

# Upward Bound East Student Handbook 2017 - 2018



**WAUBONSEE**  
COMMUNITY COLLEGE

**TRIO**  
UPWARD BOUND  
*A College Completion Program*

This Student Handbook was designed specifically for Upward Bound East students. It provides you with information about the services we provide, schedule of activities, and policies. As a general guide to the Upward Bound Program, this Student Handbook can help you find most of what you need to know to have a successful year.

Every effort is made to inform participants of program activities, policies, and the eligibility requirements for stipends and field trips. Each participant is responsible for knowledge of information contained in this Student Handbook. Additional copies are available in the Upward Bound East Classroom (EAHS Room 201) and accessible at [waubonsee.edu/upwardbound](http://waubonsee.edu/upwardbound)

For specific questions, which are always welcome, please contact an Upward Bound staff member.



WAUBONSEE  
COMMUNITY COLLEGE

**TRIO**  
UPWARD BOUND  
A College Completion Program

## HISTORY OF TRIO

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TRIO is a set of federally funded college opportunity programs that motivate and support students from disadvantaged backgrounds in their pursuit of a college degree.

The history of TRIO is progressive. It began with **Upward Bound**, which emerged out of the Economic Opportunity Act of 1964 in response to President Lyndon B. Johnson's War on Poverty. In 1965, **Talent Search** was created as part of the Higher Education Act of 1965 to assist students applying for newly authorized federal financial aid for postsecondary education. In 1968, **Student Support Services**, which was originally known as Special Services for Disadvantaged Students, was authorized by the Higher Education Amendments.

By the late 1960's, the term "TRIO" was coined to describe these federal programs.

Since 1968, the TRIO Programs have been expanded and improved to provide a wider range of services and to reach more students who need assistance. The 1972 amendments to the Higher Education Act created **Educational Opportunity Centers** to help adults select a postsecondary education program and obtain financial aid. **Veterans Upward Bound** was also initiated in the 1972 as part of the Upward Bound program to serve returning Vietnam veterans.

Amendments in 1986 added the Ronald E. **McNair** Postbaccalaureate Achievement Program to foster doctoral degree attainment by students from underrepresented segments of society.

In 1990, the Department created the **Upward Bound Math/Science** program to address the need for specific instruction in the fields of math and science.

TRIO also includes a training program for project directors and other staff of TRIO projects (Training Program for Federal TRIO Programs, which was authorized in 1976).

The **TRIO** programs were the first national college access and retention programs to address the serious social and cultural barriers to education in America.

An estimated 790,000 low-income, first-generation students and students with disabilities — from sixth grade through college graduation — are served by over 2,800 programs nationally.

Waubonsee Community College has three TRIO programs:

- TRIO Student Support Services
- TRIO Upward Bound – East Aurora High School
- TRIO Upward Bound – West Aurora High School

Council for Opportunity in Education, 2017  
U.S. Department of Education, 2017



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## MISSION & VISION STATEMENTS

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Upward Bounds mission is to prepare participants to earn a college degree and provide the basis for lifelong success. Our vision is to provide services and support that impact the next generation of students.

## PROGRAM OVERVIEW

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Upward Bound East is a college completion program serving students enrolled at East Aurora High School (EAHS), Aurora, IL. The program provides the support and motivation necessary to graduate high school and earn a post-secondary degree.

Based at EAHS since 2007, Upward Bound East offers a myriad of academic and college readiness programming, including regional and national college visits and cultural enrichment activities. Students participate until they graduate from high school, and receive all services at no cost. Students are not required to attend Waubensee Community College.

Upward Bound East operates year round and includes an optional six-week academic summer program on the Waubensee Sugar Grove campus. Upward Bound is funded by the U.S. Department of Education and is a unit of student development at Waubensee Community College.

