

October Newsletter

WASHBURN UPWARD BOUND

October 2024

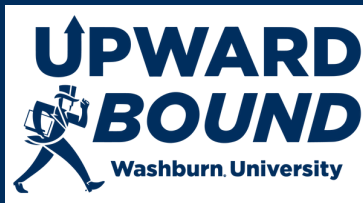


Welcome to Upward Bound!

Upward Bound 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.



Our services include...

- 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

Enjoy this month's newsletter!

Upward Bound Team

Inside this issue:

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Our social media:

 [@upwardboundwashburn](#)

 [WU Upward Bound](#)

 [TRIO Upward Bound Program - Washburn University](#)



Summer With Upward Bound

Congratulations to 8 seniors who graduated from THS and Upward Bound in 2024!

7 are attending postsecondary education this fall attending 1 at Kansas State University, and 6 at Washburn University.

THANK YOU!

Washburn University Upward Bound program extends heartfelt gratitude to our Summer Academy teachers. They spent 6 weeks working diligently to bring a rich curriculum to our rising stars! Thank you for spending the summer with us, our students, and summer staff. We could not do it without you!

THS teacher Ms. Pratzner, Physics, Form THS teacher now at Valley Falls Ms. Jennifer Womack, Mathematics algebra through pre-calculus, Seaman High School Teacher Ms. Stewart, English Composition, English Literature; Osage High School Teacher Ms. Fernandez, Spanish.



Our summer program was jam packed with 73% of UB students attending. Let's work together and get that number up to 100%. Our challenge for next year is getting every UB member to attend Summer Academy. We can do it and you can help!

All four of our Bridge students passed their final exams earning them 6 free college credits each!

Meet the Upward Bound Team!



A Message from the Director:

At Washburn University's Upward Bound program we embrace the concept that students want to become their best selves by choosing a growth mindset to thrive in an ever-changing global marketplace. We encourage the development of life skills to help you reach your dreams.

TRIO provides a framework for developing study skills, time management, financial literacy, career exploration and development to prepare you for a life that's filled with success. At WU Upward Bound you receive genuine authentic care through amazing academic programs with licensed teacher led instruction year-round in mathematics to pre-calculus, lab science, English literature, English composition and foreign language.

We create an environment that inspires learning, growth, and curiosity to educate your mind, heart, and increase mentoring connections. We work together to get you ready to take on the world utilizing state of art facilities where you learn life skills like adaptability, coachability, and communication skills. So let us know if you are interested in job shadowing or shadowing a class during a course at Washburn University. WU Upward Bound is a place where you can make your best dreams come true and thrive. We believe in You!

Contact:

Email:

shelley.bearman@washburn.edu

Washburn Office Phone:

(785) 670-3872

Location:

Room 122 Plass Building at
Washburn University

Best wishes,
Shelley

UB Advisor: Zalma Molina

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:

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 THS or Room 122
Plass Building at Washburn
University



Tutor: Wren Larson

My major is Public Health, and my minor is Leadership Studies.

I can tutor students in most subjects, but I am better at math up to calculus, science (including chemistry), and English.

Tutor: Jayden Coover

I am a sophomore in college, I am getting my associates in Radiology with a bachelor's in health science. I am also minoring in Leadership.

I am most comfortable tutoring in English and science, but I can help with math if needed.

Fun Fact: I can wiggle my ears.



Social Media Intern: Isabelle Booth

Currently I am a college freshman and I am double majoring in Graphic Design & Business Finance.

I look forward to working with the Washburn Upward Bound team to create a fun yet informative platform.

Fun Fact: I'm a HUGE bookworm.



Applications

With the 2024 graduation of our Upward Bound Seniors, this left several open spots for recruiting new students into the program. Recruiting 9th and 10th grade students began in September. Upward Bound currently is accepting applications! Invite your friends to apply.

Please be sure you meet the following criteria...

- Attend or will attend **Topeka High School**.
- Maintain citizenship, permanent residency, or have documentation from the U.S. Immigration Office that you are in the process of applying to be a permanent resident of the United States of America.
- Meet federal guidelines based on income status or educational background of parents or legal guardian.
- Have at least a **2.5 GPA or higher** at the time of application.
- Be a high school **freshman, sophomore, or junior** status.
- The **summer** students graduating from the 8th grade may join the Upward Bound Summer Academy. Eight graders must attend the **Summer Academy for 10 days before July 3**, to be enrolled in the Upward Bound program.

Gather the following materials to submit:

- A copy of your parent/guardians **most recent** Tax Return Form (1040 or 1040A).

*Please note, a copy of your Parent/Guardians W-2 or Tax Transcript **can not** be accepted as proof of income.*

- A copy of your **school transcript** and **8th Grade Math and Reading/Language Arts Scores**.
- **One Recommendation Form** completed by a teacher or counselor.
- If you are a **9th grader** and you are applying **before** the end of your first semester, please submit a **report card** or **screen shot** of your **online report card**.

