



WEBER STATE UNIVERSITY

UPWARD BOUND

September 2009

IN A NUTSHELL...

Weber State University Upward Bound is a pre-college program that provides critical educational services and activities for eligible 13- to 19-year-old students, generally "lost in the shuffle," requiring individualized attention if they are to develop the necessary post-secondary academic skills to gain entry into and graduate from institutions of higher learning. Students participate with the Upward Bound program for the duration of their high school enrollment.

High School students, in the ninth and tenth grades, are selected for participation based on the recommendations of teachers, counselors, and social service agencies.

In order to be considered to participate in the Upward Bound program, the applicant must be a first-generation student - someone whose parents have not received a four-year college degree. In addition, most students must be eligible based on low-income guidelines as outlined by the U.S. Department of Education.

Upward Bound is federally funded through the U.S. Department

of Education to serve 75 high school students enrolled in one of the following five high schools: Ogden, Ben Lomond, Clearfield, Layton, and Northridge. All incoming 9th grade students in both the Davis and Ogden School Districts must attend a junior high that feeds students into one of the above listed high schools.

Student must have the potential to be successful in post-secondary college program, which includes a grade point average above 2.5, good school attendance, and average or above scores on achievement tests. To remain eligible for the program, students must meet the following requirements:

- Maintain a 2.5 grade point average.
- Maintain good school attendance.
- Participate in Upward Bound's services including: after-school study hall (when available), Saturday College Prep/Study Hall, individual academic counseling sessions, special monthly activities and community service projects.
- Complete the six-week summer residential academic program.

GOOD-BYE BRIDGE 2009!!!

Congratulations to all Bridge 2009 students who completed the Upward Bound Summer Bridge Program. All seventeen Upward Bound students received four college credits after completing rigorous courses in Criminal Justice 1010 and Billiards 1150. In addition, Bridge students participated in a Supplemental Student Instruction (SSI) course, a class designed to assist in the college learning process. Bridge students also met with

various programs at Weber State including Student Support Services (SSS), Weber State Credit Union (WSCU), WSU Bookstore, Writing/Tutoring Center and the Stewart Library.

Bridge students have enrolled full-time at either Weber State University or the University of Utah for the Fall 2009 semester. Combined, these students earned over

\$555,000 in scholarships and financial aid to pay for their post-secondary costs. We wish each of these students success as they leave Upward Bound to pursue their college education.

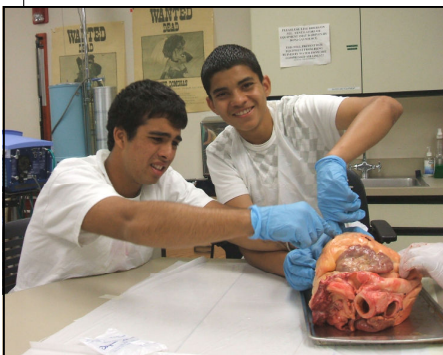


UPWARD BOUND SUMMER 2009

On Monday, June 15, 2009 seventy-three students and eight staff members loaded two Weber State University buses headed west. The final destination: Los Angeles, CA with plenty of fun in between. For five days students played, watched movies, listened to music and most importantly slept in between the following awesome LA Trip experiences:



- Zion National Park - Hiking around on the Emerald Pools Trails.
- Tuacahn - A stunning performance of the musical *Annie*
- Japanese American National Museum - An excellent tour of the museum followed by a riveting performance of Taiko drumming by UB students and staff
- Downtown Hollywood - A quick jaunt along the "Walk of Fame", seeing movie "stars" and characters
- Ripley's Believe It or Not! - Wait, where did the girl disappear to?



- Museum of Tolerance - An emotional tour through his- tory and social injustices throughout the world.
- La Brea Tar Pits - Right in the middle of all these high-rise buildings?
- Petersen Automotive Museum - I want *that* car!
- Santa Monica State Beach - It sure is a little chilly!
- Universal Studios - Lights! Camera! Action!

The remaining five weeks were spent increasing understanding in academic areas such as:



- Mathematics
- Literature & Composition
- Science
- Russian
- 2-D Art
- Team Building
- Video Productions and Technology
- Social Tolerance History Simulation

Evenings were spent doing various activities including over 20 hours of Physical Education on campus and at the Boys & Girls Club Roy Site. Students also



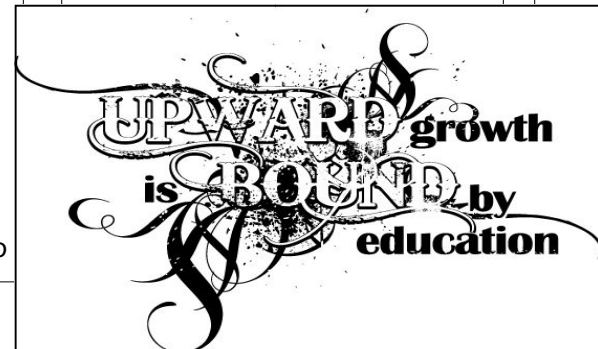
gave 25 hours of local community service with the following establishments:

- Ogden City Cemetery
- Crestwood Care Center Talent Show
- Ogden City Trial Blazing
- Deseret Industries



A little bit of time was left for play as students attending the following:

- A rigorous hike up the trail to the Timpanogos Caves National Monument
- Cabelas taxidermy display and cafeteria
- Raging Waters
- Allied Health Education Centers (AHEC) conference and
- Ott Planetarium presentation



"A Day for Kids"

The Upward Bound's first Saturday College Prep will be with the Boys and Girls Club of Weber/Davis on September 12, 2009. This will be the third year that the UB students volunteer their time as families participate in activities available at various venue in the Ogden area. Students must volunteer that day at either 9:45am to Noon OR Noon to 2:15pm at one

venue of their choice. Students **do not** need to come to the WSU campus at all as Linda and Tiffany will see them throughout the day. Families of UB students are welcome to attend "A Day for Kids" activities from 10:00 am to 2:00 pm at the following locations: BSA C.O.P.E.S. Course, Weber County Ice Sheet, Fat Cats Fun Center, Ogden Nature Center, Ogden Eccles Dinosaur Park and PapaGeorge Dairy.



