

# Upward Bound EAST Participant Handbook 2018 - 2019



**WAUBONSEE**  
COMMUNITY COLLEGE

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

This Participant Handbook was designed specifically for Upward Bound East Participants. 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 Participant 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 Participant 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.



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## 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 1972 as part of the Upward Bound program to serve returning Vietnam veterans.

In 1976, the **Training Program** for Federal TRIO project directors and other staff was authorized.

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.

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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**TRIO**  
UPWARD BOUND  
A College Completion Program

## MISSION & VISION STATEMENTS

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Upward Bound's 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 participants.

## 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. Participants are not required to attend Waubonsee Community College.

Upward Bound East operates year-round and includes an optional six-week academic summer program on the Waubonsee Sugar Grove campus. Upward Bound is funded by the U.S. Department of Education and is a unit of student development at Waubonsee 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 internship 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 are 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, but strongly encouraged.



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## UPWARD BOUND EAST PROGRAM STAFF

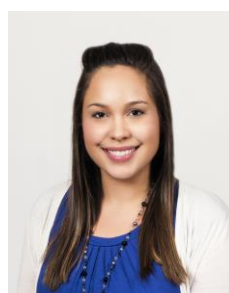
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 Room 201  
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## TUTORING STAFF

Upward Bound Peer Tutors (Students)  
 Paraprofessional & Professional Tutors

### 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  
 facebook.com/wccub

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

Waubonsee Community College, STC 210B  
 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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## CODE OF CONDUCT

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The purpose of the Code of Conduct and General Expectations are to let participants, and parents/guardians know the expectations for responsible behavior.

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, respect for others, integrity, civility, responsibility, honesty, and to continuously strive for excellence.

**The TRIO / Upward Bound Manager may restrict, suspend, or dismiss a participant for conduct or behavior including, but not limited to the following:**

- Acts of dishonesty, including, but not limited to: cheating, plagiarism, forgery, or providing false information to staff.
- Violent or threatening behavior, including, but not limited to: fighting, dating violence, abuse (physical, verbal or written), coercion, threats, or intimidation.
- Harassment including but not limited to: any verbal or physical behavior, such as a disparaging comment, epithet, slur, insult, or other expressive behavior, that is directed at a particular person or a group of persons.
- Hazing including but not limited to fear or intimidation, embarrassment or ridicule, physical exhaustion, endangerment, harm, mutilation, or alteration of any part(s) of the body, mental fatigue, harassment/duress, and defacement/damage/destruction of property. The intent of the act or the consent/cooperation of the hazing recipient shall not constitute a defense of hazing.
- Conduct which threatens or endangers the health or safety of any person or animal.
- Attempted or actual theft of personal or public property.
- Attempted or actual damage of property.
- Sexual assault, unwelcome sexual advances, requests for sexual favors, or conduct of a sexual nature.
- Possession, or use of any illegal drug, drug paraphernalia, or prescription drug not prescribed for the participant or when used in a manner inconsistent with the prescription or physicians' instructions.
- Possession or use of alcoholic beverages, tobacco material, electronic cigarettes/vaping, or hookahs/hookah products.
- Possessions of firearms, fireworks, explosives, knives, other weapons, or dangerous chemicals at Upward Bound activities.
- Disruption or obstruction of or inciting others to disrupt Upward Bound activities.
- Audio, visual, or video recording of any person without their express permission.
- Cutting class or an unauthorized absence from a classroom or other assigned area



## GENERAL EXPECTATIONS

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- 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 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.
- Participants are expected to abide by Upward Bound East and East Aurora High School rules and expectations.

## 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. Participants 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.





## DUE PROCESS

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Upward Bound follows a progressive discipline plan to address misconduct. Disciplinary action will be in proportion to the severity of misconduct, participant history, and other relevant factors. The TRIO / Upward Bound Manager may restrict, suspend, or dismiss a participant for serious and or repeated misconduct.

Participants have a right to procedural due process, including notice, an opportunity to respond to the allegation(s) and an appeal process. Participants wishing to appeal discipline should contact the TRIO / Upward Bound Manager.

## 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 ***Participant 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 are available to discuss how to balance multiple obligations.