If you are a **9th grader** and **do not** have a teacher or counselor that you feel can speak to your academic abilities, you may ask a Mentor, Advisor, or other individual.

Submit an application online.

After you have submitted your application an Upward Bound Staff Member will reach out to you at the **email address you provided**. A **Student interview** is **required** to be admitted into the Upward Bound program.

Questions or Concerns:

Washburn University Upward Bound Program
1700 SW College Avenue, Plass Building, Suite 122
Topeka, KS 66621
(785)670-3872



Current Upward Bound Students

Contact an Upward Bound Staff member if you need a fee waiver to take the ACT or SAT or to apply for college admissions. Contact your high school counselor to register to take the ACT at THS for free, otherwise the ACT costs \$150 each time it is taken. We recommend you take it your junior year and early your senior year.



FINANCIAL AID

Types & Application

Student Financial Aid

There are several ways to pay for a college education. One important way is to utilize free money available from the federal government. To apply for this free aid, students must submit the Free Application for Federal Student Aid (FAFSA).

According to NCES, financial aid is received by 85.5% of all students pursuing higher education including college, university, or vocational school.

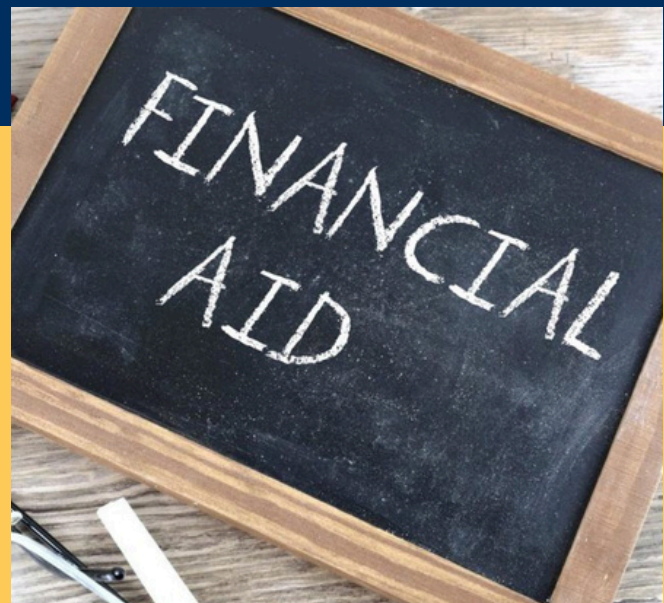
Current high school seniors should request a Federal Student Aid (FSA) ID by mid-October for both the student and their parent/guardian.

Visit this website to get started and apply for your FSA ID: studentaid.gov/help/fsa-id.

8 Steps to Apply for Federal Student Aid:

1. Have Documentation Available (*you can find what's needed [here](#)*)
2. Create a Federal Student Aid Account and ID
3. Complete the Online FAFSA
4. List Codes of Colleges and Universities the student is applying to
5. Review, Sign, and Submit the FAFSA application
6. Receive the Student Aid Report (SAR)
7. Provide additional documentation as necessary
8. Receive, Review, and Accept Financial Aid Offers

Attend the Washburn University FAFSA night at Topeka High School on Wednesday November 20th from 6-8pm in the Cafeteria.



College Scholarships

Everyone in grades 9 through 12, now is the time to research and begin applying for college scholarships. Create a scholarship and admissions tracking document to keep track of where you want to attend college and what scholarships you have applied for. There are need-based and merit-based scholarships available. Often they are essay based and your Upward Bound Advisor and tutors can help edit your essay. When it's time to apply for college, you can ask your college Admissions staff for tips on where to find scholarships unique to your college of interest. One tip to help keep track is opening an email account you only use when applying for scholarships or applying to colleges. This will help give you one place to check when you finalized your college application list and plan your campus visits. Check out Google classroom for upcoming scholarship opportunities. Right now the VFW has an essay scholarship worth up to \$35,000 and it's open to 9th graders through 12th graders with an October 31st deadline. Visit Google classroom for more scholarship information.

Grants are funds you do not have to pay back. Most grants come from state or federal aid and are determined by your FAFSA application. The maximum Pell Grant award for the 2024-2025 school year is \$7,395. Check studentaid.gov for updates on Pell Grant awards.

Federal Work Study (FWS) provides part time jobs for college students and is based on need. It allows you to earn money to help pay for educational expenses while you are a college student. Students must sign the agreement to accept Federal Work Study as part of your financial aid package.

