

Upward Bound WEST Participant Handbook 2018 - 2019



WAUBONSEE
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TRIO
UPWARD BOUND
A College Completion Program

This Participant Handbook was designed specifically for Upward Bound West 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 West Office (WAHS Nexus, Room A114) and accessible at waubonsee.edu/upwardbound

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



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HISTORY OF TRIO

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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MISSION & VISION STATEMENTS

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

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

Starting at WAHS in 2017, Upward Bound West 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 West 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 West classroom (Nexus, Room A101, A102, A103) at WAHS is open Monday – Friday, providing participants 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 Upward Bound West classroom (Nexus, Room A103). 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 WEST PROGRAM STAFF



Robert Cook, M.S.Ed
TRIO / Upward Bound Manager
 Waubonsee Community College
 Student Center, Room 210B
 P (630) 466-6800
 rcook@waubonsee.edu



Jesus Arceo, M.S.M.E.
Upward Bound Advisor
 West Aurora High School
 Nexus, Room A114
 P (630) 301-6560
 jarceo@waubonsee.edu



Lauren Clawson, B.S.
Educational Specialist
 West Aurora High School
 Nexus, Room A114
 P (630) 301-6619
 lclawson@waubonsee.edu

TUTORING STAFF

Upward Bound Peer Tutors (Students)
 Paraprofessional & Professional Tutors

Upward Bound West Classroom:

West Aurora High School, Nexus, Room A114
 1201 W. New York St.
 Aurora, IL 60506
 P (630) 301-6560
 F (630) 966-4852

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

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

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



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CODE OF CONDUCT

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

- Participants will actively engage and regularly participate in program activities.
- Participants will regularly check the Upward Bound West 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 West and West Aurora High School rules and expectations.

ELECTRONIC DEVICES

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

When participating in Upward Bound West 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

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

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 West 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 West staff member **at least 3 school days in advance** to discuss the situation.

Upward Bound West staff are available to discuss how to balance multiple obligations.



ACADEMIC SUCCESS

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

- Communicating with WAHS faculty, counselors, and or administrators
- UB Staff and Participant 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 West staff recommendations.

ACADEMIC RECORDS

Upward Bound West 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 31, 2018 – 1st Quarter Grades Due
- January 17, 2019 – 1st Semester Grades Due
- April 5, 2019 – 3rd 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
- Final: Available on April 29, 2019 – Due on May 3, 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

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

TEST PREP

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 West staff for supplemental support.

SAT BOOT CAMP

February 16, 2019 8:30 a.m. - Noon	March 9, 2019 8:30 a.m. - Noon	March 23, 2019 8:30 a.m. - Noon	April 6, 2019 8:30 a.m. - Noon
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ACT / SAT TESTS

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 West staff for ACT / SAT Fee Waivers. Fee Waivers cover only the basic registration fee.

RESOURCES

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 West office. Participants are responsible for damage, loss, or theft of material under their care.



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ATTENDANCE GUIDELINES

It is important for participants to regularly attend and participate in program activities to fully realize the benefits of Upward Bound West. 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 West programming. Please speak with an Upward Bound West 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 WEST STUDY HALL

The Upward Bound West Study Hall is offered Monday – Thursday during posted study hall periods in WAHS Nexus Classrooms. Staff will present and discuss college readiness, skill development, current events, and cultural topics on Tuesday and Thursday. Monday and Wednesday 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 by scanning your WAHS ID at the Nexus. **Participants must be on time and scanned in to the Nexus, 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 West Classroom.

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

Upward Bound West Study Hall Schedule

Monday
Open Study
Period

Tuesday
College Topic

Wednesday
Open Study Period

Thursday
Special Topic
Thursday

Friday
Appointments
Only



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AFTER-SCHOOL TUTORING SESSIONS

After-School Tutoring is offered after school, Monday – Thursday from 3:00 p.m. – 5:00 p.m. in the Nexus, Room A103. Participants can receive assistance with their homework, projects, and specific academic subjects. After-School Tutoring is not held on WAHS ½ days.

