

Letter From Our Upward Bound Director, Elza Major

September 13, 2008

Dear Upward Bound Student:

It is with pleasure that we welcome you as a participant in the University of Nevada, Reno Upward Bound Academic Year Program. Being selected to participate is both an honor and a responsibility. Your parent(s), counselors and teachers feel you have earned the honor and can live up to the responsibilities inherent in Upward Bound participation. We hope that your expectations for academic achievement and personal growth will even exceed those that the program has for you. The social, environmental and economic issues we face today are so great that your generation must be prepared to step forward to meet these challenges when your time to lead arrives. In fact, many believe that time is now!

By simply watching TV, surfing the internet, or reading magazines and newspapers you can see clearly many of the challenges along the path to success that lie ahead. In these times, we are reminded of the phrase, "Success through Knowledge and Commitment!" The Upward Bound staff is committed to providing you with every opportunity to learn to think critically and more globally. The staff and I also wish to help you find conscientious ways to apply the knowledge you acquire as you continue your education beyond high school. All you need to bring is a positive attitude, motivation, and a desire to learn.

The Upward Bound Program staff approaches the year with a rich tradition of academic success. Fall 2008 marks the 41st year of Upward Bound at the University of Nevada, Reno. This long history emphasizes academic excellence, social and cultural awareness and environmental responsibility. This year, in addition to our focus on student academic success, we will continue to emphasize parent/family involvement in their children's education and provide access to advanced technology as a learning tool through our new state of the art Computer Lab and our new website. Our ultimate goal is to assist you in reaching your potential as a promising young citizen of the world.

We look forward to working with you this year.

Best Regards,

Elza M. Major, Ph.D.
Director, Upward Bound
University of Nevada, Reno

The contents of this handbook were developed under a grant from the Department of Education. However, these contents do not necessarily represent the policy of the Department of Education, and you should not assume endorsement by the Federal Government.

UPWARD BOUND STAFF

Elza Major, Director

Heidi Weber, Assistant Director

Deirdre R. Hill, Counselor & Program Coordinator

Jennifer Bieth, Counselor & Program Coordinator

Chris Westin, Counselor & Program Coordinator

Ellen Murphy, Administrative Assistant II

Upward Bound Mission Statement:

To generate in high school students, the knowledge, skills, and motivation necessary for success in a program of education beyond high school.



TABLE OF CONTENTS

Academic Year Calendar	7-9
General Program Information	10
College Prep Saturday Sessions (CPSS)	11-13
CPSS Absence Policy	14
Academic Advising	15
Rules & Regulations	16-22
Leave of Absence Policy	17
Dress, Health & Hygiene Code	18-19
UB Computer Lab Rules and Guidelines	20-21
Disciplinary Procedures	22
Academic Student Responsibility Policy	23
Freshmen Academic Monitoring	24
Guidelines for Good Standing in UB	24
Mandatory Tutoring Policies	25-26
Point System	27-31
Academic Year Monthly Stipend Requirements	27
Extracurricular Activity Points	28
Point Categories	29
College Tours	30
UB Summer Academy Eligibility	31
UB Summer Math/Science Program Eligibility	31
Academic Goals	32
College Track - Four Year Plan	33
UB Assessment Information	34
Difference between the SAT vs. the ACT	35-36
2008-2009 Testing Dates & Locations	37
Financial Aid for College Information	38-39
Scholarships for College Information	40
Millennium Scholarship Fact Sheet	41
Participant / Parent Contract	42-44
Internet & Technology Agreement	45-47
Campus Map	49-50

ACADEMIC YEAR CALENDAR 2008-2009

August 2008

- 8/12 Registration deadline for ACT test in September
- 8/25 First Day of School (Carson HS, PLHS, Washoe, Douglas & Lyon County school districts)

September 2008

- 9/1 Labor Day - UB Office Closed
- 9/9 Registration deadline for SAT test in October
- 9/13 AY0809 ORIENTATION (mandatory for all parents & students)**
- 9/13 ACT Testing
- 9/19 Registration deadline for ACT test in October

