

UPWARD BOUND



Washburn University

Welcome Back!

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Follow us on Social Media!

- **Facebook:** [WU Upward Bound](#)
- **Instagram:** [@upwardboundwashburn](#)
- **Website:** [TRIO Upward Bound Program - Washburn University](#)

Upward Bound (UB) Mission

Upward Bound (UB) is a federal TRIO program that prepares students for higher education through various enrichment courses. Campus-based UB programs provide students instruction in literature, composition, mathematics, science, and foreign language during the school year and the summer. UB also offers intensive mentoring and support for students as they prepare for college entrance exams and tackle admission applications, financial aid, and scholarship forms.

All Upward Bound program activities and services are free to students enrolled in the program.

Specifically, the goal of Upward Bound is to get students excited about post-secondary education and picture themselves accomplishing their goals.

Services Provided:

- * Needs assessment and academic advisement
 - * Counseling referrals
 - * Twice monthly Saturday Academies
 - * College tours
- * Internship/scholarship opportunities exposing participants to careers requiring a post secondary degree
 - * Guest speakers from various entities
 - * Exposure to educational and cultural events
 - * College preparation and financial aid workshops

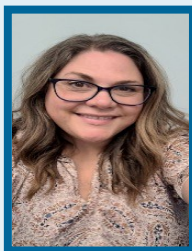


Meet the Upward Bound Team

UB Director: Shelley Bearman, M.S.

I am a graduate of Murray State University of Murray Kentucky with both a B.S. and M.S. degrees in Organizational Communication. If I can do it, you can too. I am originally from Kentucky but after living in Kansas for 23 years, I consider myself a transplanted Kansan. I have enjoyed working with adolescents and their families for several years and look forward to watching you grow and graduate from high school and college.

A fun fact about me is that as a first-generation college student I never imagined I would travel the circumference of the globe, but the travel bug has a hold of me. I love to travel having explored Mexico twice, England multiple times, France, Russia, New Zealand, India, Puerto Rico, and China. My favorite food is a good hamburger and has been since high school. Watching movies is my favorite pastime. Check out The Princess Bride and The Breakfast Club if you have not seen them. Lastly, if we were to take a trip together get ready for a long plane ride as I have always wanted to go to Australia. So welcome to Upward Bound, I look forward to getting to know you!



UB Advisor: Zalma Molina, B.S.

Hello, my name is Zalma Molina and I'm very honored to be the Upward Bound Advisor here at Topeka High. I look forward to working with you and providing any and every type of assistance in your early, yet exciting academic career.

I have a Bachelor's of Science degree in Petroleum Engineering with a Minor in Geology from the University of Kansas (Rockchalk!) and am currently pursuing a Master's Degree in Business Administration at Washburn University. I am also a proud first generation student. My own academic path was shaped by TRIO programs at KU which helped me not only become one of the first in my family to attend college but also one of the first to successfully finish it. This is exactly why I look forward to getting to know all of you and help navigate you towards accomplishing your own goals while appreciating that an education can truly change your life for the better. I, as well as many other first generation students, are living proof of this.

A fun fact about me is I own a motorcycle— a 2019 Sportster. Let me know if you ever want to see pictures of it or if you like motorcycles too.

If you ever have any questions and/or concerns, please never hesitate to get in contact with me using the information below. I am also fluent in Spanish so if that is ever the preferred language, I'd be more than happy to speak that. I'm super excited to get to work with you!



Contact Us

Shelley Bearman - Upward Bound Director

Email: shelley.bearman@washburn.edu

Washburn Office Phone: (785)670-3872

Location: Room 122 Plass Building at Washburn University

Zalma Molina - Upward Bound Advisor

Email: zalma.molina@washburn.edu OR zmolina@tps501.org

Washburn Office Phone: (785)670-3873

THS Office Phone: (785)295-3220

Location: Room 338 at Topeka High School or Room 122 Plass Building at Washburn University

Summer Academy/Bridge 2024

"JOURNEY TO THE STARS, TOGETHER WE THRIVE!"

What is Summer Academy?

