The Upward Bound NEWS

March 2025
Volume 33 Issue 4

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

Upward Bound Staff
UVU Campus

TRiO Director
Dr. Michael M. Campbell
Email:mcampbell@uvu.edu
Phone: 801-863-8569

Coordinator
Rebecca Ayala
Email: diazre@uvu.edu
Phone: 801-863-7216

Administrative Assistant
Kasha Farmer
Email: kfarmer@uvu.edu
Phone: 801-863-7414

CHECK US OUT:

Website: uvu.edu/trio/ub/

uvu.upward.bound

Upward Bound UVU

ACT 2024-2025 TEST DATES

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.

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 11 deadline. If you applied, but didn't receive an acceptance letter, you have been placed on a waiting list.

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 University Student Success (SLSS 1000), and Public Speaking (COMM 1020), 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 12, and Tuesday May 13, 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.

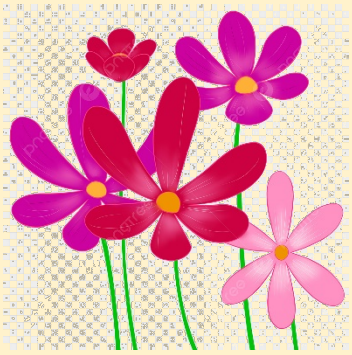
Seniors, please make sure to work with your UB Advisor if you haven't already. They are there to help you get everything prepared so that you are ready to go to college in the fall. I am sure you have heard it tons of times already, but completing the FASFA and applying for scholarships can help you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

-Rebecca Ayala, UB Coordinator-

2024-2025 UB ADVISORS:

Pamela Gardner
Orem/Provo
385-204-3343
pamelag@uvu.edu

Emily Nelson
Wasatch
760-331-3767
Enelson@uvu.edu



Brandon Aycock
Union
435-724-2659
Brandon.aycock@uvu.edu

Cassie Gledhill
Uintah
Cassie.Gledhill@uvu.edu

NEWS from our UB ADVISORS

UINTAH HIGH SCHOOL

The March Drag: How to Stay Motivated and Finish Strong
March is here, and let's be honest—it can feel like the longest month of the school year. The excitement of the new semester is long gone, spring break feels just out of reach, and the end of the year still seems far away. It's easy to fall into the dreaded "March Drag," where motivation starts to slip, assignments pile up, and energy levels dip. But don't worry—you're not alone, and you can push through! Here's some ideas to finish the school year strong.

1. Set Short-Term Goals
Thinking about making it all the way to June can feel overwhelming, so break it down. Set small, achievable goals for each week. Whether it's finishing a book, acing a quiz, or simply completing all your homework on time, these little victories will keep you moving forward.

2. Find a Routine That Works for You
If your schedule has gotten messy, now's the time to tighten it up. Set a consistent sleep schedule, designate specific study times, and make time for breaks. A well-planned routine can make a huge difference in keeping you focused and reducing stress.

3. Reward Yourself
Give yourself something to look forward to. After finishing an assignment, reward yourself with a short break, a favorite snack, or time with friends. Knowing there's a reward at the end can make even the most boring tasks more manageable.

4. Change Up Your Study Space
If you always study in the same spot, you might start feeling stuck in a rut. Try switching it up—move to a different room, head to the library, or even go to a park. A fresh environment can boost focus and productivity.

5. Remember Your 'Why'
When you start losing motivation, remind yourself why you're doing this. Whether it's working toward a college acceptance, a dream career, or just proving to yourself that you can do it, keeping your goals in mind can help you push through.

6. Keep Your Eyes on the Prize
The school year isn't over yet, but the finish line is in sight! Each day you push forward brings you one step closer to summer break, graduation, and all the rewards of your hard work. Keep going—you've got this!

March may feel like a challenge, but with the right mindset and strategies, you can stay motivated and finish strong. Stay focused, stay positive, and keep moving forward!

-Cassi Gledhill, UB Advisor-

OREM & PROVO HIGH SCHOOLS

Developing meaningful connections now can open doors for scholarships, internships, job opportunities, and more. Think of it as building your professional "circle" that can support and guide you through the years ahead.

Why Networking Matters:
It opens doors: Networking helps you connect with people who can help you land internships, scholarships, and future job opportunities.

