

The Upward Bound NEWS

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TRIO
UPWARD BOUND



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[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 2023-2024 TEST DATES

December 9, 2023
February 10, 2024
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 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.

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 each of you can see the benefits of UB and take full advantage by participating in the 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. Please use them as a resource. They are in the schools to help you succeed.

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 for 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. Also, preparing for the ACT and keeping your grades up. These things will help you when you apply to college. I hope you have a wonderful Holiday Season.

-Rebecca Ayala, UB Coordinator-

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NEWS from our UB ADVISORS



UINTAH HIGH SCHOOL

Over the past few weeks, we've been discussing the importance of self-care during our weekly meeting.

It's crucial to carve out time for something that often takes a backseat in our busy lives: self-care. Taking care of your well-being is not just a luxury; it's a necessity.

Below are some strategies we have discussed in addition to some other strategies for self-care:

- Get adequate and high-quality sleep: Establish a consistent sleep routine and try to get 7-9 hours each night. Quality Sleep enhances concentration, memory, and mood.
- Manage stress: instead of letting stress overwhelm you, find ways to deal with it. Take short breaks when studying or doing homework, exercise, and take time to do things that you enjoy.
- Balance academics and personal life: Avoid overloading your schedule with too many extracurricular activities or academic commitments. Set realistic goals, prioritize your time, and remember that it's okay to say no sometimes.
- Take care of your health: Eat healthy and avoid consuming too much sugary and processed food. Also, drink plenty of water to stay hydrated.
- Make time for hobbies and interests: Make time for activities you love, whether it's playing a sport, reading, painting or an instrument. Engaging in hobbies provides a healthy outlet for stress.

With the trimester coming to an end and a new one beginning soon, it's so important to take time out of your busy schedule for self-care. You'll be better able to manage the ensuing chaos that is inevitable. Please take care of yourselves and let me know if there is anything I can do for you. Also, please come to our weekly meetings. It's been a while since I've seen some of you! We meet every Tuesday after school in the Fishbowl.

-Brandon Aycock, UB Advisor-



OREM & PROVO HIGH SCHOOLS

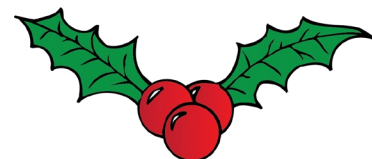
November is a great time to focus on gratitude. A few good habits to include in your daily routine include reminding yourself of 3 things you are grateful for. I'm grateful for my family, my faith and of course, the students I get to work with! It's a joy to watch you take on new challenges and excel.

My goal this year is to help our seniors apply to a minimum of 3 colleges and 3 scholarships. If you're a senior, you still have time to apply to college! I send scholarship information about every week. You can do it and you have so many resources available to you! Juniors, this is a big year for getting ready to take a course load of CE/DE classes next year. You should have some now and you should be planning how you can fill your schedule with them next year.

Sophomores, you're no longer the new students in high school! This is the year a lot of students start to have trouble with SM2. If you need help, let me know! We can find tutoring resources to keep those math grades up.

Freshmen, you've got 1 quarter of high school done. It goes by quickly, so set those good study habits as well as take the time to have a little fun - find a club, try out for a sport or a play/musical! Now is the time to try new things that can impact the rest of your time in high school!

-Marianne Overson, UB Advisor-



MORE NEWS from our UB ADVISORS



UNION HIGH SCHOOL

Hello all,

As we head into a new year it is a fantastic opportunity to strive to do and be better. Here are a few thoughts on things you can do to make your time in high school and the Upward Bound program more meaningful.

Take full advantage of the Upward Bound program! Do you turn in your monthly stipend? Are you planning to go to the summer program? Are you letting your advisor help you with your grades and college applications and scholarships? What more can we as advisors do to help you? Let your advisor know what they can do best to help you. That is what we are here for!

Use the Upward Bound waiver to sign up for the ACT. When you sign up with the waiver you get free study helps. There is an app for your phone as well as online study resources. Sign up for the next ACT and start studying! Scholarships are linked to that ACT score.

YouScience is a resource provided to all junior high and high school students in Utah. It helps you as you are deciding what college to go to and what to major in. YouScience is a great resource. Ask your advisor if you would like to find out more.

Look at all the resources Upward Bound has to offer and make the most of your time in Upward Bound!

-Audrey Goodrich, UB Advisor-



WASATCH HIGH SCHOOL

We have had a busy fall at Wasatch High! Seniors have been working hard on applying to college and filling out scholarship applications! We are excited to see what the next chapter is for this amazing group of students!

Our sophomores and freshmen have been eager to work on resumes, learn more about their learning styles, and discuss different study habits that will help them excel this year. They have also been amazing cheerleaders for the senior class as they watch them prepare for graduation!

We are excited to welcome our new freshmen class and show them the ropes of Upward Bound!

Students just completed first term and they are all working hard to finish this semester off strong!

-Emily Nelson, UB Advisor-



2023-2024 UB PRESIDENCY MESSAGE



Stephanie Canela
Lopez- VP

Hey everyone, I hope you've had a good first semester so far. With the holidays coming up soon let's make sure we get our grades up and looking how we want them to, so that we're able to relax and enjoy the time off we get. Seniors, please make sure to get your applications in as soon as possible, and if you need any help ask your advisor. Keep up the good work you guys and make sure to attend the weekly meetings. You've got this!

-Stephanie Canela Lopez, UB VP-



DID YOU KNOW?

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Out-of-state tuition can be **EXPENSIVE**. If you would like to attend a college outside of Utah, you need to know about Western Undergraduate Exchange. The Western Undergraduate Exchange (WUE) is an agreement among WICHE's 16 members, through which 160+ participating public colleges and universities provide steep nonresident tuition savings for Western students.

Source:

<https://www.wiche.edu/tuition-savings/wue/>

DID YOU KNOW?

Self-care can help students adapt to change, build strong relationships, and recover from setbacks. Respondents in a national survey cited the benefits of self-care as enhanced self-confidence (64%), increased productivity (67%), and higher levels of happiness (71%).

Source:

<https://timelycare.com/blog/the-importance-of-self-care-for-college-students/>



Gratitude improves psychological health.

Gratitude reduces a multitude of toxic emotions, ranging from envy and resentment to frustration and regret. Robert A. Emmons, Ph.D., a leading gratitude researcher, has conducted multiple studies on the link between gratitude and well-being. His research confirms that gratitude effectively increases happiness and reduces depression.

Source:

<https://experiencecele.com/the-facts-of-gratitude-the-numerous-physical-and-mental-health-benefits-of-gratitude-practice/>