October 2008

- 10/4 College Prep Saturday Session**
- 10/10 Registration deadline for SAT test in November
- 10/25 ACT Testing
- 10/30 High School Proficiency Testing – Math & Reading (12th grade only if needed)
- 10/31 High School Proficiency Testing (Writing – all 11th graders & 12th graders if needed)
- 10/31 Nevada Day Holiday – UB Office Closed

November 2008

- 11/2 College Fair at Reno/Sparks Convention Center**
(Mandatory for all UB Students)
- 11/7 Registration deadline for ACT test in December
- 11/8 College Prep Saturday Session-
Veteran's Administration Volunteer event**
(Mandatory for All UB Students)
- 11/11 Veterans Day Holiday – UB Office Closed
- 11/27 Thanksgiving Holiday – UB Office Closed
- 11/28 Family Day Holiday – UB Office Closed

December 2008

- 12/6 College Prep Saturday Session-PLAN Testing (9th and 10th graders)**
- 12/13 ACT Testing (Carson HS, Hug HS, Galena HS, Wooster HS & Reed HS)
- 12/19 Winter Break (12/19/08-01/05/09)
- 12/26 Registration deadline for SAT test in January

January 2009

- 1/1 News Year Holiday – UB Office Closed
- 1/6 Registration deadline for ACT test in February
- 1/17 College Prep Saturday Session**
- 1/19 Martin Luther King Day – UB Office Closed
- 1/24 SAT Testing
- 1/29 High School Proficiency Testing – Math (12th grade only if needed)
- 1/30 High School Proficiency Testing – Writing (12th grade only if needed)
- 1/31 High School Proficiency Testing – Reading (12th grade only if needed)

February 2009

- 2/7 College Prep Saturday Session**
- 2/7 ACT Testing
- 2/10 Registration deadline for SAT in March
- 2/12-13 ITED (10th grade only)
- 2/16 President’s Day Holiday – UB Office Closed
- 2/27 Registration deadline for ACT in April

March 2009

- 3/14 College Prep Saturday Session**
****1st Semester Reports Cards DUE****
- 3/23 High School Proficiency Testing – Math (10th grade only)
- 3/24 High School Proficiency Testing – Reading & Writing (11th & 12th grades)
- 3/25 High School Proficiency Testing - Science (10th grade only)
- 3/31 Registration deadline for SAT in May

April 2009

- 4/4 College Prep Saturday Session**
Career Day
- 4/4 ACT Testing
- 4/6-10 Douglas County Spring Break
- 4/13-17 Washoe County Spring Break
- 4/29 TRiO Graduation Celebration Ceremony**

May 2009

- 5/2 College Prep Saturday Session**
UB PAC Family Day Barbeque
****3rd Quarter Report Cards DUE****
- 5/2 SAT Testing (Carson HS, Galena HS & Reed HS)
- 5/5 Registration deadline for SAT test in June
- 5/8 Registration deadline for ACT test in June
- 5/4-8 AP Testing
- 5/16 UNR Commencement
- 5/25 Memorial Day – UB Office Closed
- 5/30 **Summer Academy Orientation**

June 2009

- 6/6 SAT Testing (Carson HS, Galena HS, Reed HS, and McQueen HS)
- 6/5 Last Day of School (WCSD & Carson HS)
- 6/5 Last Day of School (Lyon County)
- 6/13 ACT Testing (Carson HS, Hug HS, Galena HS & Reed HS)
- 6/1 Last Day of School (Douglas County)
- 6/14 Upward Bound Summer Academy Begins

July 2009

- 7/10 ****2nd Semester Report Cards – DUE****

GENERAL PROGRAM INFORMATION

UPWARD BOUND OFFICE

The main office is in Edmund J. Cain Hall (EJCH) room 203. The computer lab is in EJCH 268. Please get into the routine of checking your student mailbox in the main office as well as dropping materials off to the appropriate mail boxes.

We are extremely busy with the day-to-day business necessary for the Program and the University. When socializing please keep the noise level low. Please take care of your belongings. The office staff will not be responsible for books, clothing or personal items left unattended in the office.