Grasping key concepts of Financial literacy is a crucial piece of college readiness puzzle. Familiarize yourself with financial aid terms and processes as you seek out scholarships or grants that can offset the cost of tuition. Stay informed about deadlines and requirements to maximize your opportunities for receiving financial aid. Remember to ask for help and visit your college's financial aid office on campus. Building financial literacy takes time, so be proactive in educating yourself and improving your understanding of personal finance. Developing good habits now will have a positive impact your finances in the future.

Scholarship Highlight:

Check Google drive for a full list of scholarships

All high school students in grades 9 -12 can apply by writing an essay using the VFW Scholarship theme: *"Is America Today Our Forefathers' Vision?"* Several essay scholarships are awarded ranging from \$1000 to \$35,000.

Before submitting your essay, download the **2024-2025 entry form [here](#)** and find your sponsoring **local VFW Post** as applications must be turned in to our local VFW post by **midnight, Oct. 31, 2024.**

Scholarship Quick Links:

[Washburn University](#)

[Washburn Tech](#)

[K-State](#)

[KU](#)

[Emporia State](#)

[Pitt State](#)

[Fort Hays State](#)

[WSU](#)

[JCCC](#)

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

Kansas Apply Free Days: October 7th-9th, 2024

High School College Tours

On September 17 students visited KU campus with a tour and more.

Upcoming virtual College Tours:

October 2, 6:00 pm – 7:00 pm Virtual, Highpoint University

[Join Zoom Meeting](#)

Meeting ID: 822 0955 5738

Passcode: 147845

Other Virtual opportunities led by Shelley where you can earn stipend hours include:



Upward Bound Tours KU

October 9, 6:00 pm – 7:00 pm: Overview of ACT and SAT with Winning Tips

October 16, 6:00 pm – 7:00 pm: Job Interview Skills and How To Ace Them

October 30, 6:00 pm – 7:00 pm: How to Pay for College Like a Boss

November 6, 6:00 pm – 7:00 pm: Virtual, University of Missouri

November 13, 6:00 pm – 7:00 pm: Self Care and How to Deal with Stress

(those who sign up in advance will be able to pick up a self-care kit at THS in room 338 between November 10-12)

December 4, 6:00 pm-7:00 pm: Level Up Your Leadership Skills

Saturday Academy

Students in the Program are required to attend a Seminar on one Saturday of every month where you get fun tips about college and career planning. On September 21 Ubers enjoyed a full day of academic lessons and attended the Washburn University football game.

TRIO Turns 60!



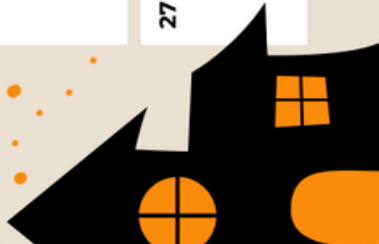
Federal TRIO programs have been helping students across the country get into college, succeed in college, graduate and get an awesome career since 1965, when it was established by Congress. The word TRIO refers to the first three federal programs being Upward Bound, Talent Search, and Student Support Services. Now the TRIO program has expanded to eight but has kept the TRIO name. All eight programs include Educational Opportunity Centers, Ronald E. McNair Postbaccalaureate Achievement, Student Support Services, Talent Search, Training Program for Federal TRIO Programs Staff, Upward Bound, Upward Bound Math and Science, and Veterans Upward Bound. TRIO has been working with students like you for decades to reach your dreams while making lifetime friends and lasting connections with mentors.

All 8 TRIO programs are designed with student transformation in mind emphasizing building career and life skills in an inspiring environment with caring people to lead the way. Happy 60th birthday TRIO!

2025 Summer Bridge

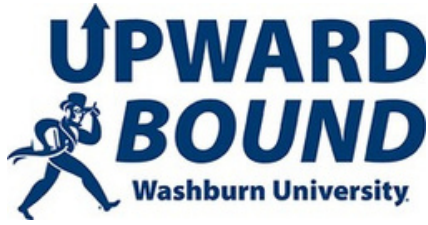
All Upward Bound seniors interested in attending the 2025 Summer Bridge must apply for the **2024-2025** and the **2025-2026 FAFSA** by **December 15th**. Upward Bound can help you and your family apply for FAFSA, reach out to Zalma to make an appointment. Summer Bridge students attend Washburn University the summer after high school graduation, live on campus in the residence halls including their meals free of charge, and receive **6 free college credits**. Students must apply for the Bridge program, it is not something guaranteed to all Upward Bound students. Bridge costs around \$10,000 per student and we currently have 5 spots available for Summer 2025. Applications for Summer Bridge will be available in January 2025 for those who applied to the FAFSA in December 2024.