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- The Upward Bound East classroom (Room 201) at EAHS is open Monday – Friday, providing students daily access to program staff. Academic classroom sessions are conducted on school days during study hall periods. Activities include topical workshops, tutoring, and academic advisement.
  - After-school tutoring sessions are held Monday - Thursday in the EAHS Library. Tutors and staff assist students in individual and group sessions. Career exploration is supported through monthly speakers, visits to employers, and job shadowing opportunities.
  - Each participant receives regular academic advisement and monthly performance reviews. A variety of academic, college readiness, financial literacy, and personal development workshops are offered throughout the year.
  - A staff member is assigned to work with seniors and their family, providing assistance with all aspects of the college admissions and financial aid process. Alumni are tracked for six years after high-school graduation and supported in the completion of a college degree.
  - College visits and cultural enrichment field trips within the region are offered monthly. An out-of-state college and cultural tour is offered twice yearly.
  - The six-week summer program consists of a full day of academic and enrichment programming including preparatory courses, workshops, sports activities, and a nutritious lunch. Participation in the summer program is optional.



## UPWARD BOUND EAST PROGRAM STAFF

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**Jesus Arceo, M.S.**  
**Educational Specialist**  
 East Aurora High School  
 Room 201  
 P (630) 299-8155  
 jarceo@waubonsee.edu

### TUTORING STAFF

Upward Bound Peer Tutors (Students)  
 Paraprofessional & Professional Tutors

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#### Upward Bound East Classroom:

East Aurora High School, Room 201  
 500 Tomcat Lane  
 Aurora, IL 60505  
 P (630) 299-8155  
 F (630) 966-4852

upwardbound@waubonsee.edu  
 waubonsee.edu/upwardbound  
<https://facebook.com/wccub>

#### TRIO / Upward Bound Manager's Office:

Waubonsee Community College, STC 210C  
 Route 47 at Waubonsee Drive  
 Sugar Grove, IL 60554  
 P (630) 466-6800  
 F (630) 966-4852

Upward Bound uses Remind, a safe and easy way to send reminder and text message and email updates to participants. We encourage all participants to sign up.

#### Participant Sign Up Process:

Text @ubstudent to 81010 or visit <https://www.remind.com/join/ubstudent>



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## GENERAL EXPECTATIONS & CONDUCT

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Upward Bound strives to create a positive environment, where learning can flourish and all participants feel welcome and respected. Participants are expected to conduct themselves in terms of appropriate behavior with an emphasis on self-respect, integrity, responsibility, respect for others, and to continuously strive for excellence.

- Participants will refrain from using profanity, offensive and discriminatory language, racial epithets, and other disparaging terms.
- Participants will refrain from making threats, spreading rumors, physical, verbal, or cyber-attacks, and other harassing behavior.
- Participants will actively engage and regularly participate in program activities.
- Participants will regularly check the Upward Bound East calendar to make themselves aware of activities and, will attempt to address scheduling conflicts in advance.
- Participants will not deface nor intentionally damage Upward Bound property.
- Participants will inform staff of any academic or program related issues in a timely fashion so that the issue(s) can be addressed.
- Participants will inform staff immediately if they are unable to attend a field trip they have signed up for.
- Cell phones should be silenced and stored during college visits and activities.
  - Students may briefly use their phone to “check-in” on social media, and or take pictures. Other usage (texting, browsing social media, etc.) is not appropriate.

Participants are expected to abide by Upward Bound East Program and East Aurora High School rules and expectations. Failure to follow program rules or meet expectations may result in restriction, suspension, or dismissal from the Upward Bound East Program.





## ELECTRONIC DEVICES

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Participants may not use headphones, music players, cell phones, cameras, electronic game units, nor like devices during program activities for non-academic purposes. With approval, participants may use personal laptops or tablet computers during activities.

Cell phones and like devices should be silenced and stored during college visits and program activities. Students may briefly use their cell phone to “check-in” on social media, and or take pictures. *Other usage (texting, browsing social media, etc.) is not appropriate.*

Participants may use electronic devices while riding in vehicles to and from enrichment activities. Headphones must be used, and the volume of said devices may not impede the decorum in the vehicle (as determined by Staff).

## DRESS CODE

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When participating in Upward Bound East activities, participant clothing should be clean, fit appropriately, and **fully conceal undergarments**. Jeans, sweaters, sweatshirts, long/short sleeve shirts and sneakers are appropriate attire for most activities.

Participants may not wear translucent or excessively revealing attire, clothing displaying offensive language, or alcohol/drug/gang references.