## ACADEMIC SUCCESS

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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:**

- October 26, 2018 – 1<sup>st</sup> Quarter Grades Due
- January 18, 2019 – 1<sup>st</sup> Semester Grades Due
- April 2, 2019 – 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 17, 2018 – Due on September 21, 2018
- #2 Available on November 26, 2018 – Due on November 30, 2018
- #3 Available on February 11, 2019 – Due on February 15, 2019
- #4 Available on April 22, 2019 – Due on April 26, 2019

It is the sole responsibility of participants to submit academic records. Records may be submitted in person, by email, or text provided documentation is legible. 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.



## ACADEMIC SUPPORT

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Upward Bound offers a myriad of services to support participants and help them reach their full potential.

## TEST PREP

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Upward Bound offers intensive services to prepare for college entrance examinations and other standardized assessments. Participants are encouraged to attend scheduled test preparation sessions. See an Upward Bound East staff for supplemental support.

### PSAT Overview

October 9, 2018  
3:15 – 4:30 p.m.

February 16, 2019  
8:30 a.m. - Noon

March 9, 2019  
8:30 a.m. - Noon

### SAT BOOT CAMP

March 23, 2019  
8:30 a.m. - Noon

April 6, 2019  
8:30 a.m. - Noon

## 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.

## RESOURCES

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Upward Bound has a limited supply of instructional supplies, text books, calculators, and other technology for participant use. Participants may checkout material at the Upward Bound East office. Participants are responsible for damage, loss, or theft of material under their care.



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## 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	Writing	Open Study	Appointments
College Monday	Period	Wednesday / Special Topic Wednesday	Period	Only



## AFTER-SCHOOL TUTORING SESSIONS

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 4, 2018 | • Tuesday, January 8, 2019  |
| • Monday, September 24, 2018 | • Monday, January 28, 2019  |
| • Monday, October 15, 2018   | • Monday, February 11, 2019 |
| • Monday, October 29, 2018   | • Monday, February 25, 2019 |
| • Monday, November 12, 2018  | • Monday, March 11, 2019    |
| • Monday, November 26, 2018  | • Tuesday, April 2, 2019    |
| • Monday, December 3, 2018   | • Monday, April 15, 2019    |

### 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).





## COLLEGE READINESS WORKSHOPS

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College readiness workshops on multiple topics are offered throughout the semester. Participants are required to attend **Success Workshops** and may choose to attend **Foundation Workshops**.

**While *Foundation Workshops* are optional, participants are strongly encouraged to attend.**

See the 2018-2019 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

## KNOWLEDGE SPEAKERS SERIES

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Each month, we host two - three speakers to share knowledge about their career, life experiences, and to encourage 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 Knowledge Speakers Calendar is released monthly.



## 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.

## SPECIAL ACTIVITIES

### 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.

### GAME OF LIFE

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In this hands-on activity, students will utilize knowledge gained in previous financial literacy workshops to win at the Game of Life. Strategize to come out on top! Disclaimer: Upward Bound East staff reserve the right to not play fair in the Game of Life.

Monday, April 29<sup>th</sup> | 3:15 p.m. - 5:00 p.m.

### PARTICIPANT EVALUATIONS & ROUNDTABLE

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Participants are asked to complete two anonymous evaluations about their experiences at Upward Bound East. This feedback is important and help us improve Upward Bound and the services we offer. Participants may provide additional feedback during roundtable discussion sessions.

Midyear Participant Roundtable

Thursday, December 13<sup>th</sup> | 3:15 p.m. – 4:30 p.m.

End of the Year Participant Roundtable

Monday, April 29<sup>th</sup> | 3:15 p.m. – 4:30 p.m.



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## CLASS MEETINGS

Separate grade level meetings & workshops are also held for each Upward Bound East cohort

<b>Freshmen (2022)</b>	<b>Sophomore (2021)</b>	<b>Junior (2020)</b>	<b>Senior (2019)</b>
August 22, 2018	September 18, 2018	October 30, 2018	See Senior Plan 2019
September 20, 2018	January 4, 2019	December 1, 2018*	
November 19, 2018	March 9, 2019	December 4, 2018	
January 4, 2019	April 26, 2019	January 4, 2019	
April 26, 2019		January 30, 2019	
		April 26, 2019	
		May 13, 2019	
		<b>SAT Bootcamp*</b>	

