Why Create a Parent Advisory Council (PAC) at the College Level?
Think-Pair-Share

Who are the Parents of your Trio Program Participants?
How do you get to know them? Need?

https://www.youtube.com/watch?v=QtCGS0NOP5U
Workshop Agenda

• Ice Breaker (Know your audience)
• History of Upward Bound’s PAC
• Beginning of the year Survey
• Home-School Relationships
• Parenting (Style/Relationships/Monitoring)
• How to effectively implement a Parent Engagement Initiative
• Responsibility for Learning Outcomes
• Q & A
History of Parent Advisory Council (PAC)

Established Fall 2007 out of need to improve two-way communication between families of Upward Bound participants and program staff.

- Parent Advisory Council is represented of all three federally funded Upward Bound programs: Washoe, Truckee, Northwest
- Established an executive committee comprised of: President, Vice President, Secretary, and Treasurer.

*Increased levels of parental encouragement and involvement greatly increase the likelihood that students will take a rigorous high school curriculum and enroll in college, regardless of parents’ level of education. (Pell Institute, 2006)*
Parent Advisory Council - PAC

2015-2016 Academic Year Officers

- President – Christine Stocker Rhodes
- Vice President – Tiffany Kilby
- Secretary – Bethany Forinash Dyson
- Treasurer – Terri Strickland

How can a parent get involved with the Upward Bound Parent Advisory Council? --Simple, attend one of the CPSS parent sessions.
### Beginning-of-Year Survey

**Parent Survey**

<table>
<thead>
<tr>
<th>Question</th>
<th>Response Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. When I have a question, concern, or comment about my student, the Upward Bound program will do its best to answer it in a timely manner.</td>
<td>Yes, No</td>
</tr>
<tr>
<td>2. We believe the Upward Bound Program can help our students understand how to be successful in their academic career and beyond.</td>
<td>Yes, No</td>
</tr>
<tr>
<td>3. I have the ability to communicate with the Upward Bound Program when I have comments or questions regarding my student.</td>
<td>Yes, No</td>
</tr>
<tr>
<td>4. I understand how to complete the FAFSA (Free Application for Federal Student Aid)</td>
<td>Yes, No</td>
</tr>
<tr>
<td>5. I have how to communicate with my student’s teacher(s).</td>
<td>Yes, No</td>
</tr>
<tr>
<td>6. I understand the college entrance requirements.</td>
<td>Yes, No</td>
</tr>
<tr>
<td>7. I have the difference between on and off-campus living options. My student stays for college.</td>
<td>Yes, No</td>
</tr>
<tr>
<td>8. I know why it is important for my student to take a high school course in order to get into college.</td>
<td>Yes, No</td>
</tr>
<tr>
<td>9. I am aware of the resources available in my community that can assist me in overcoming the challenges, struggles, and barriers that my student may experience.</td>
<td>Yes, No</td>
</tr>
<tr>
<td>10. I have how to assist my student with writing a resume for employment.</td>
<td>Yes, No</td>
</tr>
<tr>
<td>11. I have how to assist my student with preparing for an interview for employment.</td>
<td>Yes, No</td>
</tr>
<tr>
<td>12. I have an email account that I check regularly.</td>
<td>Yes, No</td>
</tr>
<tr>
<td>13. I am informed about upcoming Upward Bound field trips and activities.</td>
<td>Yes, No</td>
</tr>
<tr>
<td>14. I am confident that my student will attend a public four-year college using financial aid, scholarships, and family resources.</td>
<td>Yes, No</td>
</tr>
<tr>
<td>15. I know about scholarship opportunities beyond FAFSA.</td>
<td>Yes, No</td>
</tr>
</tbody>
</table>

**Race/ethnic of Family**

<table>
<thead>
<tr>
<th>Sex of Student</th>
<th>Race of Family</th>
<th>Grade of Family</th>
<th>College of Family</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>Hispanic</td>
<td>Junior</td>
<td>University College</td>
</tr>
<tr>
<td>Female</td>
<td>Asian</td>
<td>Senior</td>
<td>Community College</td>
</tr>
</tbody>
</table>

### Most selected topics:  
- Financial Aid/Scholarships  
- College Requirements  
- Living on-off campus  
- College resources  
- Resume writing
Home-School Relationships

Puzzle Activity: Parents’ illustration of how Upward Bound impacted their college expectation, lack of knowledge, and goals they have for their children.

