

The Upward Bound NEWS

January 2022
Volume 30 Issue 3

(Funded through the U.S. Department of Education)

TRIO
UPWARD BOUND



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CHECKOUT OUR WEBSITE:

uvu.edu/trio/ub/

WE HAVE A BLOG:

uvu.edu/trio/ub/blog/



ACT 2021-2022 TEST DATES

February 12, 2022
April 2, 2022
June 11, 2022
June 16, 2022

COORDINATOR'S MESSAGE



Happy New Year! I hope that you all had a wonderful holiday season. There are only a few months left of this school year, and soon we will be summer. We are currently accepting applications for the UB Summer Program. They are due January 31, 2022. We are planning to have it in-person this year. This will be the first time in two years, that we will be able to be in person. We are currently working on the classes we will be taking this summer. We will send those classes out as soon as we know.

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 still 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!

Seniors right now should be applying to colleges, financial aid, and scholarships. 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.

-Rebecca Ayala, UB Coordinator-

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NEWS from our UB ADVISORS



UINTAH HIGH SCHOOL

We are almost halfway through the school year. Coming back to school after the holiday break is always difficult. In a recent GGA we discussed 10 small things that we can each do that will over time result into positive new habits. These new habits will lead to overall success. (If you were not able to attend and would like a copy of the handout with the 10 things, please stop by my office.) Habit development starts with doing the little things and being consistent with those little things. I'm no expert, but I personally believe that developing positive habits is more effective than trying to come up with and stick to resolutions for a new year. These 10 things can also help you get through the January lull.

Before we know it, the school year will be over with, and it will be time for another Upward Bound Summer Program. If you would like to participate in the summer program, the application is live and has a deadline of January 31st. I would encourage you to complete the summer program application even if you don't know if you will be able to attend yet. You can always withdraw if necessary. If you would like to participate in the summer program, please be sure to attend our weekly meetings and be sure that you are turning in monthly stipend forms. If you want to be selected for the summer program, you need to be actively involved in Upward Bound throughout the school year. If you are unable to attend weekly meetings, please be sure to check in with me so we can talk about what you missed.

Keep up your positive efforts. Continue working hard and staying engaged with your academics, and please let me know if there is anything I can do for you.

-Brandon Aycock, UB Advisor-



OREM & PROVO HIGH SCHOOLS

Welcome back! I hope everyone had a restful winter break! Now that we're back, we are getting ready for the summer program happening in June. We are hopeful that we will be having it in person. As a reminder, summer program applications are due on **January 31**. You can apply at https://uvu.qualtrics.com/jfe/form/SV_cRZsvljNnwpuD65.

By participating in the summer program, you get to live in student apartments at UVU and attend classes at the university. By the end of the summer, you can earn up to **SIX** college credits. The best part is that you don't have to pay a single cent! Don't miss out on this incredible opportunity to get ahead in your education and save tons of money.

In January we will be focusing on physical and mental health. What can you do to make sure you're taking care of your body and your brain? Eating habits, sleep patterns, and exercise affect our physical and mental health. Learn how our bad habits affect our health and what we can do to turn bad habits into better ones. Our bodies and brains will thank us for taking care of them!

-Candela Anderson, UB Advisor-



MORE NEWS from our UB ADVISORS



UNION HIGH SCHOOL

Seniors! Are you watching for scholarships? Look on the website of the college you have decided to go to and see what scholarships you can find there. Pay attention to announcements coming from your school counseling office as they will tell you about local scholarships you will qualify for. Reach out to your UB advisor if you need help registering for classes at your new school or if you need help finding housing. We are happy to help you in any way to make your first year at college successful.

Juniors and Sophomores take some time to investigate concurrent enrollment classes. This is an affordable way to get college credits while you are in high school. If you take concurrent enrollment classes in high school, it can save you time and money once you are working towards a 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!

Also, a reminder that each of you qualify for ACT waivers as part of the Upward Bound program. Along with those waivers, you can get prep help on the ACT website. You get that all for free as an Upward Bound student. Take some time to sign up for the ACT and use those helps provided to improve your ACT score. You will be glad you did once you realize how much those scores tie into scholarships your senior year. Improved ACT scores and good grades are worth a lot of money at the end of your high school career.

-Audrey Goodrich, UB Advisor-



WASATCH HIGH SCHOOL

We are halfway through the school year! Time flies! Hopefully you are feeling good about your classes and your grades. If not, please remember that one of the benefits of being a part of Upward Bound is that you have access to advisors that can help you!

It's that exciting time of year to sign up for the Summer Program! It is still being determined if it will be held on the campus or virtually, we should know in the next month or so. Fingers crossed it will be on campus but either way, it's going to be great!! Don't forget the applications are due by JANUARY 31!!

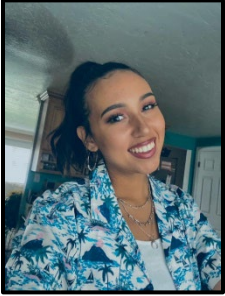
Additionally, we are looking forward to our spring activity! We will let you know very soon what the date for that will be. As always, it will be well worth your time!

Don't forget, weekly attendance to your Upward Bound meetings are really important! I am always available in person every Tuesday from 9:30am-4pm in room 22. I check my email and text regularly though, so anytime you have questions, please don't hesitate to reach out!

Seniors, right now you should be applying to colleges and for financial aid. Your UB advisor is here to help you get through the process step by step. Every senior who is in UB needs to apply to at least one college and apply for financial aid. The FAFSA is free money that the government gives you to go to college. Almost all UB students will qualify for some FREE money. If you are planning to go 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.

-Emily Nelson, UB Advisor-

UB PRESIDENCY MESSAGE



Aliana Molina-
UB President

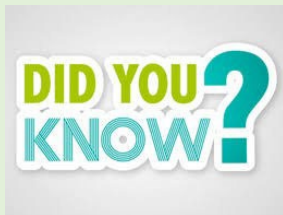
Hey everyone!

We made it through one semester, and there's only one more to go! I'm proud of you guys, and you guys should be soooo proud of yourselves. If you guys need any help during this semester, seek out help through your Upward Bound advisor or school resources. You guys got it! Also, be sure to keep your grades up so you can be accepted into the summer program and so you can stay qualified for the monthly stipends. Thanks for your commitment to staying in this program, it's so worth it. Stay safe out there and see you this spring!

DID YOU KNOW?

The average financial aid package for students applying for the FAFSA is nearly \$15,000!!!! Hurry and apply for that FREE MONEY soon!!

<https://studentaid.gov/h/apply-for-aid/fafsa>



The ACT waiver that Upward Bound provides to students gives you access to the following:

- Covers registration and late fees for the full ACT test
- One report to your high school and up to six college choices. Once you receive your score, you will also be able to send it to any number of additional colleges for free
- A free self-paced ACT preparation course powered by Kaplan
- Ask your UB Advisor for an ACT Waiver



Did you know College graduates earn more money than non-college graduates? Over one's lifetime, a person with a bachelor's degree stands to earn \$1 million more than someone with a high school diploma. Although higher education can be expensive and the costs continue to increase, the payoff is clear. You can find out more information at

<https://www.alpu.org/projects-and-initiatives/college-costs-tuition-and-financial-aid/publicvalues/employment-earnings.html>