Colorado Mesa University Upward Bound
1100 North Avenue
Grand Junction, Colorado 81501
Shelby.Burroughs@d51schools.org

UPWARD BOUND PROGRAM

Instructions for Application

What is Upward Bound?

TRIO Upward Bound (UB) is a federally funded grant sponsored by the Department of Education. UB is designed to support first-generation, and income eligible students prepare to enter and succeed in college. Upward Bound at Colorado Mesa University is a rigorous college preparatory program that assists high school students with academic potential in developing confidence and necessary skills to succeed in high school and college.

Upward Bound participants receive individualized counseling, instruction, and opportunities to enjoy educational and cultural events. UB participants are expected to take a full academic schedule, attend UB events, and fully participate in weekly Upward Bound tutoring and advising. The Upward Bound program also includes a six-week summer program at Colorado Mesa University to help participants grow as students and individuals.

Upward Bound provides the following services and resources:

- Academic tutoring, including reading, writing, study skills, math, science, and more!
- Advisement in preparation for high school and college course selection
- Assistance in preparing for college entrance exams and completing college applications
- Financial literacy training including federal and state financial aid programs, scholarships, and completing the Free Application for Student Aid (FAFSA)
- College exploration trips to help students find a campus that fits their unique needs
- A six-week summer program including on-campus living, academic instruction, and social activities

Who Can Participate? *(Established by Title 34 §645.3 of Code of Federal Regulations)*

A student is eligible to participate in the Upward Bound program if they:

- Is **enrolled in grades 9-12 at Central or Grand Junction High School**
- Is a **United States citizen or Permanent Resident**
- Meets **one or more** of the three following criteria:
    - Is **income eligible**, as determined by the limits set forth by federal regulations, or
    - Is **first-generation**, meaning neither parent/guardian has a 4-year college degree
    - Demonstrates **academic commitment to high school and college success** (GPA of 2.5 or above, has taken algebra by 10th grade, has taken or has the desire to take Advanced Placement or Concurrent Enrollment coursework, etc.).

UPWARD BOUND PROGRAM

Information for Families and Students

How does Upward Bound work?

During the academic year, Upward Bound provides participants with:

- Academic, personal, and college-prep advising at their high school with an Upward Bound-specific advisor.
- Monthly Saturday sessions to expand college-preparatory skills.
- Educational and cultural events as well as college visits to enrich high school experiences.
- Assistance in college application and financial aid processes for seniors.

During the summer, Upward Bound provides participants with:

- Six weeks of academic instruction in math, science, language arts, and foreign language
- An on-campus living experience at Colorado Mesa University
- Opportunities to visit colleges, cities, and academic attractions in the Rocky Mountain Region

What will be expected of Upward Bound students?

- Enroll in eight academic courses every year including math, literature, composition, science, foreign language, and social studies.
- Over four years, Upward Bound students will exceed the minimum course load recommended for admission to most Colorado colleges, including:
    a. 4 years of math (including Algebra 1, Geometry, Algebra 2, and an Advanced math course)
    b. 4 years of English
    c. 4 years of social studies (courses like psychology, US history, geography, etc.)
    d. 2 years of the same foreign language
    e. 3 years of laboratory science (biology, chemistry, physics, etc.)
- Develop and achieve personal, academic, and college-prep goals with the support of the Upward Bound team and your Upward Bound advisor.
- Participate in all Upward Bound events and activities, including evening and weekend obligations.
- Maintain satisfactory academic progress and consistent class attendance.
- Attend each six-week summer program for the duration of your high school career.
- Treat yourself, other students, and staff with respect, being a positive representative of the program, your high school, and your community.

How can I help my child be successful in Upward Bound?

- Encourage your student to be involved in all aspects of Upward Bound
- Participate in parent/guardian workshops on topics including college preparation, college admissions, financial planning for college, and career exploration.
- Attend events during the academic year and summer program that highlight your student's achievements and performance in the program.
- Meet annually with an Upward Bound advisor and maintain contact on an ongoing basis.

Upward Bound is free of charge. There is no financial obligation for families.

Dear Applicants,

We are so excited that you are interested in being a part of Upward Bound! This application packet contains all required forms you and your parents/guardians must complete. These forms are essential to ensuring our team has all necessary information to consider you for a spot within the program. Please ensure these forms are accurate and completed legibly prior to submission. Incomplete applications will not be considered.

To help make this application process easy, check off each of the following steps as you complete them to ensure you have all required forms finished!

Application Checklist: Check off the items as you go!