Yenifer Cuna with Governor Brian Sandoval
Partnership with WCSD Family Engagement Initiative

WCSD Parent University hosts two Family Access Days during the 2015-2016 school year. Family Access Day is for families of students in pre-kindergarten through 12th grade. They provide the following on Family Access Day:

- A full-day of learning sessions to help you keep your children on the path to college or highly skilled careers
- Free Transportation
- Free Childcare
- Free Interpretation in English and Spanish
- Breakfast and lunch will be provided
Parenting (Style and Relationships/ Monitoring)

• Differing among ethnic groups – due to confluence of factors
  – Cultural Traditions, Norms
  – Strict-limit setting/monitoring

• Tap into Experts in field – Guest Presenter: Dr. Jacqueline Pistorello is a licensed clinical psychologist working at the University of Nevada, Reno Counseling Services.
  – Presents transition to college data, identifies issues in the transition process, and illustrates ways parents can stay involved.
How to effectively implement a Parent Engagement Initiative

Upward Bound parent(s)/guardian(s) are encouraged to attend at least two PAC workshops offered one Saturday per month during CPSS.
Sample: 2015-2016 Workshops

The PAC sponsors workshops specifically aimed at increasing “College Knowledge” to help parents support their students for success in college

- October 10th (Parent Team-building Seminar)
- November 14th (Day in the life of Residential living)
- December 12th (Ins-and-Outs of Financial Aid and Scholarships)
- January 23rd (Admission Portfolio – What is it?)
- February 20th (Adult Learning Opportunities – Jacobs Presidential Scholars)
- March 12th (Career Day – Meet Local Professionals)
- April 16th (Review and Score Scholarship Graduating Senior Essays)
- May 21st (Student/Family BBQ)
Typical CPSS Schedule

Monthly Saturday Sessions:
8:30AM - 10:00AM  Grant breakout session with counselors
9:00AM – 11:30 AM  PAC Workshop
10:00AM - 11:30AM  Morning workshops
11:30AM - 12:30PM  Lunch and Announcements
12:30PM - 2:00PM  Afternoon workshops
2:00PM - 2:30PM  Wrap-up

***CPSS schedules are subject to change***
What is your student learning in their Grade-level Workshop?

Engaging students’ families in the college going process doubles the odds for college enrollment of LIFG students (Pell Institute, 2015)

**November Grade-level Workshops:**

- **Freshmen:** College and scholarship exploration
- **Sophomores:** Myers Briggs Type Indicator personality preferences and college major exploration
- **Juniors:** English and math ACT test preparation
- **Seniors:** Scholarship workshops and personal essay editing
Parent Advisory Council - PAC

Efforts by program staff to reach out to and develop relationships with students’ parents throughout the college process makes parents feel more comfortable with and supportive of students’ college-going plans. (The Pell Institute, 2006)

- Fundraisers for UB student scholarships
- Career Day
- Family Day Picnic and Barbecue
- Supporting the UB staff and students
- Donating time/volunteering
- Providing workshops to help parents get students ready for college
Sample: Bilingual Workshop Reminders emailed to all participants’ parents monthly
Technology Workshop

Upward Bound Parent Tech Program

Not sure how to use a computer? Need to know how to get started? These two sequential workshops will take you through the steps needed to gain confidence to communicate with your students’ teachers through email, connect to the parent portal of Infinite Campus, and assist your student with scholarship web searches.

Who: Upward Bound Parents
What: Learn Computing BASICS
Where: Upward Bound Computing Class, EJCH 268

Workshop 1
Feb. 28
9-10:30 AM

Workshop 2
Mar. 2
6-7:30 PM

RSVP by February 27th by contacting Ricky at 775-784-4978

Programa de Tecnología para Padres de Upward Bound

¿No está seguro/a de cómo utilizar una computadora? Estos dos talleres secuenciales demostrarán los pasos necesarios para ganar la confianza de comunicarse con los maestros de sus estudiantes a través de correo electrónico, conectarse al portal de padres de Infinite Campus, y ayudar a su estudiante con búsquedas de becas por internet.

Quién: Padres de Upward Bound
Qué: Aprenda computación BASICA
Dónde: Clase de computación de Upward Bound, EJCH 268

Taller 1
28 de feb.
9-10:30 AM

Taller 2
2 de marzo
6-7:30 PM

Para reservar su espacio favor de comunicarse con Ricky antes del 27 de febrero al 775-784-4978

20 attendees
All Upward Bound Students

Parent Advisory Council (PAC) Hoodies:
The Parent Advisory Council is selling $25 Upward Bound hoodies. The logo below will be printed in white on the hoodie color of your choice (maroon, purple, orange, navy blue, green or teal).

- The final hoodie order date is Monday, November 16th by 5:00 p.m.
- Please see your Upward Bound counselor for an order form and submit the order of payment to your counselor.
- Checks are to be made out to "Board of Regents" (please add "UB sweatshirt in memo line).
## Essay Contest Announcement Scoring Rubric

**OFFICIAL TOPIC:**
What are three meaningful experiences/lessons you are taking with you as you graduate from Upward Bound?

