



Dream - Learn - Achieve

# Upward Bound Project

www.pcp.sjsu.edu

OFFICE OF PRE-COLLEGE PROGRAMS

## PROJECT

### HIGHLIGHTS:

Post-secondary Enrollment Rate:

**95%**

College Retention/ Graduation Rate:

**76%**

### Class of 2009

Post Secondary Enrollment Rate:

**95%**

### Upcoming Events: Fall 2009

**Parent Empowerment Conference**

**2nd Annual Halloween Spookfest**

**Free SAT Prep Course**

## About UB:

### Purpose:

To prepare participants to enter and graduate from the "college of their choice."

### Services:

#### 1. Academic Component:

- **Academic Instruction:** Academic development instruction in a variety of subjects from basic grammar to SAT/ACT preparation and more....
- **Study Skills Workshops:** Everything from basic study skills to library research, test taking and dealing with academic stress. The goal is to teach students to "Learn how to learn."
- **Summer Math Class:** Through an agreement with the ESUHSD students are able to take a six-week course at San Jose State University for full high school credit.
- **Tutoring:** After school tutoring is offered Monday thru Thursday from 4:00 p.m. to 6:00 p.m. during the fall and spring semesters. Subjects include Math, English, Science, etc.

#### 2. Counseling Component:

- Academic/ Personal Advising
- Cultural/Social/Recreational Activities
- **Self Awareness/ Development Workshops:** Part of being a successful student is being able to recognize your own strengths and weaknesses both in and out of the classroom. Through a variety of workshops, students learn about themselves, enabling them to exploit their strengths while strengthening their weaknesses.



**So-Cal College Trip  
Spring 2009**

- **Summer Residential Program:** UB participants have the opportunity to reside on the SJSU campus for at least one summer during their participation. The purpose is to simulate a real college-going experience making it easier on them when the time comes.

- **4 yr. Educational Plan:** It is not just about wanting to go to college, but knowing how to get there. Together with our staff we will develop an individualized academy plan to get you there and every semester we will revisit the Ed Plan to ensure your are and remain on the college track.

#### 3. Making College a Reality:

- **College Tours:** Visit campuses such as Berkeley, San Diego State, Davis, UCLA, Cal. POLY and more...
- **College/ Degree Research:** Whether you know what you want to study or not, this guided research will enable you to learn more about areas of interest, best fit degrees and universities.
- **College Rush Nights:** The college application process can be overwhelming and confusing, but have no fear, UB is here. We will guide you every step of the way.
- **Financial Aid & Scholarships:** Not only will you learn about the different sources of financial assistance, we will help you apply!

#### 4. Parent Support:

- Informational Workshops
- Annual Parent Conference
- Parent Empowerment Council

## "Can I Apply?"

A total of 150 students are served each program year. Want to find out if you qualify? Put a checkmark next to all that apply to you:

- I'm a US citizen, national or permanent resident.
- My siblings and I will be the first ones to graduate from college and/or we are low-income.

- I am a 9th or 10th grade student enrolled in the East Side Union High School District. (Priority is giving to students from Andrew Hill, Independence, James Lick, Mt. Pleasant and Yerba Buena.)
- I need academic support services like tutoring and test preparation courses for the SAT/ ACT, etc.

- I would benefit from all Upward Bound services on my way to college.

How did you do? If you placed a check next to all five statements, you are very likely eligible for services. To apply download and application from our website. Applications are available starting September.

"Going to the college of our choice"

# UB Matriculation Model

**“Enter the college of your choice”**



## Frequently asked questions:



### What are the benefits of UB?

- Receive the academic support you need to be a successful student
- Meet new friends from other schools
- Experience college life first hand
- Possibly receive high school credit
- Learn about the university system and what you need to be ready

### When and where are services provided?

With the exception of occasional school site visits, all Upward Bound services are provided at San Jose State University. Tutoring is usually held in the Office of Pre-College Programs, while the location of Saturday College courses may vary from semester to semester.

### Do I get high school credit?

The only component to currently offer high school credit is the Summer Literacy & Accelerated Mathematics (SLAM) Academy. You can earn a total of 10 credits for the summer course. Please note that only full-year credit is awarded, we do not award credit by semester.

### Do I have to go to SJSU after high school?

No, we want all of our participants to “attend the college of their choice” and if it happens to be SJSU, great, but if not we will help you get there anyway.

### Does UB give me money for college?

As a senior you will receive all the assistance and support necessary to help you apply for as much financial assistance as you are eligible for (from completing the FAFSA to looking over personal statements for scholarships), however Upward Bound does not provide any type of direct financial assistance for college. However, a couple of scholarships are available to eligible participants on a competitive basis through the Upward Bound Scholarship Fund.

### How much does it cost?

It is all FREE! All services, instruction, and materials are provided to eligible participants without charge, including college tours. The exception is the annual spring break trip organized by Upward Bound. Students wishing to participate in this trip must fundraise to cover trip expenses. Past trip destinations have included, New York, Hawaii and Puerto Rico.

### What does UB expect from me if I am admitted?

All program participants must have the desire to attend and graduate from college after high school and therefore be willing to work towards that goal over their four years of high school. Selected participants commit to participation in tutorial (once a week minimum), Saturday College Courses (minimum of 8 Saturdays per semester), after school self-development workshops (twice per semester), summer residential program (at least one summer), summer courses and projects (twice a week for six weeks every summer) and most importantly to maintain a positive attitude and good work ethic. Remember to be college eligible your grades MUST also stay up or improve.

### How do I sign up?

Complete the program application and attach the requested documentation before submitting. You can pick up an application from our office or download it from our website: [pcp.sjsu.edu](http://pcp.sjsu.edu).

### Upward Bound Project -SJSU: Contact Information

#### **Mailing Address:**

Upward Bound Project—SJSU  
Office of Pre-College Programs  
One Washington Square  
San Jose, CA 95192-0235

#### **UB Office location:**

San Jose State University—Student Services Center (SSC)  
(9th St. & San Fernando)

Phone: (408) 924-2572

Fax: (408) 924-2513

Website: [pcp.sjsu.edu](http://pcp.sjsu.edu)



The purpose of TRIO programs is to prepare low-income/ potential first-generation college students for successful entry into, retention in, and completion of postsecondary education. Services are designed to improve academic performance, increase student motivation, and facilitate the transition from one level of education to the next. Trio programs include: Upward Bound (emerged out of the Economic Opportunity Act of 1964), Talent Search (part of the Higher Education Act of 1968), Student Support Services (included in the 19678 Amendment to the Higher Education Act), Educational Opportunity Centers (1972), Training Programs for Special Programs Staff and Leadership Personnel (1976) Ronald E. McNair Post-Baccalaureate Achievement (1986), Upward Bound Math/Science (1990) and Veterans Upward Bound. Higher Education Act of 1965, title IV, Part A, Subpart 2.