

**SONOMA STATE UNIVERSITY  
UPWARD BOUND PROGRAMS  
FREQUENTLY ASKED QUESTIONS**

**1. Who is eligible to enroll in the Upward Bound (UB) Programs?**

Students eligible for the Upward Bound Programs:

- **Upward Bound Math & Science applicants MUST HAVE a citizenship status of U.S. Citizen or Permanent Resident**, this is not a requirement for the other Upward Bound Programs.
- Attend or plan to attend a target high school:

**UB Sonoma County**

Elsie Allen High School  
Montgomery High School  
Rancho Cotate High School  
Santa Rosa High School  
Healdsburg High School  
Technology High School  
Casa Grande High School  
Petaluma High School

**UB North**

Calistoga Jr/Sr High School  
Cloverdale High School  
Geyserville New Tech  
Academy  
Healdsburg High School

**UB Math & Science**

Cloverdale High School  
Elsie Allen High School  
Rancho Cotate High School  
Piner High School  
Technology High School  
Casa Grande High School

- Meet one (or more) of the following criteria:
  - Low-Income (as outlined by the federal government)
  - First-Generation (the student's parents have not graduated from a four-year college/university in the United States)
  - Foster or Homeless Youth

**2. When are the Upward Bound Programs Applications due?**

All completed applications must be postmarked by **January 31st**.

Completed applications can be emailed, mailed or faxed to:

**SSU Pre-Collegiate Programs  
Upward Bound Programs  
1801 E. Cotati Avenue  
Rohnert Park, CA 94928-3609  
Phone: (707) 664-3273  
Email: [upwardbound@sonoma.edu](mailto:upwardbound@sonoma.edu)**

**3. What application documents are required?**

- Application (including the seven short answer questions and the Personal Statement)
- Income Verification Form
- Current transcript with final December grades
- Counselor Recommendation Form
- Teacher Recommendation Form
  - Math, Science, English, or AVID teacher
  - **If you are applying to the Upward Bound Math & Science Program, it is required that your Teacher Recommendation Form be from a Math or Science teacher.**

You can download the complete application packet (an application, the Income Verification Form, and the Recommendation Forms) from our website at [precollegiate.sonoma.edu](http://precollegiate.sonoma.edu).

#### 4. What if my parent(s)/guardian(s) did not file 2024 taxes?

If your parent(s)/guardian(s) did not file 2024 taxes (1040 Tax Form), they are still required to fill out the **Income Verification Form**. You can find this form in the application packet or on our website at [precollegiate.sonoma.edu](http://precollegiate.sonoma.edu). This form must be completed and submitted with the application materials by the application deadline.

#### 5. When will I be notified of my status?

Letters will be mailed regarding applicants' admission status in April 2025.

#### 6. How are students selected for admission to the program?

Students are chosen for the program based on their completed application, short answer responses, personal statement, teacher/counselor recommendation forms, and the student-parent interview. Point values are given to all items, which are then totaled. Students are then ranked by this total point value from greatest to least within their respective school and grade level.

#### 7. What is the difference between Upward Bound Sonoma County, Upward Bound North, and Upward Bound Math & Science?

All Upward Bound Programs are federally-funded TRIO Programs. The goal of all Upward Bound Programs is to academically prepare low-income, first-generation college students to pursue higher education at a four-year college/university and to graduate with a Bachelor's Degree.

All Upward Bound Program students will participate in Saturday Academy and Summer Academy by taking courses in math, science, and English. These courses will coincide with the courses students are taking at their respective high schools, providing an academic advantage during the school year.

Upward Bound Programs offer college application and choice assistance, college entrance exam preparation, and financial aid workshops through the year.

##### **Upward Bound Sonoma County (UBSC)**

Upward Bound Sonoma County serves students attending one of the target high schools in the Rohnert Park/Cotati, Santa Rosa, and Healdsburg school districts.

UBSC is for students interested in majors in a humanities curriculum, such as history, English, sociology, psychology, philosophy, art, liberal studies, teaching, etc. or for students who do not know what major or career they plan to pursue yet.

##### **Upward Bound North (UBN)**

Upward Bound North serves students attending Calistoga High School, Cloverdale High School, and Geyserville New Tech Academy.

UBN is for students with any career interest; its designation is solely demographic and not interest based, with the exception of Cloverdale High School.

##### **Upward Bound Math & Science (UBMS)**

Upward Bound Math & Science serves students attending one of the target high schools in the Rohnert Park/Cotati, Santa Rosa, and Cloverdale school districts.

UBMS is for students interested in STEM-related (Science, Technology, Engineering, and Math) careers such as doctors, physicists, genetic engineers, forensic scientists, etc.

## 8. How do I remain eligible?

Once admitted, to remain eligible students in the program must participate in program activities throughout his/her years of high school, by attending Saturday Academy at Sonoma State University during the school year and Summer Academy at Sonoma State University during the summer. Students must also attend all relevant Upward Bound Programs workshops, field trips, events, and Outreach Meetings at their school sites.

Students must enroll in the following “A-G” college preparatory high school classes throughout high school: English (4 years); Math (3+ years); Science with a Lab (2+ years); Foreign Language (2+ years); Social Science (2 years); Visual and Performing Arts (1 year); College Prep Elective (1 year). Upward Bound students must maintain good grades in all classes.

## 9. What is involved in the level of commitment?

Once admitted, Upward Bound participants remain in the program throughout their years in high school. All participants must attend all Saturday and Summer Academy sessions.

## 10. Are there any costs to participate in the Upward Bound Programs?

All services provided by the Upward Bound Programs are **free**. Students may want to purchase personal items not covered by the programs on the various field trips; however, all transportation, meals, supplies, and tickets for all events are included at no cost for the Upward Bound participants.

## 11. Are there any transportation costs?

All transportation for Saturday Academy, Summer Academy, and to field trip locations are provided at no cost to Upward Bound participants. Bus pick-up and drop-off locations are located in Santa Rosa, Windsor, Healdsburg, Calistoga, Geyserville, and Cloverdale. Please note, transportation is not provided for students residing in Rohnert Park, Cotati, or Penngrove.

## 12. Are meals provided?

All meals are provided at no cost for Upward Bound events. This includes Saturday Academy lunches, Summer Academy lunches, and field trip and special event meals.

## 13. What are the dates of Summer/STEM Academy?

Summer/STEM Academy 2025 will be held from June 16 through July 24, 2025, Monday through Thursday, 9:00 am – 2:30 pm. Summer field trips will be held on Fridays or Saturdays. Students and parents will be notified in advance of all field trips.

## 14. Who should I call if I have questions about Upward Bound Programs?

- If you have any questions regarding your application or the application process, please call (707) 664-3273 or send an email to [upwardbound@sonoma.edu](mailto:upwardbound@sonoma.edu).
- To learn more about the Upward Bound Programs, please visit our website at <https://precollegiate.sonoma.edu>.