

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 Fort Bragg Services**

- **School-day Model**  
Students enroll in a grade-specific Upward Bound elective class as part of their regular school day to receive targeted curriculum emphasizing critical thinking, financial literacy, writing, communication, and other essential skills to prepare for college.
- **Academic Advising**  
Students receive one-to-one and small group academic advising to help make sure they are completing the “A-G” Requirements; they also attend workshops on study skills, test-taking skills, time management, and goal setting.
- **Test Prep**  
Students attend workshops that help prepare them for the various college admission tests such as the SAT and ACT.
- **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.
- **Summer Session**  
Students enroll in exciting and challenging courses during a six-week summer session to prepare for and enrich their public high school courses. Students will also participate in a one-week collegiate residential experience.
- **Social, Cultural, and Educational Field Trips**  
Students attend field trips to four-year colleges and universities throughout California, and other exciting places to expose them to museums, plays, sporting events.
- **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.

### **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 Fort Bragg High School
- 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, in Fort Bragg High School’s College and Career Center, and online at [www.sonoma.edu/precollege](http://www.sonoma.edu/precollege).
- Questions? Please call (707) 664-3273.