

**A Parent's Guide to
Upward Bound and Upward Bound Math & Science
at Morehead State University**



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Morehead State University sponsors four Upward Bound (UB) programs for high school students. Two of the programs are classic Upward Bound programs and two are Upward Bound Math & Science (UBMS) programs.

This guide for parents/guardians about the Upward Bound programs at Morehead State University is designed to provide you with more information about your child's participation in UB. Following are some frequently asked questions about the program.

What is Upward Bound?

Upward Bound is a federally funded academic program for high school students. The goal of the program is to help selected students complete high school and continue their education after graduation. In addition, the Upward Bound Math & Science programs provide an intense academic experience in mathematics, technology, and sciences (STEM).

How are students selected to participate in the program?

Students can qualify in several ways:

- 1) Income guidelines established by the U.S. Department of Education, or
- 2) Being "first generation", meaning neither parent/guardian has a four-year degree from a college or university, or
- 3) Being an "academic risk" (not achieving at proficient level of state assessments, having a GPA of 2.5 or less, or not completing pre-algebra/algebra by 10th grade).

Students in the Upward Bound Math & Science programs must have an interest in pursuing a degree in an area of mathematics, science, engineering or technology in addition to the previous requirements.

How many students are in Upward Bound at Morehead State University?

There are approximately 334 students in our programs. They are from eighteen different high schools in the seventeen-county area surrounding Morehead. The counties served are Bath, Carter, Elliott, Fleming, Harrison, Johnson, Lawrence, Lewis, Magoffin, Mason, Menifee, Montgomery, Morgan, Nicholas, Robertson, and Rowan.

What will my child be doing while in Upward Bound?

During the Academic Year:

- 1) UB counselors visit students in their schools approximately twice a month for individual or group academic instruction and/or academic counseling sessions. Topics include financial literacy, ACT prep, college admissions information, etc.
- 2) The students come to the Morehead State University campus one Saturday a month for academic sessions called Return Trips.

During the summer:

The UB Summer Academy is a five-week residential program on the campus of Morehead State University. Students live in residence halls and take classes to improve their skills in mathematics, sciences, English (literature and composition), and foreign languages. They also enroll in afternoon elective classes. Educational, cultural and social events round out the total summer experience.

How long can my child be in Upward Bound?

Students may be in the program until the summer following high school graduation.

The summer following high school graduation, if students complete requirements, he/she is enrolled in two college classes. Students earn six hours of college credit during this summer “Bridge Component” of UB.

If my son or daughter is in Upward Bound, will he/she be expected to go to college at Morehead State University?

No. While many of the students in UB and UBMS do decide to attend Morehead State University, we do not recruit for the University. We encourage our students to go to any college or university in which they are interested. We help students find the college that is the best fit for them.

How much does it cost to be in Upward Bound?

There is no cost to the student or to the family. The program pays all the costs involved for participation.

What are stipends?

UB students can earn \$40 per month for fully participating in UB activities (school visits, Return Trips, etc.) during the Academic Year. *New students begin receiving stipend the first week of their first summer at UB.* Stipends are distributed monthly at the Return Trips during the school year. They must be present to receive stipend. Students also receive \$10 for lunch at Return Trips if food is not provided. During the summer program the UB students earn \$15 stipend per week for participating, these stipends are distributed each Friday morning.

What are the academic requirements for Upward Bound?

UB students are selected for participation based on a variety of factors: interest, recommendations from teachers and counselors, grades, etc. Because we do focus on academics, we expect that our students will strive to do their best in all of their high school classes. Students must have a minimum GPA of 2.25 in order to be selected for UB. Additionally, UBMS students must have an interest in mathematics, science, or technology careers.

What is Academic Probation/Tutoring?

UB students are encouraged to strive for academic excellence. We expect that all students will maintain at least a 2.5 GPA each grading period. If a student's GPA is below 2.5 for one grading period, then he/she will be placed on academic probation. While on academic probation, the students will be required to complete tutoring assignments designed specifically for them within a reasonable deadline.

Students who receive below a C in math, science, or English will also be required to participate in tutoring. Students on academic probation and students with below a C in math, science, or English will not be allowed to travel with UB if they do not complete tutoring assignments. In order to come off of academic probation, the student's GPA must raise above a 2.5 for the next grading period.

Is there an attendance policy?

Yes. Students are expected to attend all school visits and Return Trips during the Academic Year. Students not at a Return Trip will not be eligible for stipend. Upward Bound will provide transportation to/from each high school we serve.

UB, requires all students attend the summer program in order to remain active in UB. Students will be excused from summer attendance only for other academic events (Governor's Scholars, Study abroad, etc.). Students who cannot make the commitment to attend the summer program should not join UB.

What will my child be doing during the Summer Academy?