Summer Academy is a FREE 6 week long academic summer camp offered only to current Upward Bound students (upcoming 9th-12th graders). It is held at Washburn University with academic instruction in 5 subjects (English Comprehension, English Literature, Mathematics, Physics, and Spanish) that are taught by licensed high school instructors Monday through Thursday. The camp also offers the following each week:

- Career, College, and Finance Workshops
- Teambuilding Activities
- Mentorship Opportunities with current Washburn University students
- Use of the Washburn University Recreational Center
- A strong sense of community and much more!

Students who attended the academic instruction during the week are rewarded with cultural enrichment trips every Friday. Lunch and snacks are provided to each student everyday and \$60 stipends are distributed to students who attend 4 out of the 6 weeks.

What is Summer Bridge?

Summer Bridge is a residential 6-week summer camp where only WUB seniors who have already graduated can be accepted. Bridge students earn up to 6 FREE college credit hours while living on the Washburn University campus and attend Friday cultural enrichment field trips with the Summer Academy group. All living and food expenses are also covered by the Upward Bound program.



Scholarship Quick

Access

Washburn University:
[Scholarship Information | Washburn University](#)

Washburn Tech:
[Scholarships \(washburntech.edu\)](#)

Kansas State:
[Scholarships \(k-state.edu\)](#)

KU:
[All Opportunities - University of Kansas Scholarships \(academicworks.com\)](#)

ESU:
[Scholarships - Emporia State University](#)

Pitt. State:
[Scholarships and financial assistance | Pittsburg State University \(pittstate.edu\)](#)

Fort Hays:
[Scholarships - Fort Hays State University \(FHSU\)](#)

Wichita State:
[Scholarships \(wichita.edu\)](#)

JCCC:
[Scholarships | Johnson County Community College \(jccc.edu\)](#)

*Please inform Zalma if you'd like another school added to this list

News and Impact: Senate Committee Approves \$20M Increase for TRIO Programs. Here's How to Keep the Momentum

August 1st, 2024 by Kimberly Jones

The Senate Appropriations Committee passed its version of the Labor, Health and Human Services, and Education (LHHS) funding bill for Fiscal Year 2025 – which funds the Federal TRIO Programs – this morning. The LHHS bill includes a \$20 million increase over the FY24 budget for TRIO. This \$20 million increase was requested by the Department of Education in the President's Budget Request for additional Student Support Services projects and would bring the total TRIO budget to \$1.211 billion. The bill also includes a \$5 million increase for the GEAR UP program and another \$5 million increase for the Child Care Access Means Parents in School Program (CCAMPIS), and a \$100 dollar increase to the maximum Pell Grant award to \$7,495. A summary of the bill can be found here.

This bill passed the Senate Appropriations Committee by a vote of 26-2. This is a great step forward and we're thrilled to see the bipartisan support for the TRIO Programs. As a reminder, the House and Senate will still need to work together to establish a final TRIO budget for FY25 – the House did not provide an increase to the TRIO budget in its version of the bill, leaving it at \$1.191 billion. The negotiations will continue throughout the coming months, and we don't anticipate a final bill to be passed until after the November elections.

With that in mind, advocacy continues! With the Senate markup passing the bill today, now is a great time to reach out to your Senate and ask them to support the \$20 million increase to TRIO. Additionally, please thank the Senators on the LHHS Subcommittee (the list can be found here), the full Appropriations Committee (the list can be found here), and especially full Committee Chair Patty Murray (D-WA) and Ranking Member Susan Collins (R-ME), and LHHS Subcommittee Chair Tammy Baldwin (D-WI) and Ranking Member Shelley Moore Capito (R-WV).

Full Article Here: [Senate Committee Approves \\$20M Increase for TRIO Programs: Here's How to Keep the Momentum - Council for Opportunity in Education \(coenet.org\)](#)

WUB Reminders/Updates

- **Invite friends to join WUB!**
 - Online Application: [Student Application \(empoweranalytics.org\)](#)
 - Paper Applications can be found in room 338
- **First Day of WUB Services for 2024-2025:** Tuesday September 3rd, 2024
- **Back-to-School Orientation Presentation:** [WUB Back to School Orientation Presentation 24-25.pptx](#)

