

# The Upward Bound NEWS

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**TRIO**  
UPWARD BOUND



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## CHECK US OUT:

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



## ACT 2023-2024 TEST DATES

April 13, 2024  
June 8, 2024  
July 13, 2024

## COORDINATOR'S MESSAGE



We are still looking for students to join UB. If you know somebody that would like to join, please have them fill out an application. Our applications can also be submitted online. Scan QR code for an online application:



If you prefer to fill out a paper application, please ask your UB Advisor at your school for one.

In the UB office, we are busy trying to get everything ready for our Summer Program. Summer Program acceptance letters have been mailed out. Make sure to get your forms signed and submitted before the April 12 deadline. If you applied, but didn't receive an acceptance letter, you have been placed on a waiting list. I encourage you to work hard and apply again next year.

We will soon be sending out instructions on how to get admitted to UVU, and how to register for classes. This year our students will be taking American Heritage (POLS 1000), and Humanities (HUM 1010), and our seniors will also be taking Library Research (SLSS 1050). Our students will be earning 6-7 college credits in four weeks. **Our Mandatory Parent Meetings will be held Monday May 13, and Tuesday May 14, at 7pm. Please plan to attend one of the meetings. Look for more information coming soon.**

Students, I would encourage you to work hard the next couple of months. I know that you are tired and ready for summer to be here. These next few months are going to fly by. Keep working hard on keeping your grades up and making up credits if you need to.

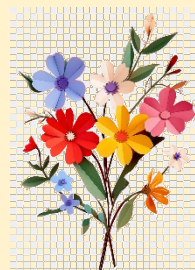
Seniors, please make sure to work with your UB Advisor if you haven't already. They are there to help you get everything prepared so that you are ready to go to college in the fall. I am sure you have heard it tons of times already, but completing the FASFA and applying for scholarships can help you pay for college, and many times debt free.

**-Rebecca Ayala, UB Coordinator-**

## 2023-2024 UB ADVISORS:

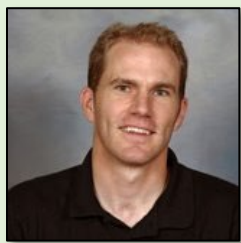
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# NEWS from our UB ADVISORS



## UINTAH HIGH SCHOOL

Choosing the right path after high school can be a daunting task. Thankfully there are plenty of resources available to you that you can turn to for help in identifying the correct path for you.

Over the past month we have been exploring tools and features of YouScience. YouScience is an online platform designed to help individuals discover their unique strengths, interests, and potential career paths. Through a series of exercises and assessments, YouScience analyzes a student's cognitive abilities, personality traits, and interests to provide personalized insights and recommendations.

YouScience is available for free to all Upward Bound students. I hope that as we've dived into YouScience over the past month, you're now motivated to utilize the resources and information that YouScience has to offer.

Discovering possible career paths that fit your personality, abilities and skill set during high school can save you a lot of time and money as you pursue a college education. If you identify possible career paths early on, you'll know which degree programs to pursue and can be confident that you are pursuing the correct college education for yourself.

To those of you who are participating in our Spring Activity, please be sure to turn in your activity liability waiver as soon as possible. The Spring Trip will be here before we know it!

For those of you participating in the summer program, remember your paperwork is due on Friday, April 12.

**-Brandon Aycock, UB Advisor-**



## OREM & PROVO HIGH SCHOOLS

Meet Pamela Gardner, a vibrant professional celebrated for her adaptability and unwavering commitment to making a difference in educational and organizational realms. With a knack for spotting details and a genuine passion for tackling challenges head-on, Pamela is the epitome of a team player, always eager to elevate every project she touches.

Pamela's journey into the world of education began with a Bachelor of Science in History Education from Utah Valley University, where she laid the groundwork for what would become a fulfilling career. Fueling her passion for learning, she embarked on a path of continued education, earning a Master of Science in Curriculum and Instruction, with a specialization in both curriculum development and special education, from Western Governors University. Her thirst for knowledge didn't stop there; Pamela pursued another master's degree in School Counseling from Rocky Mountain University of Health Professions, further enhancing her expertise in supporting student success.

Throughout her professional adventures, Pamela has worn many hats, each one reflecting her innate leadership qualities. As a Sophomore Counselor/Teacher at Itineris Early College High School and an Academic Advisory/Teacher at New Haven RTC, Pamela didn't just teach Honors/AP World History classes—she became a trusted mentor and confidante for her students. Whether guiding them towards academic achievements or offering a listening ear during tough times, Pamela's impact extended far beyond the classroom. Her knack for crafting customized curriculum plans and implementing innovative teaching strategies played a pivotal role in empowering students to reach their full potential.

Beyond her impressive resume, Pamela is a warm and approachable individual who values connection and collaboration. Her genuine enthusiasm for fostering a supportive learning environment shines through in every interaction, making her a beloved figure among colleagues and students alike.

**-Pamela Gardner, UB Advisor-**

# MORE NEWS from our UB ADVISORS



## UNION HIGH SCHOOL

Once again, we are nearing the end of the school year. SENIORS your most important job right now is applying for scholarships! You should also be watching for registration dates and securing your housing for fall. If you need help reach out to your Upward Bound advisor.

The rest of you keep those grades up. Start looking for a summer job and look for service opportunities as well. All these simple things will pay off big when you are searching for scholarships.

