

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.



The Upward Bound office is busy preparing for our Summer Program, and acceptance letters have been sent. Please ensure all required forms are signed and submitted by the April 13 deadline.

Students, stay focused and continue working hard, these next few months will go by quickly. Keep your grades up and complete any credits you may need.

Seniors, be sure to meet with your UB Advisor to prepare for college this fall and remember that completing the FAFSA and applying for scholarships can significantly reduce college costs.

-Rebecca Ayala, UB Coordinator-



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

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ACT Test Dates:

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. Pick up a fee 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



I cannot believe it is already March! This school year is flying by, and we are quickly moving into an important time for many of our students, especially our seniors. First, a reminder to all students to keep attending your **GGAs (Group Guidance Activities)**. These meetings are an important space where we check in on grades, talk about goals, and make sure everyone is staying on track academically. They are also a great time to ask questions and get support.

For our **seniors**, the finish line is getting closer and there are a few important steps that should be underway right now. Seniors should have:

- Completed the **FAFSA**
- Started or submitted **scholarship applications**
- Applied to a **technical school, college, or university**

These steps help ensure you are ready for your next chapter after graduation. If you have already completed these items, great work. Keep it up. If you still have questions, feel unsure about your options, or need help getting started, please reach out. That is exactly what we are here for.

For families, thank you for continuing to support your students during this busy time of year. The transition from high school to the next stage can feel overwhelming, but students do not have to navigate it alone. Our team is always happy to help answer questions about applications, financial aid, scholarships, or planning next steps. As always, if you have questions or need support, please do not hesitate to reach out. I am here to help and want to make sure every student feels confident and prepared for what comes next. Let's finish the school year strong!

FROM EMILY IN HEBER

Wasatch High Upward Bound students—can you believe there are only **three months of school left**? This is the perfect time to check in on your grades, make a plan, and finish strong. If you need a boost, meet with your teachers and take advantage of staying after on Mondays for additional help. Show up for Excel every week and use it wisely. Small efforts now can make a big difference in your final grades. Let's stay focused and make these last months count!

Seniors, keep your head in the game—you're almost there! There are still some very important steps to complete. Be ready to apply for the Wasatch Education Foundation scholarships which open March 11. Make sure your FAFSA is submitted and confirmed, and don't forget to dial in your housing for next year—applications are now open for all Utah schools and require both an application and a deposit. Staying on top of these details now will make your transition to college smooth and stress-free.





Did you know? According to the National Center for Education Statistics, students who complete the FAFSA are significantly more likely to enroll in college compared to those who do not (NCES, U.S. Department of Education).

NEWS AND UPDATES FROM YOUR ADVISOR

FROM BRANDON IN ROOSEVELT

I hope the third quarter has been going well for all of you! With just a week remaining in the quarter and a few months in the school year, it can be difficult 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 stay focused and finish strong.

One effective way to stay motivated is by setting goals and creating a reward system for yourself. Establish both short-term and long-term goals and be sure to celebrate your progress along the way. Staying focused now will help you end the school year on a high note.

Seniors, if you have not yet completed the FAFSA or applied for college admissions, I strongly encourage you to do so as soon as possible. Even if you are unsure about attending college this fall, completing the FAFSA keeps your options open. If attending a large university is overwhelming to you, consider starting your college education at a community college or technical college. You can obtain an associate's degree or certifications, and credits can be transferred to a university. As part of the Upward Bound program, you committed to completing the FAFSA and applying to at least one college. Please follow through on this commitment—it is an important step toward your future. The longer you delay pursuing higher education, the more difficult it can become to take that next step. Don't miss out on opportunities that could make a meaningful difference in your life.

If you need help or have any questions, please don't hesitate to reach out.



FROM CASSIE IN VERNAL

March is a great time for students to reset, refocus, and build habits that will carry them through the remainder of the school year. As we move closer to the final stretch, it's important for students to take time to reflect on their goals and evaluate what is working well—and what may need adjustment.

One of the most effective strategies for student success is developing consistent routines. Creating a daily schedule for homework, studying, and extracurricular activities can reduce stress and help students feel more in control of their time. Even setting aside just 20–30 minutes each day for focused academic work can make a noticeable difference in understanding course material and preparing for upcoming assessments.

March is also an ideal time to practice self-advocacy skills. Students are encouraged to communicate with teachers, counselors, and support staff if they are struggling academically or emotionally. Asking questions, attending tutoring sessions, and checking in about grades are all proactive steps that can help prevent small challenges from becoming larger obstacles.

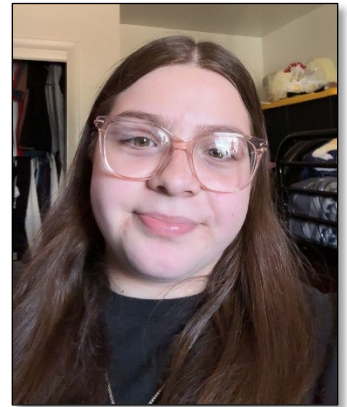
As spring approaches, motivation can sometimes dip. Staying involved in school activities, clubs, athletics, or leadership opportunities can help students remain connected and engaged. Remember, academic success is not just about grades—it's about growth, resilience, and learning how to overcome challenges. Let's make March a month of positive progress by setting realistic goals, staying organized, and supporting one another along the way!



UB PRESIDENCY MESSAGE

Hey friends, I hope everyone is doing well. We're coming close to the end of the school year. I know we're all tired and over school but now is not the time to slack. Turn your assignments in on time and keep those grades up. Make sure to finish strong! I look forward to seeing you all at the spring field trip and/or summer!

-Emily Mendoza, UB Secretary-



Did you Know? Research from the **American Psychological Association** shows that students who practice effective time management and organizational skills experience **lower stress levels and higher academic performance** compared to students who do not use structured planning strategies.

Source: American Psychological Association. (2014). *Improving Students' Relationships with Time*. Retrieved from: <https://www.apa.org>



A promotional banner for an event. The top half has a dark red background with white sparkles and the word "Reminder" in a white cursive font. Below it, the text "UPWARD BOUND SPRING ACTIVITY" is written in large, bold, white capital letters. Underneath that, "LIMITED SPOTS | MAY 8TH, 2026" is written in white capital letters. The bottom half of the banner features a yellow brick wall background. On the left, a green hand with blue-tipped fingers is reaching out. On the right, a pair of feet wearing blue socks and red high-heeled shoes is visible, reminiscent of the Wicked Witch of the West.

Seniors, remember the deadline to earn a graduation cord is April 1.

- Certificate & Cord created (for office use only)



To earn a graduation cord, earn 15 points by the April 1, 2026 deadline

STUDENT NAME: _____ **SCHOOL:** _____
 (Write your name clearly above as you would like it on your certificate) _____ Talent Search
 _____ Upward Bound

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		
REMEMBER BACK SIDE OF FORM MUST BE COMPLETED	25 points possible	

I certify, as the **TRiO** Academic Advisor for _____ (student name), that named student has earned at least 15 points to earn a 2026 graduation cord from the UVU **TRiO** Program. Signed,

_____ Academic Advisor Signature _____ Date

Revised
05/12/2025