All participants are required to attend After-School Tutoring and **Mandatory Monday**, 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

3:05 p.m. – 3:20 p.m.

- | | |
|------------------------------|----------------------------|
| • Tuesday, September 4, 2018 | • Monday, January 7, 2019 |
| • Monday, October 1, 2018 | • Monday, February 4, 2019 |
| • Monday, November 5, 2018 | • Monday, March 4, 2019 |
| • Monday, December 3, 2018 | • Monday, April 1, 2019 |
| | • Monday, May 6, 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 participant who has a 2.63 GPA must attend 2 hours of tutoring per week.

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

Example 3 – A participant 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 West 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 WAHS Math Lab / WAHS Teacher Tutoring towards their minimum attendance (*documentation required).



COLLEGE READINESS WORKSHOPS

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

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

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

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

In this hands-on activity, participants 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 West staff reserve the right to not play fair in the Game of Life.

Thursday, April 18th | 3:15 p.m. - 5:00 p.m.

PARTICIPANT EVALUATIONS & ROUNDTABLE

Participants are asked to complete two anonymous evaluations about their experiences at Upward Bound West. 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

Wednesday, December 12th | 3:15 p.m. – 4:30 p.m.

End of the Year Participant Roundtable

Thursday, April 25th | 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

Freshmen (2022)	Sophomore (2021)	Junior (2020)	Senior (2019)
August 21, 2018	September 17, 2018	October 29, 2018	See Senior Plan 2019
September 20, 2018	January 4, 2019	December 1, 2018*	
November 15, 2018	March 9, 2019	December 3, 2018	
January 4, 2019	April 25, 2019	January 4, 2019	
April 25, 2019		January 29, 2019	
		April 25, 2019	
		May 13, 2019	
		SAT Bootcamp*	

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 child in the following ways have had a significant impact on their child'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

September 10, 2018	February 9, 2019	May 15, 2019	Summer 2019
FAFSA	Financial	TBA	TBA

PARENT MEETINGS / EVENTS

February 26, 2019	April 9, 2019	May 3, 2019	June 4, 2019
2019 Spring Break Parent & Student Orientation*	Senior Parent & Student End of Year Meeting*^	Upward Bound 12 th 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 st Semester GPA (weighted) X 10					27.5 – 50 Points
no-call no-show for advising appointment					- 5 Points
Mandatory Monday unexcused absence					- 10 Points
Submit Grades / UB Progress Report late					-2 Points per day
no-call no-show for an Enrichment Trip					- Trip Points

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. Students 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

During the WAHS 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 1st 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 1st Semester (2018-19 AY)
 - Cannot have received an F in any course (1st Quarter - 2018-19 AY).
 - Cannot have received a D nor F in any course (2nd Quarter - 2018-19 AY).
 - Copy of 1st semester grades must be submitted by January 29, 2018.
- Cannot have received a significant UB West / WAHS 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 West assignments / tasks.
- Participate in the Upward Bound EXPO.



STIPENDS

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 WAHS 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