Some activities will require participants to wear business casual attire. Participants will be given advanced notice of dress requirements for specific engagements. For specific questions about attire, please see an Upward Bound staff member.

### Recommended Business Casual Examples for Young Men

- Slacks or khaki pants
- Polo shirt
- Button-down shirt
- Shirt tucked in with a belt
- Dress shoes or loafers

### Recommended Business Casual Examples for Young Ladies

- Slacks or khaki pants
- Skirt—knee-length or below
- Modest blouse, shirt or sweater
- Dress—knee-length or below
- Flats or Low-heeled shoes



## EXTRACURRICULAR ACTIVITIES / OTHER RESPONSIBILITIES

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Participants are encouraged to participate in other sponsored extracurricular activities. Participants engaged in other activities should complete the Upward Bound *Student Activities Form*.

We understand and respect that participants may have other commitments and responsibilities that conflict with Upward Bound East programming. When possible, we may make accommodations for participants on an individual basis. In the event of a conflict, participants should first contact the Coach / Teacher that supervises the activity to negotiate a solution. If a solution is not available, contact an Upward Bound East staff member **at least 3 school days in advance** to discuss the situation.

Upward Bound East staff is available to discuss how to balance multiple obligations.

## ACADEMIC & BEHAVIORAL INTERVENTION

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We believe that all students can achieve academic success. If a participant has difficulty meeting academic or behavioral standards, Upward Bound East staff will provide additional support services as appropriate. These services may include but are not limited to:

- Communicating with EAHS faculty, counselors, and or administrators
- UB Staff and student meetings
- UB Staff and parent meetings
- Tutoring
- College Readiness Workshop(s)

Our academic intervention philosophy is to help participants address barriers to their academic success. Participants and parents are expected to participate and cooperate with intervention measures and Upward Bound East staff recommendations.





## ACADEMIC RECORDS

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Upward Bound East staff regularly review academic records to ensure participants are performing satisfactorily. Participants are required to submit copies of their Grade Report and the Upward Bound Progress Report each quarter.

### **Grade reports are due by the following dates:**

- November 10, 2017 – 1<sup>st</sup> Quarter Grades Due
- January 29, 2018 – 1<sup>st</sup> Semester Grades Due
- April 16, 2018 – 3<sup>rd</sup> Quarter Grades Due

The Upward Bound Progress Report Form will be given to each participant between grading periods. Participants should have the progress report form completed by ALL of their teachers.

### **Upward Bound Progress Reports will be available and are due by the following dates:**

- #1 Available on September 25, 2017 – Due on September 29, 2017
- #2 Available on December 4, 2017 – Due on December 8, 2017
- #3 Available on February 20, 2018 – Due on February 26, 2018
- #4 Available on April 30, 2018 – Due on May 4, 2018

It is the sole responsibility of participants to submit academic records. Failure to submit academic records on time **will** affect eligibility for stipends and participation in the Spring Break Enrichment Activity. Our aim is to help participants achieve academic success, not penalize nor shame them.



## ACT / SAT TESTS

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When registering for ACT or SAT national test dates, use the following codes to have your scores sent directly to Upward Bound.

ACT or ACT with writing  
**Upward Bound ACT Code: 6975**

SAT or SAT Subject Tests  
**Upward Bound SAT Code: 14A034**

*The code is case sensitive; make sure to capitalize the letter "A" or the web application will produce an error message.*

See an Upward Bound East staff for ACT / SAT Fee Waivers. Fee Waivers cover only the basic registration fee.



## ATTENDANCE GUIDELINES

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It is important for participants to regularly attend and participate in program activities to fully realize the benefits of Upward Bound East. We have established minimum attendance guidelines for the various program activities. These are minimum standards, however participants are encouraged to attend and participate in program activities as much as their schedule will allow.

We understand and respect that participants have other commitments that may conflict with Upward Bound East programming. Please speak with an Upward Bound East staff member in advance if you are not able to attend a required activity or meet the minimum attendance guidelines.

Please note, minimum attendance guidelines do not meet eligibility criteria for stipends.