We asked the best and the brightest for easy, powerful ways to get his school year off to a good start. Their tips:

- 1. START THE DAY RIGHT.** Nutritious breakfasts can get lost in the morning rush. Untraditional fare (say, a whole-wheat tortilla with cheese, refried beans and left-over veggies) can be a satisfying, portable breakfast, says Marilyn Swanson of the USDA's Children's Nutrition Research Center in Houston. In a pinch, grab 100% fruit juice and leftovers from the fridge. "Something is better than nothing," she says.
- 2. BOOKMARK THE SCHOOL WEBSITE.** Keep up with school news online and with your kids' teachers via e-mail. "Students with engaged

4 Big, Easy Boosts for Your Student

- parents tend to succeed," says Jan Harp Domene, national PTA president.
- 3. WORK OUT DURING HOMEWORK.** Research shows that physical activity helps a child academically. So toss a tennis ball during vocabulary drills or kick a soccer ball while reciting times tables, says Michelle May of the American Academy of Family Physicians.



- 4. PUT "ZZZ'S" ON THE A-LIST.** Insufficient sleep can hurt children academically the next day.

By: Ann Pleshetter Murphy

USA WEEKEND: August 29-31, 2008

ACADEMIC PROGRAM 2009-10

Each school year, from September to May, Upward Bound staff provide students with the following services:

- Academic tutoring with individual and group sessions in addition to homework assistance
- Monitoring of academic progress maintaining a college-bound track
- Individual counseling for academic or personal problems
- Academic improvement with college/university-level skills training
- Career exploration
- Access to academic and cultural activities
- Access to a variety of community involvement and service activities
- College entrance exam preparation
- College admissions, registrations and navigation
- Assistance with financial aid and

scholarship applications
Students meet with Education

Specialists (Tiffany & Linda) weekly at Weber State University in the Social Sciences Building room 201 on Saturdays from 9:00 am to 12:00 pm for College Prep.

Daily Schedule

8:45-9:00	Sign-In
9:00-9:10	Newsweek Minute
9:10-10:00	College Prep or Study Hall
10:00-10:10	Announcements
10:10-10:40	Lit/Composition
10:40-11:00	BGC Keystone Club
11:00-11:10	Break
11:10-12:00	College Prep or Study Hall

Upward Bound has planned 28 Saturdays for students and staff to meet during the 2009-10 school year.

All students are expected to attend. UB Students need to contact Tiffany or Linda **BEFORE** Saturday College Prep if they will be absent, coming late or leaving early and/or need help with transportation. Plan to be with us on the following Saturdays:

September 12, 19, 26
October 10, 17, 24, 31
November 7, 14, 21
December 5, 12
January 9, 23, 30
February 6, 20, 27
March 6, 13, 20, 27
April 10, 17, 24
May 1, 8, 15

In addition, Education Specialists meet with students at individual schools or other designated sites during the week as necessary.



Upward Bound Weber State University



Annex 10
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UPCOMING EVENTS

Saturday, Sept. 12 - BGC "A Day for Kids" community service from 9:45 am to 2:15 pm at various venues

Friday, Sept 18 - Bridge 2010 October ACT test registration deadline; talk to Tiffany!

Saturday, Sept. 19 and 26- College Prep

Saturday, Oct. 10 and 17- College Prep

Monday, Oct. 19t- WSU Multicultural Conference for all Bridge 2010

Saturday, Oct. 24 - National ACT test - Bridge 2010 College Prep

Saturday, Oct. 31- College Prep

Wednesday, Nov. 4 - WSU Scholarship Day - Bridge '10

Saturday, Nov. 7 - Science Day @ the U - Juniors 2011 College Prep

Thursday, Nov. 12 - "Bravo Broadway" @ 7:30pm; First UB cultural activity; nice dress; sign-up w/ UB staff

Upward Bound Staff

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Upward Bound is a federally funded program through the U.S. Department of Education.

TEEN KEYSTONE CLUB



In 2006, the Boys & Girls Club of Weber/Davis invited the students of the Weber State University Upward Bound program to be participants of the Teen Keystone Club at WSU. As participants, Upward Bound students are welcome to participate in any Club activities at any of the sites in the Weber/Davis area. In addition, approximately eight Upward Bound students serve on the Teen Keystone Club council assisting Boys & Girls club members with activity planning.

Each month Upward Bound students are able to volunteer with the Boys & Girls Club building skills and adding to their ever growing community service hours. In addition, the Teen Keystone Club provides extra curricular, cultural and just plain fun activities for Upward Bound students.

UB students, with their friends and family are encouraged to attend the Teen Keystone Club activities every Tuesday and Thursday afternoons from 3:00

to 6:00 pm. A white BGC van will pick up students at Ogden and Ben Lomond high schools at 2:45pm for any students needing assistance with transportation to the site. Activities are usually held at "The Cottage" (formally known as Washington High School) on 20th and Monroe in Ogden. Additional tutoring and various activities are available to students as part of "The Club".