

# The Upward Bound NEWS

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## COORDINATOR'S MESSAGE

Upward Bound Students and Families,

We are currently accepting new student applications. If you know someone who would be a great fit for Upward Bound, please encourage them to apply.



### Happy New Year!

We are excited to announce that applications for the **Upward Bound Summer Program** are now open!

This program offers an incredible opportunity to experience college life while still in high school. Over the course of **four weeks**, participants will earn **6–7 college credits at no cost**—a valuable head start on your academic journey.

**Application Deadline:** January 30, 2026

**Apply Here:** [https://uvu.qualtrics.com/jfe/form/SV\\_cRZsvljNnwpuD65](https://uvu.qualtrics.com/jfe/form/SV_cRZsvljNnwpuD65)

**-Rebecca Ayala, UB Coordinator-**



**Make sure to read what all the school advisors have to say. It's all good student information.**

## SCHOOLS SERVED

OREM HIGH  
SCHOOL  
PROVO HIGH  
SCHOOL



*Rachel Gardner*

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UNION HIGH  
SCHOOL



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UINTAH HIGH  
SCHOOL



*Cassie Gledhill*

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## ACT Test Dates:

February 14: **Deadline** January 9  
April 11: **Deadline** March 6  
June 13: **Deadline** May 8

July 13: **Deadline** June 5  
September 19: **Deadline** August 14  
October 17: **Deadline** September 11

Juniors & Seniors, sign up to take the ACT. Grab waiver from your UB Advisor, to take it for FREE.

<https://www.act.org/>

# NEWS AND UPDATES FROM YOUR ADVISOR

## FROM RACHEL IN OREM/PROVO



Dear Students and Families,

Welcome back, and happy new year. I hope everyone was able to slow down during the holidays, spend time with loved ones, and find moments of rest and connection. As we settle back into routines and look ahead to spring break and the end of the semester, this month's focus is health and wellness, with special attention to self-care. Returning to the rhythm of school can feel overwhelming. Short days, busy schedules, and academic pressure can take a toll, which is why caring for our bodies and minds is essential, not optional. Self-care does not have to be expensive or time-consuming. Small, consistent habits can make a big difference.

Movement is one powerful way to support both physical and mental health. This might look like walking, dancing, swimming, kickboxing, stretching, or simply getting outside for fresh air. Creative activities also offer meaningful rest. Reading, crafting, baking, cooking, or working on a hobby can help students decompress and reconnect with themselves. Another important self-care tool is mindful breathing. Taking a few minutes to pause, slow the breath, and check in with the body can help reduce stress and improve focus. Techniques such as box breathing, deep belly breathing, or guided breathing exercises can be practiced anywhere, even during a busy day. Families can support students by encouraging balance, modeling healthy boundaries, and making space for rest alongside responsibilities. Progress is not just about pushing forward; it is also about knowing when to pause and recharge. As we move toward spring, let's focus on caring for ourselves so we can finish the semester feeling supported, steady, and well.

## FROM EMILY IN HEBER

Happy 2026 and welcome back, Upward Bound students!

As we begin a new semester and a brand-new year, this is your fresh start—an opportunity to reset, refocus, and move closer to your goals. Setting goals is important because it gives you direction, motivation, and a clear sense of purpose, helping you turn your dreams into action. When I think about my goals, I like to try to include **health goals** (like getting enough sleep or staying active), **education goals** (such as improving a grade or staying organized), and **personal goals** (like building confidence or managing stress). Keep your goals simple but meaningful—small, consistent steps can lead to big changes over time.





Did you know? Planning early and asking for help can make a big difference in your success. -Cassie Gledhill-

## NEWS AND UPDATES FROM YOUR ADVISOR

### FROM BRANDON IN ROOSEVELT

It's a new year with new opportunities! First, seniors, it's five months before you graduate. If you haven't applied for admission to a college or university, please do so. Most, if not all the public universities and colleges do not charge an admissions application fee if you are applying as a first-time college freshman. Apply to ALL colleges and universities you are interested in and find out what they are willing to offer you. Many schools have admissions application deadlines. In all honesty, if you haven't applied for admission yet, you are behind on preparing yourself for your college education. You should be preparing to attend a college or university this Fall.

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 high school counselor. There are tons of scholarships that you can apply for as well. These scholarships have application deadlines. As always, see the counseling center for scholarship information. The UVU TRIO (half tuition) scholarship deadline is February 1. If you plan on attending UVU, be sure to apply for this scholarship.

**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 30. 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, May 8. 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 in March. Additionally, the ACT is being offered at Uintah High School on February 14. 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.



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>

## FROM CASSIE IN VERNAL



High school students across the country are taking important steps to prepare for life after graduation. From improving study habits to exploring future careers, students are learning skills that will help them succeed in college and beyond. Many schools now offer tutoring, college prep classes, and workshops that focus on time management and goal setting. These resources help students stay organized, improve grades, and feel more confident about their academic abilities. Students are also learning more about college life through campus visits, career fairs, and conversations with counselors. These experiences help students understand college expectations, financial aid options, and different career paths before making major decisions.

In addition to academics, high school students are developing leadership and communication skills by participating in clubs, sports, and community service. These activities help build confidence and prepare students for real-world responsibilities. As graduation approaches, students who plan ahead and use available resources are better prepared to achieve their goals and take charge of their future.



Did you know? Research by Dr. Gail Matthews at Dominican University of California found that people who write down their goals and share them with others are significantly more likely to achieve them than those who keep goals to themselves. <https://www.dominican.edu/sites/default/files/2020-02/gailmatthews-harvard-goals-researchsummary.pdf>

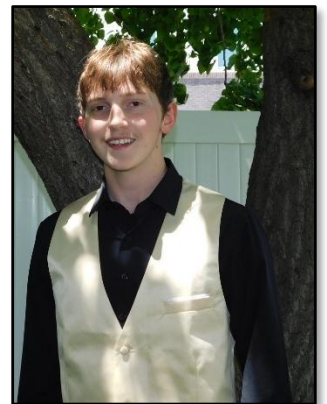
## UB PRESIDENCY MESSAGE

Hey guys! I am super excited to be serving as your Upward Bound Vice President this year. It's an honor to represent such a great and supportive group.

Being a part of Upward Bound has encouraged so much growth, success, and leadership from me. I look forward to helping create a positive experience and great year for us all.

Thank you for being so important and you. I can't wait to see what we accomplish this year!

-Ryker Christensen (Vice President)-



Did you know? Between January and March, Utah gains nearly two minutes of daylight each day. That slow return of light is one reason our energy can gradually improve as we move toward spring. Feeling tired right now is normal. Your body is still catching up with the season.

One simple way to support yourself is by spending time outdoors when you can. Try catching a sunrise, taking a short walk, or noticing how the light filters through wetlands, fields, or neighborhood trees. Even a few minutes of movement and sunlight can help regulate mood, focus, and sleep. Sometimes self-care looks like letting nature help carry you forward. -Rachel Gardner-