## PARENT ENGAGEMENT

Upward Bound parents are essential to the success of the program. Our goal is to equip parents with the tools to help their children make educated decisions about successfully completing high school and post-secondary education. We have found that parents and guardians who support their students in the following ways have had a significant impact on their student's success in the program:

- Whenever possible, honor your child's commitment to the program by not scheduling any activities that will conflict with Upward Bound activities.
- Provide or help arrange transportation for your child to get to study sessions and other tutorial sessions or events.
- Remind your child of his/her commitment to Upward Bound
- If your child is unable to attend an event, please inform an Upward Bound staff ASAP.
- Keep you and your child's contact information up to date
- Whenever you are able, please attend parent workshops and applicable parent meetings. Your attendance sends the message, "this is important and has value."

## PARENT WORKSHOPS

<b>September 10, 2018</b>	<b>February 9, 2019</b>	<b>May 15, 2019</b>	<b>Summer 2019</b>
FAFSA	Financial	TBA	TBA

## PARENT MEETINGS / EVENTS

<b>February 26, 2019</b>	<b>April 9, 2019</b>	<b>May 3, 2019</b>	<b>June 4, 2019</b>
2019 Spring Break Parent & Student Orientation*	Senior Parent & Participant End of Year Meeting*^	Upward Bound 12 <sup>th</sup> Annual Student Awards Banquet	2019 Summer Program Student & Parent Orientation**

\* Only for parents of participants invited eligible for the Spring Break Enrichment.

\*^ Only for parents of graduating seniors.

\*\* Only for parents of participants attending the 2019 Summer Program.



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## 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>

Participants 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. Participants 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. Participants cannot earn "double credit" for service.

Contact an Upward Bound staff for approval before arranging community service projects. Participants may complete projects individually or in groups. Participants 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 2019 Spring Break Enrichment is tentatively scheduled for March 25-29, 2019. Details for this activity will be released in December 2018.

This is a premium activity available to participants with a high level of participation. This is a joint activity with the Upward Bound West program. There will be a minimum of 16 participant slots from each program available for this activity. The final number of available slots will be released in December 2018. Participants can earn points August 13, 2018 – January 31, 2019 for attending Upward Bound activities, submitting academic records on time, and achieving academic success in the classroom.

The 16 participants from each program 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 (2018-19 AY)
  - Cannot have received an F in any course (1<sup>st</sup> Quarter - 2018-19 AY).
  - Cannot have received a D nor F in any course (2<sup>nd</sup> Quarter - 2018-19 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 2018-19 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.





## 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. **Participants 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 Participant 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, 1/2 days, etc.*

[UPDATE - 8/3/18 RC]

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



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## 2018-2019 WORKSHOP CALENDAR

