

WELCOME TO UPWARD BOUND!

Truman State University
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OVERVIEW OF SERVICES

DURING THE SCHOOL YEAR

Participants attend after-school meetings at their high school from late January- early May (and Sept.-Dec.) to make use of:

- Tutoring by Truman college students
- Exploration of college and career options
- Workshops to help with study skills, time management and financial literacy
- Guidance about what courses to take to best prepare for college
- Assistance with college applications, financial aid and scholarships
- Registration, payment and preparation for the ACT exam



DURING SUMMER ACADEMY

For 4 weeks during June students come to Truman's campus for an in-residence summer academy.

Students benefit from:

- Core courses in college-preparatory subjects
- A residential living experience in a college dormitory (students remain on campus Sunday evenings - Friday afternoons)
- College visits and cultural trip (2-3 day trip)
- Mentoring by successful college students
- Building friendships with other students who are college bound
- Learning to navigate a college campus and prepare for college success



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ALL UB services are provided at **NO COST** to participants

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THROUGHOUT THE YEAR

Upward Bound staff work with each student to assess his/her needs and develop an individual plan to best prepare for college success, which often includes:

- College visits each semester to help students learn about options available
- Help developing self-confidence, social skills and academic motivation
- Support and encouragement to set high goals and make plans to achieve them
- Exploration of different kinds of college degrees and various career pathways
- Academic coaching and mentoring by successful college students
- Payment of monthly stipends for meeting program requirements



UB PARTICIPANTS COMMIT TO

PARTICIPATE FULLY IN PROGRAM ACTIVITIES

- Attend weekly academic-year meetings and summer academies (summer after 10th & 11th grade) unless an excused absence is cleared with program staff in advance. Note: Excused absences are limited and for school-sponsored activities only.
- Continue participation in Upward Bound until high school graduation
- Maintain satisfactory academic progress and good standing with school



COMPLETE A RIGOROUS COLLEGE PREP CURRICULUM IN HIGH SCHOOL

Follow a high school course schedule that meets the definition for a rigorous college-preparatory curriculum, which requires

- 4 years of English/Language Arts courses
- 4 years of math courses (including Algebra I, II and Geometry), with a math course taken during the senior year
- 3 years of lab science, including one year each of at least two of the following courses: biology, chemistry and physics
- 3 years of social studies
- 2 years of a language other than English



START COLLEGE IMMEDIATELY AFTER GRADUATION TO EARN A 2 OR 4 YEAR DEGREE

Apply to at least 3 colleges and/or universities during the senior year of high school, then enroll in college the August after high school graduation to pursue either a 2-year (Associate's) or 4-year (Bachelor's) degree program. Note: Entering a certification program or the military (unless ROTC alongside college) does not fulfill the mission of UB.

