



Upward Bound is a federally-funded TRIO program helping low-income, first-generation students prepare to enroll and graduate from the four-year college or university of their choice.

### Upward Bound Programs Services

- Summer Academy & Saturday Academy  
Students attend exciting and challenging courses during a six-week summer session and on Saturdays throughout the academic year to prepare for and enrich their public high school courses.
- College Information and Application Assistance  
Students receive one-to-one advising and help with each of their college applications, as well as workshops such as the UC Personal Insight Questions and college simulation activities.
- Academic Advising  
Students receive one-to-one and small group academic advising to help make sure they are completing the “A-G” Requirements, as well as attend workshops on study skills, test-taking skills, time management, and goal setting.
- Social, Cultural, and Educational Field Trips  
Students attend field trips to San Francisco, Southern California, and other exciting places to expose them to museums, plays, sporting events, and several colleges throughout California.
- Test Prep  
Students attend workshops that help prepare them for the various college admission tests such as the SAT and ACT.
- Parent Academy  
Parents participate in workshops designed to help them understand the college eligibility requirements, financial aid, and help with the transition of their child into college.

### Which program is right for you?

- Upward Bound Sonoma County:  
This program is for students interested in humanity majors curriculum such as sociology, psychology, philosophy, art, English, etc., attending target schools in Rohnert Park, Santa Rosa, or Healdsburg.
- Upward Bound Math & Science:  
This program is for students interested in STEM-related (Science, Technology, Engineering, and Math) careers such as doctors, engineers, forensic scientists, etc., attending target schools in Rohnert Park, Santa Rosa, or Cloverdale.
- Upward Bound North:  
This program is for students attending target schools in Calistoga, Cloverdale, or Geyserville.

### Eligibility

- Students from low-income (as determined by the Federal Government) and/or first-generation college (neither parent has received a 4-year degree from a U.S. college/university) families.
- Students must meet citizenship status (i.e., U.S. Citizen or Permanent Resident).
- Students enrolled in one of the 9 target high schools:
 

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| <u>Upward Bound Sonoma County</u><br>Elsie Allen High School<br>Healdsburg High School<br>Rancho Cotate High School<br>Santa Rosa High School | <u>Upward Bound North</u><br>Calistoga Jr/Sr High School<br>Cloverdale High School<br>Geyserville New Tech Academy | <u>Upward Bound Math &amp; Science</u><br>Cloverdale High School<br>Elsie Allen High School<br>Piner High School<br>Rancho Cotate High School |
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- Students must have academic potential, desire to attend college, and be willing to participate in all aspects of the Upward Bound Program.

### How to Apply

- Upward Bound Program students are recruited during December and January of their 8<sup>th</sup> or 9<sup>th</sup> grade year.
- The application process includes submitting a completed application and participating in a student-parent interview.
- Applications are available at the Upward Bound office, at recruitment presentations, and online at <http://precollegiate.sonoma.edu>.
- Questions? Please call (707) 664-3273 or email [upwardbound@sonoma.edu](mailto:upwardbound@sonoma.edu).