**Judging and Awards:**
- Judging will be completed by an Upward Bound Parent Volunteer panel at the April 15th CPSS.
- In order to maintain anonymity of each contestant, each entry will be assigned a number by the Essay Contest Chair.
- The assigned number will be placed on the title page and page 1 of the essay.
- Winners of the three scholarships (one winner per Grant) will be announced at the April 15th CPSS Graduation, as well as being recognized at the May 21st CPSS Family-Student Barbecue.

<table>
<thead>
<tr>
<th>Adherence to Contest Rules / Format</th>
<th>Total Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 (Poor)</td>
<td></td>
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<tr>
<td>10 (Good)</td>
<td></td>
</tr>
<tr>
<td>15 (Excellent)</td>
<td></td>
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</tbody>
</table>

### Adherence to Contest Rules / Format
- **Follows poor adherence to rules and format:**
- **Follows most, all requirements related to contest rules and format:**
- **Follows all requirements related to contest rules and format:**

### Material Organization
- **Weak structure:** Sequencing of details or events in body are not in logical order, and thus distracts the reader.
- **Effective structure:** Details are placed in a logical order, but the way they are presented sometimes make the writing less interesting.

### Vocabulary & Style
- **Limited vocabulary which does not add strength or capture the reader’s interest:**
- **Words are repeated, used inappropriately or unnecessarily:**
- **Detailed words or phrases that get the message across or draw the picture in the reader’s mind:**
- **Occasionally the words are used inaccurately or seem overdone:**

### Grammar, Punctuation, & Spelling
- **Regular grammar and spelling errors, is wordy, redundant, or unclear:**
- **Some errors which are minor in nature, & don’t detract from overall meaning of paper:**
- **Essentially flawless; minor to no errors in grammar or spelling:**

**High School Senior PAC Scholarship Recipient**
Career Day

- ROTC/Nurse
- Scientist, Cancer Researcher
- Associate Professor, Art History
- Dermatologist
- Civil Engineer/Designer
- Senior Windows Server Administrator
- Physical Therapist
- Second Judicial District Court Judge
- Professional School Advisor
Family BBQ and Potluck

Upward Bound students and their families are cordially invited to the Family Potluck Barbeque following the College Preparatory Saturday Session.

Date: Saturday, May 21, 2016
Where: Rancho San Rafael Park, Pavillion
Time: 12:00 p.m. - 3:00 p.m.

The Family Day Barbeque coordinated by the Parent Advisory Council (PAC), including lots of fun activities for students and their families. Upward Bound will provide beverages, hamburgers and hotdogs. Each family is asked to bring the following potluck dishes to share:
- Sophomores & Juniors - Side dish or salad
- Freshmen & Seniors - Dessert

Please RSVP to the Upward Bound office by Monday, May 16, 2016. Call (775) 884-3528 or email upwardbound@ unr.edu

University of Nevada, Reno
Responsibility for Learning Outcomes

Process of family involvement and adolescent outcomes

Parenting
• Style and relationships
• Monitoring

Home-School Relationships
• Communication
• Participation in school-based organizations and college outreach programs

Responsibility for Learning Outcomes
• Homework management
• Educational expectations
• Encouragement for college

Adolescent Outcomes
• Higher grades
• School success
• Higher standardized test scores
• Higher self-esteem
• Social competence
• Reduction in substance use
• Aspiration for college
• Enrollment in college
• Participation in out-of-school time programs

Parent Testimony
My daughter has been accepted for early admission to UNR and also plans on living in the dorms. I think that if I had not attended the PAC meetings this would probably be a very different situation as I would have been encouraging her to attend TMCC and live at home.

I also made many friends with the same concerns as a parent by attending the PAC meetings.

Audio Testimony
## PAC Initiative Results

### Parent Advisory Council Attendance 2014-2016

<table>
<thead>
<tr>
<th>Month</th>
<th># of attendees (2014-2015)</th>
<th># of attendees (2015-2016)</th>
</tr>
</thead>
<tbody>
<tr>
<td>October</td>
<td>21</td>
<td>36</td>
</tr>
<tr>
<td>November</td>
<td>23</td>
<td>31</td>
</tr>
<tr>
<td>December</td>
<td>17</td>
<td>29</td>
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<td>January</td>
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<td>19</td>
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<td>February</td>
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<td>23</td>
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<tr>
<td>March</td>
<td>21</td>
<td>20</td>
</tr>
<tr>
<td>April</td>
<td>10</td>
<td>N/A</td>
</tr>
<tr>
<td>May</td>
<td>12</td>
<td>N/A</td>
</tr>
</tbody>
</table>
Wish to learn more on upcoming PAC Workshops?
Questions
Thank You!

M. Sandra Jimenez, Ed.S.
Assistant Director
Upward Bound Programs
University of Nevada, Reno
msj@unr.edu
775-682-6717
http://www.unr.edu/upward-bound

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