

The Upward Bound NEWS

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TRIO
UPWARD BOUND



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CHECKOUT OUR WEBSITE:

uvu.edu/trio/ub/

WE HAVE A BLOG:

uvu.edu/trio/ub/blog/



ACT 2020-2021 TEST DATES

April 17, 2021
June 12, 2021
July 17, 2021

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 help you 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 you 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 this process, 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. Work with your UB Advisor if you need to defer.

The UB Summer applications were due January 31, 2021. If you would still like to attend the Summer Program, please reach out to your UB Advisor. You will be placed on a waiting list, where you will have a chance to be added if a spot opens up. 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. Although it will be online it will still be a great opportunity for you to earn 5 to 6 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

Uintah High School Upward Bound students have been applying for the Upward Bound Summer Program. Currently, 14 of the 25 Uintah Upward Bound students have applied for the Summer Program. Although the priority deadline to apply for the Summer Program has passed, it is not too late to apply. Any students who apply at this point will be placed on a waiting list and will be invited to participate in the Summer Program when spots open up. The online application for the Summer Program can be found at: <https://bit.ly/3jAP8XM>.

Seniors, please apply for the many scholarship opportunities that are currently available to you. Many of these scholarships are posted in the Upward Bound Canvas course. You can find several other scholarship opportunities on the Uintah High School Counseling Center website: <https://bit.ly/3a6B9G0>. You can also visit the counseling center here at the high school for scholarship information.

2nd trimester ends on Friday, February 26. If you need help with any of your classes, arrange a time with your teachers after school for some one-on-one help. Be aware of due dates and deadlines and plan ahead to minimize that end of the trimester stress. Get plenty of sleep, drink water, eat healthy, and take some time to do some activities that you enjoy as well. The school year is almost 2/3 of the way over. You are all doing well. Keep it up! You've got this!

-Brandon Aycock, UB Advisor-



OREM & PROVO HIGH SCHOOLS

Can you believe that it's 2021 already! What a year 2020 was. Hopefully 2021 will be better for you in every way. It is always fun to look to a new year because there is lots of possibilities to bring in the new year. If you haven't yet I would recommend setting some new goals for the new year. Setting and sticking with your goals is a great way to prepare for the future and make sure that you are doing what you need to do now to get where you want to go. Start looking at different colleges, majors and careers. It is a good idea to start exploring those now because you can start getting experience in those fields to see if it is something you would actually like to do. Come and talk to me if you want to explore your options with me.

During our meetings we have been doing many different assessments to help you now and in the future. We have done one to see which careers are a good fit for each student, one to see how their overall attitude is in school, and another to figure out what their learning style is. We also have talked recently about opening a my529 account to start saving for college now, and how to stay healthy. Next month we will be talking a lot about preparing for a career in areas such as resume's, cover letters and interviews. We also have been doing individual interviews so I can get to know you more and know what your goals are for the school year, high school, and college. If you haven't been able to do an interview with me yet, make sure to sign up for a time slot so we can get it done.

-Jessica Dayley, UB Advisor-



MORE NEWS from our UB ADVISORS



UNION HIGH SCHOOL

Wow! What a year we have had! I hope this newsletter finds you all happy and healthy! This time of year can be stressful, especially for seniors. You are all trying to stay on top of homework and other activities and seniors need to be watching for scholarships and start thinking about what classes they will take next fall and finalize what college they will be attending. Add to that finding housing and figuring out how to pay for college. It can be a lot. Please reach out to your Upward Bound advisor if you need help with any of those things. I really enjoy helping my students embark on the next part of their life's journey. In the last little while I have helped students figure out what classes to take, find a counselor at the school they want to attend and have even helped someone find housing. I would encourage all of you, especially you seniors, to take full advantage of the Upward Bound program. Let your advisor help you. Watch for scholarships and ask questions if you have them.

