

**SONOMA STATE UNIVERSITY
UPWARD BOUND PROGRAMS
TEACHER RECOMMENDATION FORM**

Student's Name: _____ School: _____ Grade: _____

BEFORE YOU START:

This form can be completed and submitted online via our [web form](#)

OR

once you have completed and signed this form you can email it to your program:

Fort Bragg schools: ubprograms@sonoma.edu OR Lake County schools: ublake@sonoma.edu

TO THE RECOMMENDER:

- Upward Bound is designed to assist students in preparing for and enrolling in the four-year college/university of their choice. Students who show potential, but need motivation and/or academic assistance in order to succeed in college may be nominated.
- This Recommendation Form is very important in the evaluation and selection of students.
- Please be as specific as possible in your remarks.
- Recommendation Forms can be returned to the student or returned directly to our office.
- Application Deadline:

Recommender's Name: _____ Math Science
 Phone: _____ Email Address: _____ English History AVID

1. How long have you known the applicant? _____
 Under what circumstances? _____

2. Based on your knowledge of the applicant, please rate his/her academic skills or performance:

	Outstanding	Above Average	Average	Below Average	N/A
a) Academic Achievement/Grades					
b) Writing Skills					
c) Reading Skills					
d) Math Skills					

3. Based on your knowledge of the applicant, please rate his/her characteristics, motivation, and potential:

	Strongly Agree	Agree	Slightly Agree	Disagree	N/A
a) Has positive self-image					
b) Demonstrates leadership capability					
c) Self-starter, has intellectual curiosity					
d) Is highly motivated					
e) Handles frustrating or disappointing experiences well					
f) Has potential for academic growth					

4. What qualities best describe the applicant?

5. Upward Bound Programs is a huge commitment in terms of both time and academic dedication. Are you aware of any current circumstances or problems that may affect the applicant's commitment and/or performance in the Program (e.g., family responsibilities, educational preparation, health or emotional aspects, etc.)?

6. What is your assessment of the applicant's potential and motivation to succeed? What is your evaluation of the applicant's capability for undertaking college preparatory high school work?

7. School/Class Attendance: Excellent Good Fair Poor

8. Recommendation level for this applicant to be admitted to the Upward Bound Program:
 Strongly Recommend Recommend Recommend with Reservation Do not Recommend

Signature: _____ Date: _____

Please email or return directly to your local Upward Bound office:
Upward Bound Clear Lake, 350 Lange St., Lakeport, CA 95453
Upward Bound Fort Bragg, 300 Dana St., Fort Bragg, CA 95437
Upward Bound Lower Lake, 9430 Lake St., Lower Lake, CA 95457
Upward Bound Upper Lake, 675 Clover Valley Rd., Upper Lake, CA 95485
Fort Bragg schools: (707) 664-3884 ubprograms@sonoma.edu
Lake County schools: (707) 664-3922 ublake@sonoma.edu