SIGN-IN & SIGN-OUT

Please sign in & out in the main office, before you head down to tutoring, to the computer lab, go to other University of Nevada, Reno sites, and/or individual meetings. Please be precise with your sign-in & out times.

EMERGENCY PROCEDURE

If a student becomes ill, while in an Upward Bound campus activity, the parent(s) will be contacted to pick up the student. In the event of an accident or injury, the student will be taken to the Student Health Center, located on campus, or one of the hospitals close to campus. The *Medical History Form and Consent to Treatment* Form will be taken to the hospital with the student to avoid delays in treatment. The parent(s) will be notified as soon as possible of their son or daughter's condition.

Emergency service does not include follow-up treatment or prescription medication. If the student requires follow-up treatment, the student will be referred to their family physician. If the student requires emergency treatment, an authorization form must be signed by the Program Director.

COLLEGE PREP SATURDAY SESSIONS (CPSS): RULES & REGULATIONS

A. **THINGS A STUDENT MUST BRING TO SATURDAY SESSION:**

- PROGRESS REPORT – Students cannot receive points for CPSS without a monthly progress report
- Notes, handouts, or pre/post assignments from Saturday Sessions
- School Report Card when issued
- UB-issued Student Planners
- Pen, pencil and highlighter
- UB t-shirt (you must be wearing it!)

B. **THINGS A STUDENT MAY NOT BRING:**

- Friends, family or guest(s)
- Walkman, MP3, radio, non-academic books, games etc.

C. **GENERAL RULES FOR SATURDAY SESSION:**

1. A student must have a monthly progress report in order to receive points in College Prep Saturday Sessions. Loss of points will drastically affect your Academic Year Monthly Stipends.
2. Monthly progress reports (or the equivalent: EdLine, PowerSchool) are required at every CPSS. The first time a student does not turn in a monthly progress report will be placed on **Warning Status**. The second time a monthly progress report is not turned in, the student will be placed on **Probationary Status**. The third time a monthly progress report is not turned in, the student will be required to meet with the Director and/or Counselor and may result in **dismissal** from the program.
3. Progress reports are the responsibility of the student to bring with them to the Saturday Session. In the event that the student is unable to print their progress report, obtain one completed by their instructors by hand, or email their UB Counselors with their electronic progress reports, they may be able to print their reports from EdLine or PowerSchool in the UB Computer Lab. **HOWEVER**, printing **MUST** be done before 8:50AM on the day of the Saturday Session and is at the risk of the student (ex: our lab may not be printing, your login may not work, etc.). It is to your best benefit, in order to ensure receipt of all points for your stipend, that you bring your progress report with you and not leave it up to chance in the lab!
4. The Student must be on time for Saturday Sessions. If the student cannot be present for the whole session, the student will not receive points for attendance.

5. The Student must wear his/her Upward Bound T-shirt to all of the Saturday Sessions.
6. If you miss a Saturday Session, you must provide the office with a written excuse prior to absence unless declared a bona fide emergency. For the first unexcused Saturday Session, students will receive a warning. For the second unexcused absence, students will be on probation. For the third unexcused Saturday Session, the student will meet with the Project director and may result in dismissal from the program.
7. **THE STUDENT MUST SHOW RESPECT AND PAY ATTENTION TO ALL GUEST SPEAKERS.** If at any point during workshops a student is sent to the Upward Bound Office because they have been disruptive or disrespectful during the workshop, the student will lose all points for the day.
8. The student must always behave respectfully toward all staff and fellow participants.
9. The student must bring a pen or pencil and their UB-issued Student Planner. A loss of points will occur if you do not come prepared.
10. Students must comply with the UB Dress Code policies, which includes NO HATS to be worn in classrooms, lecture halls, or other learning environments.
11. **NO FOOD, GUM OR DRINK IS ALLOWED IN THE CLASSROOM(S), LECTURE HALL OR OTHER LEARNING ENVIRONMENTS.**

CPSS GENERAL SCHEDULE 2008-2009

The intent of CPSS is to supplement your academic experience in high school and prepare you for college life.. The CPSS workshops and scheduled events are ones that you typically would not have the opportunity to experience in your high school setting. Our goal is to offer you a challenge and provide opportunities to excel academically, to expand your horizons, and to develop a love of learning!