## UPWARD BOUND EAST STUDY HALL

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The Upward Bound East Study Hall is offered Monday – Thursday during posted study hall periods in EAHS room 201. Staff will present and discuss college readiness, skill development, current events, and cultural topics on Monday and Wednesday. Tuesday and Thursday are open study period days where participants may come to study, complete assignments, or meet with staff. Fridays are reserved for advising and tutoring appointments.

Participants who have study hall periods may attend these sessions. Separate arrangements will be made for participants who do not have a study hall. Participants should arrive on time with appropriate school supplies and ready to participate. Attendance is taken for each period and reported to EAHS daily. **Participants must sign in on the attendance sheet, or they may be marked absent for that period.**

In an effort to prevent rodents and pests, participants are not allowed to bring food in to the Upward Bound East Classroom.

**Participants must attend at least one Upward Bound East Study Hall period per week.**

Upward Bound East Study Hall Schedule				
Monday	Tuesday	Wednesday	Thursday	Friday
Current Events	Open Study Period	Writing Wednesday / Special Topic Wednesday	Open Study Period	Appointments Only
College Monday				



## AFTER-SCHOOL TUTORING SESSIONS

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After-school tutoring is offered after school, Monday – Thursday from 3:05 p.m. – 5:00 p.m. in the EAHS Library. Participants can receive assistance with their homework, projects, and specific academic subjects. After-school tutoring is not held on EAHS ½ days.

All participants are required to attend After-school tutoring and **Mandatory Monday**, bi-monthly meetings where they will receive important information and updates. After-school tutoring hours are based on participants' un-weighted cumulative GPA.

### Mandatory Monday Dates

3:15 p.m. – 3:30 p.m.

- |                              |                             |
|------------------------------|-----------------------------|
| • Tuesday, September 5, 2017 | • Monday, January 8, 2018   |
| • Monday, September 18, 2017 | • Monday, January 22, 2018  |
| • Monday, October 2, 2017    | • Monday, February 5, 2018  |
| • Monday, October 16, 2017   | • Monday, February 19, 2018 |
| • Monday, November 6, 2017   | • Monday, March 5, 2018     |
| • Monday, November 27, 2017  | • Monday, March 19, 2018    |
| • Monday, December 4, 2017   | • Tuesday, April 3, 2018    |
|                              | • Monday, April 16, 2018    |
|                              | • Monday, May 7, 2018       |

### After-school Tutoring Requirements

Un-weighted cumulative GPA	Minimum Attendance Required
> 3.26	Mandatory Monday
3.01 – 3.25	30 minutes per week
2.76 – 3.00	1 hours per week
2.51 – 2.75	2 hours per week
2.01 – 2.50	4 hours per week
< 2.0	6 hours per week
No GPA	2 hours per week

*Example 1 – A student who has a 2.63 GPA must attend 2 hours of tutoring per week.*

*Example 2 – A student who has a 1.75 GPA must attend 6 hours of tutoring per week*

*Example 3 – A student who has a 3.75 GPA is only required to attend Mandatory Mondays.*

*Example 4 – freshmen that do not yet have a high school GPA must attend 2 hours of tutoring per week.*

#### Please note:

- Participants may complete their required hours over one or more days, as applicable.
- If a participant attends an Upward Bound East activity (meeting, workshop, etc.) that occurs during Tutoring, the time will be credited towards Tutoring and they will receive the higher Point value.
- Participants can apply up to 50% of time at EAHS Math Lab / EAHS Teacher Tutoring towards their minimum attendance (\*documentation required).



## WORKSHOPS

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College readiness workshops on multiple topics are offered throughout the semester. Students are required to attend [Success Workshops](#) and may choose to attend [Foundation Workshops](#).

**While [Foundation Workshops](#) are optional, participants are strongly encouraged to attend.**

Separate [Grade Level Meetings & Workshops](#) are also held for each Upward Bound East cohort. See the 2017-2018 Workshop Calendar for specific dates and locations.

A participant may be required to attend a workshop if they are not meeting academic or behavioral standards.

