



UPWARD BOUND

AT TRUMAN STATE UNIVERSITY

PURPOSE OF UPWARD BOUND

The purpose of Upward Bound is to assist high school students as they build the skills and motivation necessary for college success. Upward Bound provides weekly academic support meetings for students in the high schools during the school year, and a six-week residential summer academy on the Truman campus.

NO COST TO PARTICIPANTS

Upward Bound is a federally-funded program. All program services are free to project participants. In addition, students have the opportunity to earn weekly stipends and to apply for paid career internships.

QUALIFICATIONS FOR UPWARD BOUND

- Be a high school sophomore when applying
- Have college potential but need academic support to be successfully prepared
- Qualify in one or both of the following areas:
 - Meet a family income guideline set forth by the federal government
 - Be a potential first-generation college student (neither natural nor adoptive parent living in the home has a four-year degree)

UPWARD BOUND STAFF

The program employs highly-qualified staff to work with the students — both in the schools and on the Truman campus in Kirksville.



FREE PROGRAM SERVICES

PROVIDED DURING THE ACADEMIC YEAR

Weekly after-school meetings from mid-September to late-April

- Tutoring in high school courses
- Note-taking, test-taking, time management and financial literacy workshops
- Free ACT registration during junior and senior year
- College/Career plans and goal-setting assistance
- College-prep curriculum advising
- Assistance with college visits, college applications, financial aid, scholarships and resumes
- Payment of weekly stipends (after a successful 60-day review)

PROVIDED DURING THE SUMMER ACADEMY

- Core courses in college-preparatory subjects like mathematics, sciences, literature, composition & foreign language
- ACT test prep
- Residential living experience in college dormitory Sunday-Friday
- Part-time jobs with career mentors
- Mentoring by successful college students
- Access to Truman campus facilities (library, Career Center, Student Recreation Center, labs, etc.)
- College visit and cultural trip (usually to Kansas City, Springfield or St. Louis)
- Social, recreational and cultural activities
- Volunteer and leadership opportunities

“My academic skills when I first started high school versus after I joined Upward Bound have improved dramatically.”

— Charisma Eisenbeisz,
KIRKSVILLE HS

“Summer Session was a generally great experience. I got to meet many amazing people and become close with them. I have gained some lifelong friends through this program.”

— Devin Viley, WESTRAN HS

“I’ve always had a goal, but Upward Bound taught me what I should do with that goal. From figuring out my 4-year plan to applying for college, Upward Bound helps with it all.”

— Reba Lindsey, MOBERLY HS

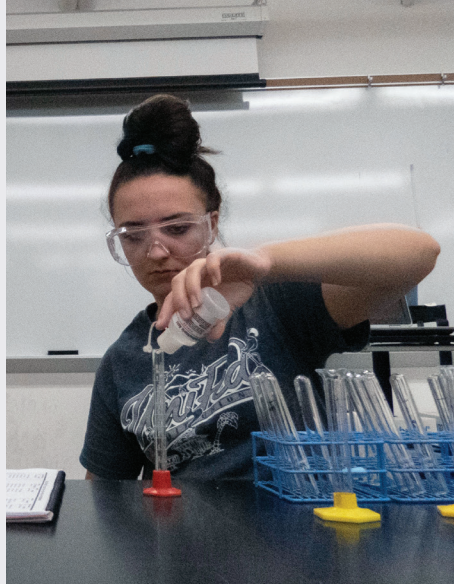


“Upward Bound has been one of the most academically enriching, confidence boosting, and motivational experiences of my high school career. I’ve faced my fears, tried new things, and challenged myself in Upward Bound, and the positive results are incredible.”

— Nikki Mansfield, LAPLATA HS

“Upward Bound made me confident in my social skills, and I’m appreciative of that.”

— Whitney Rowland,
PUTNAM COUNTY HS



“Upward Bound is an amazing experience. If you are selected, then you should consider it a gift because it can open all kinds of doors. I have no regrets [about] applying. It’s great preparation for life and the perfect opportunity to make friends.”

— Hayden Burkhart-Jenkins,
MOBERLY HS

“In general Upward Bound was an amazing experience. I grew stronger as a person and developed even better social skills than before. I feel more prepared for college in two years.”

— Dylan Nickell, MILAN HS

“I had amazing teachers and couldn’t be happier with how much help they gave me.”

— Tristin Prewitt, WESTRAN HS

“Upward Bound ensures the mental, financial, and physical help to all of its attendees by explaining college and scholarships, aiding you if you’re hurt, or listening and talking about your problems. Not only does Upward Bound ensure our wellness, Upward Bound also ensures that we are driven toward our common goal, a college degree.”

— Owen Miller, LAPLATA HS

PROGRAM COMMITMENTS TO YOU

We commit ourselves to do everything we can to help you prepare to be successful in college — which may include assistance with academics, college and career information, personal decisions, etc. Therefore we will:

- Make every effort to provide a safe environment that encourages personal confidence and growth
- Offer challenging instruction in a respectful learning environment
- Network with school/parents to provide the best possible approach to help you meet your college goals
- Invest over \$5,500 in you during each year of your program involvement

UPWARD BOUND PARTICIPANTS COMMIT TO

- Attend weekly academic-year meetings and summer academy unless an excused absence is cleared with program staff in advance
- Continue participation in program activities until high school graduation
- Complete a rigorous college preparatory curriculum during high school to prepare for college-level coursework
- Apply to at least 3 colleges and/or universities during senior year
- **Enroll in college the fall after senior year**, pursuing either a 2-year (Associate's) degree program or a 4-year (Bachelor's) degree program

Entering a certificate program or the military (unless ROTC alongside college) does not fulfill the mission of UB

