

# 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)



## ACT 2024-2025 TEST DATES

February 8, 2025  
April 5, 2025  
June 14, 2025  
July 12, 2025

## 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 the 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.

Happy New Year! We are currently accepting applications for our UB Summer Program. Here is the link to apply [https://uvu.qualtrics.com/jfe/form/SV\\_ZsvijNnwpuD65](https://uvu.qualtrics.com/jfe/form/SV_ZsvijNnwpuD65). They are due January 31, 2025. 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 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 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-

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# NEWS from our UB ADVISORS



## UINTAH HIGH SCHOOL

High school can be tough, and it's easy to feel overwhelmed when the work piles up and the pressure builds. But remember, every challenge you face is an opportunity to grow stronger, smarter, and more capable. Stay focused, keep pushing, and remember that the effort you put in today will pay off in the future. Your hard work is an investment in your dreams and goals—don't give up now when you're so close to achieving what you've worked for.

To the seniors—this is a pivotal time in your life! You're standing on the brink of exciting new possibilities, and getting ready for college is a huge milestone. Start preparing now. Focus on your applications, get your documents together, and make sure you're on top of deadlines. The next chapter is yours to write, and the steps you take now will shape your future.

And don't forget about scholarships! There's free money out there waiting for you, and every bit helps. Take the time to research and apply for as many scholarships as possible. There's no reason to leave money on the table that could help reduce your college costs. It's your future, and the more effort you put into securing scholarships, the less you'll have to pay in the long run. Make sure you don't miss out on this vital opportunity.

Here are links to a few available!

<https://app.ktsutah.org/tabs/scholarships>

[https://docs.google.com/spreadsheets/d/13L9IO9\\_6Okjy2hRLsM4GHtNpW2qlWwBcnCGu93Oj\\_4g/edit?usp=sharing](https://docs.google.com/spreadsheets/d/13L9IO9_6Okjy2hRLsM4GHtNpW2qlWwBcnCGu93Oj_4g/edit?usp=sharing)

You've got this. Keep going, stay determined, and remember—your success is built on the choices you make today!

**-Cassie Gledhill, UB Advisor-**



## OREM & PROVO HIGH SCHOOLS

Hello everyone, I hope you enjoyed your holidays.

### Attention Seniors:

Make sure you complete your FAFSA as soon as possible! Many scholarships require a completed FAFSA as part of the application process. Additionally, please complete the survey I sent out to track your scholarship applications and FAFSA completion. Right now, the schools are tied, with only three seniors reporting their totals so far—let's see those numbers grow!

### For Everyone Else:

Take some time to carefully review your transcripts for any errors and to track your progress toward graduation. This is a crucial step to ensure you're on track. Also, don't forget to actively search for scholarship opportunities—they're out there waiting for you!

**-Pamela Gardner, UB Advisor-**



# MORE NEWS from our UB ADVISORS



## UNION HIGH SCHOOL

It's a new year with new opportunities! First, seniors, 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 Program application deadline is January 31<sup>st</sup>. The application can be completed online. Please see the weekly emails that I've been sending you for a link to the application.
- The Spring activity will be on Friday, April 11. A deposit will be required. However, your deposit will be returned to you on the morning of the activity. More information about the Spring activity will be provided to you soon. Just know that it will be worth your time to attend.
- Juniors, you will be taking the ACT at Union High School March 11-12. Additionally, the ACT is being offered at Uintah High School on February 8. It's not too late to sign up for it. And please remember, I have fee waivers that you can use to waive the registration fee.

**-Brandon Aycock, UB Advisor-**



## WASATCH HIGH SCHOOL

Dear Upward Bound Students,

Welcome to the new semester! This is a fresh start, and a great opportunity to refocus and set new goals for your success. Remember, consistency is key to set aside time each day to review your notes, complete assignments, and get ahead in your studies. Don't hesitate to reach out to your Upward Bound advisor if you need any help with homework or academic support. We're here for you!

Seniors, this is your final semester—let's finish strong! You've made it this far, and with a little extra focus and determination, you can accomplish everything you set out to achieve. Keep your eyes on the prize, stay organized, and know that you're capable of greatness. We believe in you!

**-Emily Nelson, UB Advisor-**





# 2024-2025 UB PRESIDENCY MESSAGE



Hi friends! I hope you all are enjoying this new semester so far! We are getting so close to the end of the year and new chapters for everyone. Seniors, just 4 more months until graduation- time will fly by so quickly. Keep your heads up and continue striving for the goals you want to achieve. Keep applying for scholarships and complete your FAFSA! With school coming to an end, the summer program is getting closer. I recommend everyone to apply; it is an amazing experience filled with wonderful memories. I hope all of you continue to push yourselves in school to reach your maximum potential. If you ever need help or advice, ask your advisor. To wrap this up, I want all of you to remember who you are and what you stand for.

-Arelli Retamales, UB Secretary/Historian-

## DID YOU KNOW?

### DID YOU KNOW?

#### College Degree

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>



### DID YOU KNOW?

#### 4-Year Universities

A four-year university offers engaged learning experiences that combine core curriculum, major-specific courses, hands-on practice, critical thinking, and collaborative projects.

You can earn a bachelor's degree in four years while studying a wide range of subjects. Universities offer campus life with sports, clubs, and residence halls.

After graduation, you can enter the workforce or pursue a master's degree or Ph.D. Some of the 4-year universities in Utah even offer associate degrees.