<p style="text-align: center;"><b>August – September 2018</b></p> <p><b>UB SUCCESSful 102: Running Start</b>  Monday, August 20<sup>th</sup>   3:15 p.m. – 4:30 p.m.  <i>Participants will discuss GRIT, time management, and other strategies to achieve a path to success.</i></p>	<p style="text-align: center;"><b>October – December 2018</b></p> <p><b>PSAT Assessment Overview: The Day Before</b>  Tuesday, October 9<sup>th</sup>   3:15 p.m. – 4:30 p.m.  <i>EAHS 9th, 10th and 11th graders will discuss what the PSAT is and learn strategies to prepare for the upcoming test.</i></p>	<p style="text-align: center;"><b>March – May 2019</b></p> <p><b>Career Exploration</b> <small>Guest Lecturers</small>  Saturday, March 16<sup>th</sup>   9:00 a.m. - 1:00 p.m.  <i>Participants will complete a career inventory to identify their interest and learn about career resources. Bonus content: Internship and job shadow opportunities in the Fox Valley area.</i></p>
<p><b>UB SUCCESSful 202: Tomcat Resources to the Rescue</b>  Tuesday, August 21<sup>st</sup>   3:15 p.m. – 4:30 p.m.  <i>This workshop will introduce Tomcats to the different resources that are available to them at EAHS</i></p>	<p><b>Learning Assessment: How do I learn?</b>  Monday, October 22<sup>nd</sup>   3:15 p.m. – 4:15 p.m.  <i>Participants will engage in a hands-on activity that will help them explore their own learning styles.</i></p>	<p><b>Careers &amp; Majors</b> <small>Guest Lectures</small>  Monday, March 18<sup>th</sup>   3:15 p.m. – 4:30 p.m.  <i>Participants will discuss how their interests and educational goals match possible majors.</i></p>
<p><b>UB SUCCESSful 302: Communicating</b>  Thursday, August 30<sup>th</sup>   3:15 p.m. – 4:30 p.m.  <i>Participants will learn how to improve their interpersonal communication skills at school and with their peers.</i></p>	<p><b>Learning Assessment: Analysis</b>  Tuesday, October 23<sup>th</sup>   3:15 p.m. – 4:30 p.m.  <i>This workshop is a continuation of the “How do I learn” workshop. During this workshop, students will analyze their results and in an open discussion format.</i></p>	<p><b>Job Shadowing and Internships</b> <small>Guest Lecturer</small>  Tuesday, March 19<sup>th</sup>   3:15 p.m. - 4:30 p.m.  <i>In this workshop, students will learn continue their discussion by researching internships and job shadowing in the area.</i></p>
<p><b>Media and American tragedies</b> <small>Guest Lecturer</small>  Tuesday, September 11<sup>th</sup>   3:15 p.m. – 5:00 p.m.  <i>Participants will discuss the portrayal of the September 11, 2001 attacks, and other national tragedies.</i></p>	<p><b>Learning Assessment: Where do I go from here?</b>  Monday, October 29<sup>th</sup>   3:15 p.m. – 4:15 p.m.  <i>This workshop is the finale of the “How do I learn” workshops. During this session, students will learn how to use their learning assessment to guide their academic choices.</i></p>	<p><b>Money Management 1- Adulthood 101</b> <small>Guest Lecturer</small>  Monday, April 15<sup>th</sup>   3:30 p.m. - 4:45 p.m.  <i>This workshop will introduce students to the banking system and discuss how to manage their finances.</i></p>
<p><b>What is College for \$500?</b> <small>Guest Lecturer</small>  Monday, September 17<sup>th</sup>   3:15 p.m. – 5:00 p.m.  <i>In this interactive game of College Jeopardy, students will learn about the different types of colleges, degrees, and basic terminology to start their college search.</i></p>	<p><b>Mental Health Seminar</b> <small>Guest Lecturers</small>  Saturday, November 17<sup>th</sup>   9:00 a.m. – 1:00 p.m.  <i>In this workshop, local mental health experts will discuss the question: “What is mental health?”</i></p>	<p><b>Money Management 2- Adulthood 102</b> <small>Guest Lecturer</small>  Tuesday, April 16<sup>th</sup>   3:30 p.m. - 4:45 p.m.  <i>This workshop is a continuation of the Adulthood series. Participants will learn about will learn about taxes and how to complete the W-4 when starting a job.</i></p>
<p><b>Understanding your College Fit &amp; Match</b>  Friday, September 28<sup>th</sup>   8:00 a.m. – Noon  <i>This workshop will help students understand how to choose a college that best fits their aspirations, qualifications, and preferences.</i></p>	<p><b>Stress was not on my wish list!</b> <small>Guest Lecturer</small>  Monday, December 3<sup>rd</sup>   3:30 p.m. – 5:00 p.m.  <i>This workshop will discuss strategies for recognizing, understanding, and managing stress.</i></p>	<p><b>Money Management 3- Adulthood 103</b> <small>Guest Lecturer</small>  Wednesday, April 17<sup>th</sup>   3:30 p.m. - 4:45 p.m.  <i>In the finale of the Adulthood workshop series, students will learn about financial resources for their future.</i></p>

# Exploration Collaboration ExpoInnovation

## March 1, 2019

*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*

2019 Expo Workshop Calendar	<b>Expo Overview</b> Thursday, December 13 <sup>th</sup>   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> 
	<b>Getting Started</b> Monday, January 14 <sup>th</sup>   3:30 p.m. – 5:00 p.m. <i>This workshop will review group assignments and choosing a topic.</i>
	<b>Group Dynamics</b> Wednesday, 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>
	<b>Presentations Technology / Open Lab</b> Saturday, February 2 <sup>nd</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>
	<b>Effective Presentations</b> Monday, February 11 <sup>th</sup>   3:30 – 5:00 p.m. <i>Participants will learn strategies to deliver effective individual and group presentations.</i>
	<b>Expo Open Lab</b> Monday, February 25 <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>



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