

The Upward Bound NEWS

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OFFICE STAFF

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



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.



I want to extend my warmest wishes for a joyful holiday season to each of you. I am truly grateful for your commitment and participation in the Upward Bound Program. You are the reason this program exists, and it is a privilege to work alongside such dedicated students.

Upward Bound offers incredible opportunities for growth and success. I encourage you to take full advantage of the resources and experiences available to you and to recognize the long-term benefits this program can provide.

I would also like to express my sincere appreciation to our UB Advisors. Their hard work and dedication ensure that you receive the guidance and support you need. They invest countless hours sending communications, organizing meetings, and providing assistance. Please remember to use them as a resource—they are in your schools to help you succeed.

Wishing you all a wonderful holiday season and continued success in the year ahead!

-Rebecca Ayala, UB Coordinator-



SCHOOLS SERVED

OREM HIGH SCHOOL
PROVO HIGH SCHOOL



Rachel Gardner

Rachel.gardner@uvu.edu
385-309-2967

WASATCH HIGH SCHOOL



Emily Nelson

Enelson@uvu.edu
760-331-3767

UNION HIGH SCHOOL



Brandon Aycock

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

UINTAH HIGH SCHOOL



Cassie Gledhill

Cassie.gledhill@uvu.edu
435-790-1526



Juniors & Seniors, sign up to take the ACT.

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

NEWS AND UPDATES FROM YOUR ADVISOR

FROM RACHEL IN OREM/PROVO



Dear Parents and Students,

As the holiday season approaches, it can be easy to get caught up in spending. This month, we are focusing on financial wellness and how our money can reflect our goals and values.

In Upward Bound, we talk about setting SMART goals: Specific, Measurable, Achievable, Relevant, and Time-bound. Financial planning follows the same idea. Whether it is saving for college, budgeting for gifts, or learning how to use a checking account, small and intentional goals can make a big difference over time.

I encourage each of you to set one financial goal this month. It could be saving five dollars a week, creating a “wants versus needs” list before shopping, or comparing prices before making a purchase. Parents can support by sharing how they budget or plan for larger expenses.

This season is also a great time to reflect on how our financial goals connect to our values. The best gifts often come from thought and creativity rather than price tags. Homemade treats, handwritten notes, or repurposed items can carry more meaning than store-bought presents.

One of my favorite traditions is a book exchange with friends. We each read a book during the year, write notes in the margins, and then pass it on. It is a heartfelt and low-cost way to share something meaningful.

Financial literacy is about understanding what matters most and making choices that support those priorities. Let’s enter the holiday season with goals that build memories, not debt.

FROM EMILY IN HEBER

Hey everyone! As the days get colder and shorter, just a friendly reminder: keep pushing yourself to study, turn in that homework, and go the extra mile! These efforts and habits now shape your future opportunities!

Don’t forget to join me every Wednesday, after school in room 221 for our weekly GGA’s! Your hard work matters. Let’s finish strong this semester!





Did you know, students in Utah graduate with among the lowest average student-loan debt in the U.S.?
https://www.utahfoundation.org/wp-content/uploads/rr799.pdf?utm_source=chatgpt.com

NEWS AND UPDATES FROM YOUR ADVISOR

FROM BRANDON IN ROOSEVELT

I don't know about you, but I feel like it has been an extremely busy school year so far. I'm finding that I have to constantly consult my calendar and schedule very carefully. Even still I'm finding that my weekly schedule is tight and there is seldom enough time for everything. Prioritizing the most important things has become a necessity for me.

I would encourage all of you to plan carefully and prioritize the most important things in your lives and evaluate how you are using your time and what you are prioritizing. Concerning Upward Bound, I feel like we got off to a slow start. I apologize for that. With the threat of funding cuts looming, I was uncertain how to proceed this year. Be assured that Upward Bound has been funded for this academic year and operations will continue. Please continue to advocate for Upward Bound by letting our state representatives know how you have benefited from Upward Bound participation.



Please be sure to take advantage of all opportunities and benefits Upward Bound provides. Be sure to claim your stipends each month. Utilize the ACT waivers that Upward Bound provides. Attend meetings and check in with me on a regular basis. As of right now, the Spring Activity is scheduled for Friday, April 17. Put this on your calendar and plan on participating. As always, the Summer Program will take place during the month of June, and the summer trip will follow.



FROM CASSIE IN VERNAL

Across the country, high school students and families are paying closer attention to the rising cost of college as they prepare for postsecondary education. Recent reports show that tuition and living expenses continue to increase, prompting students to examine how financial factors may shape their college choices. College costs now extend well beyond tuition. Housing, meal plans, textbooks, transportation, and personal expenses make up a significant portion of a student's budget. For many families, these added costs can equal or exceed tuition itself, especially at out-of-state or private institutions.

Local counselors note a growing trend: more students are comparing colleges based not only on academic programs but also on total cost of attendance. Financial aid packages, scholarship availability, and net price estimates are becoming critical components of the decision-making process. Experts advise students to start exploring affordability early. Many are turning to online cost calculators, scholarship databases, and financial aid workshops to better understand their options. As college prices rise, careful planning and financial awareness are becoming essential steps in preparing for life after high school. Attend your UB meetings to get help with all your college questions and for help finding money to go to college.



Did you know, your university experience will likely expose you to career opportunities you didn't know existed? You may enter college with one career goal in mind, but after completing your studies, decide on something completely different.

<https://www.waldenu.edu/resource/ten-things-you-might-not-know-about-higher-education>



Did you know, through the initiative Admit Utah, every Utah high school graduate is **guaranteed admission to at least one of the state's public colleges or universities**, regardless of GPA?. [Deseret News](#)

This means that if you're finishing high school in Utah and are worried about grades or standardized test scores, you still have a path to higher education.

UB PRESIDENCY MESSAGE



Hey Upward Bound friends! I'm so honored to be your President this year! I'm excited to see all of you at the Spring field trip! Sophomores and Juniors, it's never too early to plan ahead! Please reach out to your advisors this month for guidance on your next steps. They can help you prepare for college applications, tests and more. Seniors, keep crushing those scholarship applications. Free money is good money! The end of the year is approaching quickly, but I can't wait to see you all at the Summer Program!

-Leslie Rangel-

