



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 applying for UB Math Science MUST BE a U.S. Citizen or Permanent Resident. UB North and UB Sonoma County applicants are NO LONGER REQUIRED to be a U.S. Citizen or Permanent Resident.
- Students enrolled in one of the 9 target high schools:

<u>Upward Bound Sonoma County</u> Elsie Allen High School Montgomery High School Rancho Cotate High School Santa Rosa High School	<u>Upward Bound North</u> Calistoga Jr/Sr High School Cloverdale High School Geyserville New Tech Academy	<u>Upward Bound Math & Science</u> Cloverdale High School Elsie Allen High School Piner High School 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 8th or 9th 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.