September 2024

NATIONAL HISPANIC HERITAGE MONTH



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Labor Day No School	3 TT (45 min) PM Academy (1.5 hours)	4 PM Academy (1.5 hours)	5 TT (45 min) PM Academy (1.5 hours)	6	7 Saturday Academy 8:30am-1pm (4.5 hours)
8	9 PM Academy (1.5 hours)	10 TT (45 min) PM Academy (1.5 hours)	11 PM Academy (1.5 hours)	12 TT (45 min) PM Academy (1.5 hours)	13	14
15 First Day of Hispanic Heritage Month	16 PM Academy (1.5 hours)	17 TT (45 min) PM Academy (1.5 hours)	18 PM Academy (1.5 hours)	19 TT (45 min) PM Academy (1.5 hours)	20	21 Saturday Academy 8:30am-1pm (4.5 hours)
22	23	24 TT (45 min) PM Academy (1.5 hours)	25 PM Academy (1.5 hours)	26 TT (45 min) PM Academy (1.5 hours)	27	28
29	30 PM Academy (1.5 hours)					

Happy Birthday!

- Francisco D. (11th)
- Zalma M. (14th)
- Ti'Zerria T. (18th)
- Tai'Jay D. (23rd)
- Genesis C. (27th)

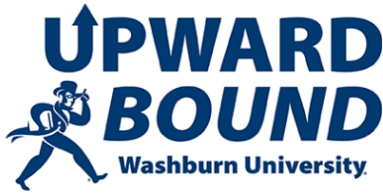
TT= Trojan Time

II at THS 10:27am-11:20am (Tues & Thurs)
PM Academy at THS cafeteria 3pm-4:30pm (Mon-Thurs)

Saturday Academy at the Plass Building at Washburn University (1731 SW Plass Ave., Topeka, KS 66621)

Where is the UB Staff?

Zalma and Shelley are in room 338 at Topeka High, feel free to stop by anytime!



Saturday Academy

Fall 2024

8:30am-1pm at the Plass
Building Washburn University

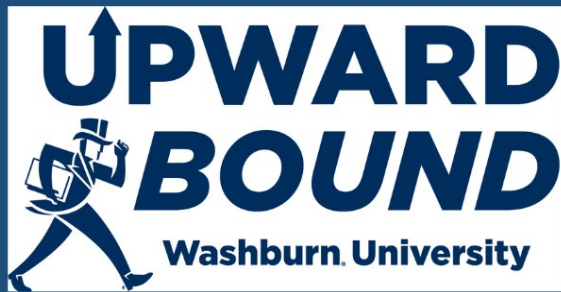
Dates:

- Saturday 9/7/24
- Saturday 9/21/24
- Saturday 10/5/24
- Saturday 10/19/24
- Saturday 11/2/24
- Saturday 11/16/24
- Saturday 11/23/24 (Field Trip)
- Saturday 12/7/24 (Finals Study Session!)



[Sign up:https://forms.office.com/r/Pip4tAihmu](https://forms.office.com/r/Pip4tAihmu)

Sign-Up Link: <https://forms.office.com/r/Pip4tAihmu>

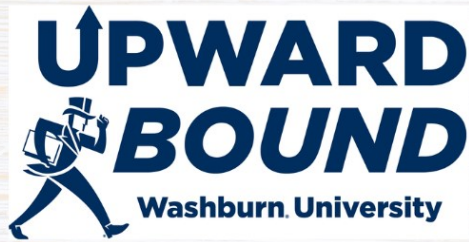


CLASS OF 2025 MEETING

Tuesday, September 24, 2024

 *Topeka High*  *Trojan Time*

**With special guests
from Washburn
University's Financial
Aid Department**

A top-down view of a spiral-bound notebook with a white grid pattern, lying on a light-colored wooden surface. The notebook is surrounded by various school supplies: a wooden ruler, several colored pencils (pink, green, yellow, orange, blue, red), a red highlighter, a blue pencil sharpener, a pair of blue-handled scissors, a yellow pencil sharpener, a protractor, a pair of silver paper clips, and several pushpins (red, yellow, green).

Have you done
your Fall 2024
Educational
Success Plan
(ESP) yet?

September is an ESP month, look out for an email from UB Advisor to complete yours before the month ends!