The UB Academic Year

The Academic Year with Upward Bound is back in full swing! A recap of services provided by Upward Bound is listed below. Please look over the services offered and encourage your students to take advantage of all UB has to offer.

School visits: UB staff are out to individual schools to visit with students during the school day every other week.

Tutoring: UB tutors are out to individual schools to help students with homework after the school day. The tutoring schedule varies based on the school, students have a tutoring schedule in their red UB folder.

Note: Students who have a grade dip below a C- during a grading period are required to attend tutoring until the following grading period. Tutors can provide a ride home to any UB student attending tutoring after the session is complete.

College Visits: Once students are seniors they are eligible to attend college visits in the fall or spring with UB. Fall visits took place over MEA and spring college visits will take place in March.

Mentoring: BSU student volunteers serve as mentors for all UB students. These mentors will be calling or contacting your student on Facebook from the UB office every other week. The purpose of the program is to provide your student with another positive peer role model.

Back to Campus: Students are encouraged to attend Back-to-Campus events one Saturday a month and earn $15 dollars for doing so. Check out the Back-to-Campus schedule on the backside for a list of events for the rest of the year!

Strengthening Success Skills

The intent of Upward Bound is to help students succeed in high school and to pursue a college degree. While we have been working diligently to ensure that students are attending tutoring, registering for the ACT test and completing college applications, we are continuing to find that there are skills not directly tied to academic course work that students are lacking when leaving the comfort of high school and entering the independent world of college. For our students to be successful we need to have concentrated efforts at home, at school and from Upward Bound to ensure our students are ready for that next step.

Self-Advocacy

It is important that students are able to identify when they need assistance and that they are able to solicit this assistance from others. Students need to be encouraged to first attempt to solve problems on their own. Is there a teacher that needs to be followed up with regarding a grading discrepancy? Are there questions that need answering when completing college applications? Encourage your student to first attempt to solve these items on their own. Both you and Upward Bound are there to support them in these attempts and step in if need be, but students need to understand they should be the ones making that first attempt.

Time Management

A huge piece of college success relies on a student’s ability to manage their time wisely and responsibly. It is not typical for a family member to move into the residence halls to ensure that someone will be there to make sure they get out of bed on time for that 8am class. Encourage your student to start doing these things on their own to prepare them for the real thing. Students should be able to manage their own time to determine when they need to be getting up in the morning, leaving for school, and how their extra-curricular activities are balanced with the academic demands of their classes. Time management is something that we all continue to work on throughout life. Let’s start our students on this process while they still have us to help them when they falter.

Organization

Polling successful college students anywhere will reveal that there is no way to keep track of one’s schedule and academics without being organized and using a planner. Whether that planner be electronic and kept on a phone or computer or whether students are using the Upward Bound planner, they need to start working on keeping track of assignments and test dates, work shifts and UB activities. It has become apparent to us over the past month that the use of a planner is no longer a widely understood concept. We have spoken with many students that are unsure of how to use their planners nor do they feel at liberty to make the decision to use it in a way that is meaningful and makes sense to them. Regardless of the method students use in filling out their planner, they need to develop a habit of referencing one item where all obligations are kept. Encourage your student to use a planner and ask to see it!

Work Ethic

The number of actual college classroom hours is significantly less than that of high school. The amount of outside study hours however, is drastically different. Students who have explored studying techniques and are aware of methods that prove to be most effective for them are better prepared for this increase in intensity. Students should also work to develop habits of studying for long periods of time to prepare them for academic life beyond high school.

Responsibility & Independence

College students need to be responsible for following up with professors and academic advisors when necessary. College professors are not going to follow up with a student if they miss class, a test, or assignment. Students need to work at taking on this responsibility now so they are comfortable following up with questions or grades. Students will ideally take on the responsibility of tracking their progress in each class in high school so they always know where they stand. Grades should be checked at least once a week to ensure all items were entered and were entered correctly.

They can’t do it without you! Support and encouragement from home are crucial to their future success!
The process of attending college can be overwhelming for everyone involved in helping a student make that next important step. Questions begin to get asked and many can go unanswered if you don’t know where to look.

In Upward Bound we embrace the idea that it is never too early to start looking at colleges and we talk with students about their college plans as soon as they start with the program. As a family member you may also have questions: Is it financially feasible for my student to attend college? How will they decide which college is best for them? What can I be doing with my freshman or sophomore student now to be helping them prepare for college to make the process less overwhelming?

These questions are only at the surface of the long list of questions that will arise throughout the next one to four years of high school. In addition to Upward Bound, there are a plethora of online resources that address all the questions above and more! The more involved you are the college preparation process the easier it will be to wave bon voyage as your student settles in on their new campus. Talk with your student often about colleges and their thoughts on potential career fields. Keep in mind that for a student to be successful in college they need to be excited about what they are studying and where they are attending—make sure not to make these decisions for them.

**Free Online Resources:**

MN Office of Higher Education:  [www.ohe.state.mn.us](http://www.ohe.state.mn.us)  *(This site has lots of articles and resources to aid in the decision making process)*

Great Lakes:  [https://www.mygreatlakes.org/web/community/content/community/collegeAccessResources.html](https://www.mygreatlakes.org/web/community/content/community/collegeAccessResources.html)

Minnesota State Colleges & Universities:  [yesyoucan.mnscu.edu](http://yesyoucan.mnscu.edu)