



## Using Google Classroom

Students should join the **UB22-23 AY Full Group class in Google classroom** to get announcements and reminders when posted, connect with remote tutors and access the Zoom links for virtual (and makeup) meetings.

### To Join the Upward Bound Class:

Go to [classroom.google.com](https://classroom.google.com) or install the Google classroom app on your device.

- When prompted to sign in, do so using your TRUMAN ID and PASSWORD. Your new Truman email address is a gmail email account that ends in @truman.edu.
- **\*\*You must be signed in to Google with your Truman email address or you will not be able to access the Upward Bound full group.\*\*** If you have other Google accounts, you can add your Truman account to your profile so you can easily switch between accounts.
- Indicate that you are a student, then select “join a class” and **enter class code xufhute.**

## Technology

Please let Upward Bound staff know if a student does not have a reliable computer/tablet/laptop or regular internet access to complete school work and keep in contact with Upward Bound. We may be able to help!

## Keep updated by using Remind

Students and parents can keep abreast of the latest UB news by signing up for the Remind text alert service, which we use to keep in touch, send reminders and alert you of changes and events. Text alert service is used frequently this time of year when in-person meetings can be cancelled for weather-related reasons (or schools abruptly close due to illness). The Remind App can be downloaded as an app on your cell phone/tablet or accessed online (<http://remind.com>).

### To sign up for text alerts on your phone:

→ text this message: @ubinfo

→ to this number: 81010



\*We will then move you to the appropriate Remind group based on meeting center\*

# UPWARD BOUND

TRUMAN STATE UNIVERSITY



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## What we do

### DURING THE SCHOOL YEAR

Participants attend weekly after-school meetings at their high school during the Spring (late Jan.-early May) and Fall (Sept.-Dec.) terms for:

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

### DURING THE 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 in July)
- 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
- Virtual week of career exploration and reflection activities in July

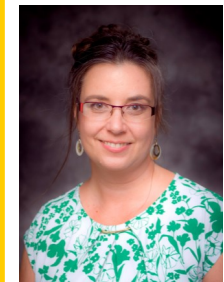
### THROUGHOUT THE YEAR

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

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

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

## Who we are



**Sarah Hass**  
Project Director



**Erika Sterup**  
Associate Director



**Donna Fude**  
Administrative  
Coordinator



**Van Tegtmeier**  
College Transition  
& Success Advisor

## Keep up to date

Follow us on Facebook to see current student, alumni and project highlights

Search for Truman State Upward Bound to find our page



# Attendance Expectations for Upward Bound Students

# Upward Bound Participants Commit To...

Attend and positively participate in weekly academic-year meetings, unless an excused absence has been cleared with program staff in advance



## Excused Absences (examples)

- ◆ Absence from school for illness
- ◆ Prearranged excused absence from school (field trip, college visit, etc.)
- ◆ Family or medical situation deemed an emergency by UB staff
- ◆ Tutoring, make-up exams, or other mandatory after-school academic work with a teacher
- ◆ Extracurricular activities ONLY if all grades are C or above and the student has not been absent from 3 meetings in a row

## Unexcused Absences (examples)

- ◇ Work (including providing childcare for siblings)
- ◇ Routine medical appointments
- ◇ Personal business (getting license, running siblings home, etc.)
- ◇ Absence with no explanation or contact with UB

Stipends will be suspended for the fourth and subsequent absences, whether absences were excused or unexcused, until the student returns to participation within policy guidelines. Students with unexcused absences do not earn stipends, and are in jeopardy of losing services.

Clear an excused absence in advance by contacting UB staff (via Remind text message, calling the office, or emailing).

If absent from a meeting, a **virtual makeup meeting is provided on Thursdays from 7-8pm**. Zoom links will be provided on Google Classroom.

## Did you know?

The Truman State Upward Bound Project is one of 966 TRIO Upward Bound programs that exist in the United States. All UB programs must compete every 5 years for continued funding in a national competition. Successful programs must show evidence that their participants are applying to, enrolling in and graduating from college at higher rates than their peers. The Truman UB Project has been continuously funded since 1966!



## 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
- Continue participation in Upward Bound until high school graduation
- Maintain satisfactory academic progress and good standing with school and community (consistent attendance, good relationships with school personnel, model citizenship, etc.)
- Obey all program rules and policies—both in principle and in spirit

## COMPLETE A RIGOROUS COLLEGE-PREP CURRICULUM IN HIGH SCHOOL

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

- 4 years of English/Language Arts courses
- 4 years of math courses (including Algebra I, II, Geometry), with a math course during 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-YEAR 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 certificate program or the military (unless ROTC alongside college) does not fulfill the purpose of Upward Bound.

## Spring 2023 UB Meeting Schedule

TUESDAYS (starting January 24)	WEDNESDAYS (starting January 25)	THURSDAYS (starting January 26)
<b>Putnam Co. High School</b> 3:30-5:20pm in library	<b>Moberly High School</b> 2:40-4:30pm in PD Room, library	<b>Macon High School (+ La Plata)</b> 3:45-5:35pm in library <i>La Plata: 3:20 pick-up/6:00 drop-off</i>
<b>Westran High School (+ Cairo)</b> 3:25-5:15pm in library <i>Cairo: 3:05 pick-up/5:35 drop-off</i>	<b>Kirkville High School</b> 3:00-4:50pm in Ms. Mitchell's room	<b>Schuyler Co. High School (+ Novinger)</b> 3:40-5:50pm in library <i>Novinger: 3:15 pick-up/6:15 drop-off</i>
<b>Milan High School</b> 3:35-5:25pm in library		<b>Knox Co. High School</b> 3:30-5:20pm in library