You will be placed in workshops based on your academic grade level and will receive your schedule for the day in your grant breakout session in the morning. Grant Breakout is a time for you and your counselor to go over announcements and important information, receive stipends for the month, ask questions, receive schedules, hand in progress reports, and have an overall check-in time with your counselor. Signs will be posted with locations of grant breakout sessions and workshops when you arrive in the morning at the UB Office.

Workshops will always include a hands-on, experiential component. Specific Saturday sessions will involve taking the PLAN assessment, ACT/SAT preparation, and learning about potential careers. In addition to the November Saturday session, all students must attend the annual college fair. (See the academic calendar for dates of the fair.)

Below is a typical Saturday Session schedule*:

8:45AM – Arrive at Upward Bound Office to be on “UB Time”
9:00AM – Grant Breakout Session with your counselor
9:50AM – Break
10:00AM – Workshop
11:50AM – Break
12:00PM – Lunch
12:50PM – Activity
2:50PM – Checkout with UB Staff to go home

*Please note that throughout the year, there may be some Saturday sessions in which seniors will not attend a morning workshop with the rest of the UB students. Instead, they will be in another senior workshop with UB counselors or other UB/college staff as necessary.

CPSS Schedules are subject to change

ACADEMIC ADVISING

Academic Advising will occur twice per month with students. Counselors will visit high schools and meet with their students to discuss a variety of topics relating to academic and personal success and career and college exploration. This is a chance for the counselors and students to develop and strengthen their relationship with each other as well as for the students to ask questions and check-in with their counselors. During advising sessions, students may be given assignments to complete for the following advising sessions.

Advising may occur on an individual or group basis, depending on the best judgment of the counselor. Counselors may call students out of their class on an as needed basis for advising or advising may occur during lunch, free periods, or after school. Your counselor will be able to provide you with their advising schedule for your particular school.

If you miss advising on your assigned day, you can make it up by contacting your Counselor and scheduling an appointment for after school at the Upward Bound Office, but it has to occur before the next advising date on the calendar. It is your responsibility to make up advising! If you do not attend an all advising sessions, you will lose points and jeopardize earning your stipend money for the month.

Below is a list of schools serviced by each Counselor:

WASHOE GRANT	TRUCKEE GRANT	NORTHWEST GRANT
<i>Counselor:</i> <i>Ms. Hill</i> drhill@unr.edu	<i>Counselor:</i> <i>Ms. Bieth</i> jbieth@unr.edu	<i>Counselor:</i> <i>Mr. Westin</i> chrisw@unr.edu
Hug HS	Spanish Springs HS	Fernley HS
Wooster HS	Galena HS	Douglas HS
North Valleys HS	Sparks HS (class of 2012 and beyond)	Silver Stage HS
Sparks HS (only continuing students)	Pyramid Lake HS (only continuing students)	Carson City HS (only continuing students)
Reed HS (only continuing students)	McQueen HS (only continuing students)	Dayton HS (only continuing students)

UB BEHAVIOR: RULES AND REGULATIONS

As an aspiring scholar you are expected to behave as a responsible and cooperative young adult at all times. You will be involved in learning experiences on a university campus with people from different backgrounds, yet similar objectives - education. You must respect the rights of others, just as we are expecting them to respect ours. Your actions (making noise, teasing, playing around, etc.) must remain within reasonable bounds at any time. The following rules have been established to help you have a **SAFE, PRODUCTIVE AND ENJOYABLE** Academic Year.

