

The Upward Bound NEWS



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COORDINATOR'S MESSAGE

Upward Bound Students and Families,

I am thrilled to welcome you to a new school year. As many of you are aware, we have been working diligently to secure our grant funding for this upcoming year. We are pleased to announce that our funding has been approved, and we are excited to continue providing services and support to our students.

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



I wish you all a successful year. If you need extra help in a class, setting school and personal goals, or you are unsure what you need to do as a senior, please go to your UB Advisor for help. Upward Bound is here to help you with whatever challenge you may be facing. We are here to help you succeed. Please do not sit back and let this year go by without you pushing yourself to do better in all things. I am also here to help you with whatever help you may need. Here is to another great year!

-Rebecca Ayala, UB Coordinator-



SCHOOLS SERVED

OREM HIGH SCHOOL
PROVO HIGH SCHOOL



Rachel Gardner

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385-309-2967

WASATCH HIGH SCHOOL



Emily Nelson

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UNION HIGH SCHOOL



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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,

I can't believe the 2025–2026 school year is already here! I know we're starting off a little later than usual, and I'm so grateful for your patience as I step into this role. It's an honor to introduce myself and to begin working with each of you this year. Change can be challenging, but my hope is that this transition feels smooth and that we can build on the strong foundation already in place.

My name is Rachel Gardner. Some of you might be thinking, "Another Gardner?" That's right. After two years with Pamela as your advisor, now it's my turn! Pamela is my younger sister, and I'm so proud of everything she's accomplished here. I'm excited (and honestly a bit nervous) to follow her and carry on the good work she started, helping you navigate high school and take the next steps toward your future.

Right now, I am excited to be working with the students in Upward Bound and to help set you up for long-term success. I know the path toward higher education can sometimes feel overwhelming, especially with all the choices and changes that come with it. But that's exactly why programs like this exist. Together, we get to turn that uncertainty into opportunity. With a buddy system, clear measurable steps, and an honest understanding of who you are and what you want, I believe we can get you where you want to go. My promise is to be open and straightforward, to work hard for you, and to walk alongside you as you take these next steps toward your future.

A little about me: I am a college graduate, a land steward, writer, and community advocate currently pursuing a Master of Public Administration at Utah Valley University. In practice, that means I spend a lot of time reading and writing policies that I hope will make our communities stronger, more connected, and more just. Outside of school, you can usually find me at my small farm, affectionately called Trash Pit Farm, where I grow, cook, process, and preserve food. I became an official beekeeper earlier this year, and I have loved tending to my tiny *baybees*. When I'm not on the farm or with the bees, I like to keep life interesting—one day I'm sketching or wandering through the canyon, the next I'm out fishing (and yes, I'm actually pretty good at it). And on the days when the dirt under my nails feels like too much, you'll find me cozy inside farming in Stardew Valley, because apparently, I just can't get enough of growing things.

FROM EMILY IN HEBER

Welcome back to school! I hope everyone had a wonderful summer and felt refreshed when you started school! This year, we will continue to hold our GGA's (Group Guidance Activities) every Wednesday after school from 2:30–3:00 PM in room 221. Please plan to attend every week! In addition to our weekly meetings, it is my goal to meet with each of you individually at some point throughout the year to review your **You Science** account and help you explore college and career options that align with your strengths and interests. I am also hoping each of you will seriously consider attending the summer program in June—it's a great opportunity for growth, connection, preparation for your future, and to earn college credits.





Full-time wage and salary workers age 25 and over with less than a high school diploma had median weekly earnings of \$734, compared with \$946 for high school graduates with no college, and \$1,053 for workers with some college or an associate degree. Workers with only a bachelor's degree had median weekly earnings of \$1,533 while workers with an advanced degree had median weekly earnings of \$1,916 in the third quarter of 2024. <https://www.bls.gov/opub/ted/2024/median-weekly-earnings-946-for-workers-with-high-school-diploma-1533-for-bachelors-degree.htm>

NEWS AND UPDATES FROM YOUR ADVISOR

FROM BRANDON IN ROOSEVELT

I'm excited to start another year of Upward Bound at Union High School and look forward to working with all of you again this year. Being able to participate in Upward Bound is a unique opportunity and provides you with many benefits. Please take advantage of this opportunity and invite your friends and family to apply for Upward Bound. Here are some of the benefits of participating in Upward Bound:

- Summer Academic Program
- Supporting students with college access
- College and university tours
- ACT prep
- Up to four ACT waivers to waive ACT registration fee
- One-on-one academic advising
- Career guidance
- FAFSA help
- College application assistance
- Unique trips and activities



Again, I admonish you to be actively involved in Upward Bound so that you can enjoy all the benefits the program offers, and please invite others to apply for Upward Bound. To qualify for Upward Bound, a student must be a first-generation college student, meet federal income guidelines, an enrolled student at Union High School, and have a minimum 3.0 GPA.

FROM CASSIE IN VERNAL



Hi,

We hope you had an awesome summer! We're excited to let you know that **Upward Bound is starting back up** for the school year, and we can't wait to see everyone again. We've sent out a letter with information with our first meeting time and a few important reminders.