Do any of you have a younger sibling or friend that will be in ninth grade next year? We would love to have you recommend them for the Upward Bound program. We can have them fill out an application now so they can start with us when school starts in the fall.

Each of you qualify for ACT waivers as part of the Upward Bound program. Don't wait! If you are a junior or sophomore plan on taking the ACT a couple of times in the next 9 months. ACT waivers also include test prep on the ACT website. You get those 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

Hello parents and Upward Bound Students!

As we wrap up winter and gladly welcome spring, I want to make note of a few upcoming important dates!

Last day of school at WHS: Friday, May 24

Summer program dates: June 3-28

Summer trip dates: July 1-3

Students, we are now officially on the countdown to summer break. Spring is always a good time to check in on your grades. If you need help in a class, there is still time to work with your teachers and your Upward Bound Advisor. Additionally, if you are a junior or senior, I recommend you start thinking about a summer internship. Internships are such good opportunities to bulk up your resume, make connections in the community, and try out a job in the field you have some interest in. One place to look for local internships is on [www.indeed.com](http://www.indeed.com). You can also ask neighbors and friends or even pick up the phone and call some local businesses! Your Upward Bound Advisor would be happy to brainstorm some ideas with you.

Parents, if your student is planning to attend the summer program, we will reach out to you with a date for our mandatory (parent/student) zoom call regarding all things summer program (classes, housing, rules etc.) Never hesitate to reach out to your student's Upward Bound Advisor if you have any questions or concerns or if there is anything we can do to help.

**-Emily Nelson, UB Advisor-**



# 2023-2024 UB PRESIDENCY MESSAGE



Hello, fellow Upward Bound students. The end of the school year is approaching, and these times may feel uncertain or exciting. Seniors may feel unsettled about heading off to college yet excited for the next step of life. Juniors may feel distressed about the SAT or ACT yet thrilled about the final push during their senior year. First and second-year students may feel uneasy about their finals yet excited for the Summer. Whatever the case, be assured that there are many opportunities ahead, and let us all maintain a steadfast approach to learning with a certain sense of optimism. Upward Bound, being a considerable resource for low-income and first-generation students, has had many updates regarding the Spring Activity and the Summer Program:

Recently, Upward Bound sent acceptance letters for the Upward Bound Summer Program to those accepted. Try to maintain consideration for the letter, as it contains noteworthy details regarding the Summer Program at Utah Valley University.

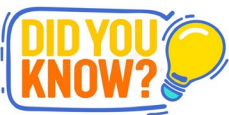
The Spring Activity will take place on the 22nd of March. The Spring Activity will include a trip to the Natural History Museum, a play at the Hale Center Theater, and a college tour.

Lastly, for those seniors who will be attending college in the fall, please fill out your FAFSA and, if you are going to a private school, your CSS Profile. These financial aid forms can assist you in financing college. I recommend you apply for scholarships, as they can also finance your education.

Let us finish strong!

**-Jacob Knox, UB President-**

## DID YOU KNOW?



For those of you who are thinking of attending UVU in the fall, there is now freshmen housing available.

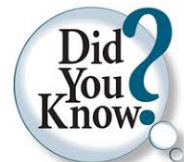
For more information visit:

<https://www.uvu.edu/housing/freshman-housing-program/index.html>



College graduates are half as likely to be unemployed as their peers who only have a high school degree. Typical earnings for bachelor's degree holders are \$36,000 or 84 percent higher than those whose highest degree is a high school diploma. College graduates on average make \$1.2 million more over their lifetime.

<https://www.aplu.org/our-work/4-policy-and-advocacy/public-values/employment-earnings/>



Many institutions have started to offer online classes. Additionally, some schools are 100% online, like the University of the People. This means that no matter where you are, you just need internet access to be able to attend class and take tests.

<https://www.uopeople.edu/blog/college-fun-facts-that-will-surprise-you/>



# DID YOU KNOW?

## DID YOU KNOW?

### **FASFA Troubleshooting issues or glitches:**

- Common problems: Many students may encounter minor problems as they are filling out the FAFSA, such as being unable to move forward, getting kicked out of the FAFSA, unable to load the page, and many more problems. Sometimes these issues can be quickly resolved by doing a couple of things. (This is my go-to when I don't have an answer on how to fix the error or glitch.)
  - Clear cache and cookies off the browser. This can help remove any items that could be causing the studentaid.gov to glitch or not work. Here are [instructions](#) to clear cache and cookies off Google Chrome.
  - Try a different browser. Other browsers that could work are Firefox, Safari, or Microsoft Edge. However, studentaid.gov normally works best on Google Chrome.
  - Try a different computer or device, or restart the device used.
  - Try a different internet.

### **Contacting Federal Student Aid:**

- I know we have had many issues getting ahold of Federal Student Aid's Information Center (FSAIC). I've heard of parents or students being on hold for hours and then getting hung up on, I've heard of Federal Student Aid not answering, and many other stories. So, how do you get ahold of them if they won't answer? If you have any students or parents that need to call, I highly recommend calling early in the morning right when the FSAIC opens. Families and counselors have had some luck getting ahold of them early in the morning.
  - Here are their hours of operation in Mountain Standard Time:
    - Monday–Friday: 6 a.m.–8 p.m.
    - Saturday: 9 a.m.–3 p.m.
    - Sunday: Closed
    - Closed on all federal holidays.
    - FSAIC Phone Number: 1-800-433-3243
  - Some questions may also be answered by using the FSAIC's Live Chat: <https://studentaid.gov/help-center/contact>