You'll learn from others: Networking provides valuable insights from those who have gone through what you're experiencing or have expertise in areas you're interested in.

It builds confidence: Talking to new people and building relationships helps you grow your communication and interpersonal skills.

It can give you an edge: High school is a great time to meet professionals, mentors, and others who might be influential as you work toward your career goals.

How to Start Networking in High School:
Connect with teachers, counselors, and mentors: They have connections and can be great sources of guidance.

Attend career fairs and events: Networking doesn't just happen online—meet people in person at events, workshops, or even after school activities.

Scholarship update:
Orem
Applied to scholarships: 60
Award Offers: $65,500- with 2 seniors reporting funds

Provo
Applied to Scholarships: 60
Award Offers: $30,000 - with 2 seniors reporting funds

-Pamela Gardner, UB Advisor-

MORE NEWS from our UB ADVISORS

UNION HIGH SCHOOL

I hope the third quarter has been going well for all of you! With just over a week left, I know it can be challenging to stay motivated at this time of year. However, the school year will be over before we know it, and now is the time to push through.

One great way to stay on track is by setting goals with a rewards system. Establish both short- and long-term goals for yourself and be sure to reward yourself along the way. Staying focused now will help you finish the school year strong.

Seniors, if you haven't completed the FAFSA yet, I strongly urge you to do so. Even if you don't plan to attend college this fall, completing the FAFSA keeps your options open—you can defer awarded funds for future use. Remember, as part of Upward Bound, you committed to submitting the FAFSA and applying to at least one college. Please follow through on this commitment for your own future! The longer you put off college, the harder it becomes to take that next step. Don't miss out on opportunities that could shape your future.

If you need any assistance, don't hesitate to reach out.

-Brandon Aycock, UB Advisor-

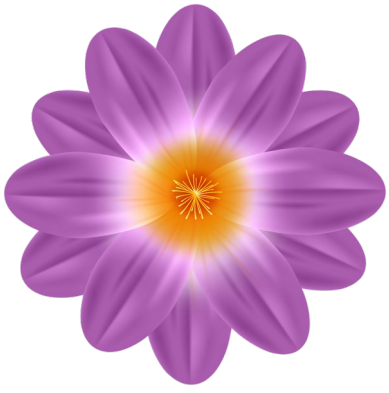
WASATCH HIGH SCHOOL

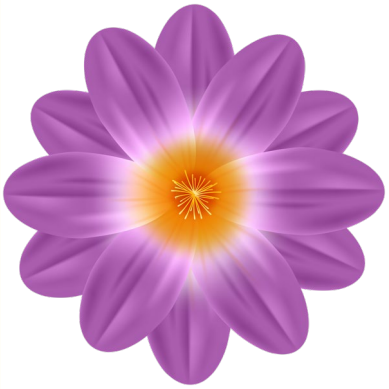
Hey Upward Bound students! As the school year starts winding down, it's the perfect time to plan for the summer and beyond. If you haven't already, there's still time to apply for the amazing summer program. If you haven't been, I encourage you to apply! It will boost your college credits, help you explore new interests, make new friends, and be a huge addition to your resume!

Sophomores and juniors—don't forget to register for the ACT! It's an important step for college admissions, and with enough prep, you'll feel confident and ready. Don't forget, your registration fee is waived because you are in Upward Bound. Talk to your advisor to get the waiver.

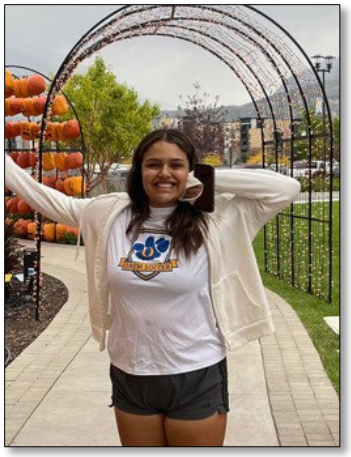
Keep hitting the books and stay focused; your hard work now will pay off later!

-Emily Nelson, UB Advisor-





2024-2025 UB PRESIDENCY MESSAGE



We're in the final stretch of the school year. Sophomores and juniors, you should be near registration if you haven't already registered for school next year. I encourage you to take any possible CE classes and talk to your advisor, if you have any questions about these classes, and what your school offers.