### Success and Foundation Workshop Topics

Time Management	Choosing a College	GRIT
Organizational Skills	Careers & Majors	Working in a Group
Study Skills	Financial Aid & Scholarships	Cultural Awareness
Talking to Teachers	Career Exploration	Leadership
Conflict Resolution	Financial Literacy	Group Presentations
ACT / SAT + AP Exams	Research Skills	Goal Setting + Art

## INSPIRING SPEAKERS

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Each month, we host two or three speakers to share information about their career, life experiences, and to motivate participants. We invite local professionals, community leaders, college representatives, and students. The sessions are held after school and last approximately 30 minutes. **Participants are required to attend at least one session per month.** The Inspiring Speakers Calendar is released monthly.

## EXPO

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The annual Upward Bound EXPO is a group activity where participants collaborate to research and prepare a presentation. This goal of this activity is to improve participants' communication, teamwork, and research skills. **This is a mandatory activity.** See the EXPO information sheet in the appendix for important dates.



## COLLEGE VISITS & CULTURAL ENRICHMENT ACTIVITIES

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Visits to a variety of colleges and cultural enrichment sites are scheduled monthly. The purpose of visiting different colleges is to help participants identify what factors are important to them in a college, and to become more familiar with the college admissions process. The purpose of attending cultural enrichment activities such as museums, live theatre, and historic sites is to provide supplemental learning opportunities. Participants are expected to attend and actively engage in all college visits and cultural enrichment activities.

Participants may sign up for most activities by submitting the signed *Parent Permission Slip*. The forms are distributed in advance, and may not be accepted after the specified deadline.

Participants should inform staff immediately if they are not able to attend a field trip they have signed up for.

If a participant is repeatedly a “no-call no-show” or does not complete related assignments / tasks they will be restricted from participating in activities.

## STIPENDS

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Participants are eligible to receive a stipend of up to \$40 each month for participating in the Upward Bound Program. **Students receive \$5 for each hour spent at Upward Bound tutoring up to a maximum of \$40 per month.** The stipend is intended to offset the direct and indirect costs of the participant’s involvement in program activities. Stipends are processed and distributed monthly.

Participants are eligible for a stipend upon meeting the following conditions:

- Completed the New Student Observation Period
- Attend 12 Academic Classroom Sessions during the stipend period\*
- Attend 10 hours of After-School Sessions during the stipend period\*
- Attend 1 Enrichment Activity during the stipend period
  - If you sign up for a trip and do not attend without notice (no-call no-show) you may not receive a stipend.
- Attend 1 Inspiring Speaker Presentation during the stipend period
- Submit Academic Records On Time (**Cannot have an F in any course**)
- Have no outstanding Upward Bound assignments / tasks
- Cannot have received a significant EAHS referral during the stipend period

*\*Required times are adjusted down for school holidays, closings, ½ days, etc.*





## PARTICIPATION POINTS

Attend UB Study Hall	Attend 1 hour of UB Tutoring	Attend Success or Foundation Workshop	Attend UB Guest Speaker Presentation	Attend UB Enrichment Trip	Submit Grades / UB Progress Report on time
3 Points	10 Points	10-15 Points	15-20 Points	25-50 Points	14 Points
1 <sup>st</sup> Semester GPA (weighted) X 10					27.5 – 50 Points
no-call no-show for advising appointment					<b>- 5 Points</b>
Mandatory Monday unexcused absence					<b>- 10 Points</b>
Submit Grades / UB Progress Report late					<b>-2 Points per day</b>
no-call no-show for an Enrichment Trip					<b>- Trip Points</b>

Students who do not have a Study Hall period may complete an approved learning project or community service activity to earn points. Points for learning projects are determined individually. Students earn 9 points for every hour of community service they complete, but cannot earn more than the total available Study Hall points for the month.

Community service must be completed for a non-profit organization or government agency. Activities for relatives or friends, school-sponsored functions, paid services, and those related to a class or discipline referral are not eligible for consideration. Students cannot earn "double credit" for service.

Contact an Upward Bound staff for approval before arranging community service projects. Students may complete projects individually or in groups. Students must complete community service projects and submit the Community Service Record Form by the last day of the month.



