



COLORADO MESA
UNIVERSITY

UPWARD BOUND SUMMER 2025

RECAP & REFLECTIONS

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ADVANCING AND REFINING: THE ACADEMIC SESSION

JUNE 2 - 27

The first four weeks of Summer Academy focused on **supplemental instruction** in core subjects, **college and career** exploration, and **leadership** development.

Upward Bound provides transportation so students can spend full days learning at Colorado Mesa University.

During the Academic Session, students connected with local business leaders, explored science through virtual reality, and enjoyed hands-on learning and cherry picking at CSU's Western Campus.



	ACTIVITY	OUTCOMES
72 Hours	Supplemental Instruction in Math, English, Science, and American Sign Language	<ul style="list-style-type: none"> College essays for rising seniors 3 math levels for different learners Group ASL performances Food science advocacy letter writing
36 Hours	Leadership, College, and Career development workshops and activities.	<ul style="list-style-type: none"> Career and major exploration with Colorado Career Advising Financial literacy workshop College lists based on interests
24 Hours	Connecting students with local businesses, nonprofits, and community partners.	<ul style="list-style-type: none"> Leadership River Trip with Colorado Canyons Association Downtown Grand Junction Small Business Tours Mesa County Libraries Summer Reading Program

THIS IS COLLEGE: THE RESIDENTIAL SESSION

JULY 7 - 11

Students moved into Tolman Hall at Colorado Mesa University for a **week-long taste of college life**.

Days began with breakfast in the CMU cafeteria and a morning workshop, followed by afternoon activities exploring campus. Evenings featured interactive events before returning to the dorms for everyone's favorite late-night ramen and rest.



MORNING WORKSHOPS

Two to three-hour sessions focused on **professional presentation skills, career exploration, developing healthy relationships, and personal goal reflection**.

AFTERNOON ACTIVITIES

Activities like **indoor rock climbing, tie dyeing, and a day spent fishing and hiking on the Grand Mesa**, pushed students out of their comfort zones and into creative spaces.

EVENING ADVENTURES

Cooking competitions, arts and crafts, origami, gym sessions, and dance parties kept the fun going and connected students with other first-generation peers from Upward Bound programs across Colorado.

UPWARD BOUND OLYMPICS

The week ended with **300 first-generation Upward Bound students** competing in the annual Olympics at CMU, joining mixed teams from across Colorado in sand volleyball, basketball, soccer, kickball, and quiz bowl.

ADVENTURE IN DURANGO: THE SCHOLARS TRIP

JULY 14-17

The final week of summer was the annual Scholars Trip, where Upward Bound students traveled to southwestern Colorado to celebrate the end of the program and recognize their hard work over the past six weeks.

COLLEGE EXPLORATION

Full **tour of Fort Lewis College** led by first-generation college students and staff from the Fort Lewis Admissions Office.

Four days living on campus at Fort Lewis College. Students experienced **apartment-style residence halls, eating in the cafeteria**, and enjoying the FLC campus.

OUTDOOR EXCURSIONS

A full day was spent learning about Pueblo culture and heritage from our National Park Service guide at the **ancient dwellings of Mesa Verde**.

Students enjoyed an afternoon **rafting the Lower Animas River**, featuring white water rapids and plenty of opportunities to get splashed!

UNIQUE EXPERIENCES

Trips to the **Rocky Mountain Chocolate Factory, Purgatory Ski Area, and Downtown Durango** exposed students to new places and experiences that they otherwise would not have had back home in Grand Junction.

Hands-on **leadership activities, board games, and an open mic night** taught students to ask for help, work as a team, and show gratitude to one another.



SUMMER STUDENT LEADERSHIP EXPERIENCES

Summer Academy offered Upward Bound students **unique opportunities to visit universities** statewide and nationwide while connecting with other first-generation students from across the country.



SUMMER MINES ENGINEERING AND TRAINING (SUMMET) PROGRAM SCHOOL OF MINES, GOLDEN, COLORADO

- Terrence, GJHS Class of 2026
- Team Project: Mine Rescue Technologies
- SUMMET is an **engineering, science, and technology** initiative tailored for rising high school seniors who are prospective first-generation college students



NATIONAL STUDENT LEADERSHIP CONGRESS AMERICAN UNIVERSITY, WASHINGTON, DC

- Johnathon, GJHS Class of 2027
- 190 First-Generation Students from across the United States
- Johnathon's **Mock Congress team won First Place** by arguing their defense of the Department of Education to a panel of industry professionals
- Students met with legislative staff from Colorado Senate and Congressional Offices to share their first-generation experiences



FIRST-GENERATION BUSINESS SUMMIT COLORADO STATE UNIVERSITY - FORT COLLINS

- Nizhoni, GJHS Class of 2026
- Johnathon, GJHS Class of 2027
- 50 first-generation students from across Colorado gathered at Colorado State University Fort Collins to **connect passion and purpose** to create innovative and service-minded business proposals.

REFLECTING ON A SUMMER WELL SPENT

Our **third year of the Upward Bound Summer Academy** was filled with outdoor adventures, new academic challenges, and lots of friends!

Some highlights include:

- **Advanced Math & Calculus** course with CMU's Dr. Enzo Wendler
- **American Sign Language** with Upward Bound Alumni, Donovan and the Mesa County Public Library
- **Getting students outside their comfort zones with paddleboarding, rafting, and hiking** in our Western Colorado home

JUNE 2 - JULY 17