August – September 2018	October – December 2018	March – May 2019
UB SUCCESSful 101: Running Start Monday, August 20 th 3:15 p.m. – 4:30 p.m. <i>Participants will discuss GRIT and other strategies to achieve a path to success. They will also discuss how to improve interpersonal communication at school and with their peers.</i> 	Cultures not Costumes <i>Guest Lecturer: Simón Rodríguez</i> Wednesday, October 17 th 3:15 p.m. – 4:30 p.m. <i>What is cultural identity? Participants will learn about cultural awareness and will reflect on how people grow to perceive cultural differences.</i> 	Career Exploration Saturday, March 16 th 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 opportunities in the Fox Valley area.</i>
UB SUCCESSful 201: Blackhawk Resources Wednesday, August 22nd 3:15 p.m. – 4:30 p.m. A WAHS Counselor and Teacher will share resources available at WAHS to help students have a successful year.  <div style="border: 1px solid red; padding: 2px; display: inline-block; color: red; font-weight: bold;">RESCHEDULED</div>	FAFSA? Monday, October 22 nd 3:15 p.m. – 4:15 p.m. <i>Participants will learn about the FAFSA and how to make a college education affordable.</i> 	Careers & Majors Monday, March 18 th 3:15 p.m. – 4:30 p.m. <i>Participants will discuss how their interests and educational goals match possible majors.</i> 
9/11 Tuesday, September 11 th 3:15 p.m. – 4:45 p.m. <i>Participants will learn about the impact and cultural influence of the September 11, 2001 attacks, and other national tragedies.</i>	Scholarship Search Process <i>Guest Lecturer: ISAC</i> Tuesday, October 30 th 3:15 p.m. – 4:30 p.m. <i>Participants will learn how to find and apply for scholarships..</i>	Job Shadowing and Internships Tuesday, March 19 th 3:15 p.m. – 4:30 p.m. <i>Participants will continue the discussion on careers and learn about starting their career tracks with internships and job shadowing even now while in high school.</i>
Aren't all colleges the same? Wednesday, September 19 th 3:15 p.m. – 4:30 p.m. <i>Participants will learn about the different types of colleges, degrees, and basic terminology to start their college search.</i> 	College Entrance Exams <i>Guest Lecturer</i> Thursday, November 8 th 3:15 p.m. - 5:00 p.m. <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>	Money Management 1- Banking <i>Guest Lecturer</i> Monday, April 15 th 3:15 p.m. - 4:30 p.m. <i>This workshop will introduce participants to the banking system and discuss how to manage their finances.</i>
Understanding your College Fit & Match Thursday, September 27 th 3:15 p.m. – 4:30 p.m. <i>This workshop will help participants understand how to choose a college that best fits their aspirations, qualifications, and preferences.</i>	Mental Health Seminar <i>Guest Lecturers</i> Saturday, November 17 th 9:00 a.m. – 1:00 p.m. <i>Participant will participate in a discussion with different Mental Health experts. Participants will receive knowledge and get insight on different approaches to the questions of “What is mental health?”</i>	Money Management 2- “Whatsa FICO” <i>Guest Lecturer</i> Tuesday, April 16 th 3:15 p.m. - 4:30 p.m. <i>This is the second installment of the financial literacy series. Participants will learn how to use credit / debit cards responsibly and build a positive credit history.</i>
	Stress was not on my wish list! <i>Guest Lecturer</i> Tuesday, December 4 th 3:15 p.m. – 4:30 p.m. <i>This workshop will discuss strategies for recognizing, understanding, and managing stress.</i> 	Money Management 3- Taxes <i>Guest Lecturer</i> Wednesday, April 17 th 3:15 p.m. - 4:30 p.m. <i>In the finale of the financial literacy series, participants will learn about taxes and how to complete the W-4 when starting a job.</i>

Exploration Collaboration Expo Innovation

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

2018 Expo Workshop Calendar	Expo Overview Wednesday, December 12 th 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> 
	Getting Started Tuesday, January 15 th 3:30 p.m. – 5:00 p.m. <i>This workshop will review group assignments and choosing a topic.</i>
	Group Dynamics Thursday, January 24 th 3:15 p.m. – 5:00 p.m. <i>This workshop will review how to organize groups and strategies for resolving conflict.</i>
	Presentations Technology / Open Lab Saturday, February 2 nd 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>
	Effective Presentations Monday, February 11 th 3:15 – 5:00 p.m. <i>Participants will learn strategies to deliver effective individual and group presentations.</i>
	Expo Open Lab Monday, February 25 th 3:15 p.m. - 4:30 p.m. <i>This is an Open Lab for Participants to practice and receive feedback for their upcoming EXPO presentation.</i>



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