October 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>TT = Trojan Time in room 331 PT = Parent Teacher PM Academy = After School Tutoring/Studying in the Staff Cafeteria</p>	<p>1 TT (45 min) PM Academy (1.5 hrs)</p>	<p>2 PM Academy (1.5 hours)</p>	<p>3 TT (45 min) PM Academy (1.5 hrs)</p>	<p>4</p>	<p>5 Saturday Academy 8:30am-1pm (4.5 hours)</p>	
<p>6</p>	<p>7 PM Academy (1.5 hours)</p>	<p>8 TT (45 min) PM Academy (1.5 hrs)</p>	<p>9 PM Academy (1.5 hours)</p>	<p>10 TT (45 min) PM Academy (1.5 hrs)</p>	<p>11</p>	<p>12</p>
<p>13</p>	<p>14 NO SCHOOL</p>	<p>15 NO SCHOOL</p>	<p>16 PM Academy (1.5 hours)</p>	<p>17 TT (45 min) PM Academy (1.5 hrs)</p>	<p>18</p>	<p>19 Saturday Academy 8:30am-1pm (4.5 hours)</p>
<p>20</p>	<p>21 PM Academy (1.5 hours)</p>	<p>22 TT (45 min) PM Academy (1.5 hrs)</p>	<p>23 PT Conferences</p>	<p>24 PT Conferences NO SCHOOL</p>	<p>25 NO SCHOOL</p>	<p>26</p>
<p>27</p>	<p>28 PM Academy (1.5 hours)</p>	<p>29 TT (45 min) PM Academy (1.5 hrs)</p>	<p>30 PM Academy (1.5 hours)</p>	<p>31 TT (45 min) PM Academy (1.5 hrs)</p>	<p>Happy Birthday! Samantha (1st) Cielo and Raizel (2nd) Christa (3rd) Le'Ajhia (24th) Imani (29th)</p>	





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

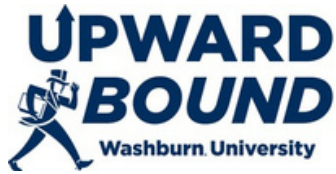
Saturday 11/16/24

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)



FALL 2024

TROJAN TIME (TT) WORKSHOP Series

SEPTEMBER:

- THURSDAY 9/19/24: GOAL SETTING WITH VISION BOARDS
- THURSDAY 9/26/24: FINANCIAL NEEDS VS. WANTS

OCTOBER:

- THURSDAY 10/3/24: DEALING WITH STRESS
- THURSDAY 10/10/24: TIME MANAGEMENT, HOW ARE YOU SPENDING YOUR TIME?
- THURSDAY 10/17/24: ACING THE INTERVIEW
- THURSDAY 10/31/24: BECOMING A SUCCESSFUL STUDENT

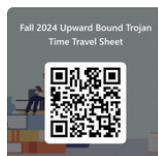
NOVEMBER:

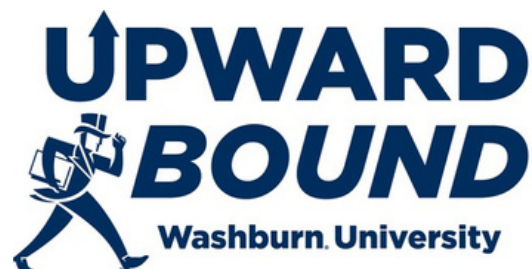
- THURSDAY 11/7/24: STRIVING FOR NON-ACADEMIC SUCCESS
- THURSDAY 11/14/24: TEST TAKING STRATEGIES
- THURSDAY 11/21/24: CAREER EXPLORATION, WHERE DO I START?

DECEMBER:

- THURSDAY 12/5/24: STRATEGIES FOR SCHOLARSHIP WRITING

FILL OUT THE FORM TO BE ADDED TO THE TRAVEL SHEET:
[HTTPS://FORMS.OFFICE.COM/R/NG6KSA1EV5](https://forms.office.com/R/NG6KSA1EV5)

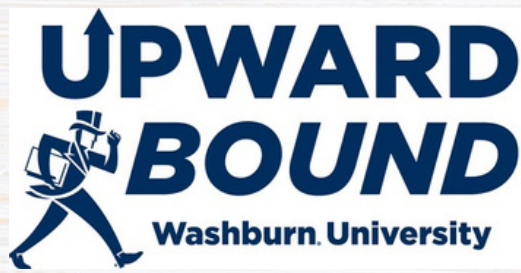




AFTER SCHOOL TUTORING

Dates: Mondays-Thursdays
Location: Staff Cafeteria at THS
Time: 3pm-4:30pm

Come get classwork done!

A collection of school supplies including pencils, pens, a ruler, paper clips, pushpins, a sharpener, a compass, a protractor, a pencil sharpener, a yellow eraser, and blue scissors, all arranged around a central spiral notebook.

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

**An ESP is needed from each UB student. Contact your UB
Advisor to complete yours!**