- Section 1: Student Information
- Section 2: Family & Eligibility Information
    - ***Please ensure this section includes parent and student signatures!***
- Section 3: Academic Information
- Section 4: Personal Statement
- Section 5: Letter of Recommendation Form
    - Remove the form and give to a teacher, coach, or counselor that knows you well. You can submit your packet without these attached as they'll be submitted by the teacher, coach, or counselor directly.
- Section 6: Certifications & Signatures

Once you've completed all the above steps, it's time to submit your application!

To submit your completed application:

Drop off your completed application packet to the Upward Bound Advisor at your high school.

Grand Junction High School – Gabby Ward, Library
Central High School - Lissie Winslow, Room 203

COLORADO MESA UNIVERSITY UPWARD BOUND APPLICATION
Section 1: Student Information

Name: _____
First *Middle* *Last*

What do you like to be called? _____

Physical Address: _____
Street *City* *State* *Zip Code*

Mailing Address: _____
(If different than physical address) *Street* *City* *State* *Zip Code*

Home Phone: _____ Cell Phone: _____

Student's Email: _____

Parent or Guardian Email: _____

Date of Birth: _____ Age: _____ Social Security #: _____

Are you a US citizen? (*circle one)* Yes No
If not, are you a Permanent Resident? (circle one) Yes No Permanent Resident # _____

Gender (*circle one)*: Male Female Prefer not to Answer Shirt Size: _____

Ethnicity (*circle one)*: Hispanic or Latino Not Hispanic or Latino

Race *(circle one):* American Indian or Alaska Native Asian Black/African American
Native Hawaiian/Pacific Islander White Prefer Not to Share

High School: _____

High School Counselor: _____

Student ID #: _____

Current Grade *(circle one)*: Rising 9th (Finishing 8th grade) 9th 10th 11th 12th

What languages are spoken in your home? _____

Do you have limited English proficiency? Yes No

What is the preferred language of your parents/guardians? _____

Section 2: Family Information

To be completed by a parent or legal guardian

Parent or Guardian 1:

Name: _____
First *Last*

Relationship to Student: _____ Phone Number: _____

Have you graduated with a bachelor's degree (4-year degree) or higher? Yes No

Parent or Guardian 2:

Name: _____
First *Last*

Relationship to Student: _____ Phone Number: _____

Have you graduated with a bachelor's degree (4-year degree) or higher? Yes No

Family income information is required by federal guidelines for participation in Upward Bound.

Please indicate the range of your family/household **taxable income** for last year. Taxable income is the **income remaining after you take any deductions** and is found on line 11(b) of your 1040 form.

- ☐ $0 - $20,000
- ☐ $20,000-$30,000
- ☐ $30,000-$40,000
- ☐ $40,000-$50,000
- ☐ $50,000-$60,000
- ☐ $60,000-$70,000
- ☐ $70,000-$80,000
- ☐ $80,000+

Number of dependents claimed on your income tax form (including yourself): _____

I certify that all the information provided above is true and correct to the best of my knowledge. I certify that this accurately reflects our family's annual, taxable income.

_____

Parent/Guardian Signature *Today's Date*

_____

Student Signature *Today's Date*

Section 3: Student Academic Information

Name: _____
First *Middle* *Last*

What are your educational plans after you graduate high school? Select all that apply:

- ☐ Enter military service
- ☐ Work full-time
- ☐ Complete an associate degree (2-year degree)
- ☐ Complete a bachelor's degree (4-year degree)
- ☐ Complete a master's degree after a bachelor's degree
- ☐ Complete a Ph.D, M.D., law degree, or other advanced degree
- ☐ I am undecided about my educational plans after high school

What is your dream job?

_____
_____
_____
_____

What would you like to study in college? What type of career would you like to have?

_____
_____
_____

What are you doing right now to be successful in school?

_____
_____
_____

What has been challenging you?

_____
_____
_____

What do you like to do outside of school?

_____
_____
_____

Have you ever been diagnosed with a learning disability? Yes No
(If yes, please describe): _____
_____

Section 4: Teacher/Coach/Counselor Recommendation

Students: Remove this section from your packet. Select a teacher or counselor who knows you and your abilities. Ask them to complete this form and return it to Upward Bound directly by email. Please choose a teacher who knows you well and has had you in an academic course (math, science, language arts, social studies), a coach who knows your academic abilities, or a counselor you have worked closely with.

Teachers, Coaches & Counselors: We appreciate your assistance in completing this form. The student's application will not be complete until this recommendation is received by our Upward Bound team. Please return the form as soon as possible to the Upward Bound advisor at Central or Grand Junction High School.

