Credits	Upward Bound College Credits	Total College Credits Earned *Approximate savings (does not include room & board)	
Anthony Beadle	12	19	31	\$13,500
Andy Milliken	15	25	40	\$17,500
Maria Naranjo-Ochoa	42	19	61	\$26,600
Lolita Rojas	23	19	42	\$18,300
Darby Safford	6	19	25	\$11,000
Christian Sanchez	19	26	45	\$19,600
Matthew Trabanino	18	25	43	\$18,800
Hope Zoller	19	19	38	\$16,600

\*UVU charges \$437 per college credit

**How many college credits will you earn while in high school?**