- I. **AT ALL TIMES**, the following rules must be followed. These rules will be enforced:
1. A student shall not have in his/her possession or use any drug, except medicine prescribed by a physician, cleared with the director, and recorded in the student's file. Any student judged to be under the influence of an unauthorized drug will be immediately dismissed from the Program.
 2. A student shall not have in his/her possession or consume any form of tobacco, alcohol or other controlled substance. Any student judged to be using tobacco or under the influence of alcohol or other controlled substance will immediately be dismissed from the Program.
 3. A student shall not borrow any item without explicit permission of the property owner, or steal private or public property. Borrowing without permission or theft will result in immediate dismissal.
 4. A student shall not possess or use a dangerous weapon. Possession or use of a dangerous weapon will result in immediate dismissal from the Program.
 5. A student shall not harass or engage in any other behavior deemed by the staff to be inappropriate (fighting, gambling, physical or verbal abuse, etc.). Harassment or other inappropriate behavior will be grounds for discipline, and possible dismissal from the Program.
 6. A student shall NOT have any electrical device/equipment (pagers, cellular phones, electronic games/toys, mp3/cd player, etc.) in classrooms, or other campus learning areas at any time, unless explicit permission has been provided by the staff in charge. If you are found with any of these items, the item will be confiscated and you will be disciplined. Repeated violations may result in dismissal from the Program.
 7. Boyfriend and girlfriend relationships among participants are strongly discouraged in Upward Bound. Participants are encouraged to develop a healthy respect, understanding, and appreciation for opposite gender members. Students involved in incidents or conflicts as a result of boyfriend or girlfriend relationships will be subject to immediate dismissal from the Program.

II. **WHILE ON CAMPUS**, the following rules will be enforced:

1. For those students that are able to and choose to drive their own vehicle to Upward Bound events or activities, UB will not provide a parking pass. UB assumes no responsibility for damage, losses, accidents or tickets incurred by the student. If the student acquires a parking ticket the student must pay the ticket immediately.
2. If a student leaves the site of any Program activity without prior permission from the appropriate Program staff, this act is grounds for immediate dismissal. A student leaving a UB activity on or off the campus to attend an approved appointment or activity must provide a signed permission form from the parent or guardian, and must sign out at the Upward Bound Office or site of the activity.
3. A student responsible for willful property damage will be immediately dismissed from the Program.
6. Students are expected to comply with all reasonable requests made by staff members and University officials.
7. Tampering with fire safety or security equipment (extinguishers, alarms, locks, and photo and motion detectors) is a threat to all persons, a violation of law and is strictly forbidden. Exterior doors and stair well doors are alarmed and are never be opened unless directed to do so in an emergency. Infractions of the above will result in immediate dismissal.

III. **LEAVE OF ABSENCE REQUIREMENTS**

An eligible student may request a Leave of Absence (LOA) for only 1 semester during an academic year and only twice during the four years of Upward Bound participation for worthy school-related activities. To be eligible for a Leave of Absence, a student must carry an academic GPA of 3.0 or higher, and must commit to:

1. Meet with Academic Counselor at least 2 weeks prior to the proposed Leave of Absence and provide the reason(s) for the requested LOA.
2. Meet with the Academic Counselor twice per month for advising for the duration of the LOA.
3. Meet with the Academic Counselor following the conclusion of the LOA and immediately re-enter Upward Bound to reclaim her/his position for the following semester.
4. Turn in all monthly progress reports and quarterly/Semester report cards to Upward Bound before, during and at the conclusion of the Leave of Absence.
5. Meet all Upward Bound Academic and Behavioral Goals during the LOA, or LOA will be cancelled.

ACADEMIC STUDENT RESPONSIBILITY POLICY

When a UB student is admitted into the UB program, he/she agrees to actively participate in a partnership with parent/guardian (s), instructors/teachers, all high school administrators, and the UB staff. Each UB student must complete all documentation and other paperwork and agree to the following:

- A. If a UB student fails to meet all academic requirements, the UB student must meet with his or her UB Counselor and discuss options to “academically get back on track.” These academic requirements include: maintaining a 3.00GPA or higher and keeping individual grades in Core Classes at a “B-” or higher.
- B. UB students will discuss, review, and complete their **Overall Grade Goal sheet (OGG)** with their UB Counselor in the beginning of the Academic Year.
- C. If the student earns below a 3.00 GPA or a “C” or lower in any Core Class at any point in the year, they will be placed on an **Individual Grade Goal (IGG) Contract** with their UB Counselor. This gives the student a chance to create a list of goals to achieve by a set date in order to improve their grade/GPA. If the student fails to achieve the goals outlined on their IGG, the student will be placed on a **Student Grade Contract**, which will set goals and deadlines once again. If the student fails to achieve the goals outlined on their Student Grade Contract, they will be placed on a **UB Student Probationary Contract**, at which point the student becomes ineligible to receive monthly stipends. Students on probationary contracts may require **UB Student Weekly Contracts** to be created with their Counselor. If the student does not improve and fails to achieve the goals outlined in their probationary contract, the student may be dropped from the UB Program.
- D. If the UB student is placed on academic probation, the following rules and guidelines will apply:
 - i. A UB student has the opportunity to improve their academics.
 - ii. A UB student must follow all probationary requirements to be in good standing.
 - iii. UB students will not be eligible for their monthly stipends while on probation
 - iv. Parent/Guardian (s) will receive written documentation about their son/daughter (s) contracts and any other information regarding their child’s probationary status.
 - v. Removing a UB student from probationary status involves the UB Student completing their academic goals and improving him/herself academically for the remainder of the academic year.
 - vi. Once a UB student completes their contract and other documents related to the probationary status, any type of policy infraction may immediately return a UB student to probationary status.

MANDATORY TUTORING POLICIES

The Upward Bound Program is pleased to provide tutoring to help you achieve academic success. Part of achieving success comes from self discipline. Therefore, it is mandatory that you provide us with a firm commitment to the tutoring service. In return for following the rules of tutoring, outlined below, Upward Bound agrees to provide a safe and effective study environment with knowledgeable tutors.

Class with a “C” or lower: For each core class grade of a “C” or lower on the monthly progress report, a student is required to attend a one hour per week tutoring session. The student must complete and sign a contract with the tutor for each subject in which s/he is receiving tutoring.

Core GPA below a “B” average: If the accumulative GPA a student receives for core classes falls below 3.0 (a “B” average) on the first semester report card, the student is placed on Academic Probation. The student will be required to attend two hours per week of tutoring in order to improve their comprehension in academic classes and / or work on study skills to be more efficient and effective in the classroom.

Freshman Academic Monitoring: **ALL Freshmen** will be required to attend one hour of tutoring per week. Freshman will be released from monitoring if their first semester accumulative GPA in core classes is a 3.0 (a “B” average) or higher. If the accumulative GPA in core classes is below a 3.0, the student will be placed on Academic Probation.

Students will attend mandatory tutoring until UB receives notification of an improved grade on the progress report. Any missed tutoring sessions requires a written excuse from a parent, doctor, coach, or other appropriate staff person. This excuse must be turned in within one week following the absence. Please turn notes in to the Tutor Coordinator or Counselor. Call 24 hours in advance if you have prior knowledge that you will miss a session (775) 784-4978.

COLLEGE TOURS

College tours are educational/cultural field trips that are *earned* by students in the program who have made significant progress toward reaching his/her college prep goals. We encourage and hope that all students will have the opportunity to attend at least one trip during their Upward Bound experience. However, the following criterion must be met to be eligible to attend a college tour. Keep in mind that, for financial and logistical reasons, the number of students to go on college tours is always limited. Therefore, students who qualify for the College Tour **can only choose ONE college tour to attend during the Academic Year**. Students must meet the following criterion:

1. The student **MUST** have accumulated *at least eighty-five percent (85%)* of the total points possible in order to sign up for the college tour.
2. The student **will be invited to apply to attend the College Tour based on a minimum Academic GPA of 3.25 in their college prep core classes and a minimum Citizenship GPA of 3.50.**
3. The student will be required to submit a cash deposit. The cash deposit will be refunded to the student if s/he is chosen to and participates in the College Tour. Students that are not chosen to attend the College Tour will also receive their cash deposit back ASAP.
4. **Any cancellation by the student will result in loss of the cash deposit and the student will not be eligible to apply to the next College Tour!**
5. ***ALL forms and/or cash deposits must be turned into the UB Office by the deadline.***
6. **The Student and Parent or Guardian MUST attend the pre-trip information session (held at least one week prior to the trip)!** If the student and parent or guardian do not attend the pre-trip information session the student will not be allowed to participate in the college tour, and the deposit will be forfeited. The student will not be eligible to apply to the next College Tour.
7. All paperwork must be completed and turned in at least one week prior to the trip.