##### Best option for those who:

- Are looking for a career that requires a bachelor's degree (like teaching, engineering, or marketing).
- Enjoy learning through real-world experiences in a variety of learning methods that include discussions, labs, group projects, internships, lectures, and experiential learning opportunities.

Source <https://admitutah.org/>



#### Boosting Student Success: The Power of Reviewing Goals and Transcripts

Did you know that regularly reviewing academic goals and transcripts can significantly enhance student success? Reflecting on progress helps students identify strengths, address challenges, and adjust their strategies to achieve long-term objectives. Research shows that students who set specific, measurable goals are more likely to stay on track for graduation and improve their academic performance.

Comprehensive learner records, which include both academic and co-curricular achievements, provide a holistic view of a student's development. These records not only help students track their progress but also prepare them to articulate their skills for future opportunities.

Academic advising further supports success by helping students set realistic goals, understand degree requirements, and develop actionable plans. This personalized guidance fosters informed decision-making and boosts motivation.

Taking time to review goals and transcripts can transform academic challenges into opportunities for growth. Encourage students to make this practice a part of their routine—it's a simple step with big rewards!

Goodman, J., & Humphreys, B. (2022). *Academic advising and its impact on student success*. ERIC. Retrieved from

<https://files.eric.ed.gov/fulltext/EJ1347870.pdf>  
EDUCAUSE. (2021). *Learner-centered advising for student success: Leveraging backward design, collaboration, and the LMS*. Retrieved from <https://er.educause.edu>

# Alumni Spotlights



**TRiO**  
ALUMNI

My name is Jennifer Galindo Enriquez, and I live in Santaquin, Utah, with my loving husband, whom I've been married to since 2014, and our two sweet daughters, ages 4 and 7. Being their mom is one of my greatest joys and motivates me to be my best every day.

During high school, I had the privilege of participating in the TRIO program, which was a pivotal moment in my life. The incredible counselors there opened my eyes to the value of education and the countless opportunities that come with it. They inspired me to work hard, dream big, and strive to be the best version of myself. Thanks to their guidance, I developed a deep appreciation for education, which has shaped my path and fueled my desire to help others whenever I can.

I hold a Bachelor of Science in Business and a master's in business administration. Along the way, I've earned several certifications, including notary, project management, and translation licenses. For the past decade, I've built a successful career in finance, banking, real estate, and business management. Beyond my professional work, I volunteer as a coach for elementary sports, including my daughters' teams, which brings me immense pride and joy.

My advice to anyone reading this is to see education as a life-changing opportunity. Take it seriously and embrace the resources available to you now—they won't always be there. Most importantly, find joy in what you do, and use your talents to make a meaningful impact on others' lives. For me, that's the heart of success.



**TRiO**  
ALUMNI

My name is Arlene Loera. I participated in Upward Bound and graduated high school in 2015. I have a bachelor's degree from Utah Valley University and master's degree in social work from The University of Utah.

Upward Bound significantly helped set me up for success. It not only prepared me by allowing college credits to be earned during high school but also by giving me the opportunity to experience what college would look like. I was able to live at the apartments and take classes during Upward Bound's Summer Program. This is when I learned about UVU's Honors Program which was one of the next best decisions I made. The Honors Program paid for half of my tuition every semester and allowed me educational/personal experiences that I otherwise would have not participated in.

My advice to new participants would be to begin preparing for your future now. Don't wait. Enjoy the journey and make memories along the way with the special people in your life. Find what you're passionate about and go for it.

I wanted to share that six months ago I was promoted to a therapist supervisor for the Utah Department of Corrections. My office provides substance abuse services to individuals on probation and parole as well as supervision by the agents. The reason this promotion means so much to me is because I am the youngest supervisor in the entire department. I found my passion and I am excited to keep progressing and learning more.



# UB Senior Cord Graduation Requirements & Points



**To earn a graduation cord, earn 12 points by the May 1, 2025 deadline**

TASK TO COMPLETE	POINT VALUE	EARNED
1. FASFA completion	1 point	
2. Senior Resume (with photo) submission	1 point	
3. Apply to college	5 points	
a. Apply to a college in Utah (1 pt each, 3 pts max)		
b. Apply to a college outside of Utah (2 pts each, 2 pts. max)		
4. Apply for scholarships	5 points	
a. Application to a scholarship that requires an essay (1 pt each, 3 pts max)		
b. Application to Daniels Fund Scholarship (2 pts, 2 pts max)		
5. Check in with advisor (monthly) re: Sr. Guide Checklist	1 point	
6. UB: attend 1 summer program over 4 years, or ETS: attend mini college trip	2 points	
7. Submit a student spotlight to advisor with photo (Sr. yr.)	1 point	
8. Take the ACT	3 points	
a. First time (1 pt), Retake ACT (2 pts), 3 pts max		
9. Attend GGA's in senior year (ETS 6, UB 10)	1 point	
10. Complete Senior Exit Survey	1 point	
11. Register for National TRiO Alumni Association with COE	1 point	
12. Recruit one "both" student into either ETS or UB	3 points	
a. Each application is 1 pt, 3 pts max		
	<b>25 points possible</b>	

I certify, as the **TRiO** Academic Advisor for \_\_\_\_\_ (student name),  
that named student has earned at least 12 points to earn a 2025 graduation cord from the UVU **TRiO**  
Program. Signed,

Approved  
09/23/2024

Academic Advisor Signature

Date