Keep an eye on your mailbox—it should be arriving soon! If you have any questions, don't hesitate to reach out. Please also let me know if you are getting my emails. It seems that not everyone is receiving them.

Looking forward to a great year with you!



Did you know that your brain, which makes up only about **2% of your body weight**, uses around **20% of your body's total energy**? Even when you're just sitting still, your brain is hard at work—processing information, keeping your body balanced, helping you breathe, and even daydreaming. This high energy use is due to the billions of neurons constantly sending signals to each other. That's why getting **enough sleep**, **eating healthy**, and **staying hydrated** is so important for students. Your brain needs fuel to stay sharp, especially when you're learning new things or taking tests. So next time you're studying or solving a tough problem, remember—your brain is basically the **MVP** of your body! <https://oklahoma.gov/health/health-education/community-outreach/community-development-services/office-of-chronic-disease/oklahoma-healthy-brain-initiative/oklahoma-healthy-brain-campaign.html>



Did you know Upward Bound offers a dynamic summer program?

Each summer, students have the opportunity to live near campus, earn **6–7 college credits**, build lasting friendships, and gain firsthand experience of college life. It's an incredible way to prepare for your future while having fun and making meaningful connections.

UB PAST PRESIDENT'S MESSAGE

At this year's Upward Bound Summer Closing Banquet, our UB President delivered a heartfelt and inspiring speech to an audience of students, families, and representatives from elected officials. Her words reflected the spirit and purpose of the Upward Bound Program, emphasizing the lasting impact it has on students' lives.

We are proud of our students who not only recognize the value of their own growth but also inspire others through their journey. Their dedication and resilience continue to be a testament to the transformative power of education and opportunity.

"My name is Melanie Rangel, and I recently graduated from Orem High School. I'm also proud to say that I've been part of the TRIO Upward Bound program at Utah Valley University for the past four years. I have had the honor of serving as this year's student president. Tonight, I want to speak from the heart about what this program has meant to me and why it matters now more than ever. Four years ago, I walked into an Upward Bound meeting not knowing it would change my life. I come from a low-income, first-generation family. My mother grew up in a home weighed down by medical bills and worry. Unfortunately, her dreams of education were pushed aside out of necessity. My father, who immigrated from Mexico, left school early to support his family. Both of my parents made enormous sacrifices so that I could have opportunities they never did.

When I think about what TRIO Upward Bound has done for me, I think about them. About how their hard work paved the way for me to follow a different path. A path that includes possibility. A path that includes dreams. Thanks to Upward Bound, I graduated with 62 college credits, (19 of them being through Upward Bound's summer program), got help with FAFSA, scholarships, college applications, and most importantly I found a second family. TRIO walked beside me when my parents didn't know how. They supported me emotionally, academically, and financially. 62 is not just a number. That is time, money, and preparation that puts me steps ahead as I begin my college journey. It's confidence. It's experience. And it's opportunity. Upward Bound gave me support where my family couldn't. Not because they didn't love me, right guys? But because they didn't have the knowledge or resources to help me navigate college applications, FAFSA, scholarships, or resumes. TRIO stepped in and said you are not alone, we got you!

Because of TRIO, I am walking into college not just prepared but empowered. I'm chasing a dream I've had since I was a kid: to become a surgeon. It's a dream my mom once told me to shoot high, but maybe look at other options just in case. And not because she didn't believe in me but out of love and protection. But I'm here to tell you this dream is real. And it's possible, because of TRIO. Upward Bound is more than a program. It is a lifeline. It is hope. It is proof that where you come from does not define where you can go. And that's why I have to say this next part not just as a student, but as a leader and advocate for the TRIO community.

Right now, TRIO programs across the country are facing the threat of being defunded. Defunding TRIO isn't just about cutting a budget; it's about cutting futures. It's about slamming doors on students who need them opened the most. Students who have the drive, the heart, and the potential but not always the means or the way. Programs like Upward Bound don't just change lives, they save them, they start them. They build bridges where there were walls. They turn "maybe someday" into "I'm doing it now".

So tonight, I stand not only as a proud TRIO Upward Bound graduate, but as a voice for every student still waiting to be given a chance. To the educators, mentors, families, and supporters in this room, thank you for believing in us. For investing in us. For fighting for us. And to those in power who hold the future of programs like this in their hands please hear me **WE ARE NOT NUMBERS ON A SPREADSHEET. WE ARE STORIES. WE ARE DREAMS. WE ARE PROOF THAT TRIO WORKS!!** Let's make sure it keeps working for every student who dares to dream."

Thank you, Melanie Rangel | Upward Bound President 24-25





This year, Upward Bound students had the incredible opportunity to travel to Washington, D.C., where they engaged with the rich history of our nation. During the trip, students explored iconic monuments and world-renowned museums, gaining a deeper appreciation of our country's heritage and cultural legacy.

2025 UB SUMMER PROGRAM