UB SUMMER ACADEMY (SA) ELIGIBILITY

In order for a student to attend the annual Summer Academy at the University of Nevada, Reno, the student must meet the following criteria:

1. The student must have a core GPA of 3.25 and a citizenship GPA of 3.5
2. The student must have accumulated at least 85% of their participation points during the previous academic year.
3. Students must sign up by the deadline in order to ensure their spot in the SA.
4. Students will be required to take the annual UB assessment in order to be eligible.
5. All documents, including report cards, need to be turned into the UB Office.
6. Students and a parent or guardian must attend the Summer Academy Orientation Meeting.

SUMMER MATH/SCIENCE PROGRAM ELIBILITY

In order for students to apply to a UB Math/Science Summer Program at another University, the student must meet the following criteria:

1. The student must attend at least one summer at the University of Nevada, Reno Summer Academy.
2. The student must have a core GPA of 3.25 and a citizenship GPA of 3.5
3. The student must have accumulated at least 85% of their participation points during the previous academic year.
4. Students will be required to take the annual UB assessment in order to be eligible.
5. All documents, including report cards, need to be turned into the UB Office.
6. Student must give the UB office a copy of their Math/Science application for review and a copy of their Math/Science summer report card.
7. Students must be interested in a math or science field of study in order to apply.

UPWARD BOUND PROGRAM GOALS: **Academic Year 2008-2009**

The sole purpose of the Upward Bound Program is to provide capable and motivated students the necessary guidance, resources, experiences, and academic support to ensure graduation from high school and successful entrance and graduation from college. The goals presented below are intended to give the proper direction to participants as they pursue academic and personal excellence.

STANDARDS for ADMISSION and CONTINUATION in the Upward Bound Program:

Summer Program	Academic GPA	Citizenship GPA
Continuing Participants	3.5	3.5
Entering Freshmen	3.5	3.5
Entering Sophomores	3.5	3.5
Academic Year		
Freshmen	3.5	3.5
Sophomores	3.4	3.5
Juniors	3.4	3.5
Seniors	3.3	3.5

*GPAs are minimum end-of-the School year or Summer Program Academic Core grade point averages.

Reason for the Academic Goals

Yes, there are reasons for each goal we set for our students. College and University's admission requirements are becoming more and more demanding and entrances to these institutions are more competitive than ever. In order for our students to become stronger applicants for their desired school, they must at minimum, achieve these academic goals. For instance, the 2008-2009 admission requirements for the University of Nevada, Reno are as follows:

- English- 4 units.
- Mathematics- 3 units. (i.e. algebra, geometry, trigonometry)
- Social Studies- 3 units.
- Natural Science- 3 units. (Preferably biology, chemistry and physics, with at least two in a laboratory science.)

- **3.0 GPA** in the Academic Core Classes. The Academic Core Courses include: English, Math, Social Sciences and Natural Sciences. (A weighted GPA takes into account the extra difficulty of honors, AP or IB classes.)
 - If students do not meet these requirements they will not qualify for regular admissions to The University!

PUTTING YOURSELF ON THE COLLEGE TRACK

Academic Four Year Plan

The classes below indicate the minimum entrance requirements to most colleges and/or universities. These classes are what is considered “at grade level” and does allow students to make-up classes in the summer to achieve grade level. It is highly recommended college bound students take the classes listed below.

<u>Freshman Year</u>		<u>Sophomore Year</u>	
Math:	Algebra 1-2	Math:	Geometry
Science:	Biology	Science:	Chemistry
English:	1	English:	2
History:		History:	World
Language:	Foreign Language 1	Language:	Foreign Language 2
Elective:	PE Requirement	Elective:	PE Requirement
Elective:	Computer Requirement	Elective:	Humanity
Requirement			
Extra-curricular:	Explore clubs, Sports and other other activities	Extra-curricular:	Explore clubs, Sports and
	activities		
<u>Junior Year</u>		<u>Senior Year</u>	

Other Suggestions:

- To challenge yourself, take honor or AP classes if possible
- Participate in community service – it is important and it looks good on your college application
- In 10th grade, take the Practice SAT (PSAT)
- STUDY FOR THE SAT AND THE ACT TESTS– it will make a difference
- Don't be afraid to ask your teacher for help or to get tutoring
- Try your best to maintain at least a 3.0 GPA for scholarships and applications

PARTICIPANT STATEMENT OF COMMITMENT AND CONTRACT*

Acceptance into the Upward Bound Program means that you have committed to your future and are on your way to success. If you want to participate in our program you will be expected to agree to the following commitments. Your compliance with the following rules and codes of conduct will ensure that you will continue to receive our many free services, be eligible for college and high school credit, receive invitations to our many social and fun activities, and be considered for nomination to a Math/Science Program. Noncompliance may jeopardize your credit or nomination. Your signature (on page 41) will indicate to us that you understand what is expected of you and that we have your honor that you will commit to the following rules to the best of your ability. ***In short we are asking you to do the best you can and help us help you succeed in reaching your personal goals. We have much to offer and provide but we need your help.***

I realize that I am committing to the Upward Bound Program for the duration of my high school career years and summers.

I will attend at least 85% of all the College Prep Saturday Sessions. This will be 1-2 Saturdays per month. Make ups are possible for excused absences as we are focusing on completion of work necessary for college readiness.

I will meet with the Upward Bound Counselor/Coordinators for academic, college, career, or personal counseling at my high school. This will be at 1-2 times per month.

I will provide a copy of my quarterly/semester report cards within a week of receiving them. *(The program is required to track student's performance.)*

I understand that I need to meet the following conditions below before I receive invitations to college tours, ski trips, and Math/Science programs. These conditions are:

1. Have at least 85% of participation points
2. Submit my school progress reports, report cards, transcripts and test scores
3. Receive a B- or better in my academic core classes
4. Have a core GPA of 3.25

I understand that attendance in all Saturday Sessions and afternoon activities are mandatory unless given specific approval by the Counselor/Coordinator or Director.

I understand that I need to provide written approval by my parents to the program authorizing people other than my parents to pick me up from the program at any time.

I will work with the Upward Bound Staff in writing a resume for college and scholarship applications.

I will work with the program staff in writing personal, college, and scholarship essays for college and scholarship applications.

I will search for scholarships opportunities.

I will work with the UB staff on preparing for and taking the SAT and ACT so that I may be eligible for free scholarship money for college by:

- ◇ Seeking Fee Waivers
- ◇ Registering and taking the SAT and ACT test on the dates recommended by the program
- ◇ Attending the SAT and ACT workshops provided by the program prior to taking the test
- ◇ Reporting my SAT and ACT results to the program within one week of receiving the scores.

I will work with the program staff in completing the FAFSA (Free Application for Federal Aid) by January 15 of my senior year.

I will complete and turn in my application for the University of Nevada, Reno in my senior year. (*This is a safeguard for students wanting to attend an out of state university but might not be accepted*)

I will apply to the University of Nevada, Reno Trio Scholars Program if I plan to attend school at the University of Nevada, Reno.

I will work with the program staff on any other activity that will help me prepare for scholarships, financial aid, and college readiness

I commit to preparing myself for college enrollment after high school by working with the Upward Bound staff and high school staff.

I understand that going to a Math/Science is possible if:

1. I have a 3.25 GPA in my core classes
2. I have successfully completed one Upward Bound Summer Academy
3. I have 85% in participation points
4. I have completed all assignment give to me in Saturday Sessions.

WORDS OF WISDOM...

*Watch your **thoughts**; they become **words**.*

*Watch your **words**; they become **actions**.*

*Watch your **actions**; they become **habits**.*

*Watch your **habits**; they become **character**.*

*Watch your **character**; it becomes your **destiny**.*

– Frank Outlaw

Always remember that only YOU can control your own destiny!

WISE CHOICE PROCESS

1. What is my current situation?
2. How would I like my situation to be?
3. Do I have a Choice? (The answer is always YES)
4. What are my possible choices?
5. What's the likely outcome of each possible choice?
6. Which choice(s) am I willing to commit to?

