

The Upward Bound NEWS

January 2023
Volume 31 Issue 3

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

TRIO
UPWARD BOUND



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CHECKOUT US OUT:

Website: uvu.edu/trio/ub/



[uvu.upward.bound](https://www.instagram.com/uvu.upward.bound)



[Upward Bound UVU](https://www.facebook.com/UpwardBoundUVU)

WE HAVE A BLOG:

uvu.edu/trio/ub/blog/



ACT 2022-2023 TEST DATES

February 11
April 15
June 10
July 15

COORDINATOR'S MESSAGE



Happy New Year! I hope you all had a wonderful holiday season. We only have a few more months of school before it will be summer. We are currently accepting applications for our UB Summer Program. They are due January 31, 2023. We are also working on planning, including the classes we will be taking this year for college credit.

During the UB Summer Program, you will have an opportunity to get a better understanding of what college life

will look like when you graduate high school and go to college. It's a great opportunity, and I highly recommend that you apply. We will be earning 6-7 college credits for FREE in only 4 weeks. We will only be accepting 50 students to take advantage of this great opportunity. You won't want to miss out!

Seniors, you should be applying to colleges, financial aid (FASFA), and scholarships. Your UB Advisor is there to help you get through this process. Please reach out to them for help. Every senior 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 our UB students should qualify for some FREE money. If you are planning to go on a LDS mission after you graduate, you need to still apply to a college and defer. This will also hold any scholarships you may get until you return. UB has some waiver codes to UVU, if you need one, please reach out to your UB Advisor.

-Rebecca Ayala, UB Coordinator-

2022-2023

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NEWS from our UB ADVISORS



UINTAH HIGH SCHOOL

It's a new year with new opportunities! First, seniors, less than five months before you graduate. If you haven't completed the FAFSA, I plead with you to do so. I am happy to help you with that, as is your counselor. There are tons of scholarships that you can apply for as well. As always, see the counseling center for scholarship information. Also, be sure to apply to the schools you are interested in attending. Many schools have admissions and scholarship application deadlines. You should be preparing to attend a college or university this Fall.

To all Upward Bound students, remember when you signed up to participate in Upward Bound, you committed to pursuing a four-year college degree, and completing that degree within six years after graduating high school. You owe it to yourself, to Upward Bound, and future Upward Bound students to follow through on this commitment. If you enroll in a college during the Fall after graduating high school, you are much more likely to complete your college education. The longer you wait to enroll in college, the less likely that you will follow through with that commitment. Don't delay! Start planning out your path to college now and commit to that plan!

A few reminders:

- The Summer application deadline is January 31st. The application can be completed online. Please see the summer program announcement in the UB Canvas course for the link to the application.
- The Spring activity will be on Friday, March 17. Rebecca is currently working on an itinerary. Just know that it will be worth your time to attend. There is a \$25 deposit required. However, your deposit will be returned to you on the morning of the activity. If you would like to attend the Spring activity, please bring me the deposit to reserve a seat on the bus.

-Brandon Aycock, UB Advisor-



OREM & PROVO HIGH SCHOOLS

Everyone – Parents we'd love your help in reminding students to turn in all assignments on time. We had so many students get behind last semester and then must scramble at the end. We're going to be working on YouScience <https://www.youscience.com> to help everyone pinpoint classes (both high school and college) that will help students achieve their goals.

Seniors – there are some college FAFSA deadlines coming up. BYU and Snow college both require the FAFSA be completed by January 20th. Many of the other universities have scholarship deadlines of January 31st. The school counseling office has all those dates available for you to check!

Juniors – it's time to think about registering for next year and how students can supplement an otherwise light schedule with CE classes that will earn very inexpensive college credit. The counselors will be doing their presentations in the next couple of weeks and the registration portal will open by the end of the month. We'll be talking about classes for next year.