I have also been meeting with a few of my junior and sophomore students looking at the options they have with concurrent enrollment classes next year. In our high school the CE classes are set up on a little bit of a different schedule and you need to understand how the schedule works so you can make the USU class work with your Union classes. I am making appointments to go over this information with students alone or with a parent. If you are interested in meeting with me reach out to me and we can set up a time. If you take concurrent enrollment classes in high school, it could save you time and money once you are working on your college degree. Add in some credits from the summer program and you will be SO CLOSE to your associate degree! Reach out to your advisor if you have any questions. We can help!

As this school year draws to a close do all you can to finish strong. Your grades and ACT score are important when applying for college. Do all you can to keep those grades up!

-Audrey Goodrich, UB Advisor-



WASATCH HIGH SCHOOL

My name is Paul Belvin, and I am the new Upward Bound advisor for Wasatch High School. I have been with the Upward Bound program for 15 months as the Technology Specialist, which I will continue to do along with the new advising duties.

I am so impressed with the Upward Bound program by what it offers students in the way of advancing your academics, introducing you to life skills that will benefit you throughout your lives, and offering you another support system with like-minded people who only want to see you succeed in life.

Here is a brief history about me. I grew up in rural Missouri. After high school graduation, I attended college as a first-generation college student. I obtained my undergraduate degree in Finance and began working in business. I transitioned from business to higher education where I worked with college students in the Information Technology department at my Alma Mater. I thoroughly enjoyed working with students in an academic setting so much that I decided to obtain a Masters in Higher Education.

An opportunity arose for my family so my wife, son, and I loaded up a U-Haul truck and drove, along with our two dogs, from Missouri to Utah in 2019. We are loving the Utah scene. In my free time, I enjoy a whole host of activities, but the ones that I do on a regular basis that keeps me outside in the beautiful Utah landscape is hiking, biking, and fly-fishing.

Currently, we are meeting as a group on Wednesdays at 3pm. I look forward to working with everyone as we cover life and academic skills that will help you navigate your future. Please feel free to reach out to me if you have any questions.

-Paul Belvin, UB Advisor-

DID YOU KNOW?

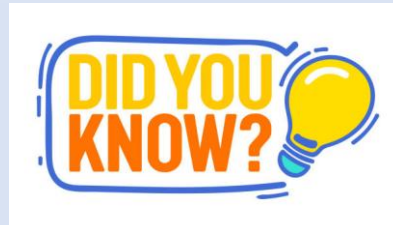


Did you know that over 15 years Ago Mark Zuckerberg Creator of Facebook, invited five people to his room at Harvard? Reason? Talk about a business opportunity! Only two went to meet him and accepted the challenge!!! Today both are billionaires! Dustin Moskovitz with over 6.5 billion and Eduardo Saverin with over \$ 3.4 billion.

DID YOU KNOW?

Practicing self-care not only allows us to help ourselves, but to help others as well. According to Living Self Care, self-care tends to improve our immunity, increase positive thinking and make us less susceptible to stress, depression, anxiety and other emotional health issues.

Source: <https://www.mycpid.com/importance-self-care/>



A total of 17.7 million students filed the FAFSA in 2019-2020, down from the peak of 21.9 million applicants in 2011-2012.

About a third of undergraduate students do not file the FAFSA. Of students who do not file the FAFSA, 2 million would have qualified for a Federal Pell Grant.

Don't miss out on a FAFSA grant. Fill it out even if you don't think you will qualify. You never know!

Kantrowitz, M. (2020, September 24). *FAFSA Application Statistics*, <https://www.savingforcollege.com/article/fafsa-application-statistics#:~:text=on%20financial%20aid.->

[.Number%20of%20FAFSAs,million%20applicants%20in%202011%2D2012.&text=Of%20students%20who%20do%20not,FAFSAs%20filed%20in%2019%2D2020.](https://www.savingforcollege.com/article/fafsa-application-statistics#:~:text=on%20financial%20aid.-.Number%20of%20FAFSAs,million%20applicants%20in%202011%2D2012.&text=Of%20students%20who%20do%20not,FAFSAs%20filed%20in%2019%2D2020)



DID YOU KNOW?

“More than three-quarters of college applicants get into their first-choice schools” (from Princeton review). So, make sure to explore what colleges you would like to go to now and start making the preparations right now to ensure that you get into that school.”