## SPRING BREAK ENRICHMENT

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During the EAHS spring break, Upward Bound will offer an extended overnight out-of-state enrichment to visit colleges and cultural enrichment sites. The goal of the activity is to introduce participants to out of state colleges and universities, connect classroom learning with hands on activities, and to increase awareness of and participation in educational activities at historical and cultural sites. There is no cost to attend this activity.

The 2018 Spring Break Enrichment is tentatively scheduled for March 26-30, 2018. Details for this activity will be released in January 2018.

This is a premium activity available to participants with a high level of participation. There will be a minimum of 12 participant slots available for this activity. The final number of available slots will be released in December 2017. Participants can earn points August 25, 2017 – January 31, 2018 for attending Upward Bound activities, submitting academic records on time, and achieving academic success in the classroom.

The 12 participants with the highest amount of points will be invited to attend this activity. If a participant is unable to attend, subsequent participant(s) with the next highest points beyond the cutoff will be invited. In the event of a tie, the participant with the higher unweighted 1<sup>st</sup> Semester GPA will be elevated.

To receive an invitation and to participate in the spring break enrichment, participants must meet the following conditions:

- Have a minimum 2.75 GPA (un-weighted) for the 1<sup>st</sup> Semester (2017-18 AY)
  - Cannot have received an F in any course (1<sup>st</sup> Quarter - 2017-18 AY).
  - Cannot have received a D nor F in any course (2<sup>nd</sup> Quarter - 2017-18 AY).
  - Copy of 1<sup>st</sup> semester grades must be submitted by January 29, 2018.
- Cannot have received a significant UB East / EAHS referral during the 2017-18 AY.
- Missed no more than 3 Mandatory Monday sessions.
- Cannot have more than 1 “no-call no-show” for enrichment.
- Have no outstanding Upward Bound East assignments / tasks.
- Participate in the Upward Bound EXPO.

[UPDATE - 8/22/17 RC]

Waubonsee Community College does not discriminate based on any characteristic protected by law in its programs and activities



