

# The Upward Bound NEWS

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**TRIO**  
UPWARD BOUND



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## CHECKOUT OUR WEBSITE:

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

## WE HAVE A BLOG:

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



## ACT 2021-2022 TEST DATES

**December 11, 2021**  
**February 12, 2022**  
**April 2, 2022**  
**June 11, 2022**  
**June 16, 2022**

## COORDINATOR'S MESSAGE



I want to wish you all a Happy Holidays! This time of year is a great time to think of all the different things we have in our lives to be thankful for. 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 you each can see the benefits you can take advantage of by participating in the UB Program.

I would also like to take a moment to thank our UB Advisors. They have been working hard this past year to make sure our UB students get the help and information they need. I see the many hours they put into sending emails, texts and holding meetings.

I would also like to thank UVU. We have some great leaders like Kyle Reyes, Vice President of Student Affairs and W. Barney Nye, Associate Vice President-P-16/Outreach/Partnerships, who are a great support to the Upward Bound Program. And a big thank you to all the different departments at UVU who help us to be successful.

Seniors 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 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.

I hope you all have a wonderful holiday season.

**-Rebecca Ayala, UB Coordinator-**

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# NEWS from our UB ADVISORS



## UINTAH HIGH SCHOOL

We are already almost a third of the way through this school year. It has been a busy school year so far. I wish you all the best as you finish this trimester and prepare for 2<sup>nd</sup> trimester. Work and study hard!

Congratulations to Jeff Langley for being selected as the Uintah High School World Languages Sterling Scholar! Congratulations to Johnathan Porter for being selected as a Quest Bridge scholarship finalist! I know you are all doing great things to prepare for your future. Many of you are working jobs while going to school and some of you are involved in extracurricular activities as well. Keep up it. Your efforts will pay off.

Seniors make sure you are applying to schools and are applying for scholarships. There are plenty of scholarships to apply for. Also, if you have not yet completed the FAFSA, please do so!

As always, please let me know if you need anything or if there is anything I can do for you.

**-Brandon Aycock, UB Advisor-**



- Jeffery Langley was selected as the Uintah High World Languages Sterling Scholar!
- Johnathan Porter was selected as the Social Science Sterling Scholar at Uintah High!



## OREM & PROVO HIGH SCHOOLS

Can you believe it's already November?! The leaves have fallen, the temperature is cooler, and Santa Claus is just around the corner. With such an exciting time of the year underway, I'd like to give out a few reminders.

1. EVERY senior needs to turn in a resume to me by December 10 – No exceptions
2. Monthly stipends increased to \$20 or \$25 if you take a concurrent enrollment class
  - a. Stipends are due every month on the 10<sup>th</sup>
  - b. No late stipends are accepted (sorry, I'm preparing you for real life)
3. We still need a few more students to join us at Provo High! If you know someone who would be interested in Upward Bound, reach out to me.

I'd also like to thank all the students who participated in our activity last month. We enjoyed a fabulous play put on by UVU and then had the chance to go to an escape room. We anxiously anticipate our next activity in the spring!

This month we will be looking at all things financial. We'll look at how to budget, we'll talk about scholarships, we'll even learn how to write a killer resume to ensure we get the job! I look forward to seeing you all in our weekly classes!

**-Candela Anderson, UB Advisor-**

# MORE NEWS from our UB ADVISORS



## UNION HIGH SCHOOL

Hello all and Happy Holidays. I hope you have fun plans to enjoy your winter break and will be ready to come back to school in January. We are excited to welcome the new students to Upward Bound. This is a great program, and it can help you as you prepare for college. Are you getting the most out of the Upward Bound program? I love it when students come in and let me help them with college or scholarship applications. I like being able to help them prepare a resume to help with a job application. I enjoy seeing each of my students on a regular basis and like to know how things are going. If you haven't made it to my classroom in a while, I'm inviting you to come. We have treats!

All of us that went on the UB trip in October enjoyed the activities and had a great time. I especially enjoyed the chance we had to visit with the cast of the play we saw. It was fun to hear about their college experiences.

Are any of you signed up to take the ACT? Did you know that when you use the Upward Bound waiver to sign up for the ACT it gives you some study helps? There is an app for your phone as well as online study resources. Sign up for the next ACT and start studying. There are a lot of scholarships linked to that ACT score.

As we start off the new year, I would like to encourage all of you to set some educational goals for yourself and evaluate any previous goals you might have. Think about where you would like to be in 5 years, and 10 years, and plan how you can get there. If you need help applying to colleges or have questions, I can help with, please come find me and let me help you.

**-Audrey Goodrich, UB Advisor-**



## WASATCH HIGH SCHOOL

Hello! My name is Emily Nelson, and I am beyond excited to work with the Wasatch High Upward Bound students! This has been a dream of mine for many years!

I received my undergrad in Sociology from Westminster in Salt Lake City. I loved the campus so much I went on to get a job in the Admissions Office as an Admissions Counselor. I worked there for several years recruiting high school students from all over the west and guiding incoming freshman through the scholarship and financial aid process. It was there that I realized I wanted a career working with young adults. I went on to get my master's degree in counseling at the University of San Diego. My focus was college and career counseling. I was able to intern at Cal State San Marcos in the Career Center. There I was able to help students discover their passion and formulate a plan to get them to graduate with a degree they were excited about!

After graduating from USD in 2008 I went on to pursue my next career, CHILDREN! I have three girls, 13, 11, and 5. We moved to Heber about four years ago from San Clemente, California. Though we loved the beach life, after 15 years there we longed to get back to the mountains! I love to snow ski, camp, mountain bike, hike, boat, and anything else outdoors! Heber has been a perfect fit for our family. We feel very lucky to live in this amazingly beautiful and friendly valley!

My youngest just entered kindergarten so I've been hoping for an opportunity to get back to pursuing my professional career. I was thrilled when the Upward Bound Advisor role opened. If I were to write my own dream job description for this chapter in my life, this would be it!

I'm so excited to get to know each of the Upward Bound students. Please don't hesitate to reach out to me with any questions!

**-Emily Nelson, UB Advisor-**

# UB PRESIDENCY MESSAGE



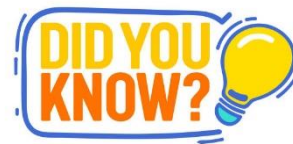
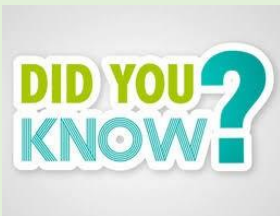
Hey, guys! I'm Vanessa Lucio and I am your Vice President! I hope you all are doing well and staying safe! Today I would like to remind you guys to get your stipends done! They are so helpful! Also, I want to tell you guys how important it is to go to your classes! Attendance is so important, and it will help keep your grades up! Let's make this a good year!

-Vanessa Lucio, UB Vice President-

## DID YOU KNOW?

On average, it takes 24.13 minutes to complete the FAFSA from start to finish. One way to achieve this goal is to have your materials ready before you start the application.

(Source: <https://www.startwithfafsa.org/2016/02/fun-fafsa-facts/>)



USU has a new scholarship for Pell-eligible students. The Utah State Promise is a “last dollar” scholarship, meaning that it is applied to your remaining tuition and student body fees after all other aid is applied to a recipient's account. This is similar to the For Utah scholarship offered at The U.

<https://www.usu.edu/admissions/scholarships/promise>



**Did you know** many Universities have online virtual tours? You can tour colleges such as Yale, Harvard, and Princeton without having to travel to the school! You can find other college tours by simple typing the name of the university into google followed by “virtual tour”.