Everyone, just a little more to go! Stay focused, stay on top of your classes, and finish strong. Your hard work is paying off, and the finish line is in sight. I am proud of all you, for all your accomplishments this year. A huge congratulations to those graduating this year, you've made it! For everyone else, I hope to see many of you at the Summer Program. Let's end on a high note!

-Melanie Rangel, UB President-

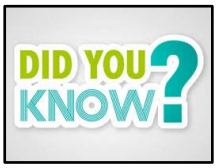
DID YOU KNOW?

15 of the top 20 fastest-growing professions demand advanced math or scientific foundation and skills.
https://www.beagreatteacher.com/daily-fun-fact/

Top Five Jobs:

1. Wind turbine service technicians
2. Solar Photovoltaic Installers
3. Nurse Practitioners
4. Data Scientists
5. Information Security Analysts

https://www.bls.gov/ooh/fastest-growing.htm



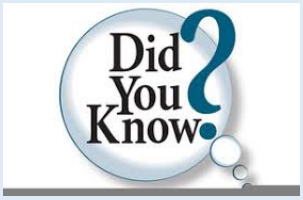
3 benefits of starting your college education at a community or technical college:

1.Community/technical colleges offer an affordable option for any students looking to advance their education beyond high school and earn a 2-year degree.

2.Take care of all the entry-level and/or prerequisite courses needed for a bachelor's degree. By completing those classes at the community college level, students will pay much lower tuition for those credits.

3.Community/technical colleges cater to students of all backgrounds and schedules. If students are working or have family to take care of, they are more likely to find classes available at different times of the day that fits their lifestyle than they would at a 4-year college or university.

Source: https://www.mefa.org/article/5-benefits-of-attending-community-college/



Recognizing that many students take the ACT more than once, a typical path from your first test to getting your highest scores might look something like this:

Fall of Junior Year: This is a popular time to take the ACT for the first time. It allows you to establish a baseline score, identify areas of improvement, and plan your subsequent preparation accordingly.

Spring of Junior Year: By taking the ACT again in the spring, you've given yourself time to build on your initial score and continue to refine your skills. This is particularly beneficial if you feel you need more time for preparation after your first attempt.

Fall of Senior Year: If you plan to apply early to colleges, taking the ACT in the fall of your senior year ensures your scores are available for submission. It also provides an opportunity to improve your scores further to maximize your scholarship prospects.

https://www.act.org/content/act/en/products-and-services/the-act/scores/when-to-take-the-act.html

Alumni Spotlight

TRiO ALUMNI

My name is Shaela Moore, and I attended Union High School, and graduated in 2008. After I graduated high school, I went to UVU and earned my associates. I then attended Weber State University and earned my bachelor's degree in social work. I decided to pursue a master's degree in social work and enrolled at Boise State University where I graduated with my master's degree.

The Upward Bound program provided the most influential experiences that pushed me to achieve all I have so far. It gave me the confidence to reach deep and aim high. Coming from a very isolated small community, I was introduced to more diversity than I had ever known up to that point in my life. I learned about new cultures, languages, people, and ideas.

Because of my experience with the TRiO program, I was accepted into a work study program my freshman and sophomore years of college which provided for me financially and allowed me to be involved in the student success realm of work; further motivating me to keep going when college became challenging.

I believe in this program so much, that I returned after a couple of years of college and became a TC for the Upward Bound summer program in 2011, giving me the opportunity to give back to a younger generation of students, and making wonderful friendships and connections.

For those who are new to Trio, my advice is to take in as much as you can. Participate fully in the school year programs, and especially the summer college camp. Its value is more than just college credits, it is connections with new friends, new ideas, and skills that you will recall later in life. You get out of it what you put into it. I have two siblings who were part of UB who never completed their education past a few semesters. That just goes to show you can't coast through it and come out on the other side with a degree and better paying job. You have to put in the work too, but just as important you need to have fun.

I never thought I would use speed reading (Sorry Michael Campbell), but it really came in handy when I had procrastinated an assignment in college, and even now in my professional work.

I just can't say enough good things about Upward Bound, the staff I knew who put up with my immature antics, both as a student and a counselor. It truly changes lives. I entered the program a shy scared little 15-year-old and left a confident young woman ready to take on my goals!

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		
	25 points possible	

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,

_____

Academic Advisor Signature Date

Approved
09/23/2024