## 2017-2018 Workshop Calendar

<i>August – September 2017</i>	<i>October – December 2017</i>	<i>March – May 2018</i>
<p><b>UB SUCCESSful 101: GRIT</b>            Tuesday, August 29<sup>th</sup>   3:30 p.m. – 4:30 p.m.  <i>Students will continue the discussion on GRIT and how to use it to achieve a path to success.</i></p>	<p><b>Cultures not Costumes</b> <i>Guest Lecturer: Simón Rodríguez</i>            Monday, October 16<sup>th</sup>   3:30 p.m. – 4:30 p.m.  <i>What is cultural identity? Students will learn about cultural awareness and will reflect on how people grow to perceive cultural differences.</i></p>	<p><b>Career Exploration</b>            Saturday, March 10<sup>th</sup>   9:00 a.m. - 1:30 p.m.  <i>Students will complete a career inventory to identify their interest and learn about career resources. Bonus content: Internship opportunities in the Fox Valley area.</i></p>
<p><b>UB SUCCESSful 201: Growth Mindset</b>            Wednesday, August 30<sup>th</sup>   3:30 p.m. – 4:30 p.m.  <i>This workshop will focus on how intelligence can be continuously developed with hard work, strategies, and help from others.</i></p>	<p><b>Scholarship Search Process</b> <i>Guest Lecturer: ISAC</i>            Monday, October 23<sup>rd</sup>   3:30 p.m. – 4:30 p.m.  <i>Students will learn how to make a college education affordable.</i></p>	<p><b>Career Exploration</b> <i>Repeat Workshop – No Bonus Content</i>            Monday, March 12<sup>th</sup>   3:30 p.m. - 4:30 p.m.  <i>Students will complete a career inventory to identify their interest and learn about career resources.</i></p>
<p><b>UB SUCCESSful 301: “Rock, Paper, Scissors”</b>            Thursday, August 31<sup>st</sup>   3:15 p.m. – 4:30 p.m.  <i>Students will learn how to improve interpersonal communication at school and with their peers.</i></p>	<p><b>College Entrance Exams</b> <i>Guest Lecturer</i>            Saturday, November 4<sup>th</sup>   9:00 a.m. - Noon  <i>This workshop is an overview of the ACT, SAT, AP Exams, and ACCUPlacer. Not sure what these are... then you should definitely attend this workshop.</i></p>	<p><b>Careers &amp; Majors</b>            Monday, March 19<sup>th</sup>   3:30 p.m. – 4:30 p.m.  <i>Students will discuss how their interests and educational goals match possible majors.</i></p>
<p><b>9/11</b>            Monday, September 11<sup>th</sup>   3:30 p.m. – 4:45 p.m.  <i>UB Students who visited New York City will share personal observations from our visit to the National September 11<sup>th</sup> Museum and Memorial.</i></p>	<p><b>Inspiring Leaders: A UB seminar in leadership.</b>            Saturday, November 18<sup>th</sup>   9:00 a.m. – 1:00 p.m.  <i>Students will meet with local community leaders who will share their leadership stories and help students identify their own leadership skills.</i>  <i>Guest Lecturers</i></p>	<p><b>Money Management 1 Banking</b> <i>Guest Lecturer</i>            Monday, April 16<sup>th</sup>   3:30 p.m. - 4:30 p.m.  <i>This workshop will introduce students to the banking system and discuss how to manage their finances.</i></p>
<p><b>Aren’t all colleges the same?</b>            Monday, September 18<sup>th</sup>   3:30 p.m. – 4:30 p.m.  <i>Students will learn about the different types of colleges, degrees, and basic terminology to start their college search.</i></p>	<p><b>Stress was not on my wish list!</b> <i>Guest Lecturer</i>            Monday, December 4<sup>th</sup>   3:30 p.m. – 4:30 p.m.  <i>This workshop will discuss strategies for recognizing, understanding, and managing stress.</i></p>	<p><b>Money Management 2- “Whatsa FICO”</b> <i>Guest Lecturer</i>            Tuesday, April 17<sup>th</sup>   3:30 p.m. - 4:30 p.m.  <i>This is the second installment of the financial literacy series. Students will learn how to use credit / debit cards responsibly and build a positive credit history.</i></p>
<p><b>Understanding your College Fit</b>            Wednesday, September 27<sup>th</sup>   11:45 a.m. – 2:30 p.m.  <i>This workshop will help students understand how to choose a college that best fits their aspirations, qualifications, and preferences.</i></p>	<p><b>Student Roundtable</b>            Monday, December 11<sup>th</sup>   3:30 p.m. – 4:30 p.m.  <i>Students are invited to provide feedback about their experience at Upward Bound East.</i></p>	<p><b>Game of Life</b>            Monday, April 23<sup>rd</sup>   3:30 p.m. - 5:00 p.m.  <i>In this hand on activity, students will utilize knowledge gained in previous workshops to win at the game of life. Disclaimer: UB East staff reserve the right to not play fair in the Game of Life.</i></p>

# Exploration Collaboration EXPO Innovation

March 2, 2018

*This is a mandatory activity. All Upward Bound participants are required to participate. Participants are encouraged to attend all Expo workshops, but are only required to attend the Overview*

2018 Expo Workshop Calendar	<p><b>Expo Overview</b>                  Tuesday, January 16th   3:30 p.m. - 4:30 p.m.  <i>This introductory meeting is an overview of the EXPO project including goals, objectives, and important dates.</i></p>	
	<p><b>Group Dynamics</b>                  Tuesday, January 23<sup>rd</sup>   3:30 p.m. – 5:00 p.m.  <i>This workshop will review how to organize groups and strategies for resolving conflict.</i></p>	
	<p><b>Presentations Technology / Open Lab</b>                  Saturday, February 3<sup>rd</sup>   9:00 a.m. - 12:00 p.m.  <i>This workshop will review how to create Microsoft Power Point and Prezi presentations. Participants will receive hands on assistance and space to meet with their groups.</i></p>	
	<p><b>Effective Presentations</b>                  Monday, February 12<sup>th</sup>   3:30 – 5:00 p.m.  <i>Students will learn strategies to deliver effective individual and group presentations.</i></p>	
	<p><b>Expo Open Lab</b>                  Monday, February 26<sup>th</sup>   3:30 p.m. - 4:30 p.m.  <i>This is an Open Lab for students to practice and receive feedback for their upcoming EXPO presentation.</i></p>	