Sophomores and Freshmen – YouScience is a valuable tool that we can use to help students succeed. Aptitude + Interests = Success. There are going to be many assessments we'll do with students to help them know what they'll be good at doing in the future! Like the Juniors, we'll be talking about classes for next year. Remember, I'm available to help pick those out!

-Marianne Overson, UB Advisor-

MORE NEWS from our UB ADVISORS



UNION HIGH SCHOOL

Hello & Happy New Year!

This winter the Upward Bound advisors were trained on a program I am really excited about. Have any of you heard about YouScience at your school? You Science will help you as you decide what you want to study in college. It helps you to know your strengths and what jobs are a good fit for you, and even which schools are best for those degrees. If you haven't used it yet, please reach out to your advisor and we will get you started.

Juniors and sophomores, you should consider taking the ACT this spring and summer. 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 your ACT score. Schools count your best score, so it is a good idea to take it multiple times.

How many of you are familiar with the concurrent enrollment classes at your school? USU has started offering some online options for the students at Union and Uintah High Schools. This option will be a great help to all of you. The online CE courses are more flexible with schedules, allowing you to take classes that would have conflicted in the past. Come see me if you would like more information.

-Audrey Goodrich, UB Advisor-



WASATCH HIGH SCHOOL

Hello Upward Bound parents and students!

We are halfway through the school year! Time flies! It's that exciting time of year to sign up for the Summer Program! It will be held at the UVU campus June 5th-30th! The summer trip will be July 5th-8th. Don't forget the applications are due by JANUARY 31!!

Additionally, we are looking forward to our spring activity! It will be Friday, March 17th. We'll leave from WHS on a bus in the morning and return that evening. As always, it will be well worth the time!

Don't forget, weekly attendance to your Upward Bound meetings are really important! I am always available in person every Wednesday from 9:00am-4pm in room 221 at main campus. I check my email and text regularly though, so anytime you have questions, please don't hesitate to reach out!

-Emily Nelson, UB Advisor-



UB Spring Activity will be Friday March 17th. If you are interested in attending, please talk with your UB Advisor for details.

2022-2023 UB PRESIDENCY MESSAGE



Hey everyone! I hope second semester is going well for everyone this year so far. To my fellow seniors, happy last semester of high school! We are going into college which is scary and stressful. This is your reminder to be selfish. You are one person and can only handle one person's amount of stress. Make sure you are good to yourself before you help someone else. If you can't even help yourself, how are you going to help someone else? So be selfish and take time for you this semester. This goes for everyone, not just us seniors. Highschool is stressful and we need to make sure our needs are met. Once you are good and have your needs met, then you can try and help others with their stress. Study hard and keep doing well! Don't feel bad about being selfish. **-Ashton Biggs, VP-**

DID YOU KNOW?

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Getting a bachelor's degree pays off? Unemployment rates for workers with an associate degree were 4.6% in 2021, compared to just 3.5% for workers with a bachelor's degree, according to BLS. Median weekly earnings were also higher for bachelor's degree holders, at \$1,334 compared to just \$963 for associate degree holders.

DID YOU KNOW?

The evidence that a college degree significantly improves one's employment prospects and earnings potential is overwhelming. Bachelor's degree holders are half as likely to be unemployed as their peers who only have a high school degree and they make \$1.2 million in additional earnings on average over their lifetime.

Source: <https://www.aplu.org/our-work/4-policy-and-advocacy/publicvalues/employment-earnings.html>



Only 41% of Utah Higher Education students applied for FASFA funds last year. Over the past 6 years, applications have been declining especially for male students. According to USHE, "FAFSA completion is a gateway to accessing many types of financial aid and is integral to increasing affordability for USHE students." Apply today!



Significant changes are coming to the federal student aid policy. These changes should simplify the FASFA application process.

https://www.nasfaa.org/fafsa_simplification



UB/ETS STAFF TRAINING



The UB & ETS staff were able to get together for a training in December. For an activity, we had the opportunity to go and relax a little at a Himalayan Salt Cave.