Applicant's Name: _____

School: _____

Recommender Name: _____ **Title:** _____

Teachers, please list the classes in which you have had this student: _____

How long have you known the applicant? _____

Describe the applicant in 2-3 words: _____

Please check skills and/or aptitudes that apply to the applicant:	**How would you describe the applicant's performance in class? (Check all that apply):**
☐ Outgoing ☐ Creative ☐ Exhibits Leadership ☐ Strong community/family involvement ☐ Responsible ☐ Bilingual ☐ Involved in school activities (sports, clubs, etc.) ☐ Balances work and school well Is a positive influence to others ☐ Respectful to teachers/staff ☐ Role model for other students ☐ Other: _____	☐ Attentive and focused ☐ Easily distracted ☐ Turns in work on time ☐ Often turns in work late or not at all ☐ Asks questions in class ☐ Works hard in class ☐ Must improve communication with teacher ☐ Must improve amount of effort put forth in class ☐ Does well on tests ☐ Does poorly on tests ☐ Reads well ☐ Must improve reading skills ☐ Strong math skills ☐ Must improve math skills ☐ Strong writing skills ☐ Must improve writing skills ☐ Other: _____

How would you describe the applicant's motivation to complete high school (Please circle):
Strong (plans to graduate and go to college) **Fair** (plans to graduate) **Weak** (risk of not graduating)

How would you describe the applicant's class attendance record? (Please circle):
Strong Fair Weak *How many absences have they had in your class:*_____

Does the applicant currently have a D or F in a class? Yes No *If so, how many:* _____

Please include any additional comments that would help in the evaluation of this applicant:

_____

_____

_____

_____

_____

_____

_____

_____

Signature: _____

Date: _____

Thank you for your time, we know it is precious!

Section 5: Personal Statement

Instructions: Write a one-page essay answering the following questions. Our team is looking for thoughtfulness of content, clearly answering the questions, as well as grammar and word choice. We are excited to get to know you better!

Upward Bound is committed to helping you succeed in high school and prepare for success in college. With that in mind, answer the following questions:

1. **What are your academic and career goals after graduating high school?**
2. **How will being a part of Upward Bound help you achieve those goals?**

Section 6: Certifications and Signatures

While personal student information provided to Colorado Mesa University – Upward Bound staff is kept under strict confidentiality, there are times when it is necessary and important to share and/or discuss this information with other high school or college departments and/or public agencies in order to facilitate positive outcomes for participants. Therefore, your written permission is **mandatory** upon application to this federally funded TRIO program.

Authorization to Release Records

By signing this release, I agree to allow the Upward Bound program at Colorado Mesa University to obtain academic records, including grade reports, transcripts, enrollment information, IEPs, test scores, and any other relevant educational information from any high school or post-secondary institution I attend for the sole purpose of program evaluation. This information will be handled with strict confidentiality according to federal regulations *(§34 CFR 645.43)*

_____ _____

Student's Name *Student's Date of Birth*

_____

Student's Signature *Today's Date*

_____

Parent/Guardian Name

_____

Parent/Guardian Signature *Today's Date*

Certification of Parent/Guardian

I understand the purpose of the Upward Bound program, which is to prepare participants to successfully complete a program of post-secondary education. I give permission for my child to participate in all program-sponsored activities. I also grant permission for the use of my child's name, photograph, and/or quotes to be utilized for editorial, promotional, recruitment, and/or educational purposes. I also understand that students accepted into the program must initially complete a 30-day probationary period and final placement into the program, as well as my child's continuation in the program, will be under the sole discretion of the Upward Bound program staff. My signature indicates that to the best of my knowledge, the information provided on this application is true and correct.

_____

Parent/Guardian Name

_____

Parent/Guardian Signature *Today's Date*

This section aligns with the Family Educational Rights and Privacy Act (FERPA), established by 20 U.S.C. § 1232g; 34 CFR Part 99

Upward Bound Student Participation Agreement

I understand the purpose of the Upward Bound program at Colorado Mesa University is to prepare participants to successfully complete college after high school. As a part of my personal effort in this preparation, I commit to Upward Bound through the entirety of my high school education and ***intend to participate in all academic year and summer components of the program.***

I also understand that students accepted into the program must initially complete a 30-day probationary period and final placement into the program, as well as my continuation in the program, will be under the sole discretion of the Colorado Mesa University Upward Bound program staff.

By signing this agreement, I agree to:

- Work hard in achieving the personal, academic, and college-prep goals that I will set for myself alongside Upward Bound
- Treat myself, other Upward Bound students, and staff with respect
- Be a positive representative of the program in my school, community, and future college campus
- Communicate with my UB advisor, instructors, and mentors about any challenges or obstacles I am facing
- Understand that I may face challenges. Though you may try new things and fail, that's okay!
- Our entire Upward Bound team will support you and we will get up together.
- Have fun and enjoy growing alongside my Upward Bound peers!

Student's Name	*Student's Date of Birth*
Student's Signature	*Today's Date*