All students take mathematics, sciences and English (literature and composition) in the morning. In the afternoon the students attend a variety of elective classes. Elective classes may include drama, creative writing, swimming, art, robotics, literature, karate, photography, poetry, foreign languages, etc. UBMS students also participate in research activities.

In the evenings, the students are kept busy with a variety of social and cultural activities.

Who teaches the Upward Bound classes during the summer?

We hire our own instructors to teach the classes. These instructors are usually from Morehead State University (faculty, staff or graduate students) or public schools in the surrounding counties.

What if my child needs medical attention while attending UB?

For minor problems such as blisters, colds, and sore throats, we send students to the Office of Health Services on campus. We also keep a supply of over the counter medications for minor illnesses (headache, upset stomach, colds) that do not require medical attention. These can be administered only if parental permission is given. We will contact parents about any more involved problems. All expenses for illness are the student's and family's responsibility, including prescription coverage.

If a student should have an accidental injury while in our care (for example a sprained ankle or broken finger), we have an insurance policy which would cover the cost of treatments should the family not have medical insurance. Since this is a secondary pay policy (very similar to that provided by most schools), your insurance would be billed first and then our policy will be billed for additional charges up to \$5000.

In the summer, where do the students live and where do they eat?

All of the UB students live in college residence halls. Students choose their roommates. at the May Return Trip. Students who enter UB after this date will be assigned a roommate.

Sometimes other small groups/camps may be housed in our residence halls. College students are not housed with any of the summer high school groups on campus. We hire college students, called Resident Advisors, to live in the residence halls with our students and look after them and enforce the rules. In addition, there are adult Resident Supervisors who live in the residence halls with the students and provide additional supervision.

All meals are served in the University cafeteria. For breakfast, lunch and dinner, the students choose from a selection of hot and cold foods from all the basic food groups.

What kind of rules do the students have to abide by during UB?

All Rules and consequences are listed in student handbooks for academic year and summer. Some of our rules revolve around the following topics:

Profanity is not acceptable.

- Upward Bound is a tobacco-free program.
- Alcoholic beverages and illegal drugs are not permitted on campus at any time (this is a state regulation). Anyone who is caught under the influence or in possession of these will be sent home immediately and parents will be notified.
- Students are not allowed in cars other than those of staff members (usually an official University vehicle) unless the Director has received permission from parents/guardians.
- Possession and/or use of weapons or firearms is not permitted.
- Students may not make a public display of their affections for someone else.
- Students must be in their room at curfew time and follow “lights out” when scheduled.
- Students must sign-in and out at all times during designated free time so we (and you) will know where they are.
- Students are not allowed in the rooms of someone of the opposite sex at any time.

What is the punishment for breaking UB rules?

The UB Administrative Staff has established a demerit system during the Summer Academy. The accumulation of an excess amount of demerits will result in the loss of privileges and/or dismissal from the program. However, there are some rules that if broken will result in the immediate dismissal of the student from the program (i.e. possession/use of alcohol or illegal drugs, fighting, physical abuse of students or staff, intentional destruction of personal or public property, sneaking outside of his/her residence hall, etc.). A complete listing of rules and behavior policies is included in the Summer Student Handbook or on our website.

What should students bring with them for the summer?

- Students should pack the following:
- Comfortable, casual clothes
- Gym shoes and a swimsuit.
- Some type of rain gear (umbrella, poncho, or raincoat)
- SHEETS and BLANKETS (for a XL twin bed size)
- PILLOWS, TOWELS, and WASHCLOTHS.
- Clothes hangers
- Toiletries (including shower shoes & shower caddy)
- Other items (not required) include a telephone, radio, television (and coax cable), alarm clock, mp3 player, computer, cell phones, long distance calling cards, posters, tablet/laptop, and any sports equipment they may wish to use.

*Additional items can be found in the Summer Student Handbook

How often do the students go home during the summer program?

UB students go home every weekend during the summer. UB provides bus transportation for the trips home except for students who attend Rowan County Senior High School. Parents will receive a copy of the most updated bus schedule that will list drop-off/pick-up sites for each county. Students will leave campus on Friday afternoon and return to campus Sunday evening.

May I visit my son or daughter during the summer?

Yes, but only on special occasions or emergencies. UB has a very active schedule and will provide parents/guardians with a copy of that schedule before the summer program begins.

Students often get so caught up in the activities they feel torn as to whether they want to be with their families or with UB. It is probably best to discuss this with your child before the Summer Academy begins. Please feel free to call the UB office if you have any questions about this.

How does the summer program end?

At the beginning of the sixth week, Junior UB students take a major field trip. The trip lasts 3-5 days and is usually to a location where the students can experience new educational, social, and cultural activities.

All UB Administrative Staff members attend this trip; generally there is one staff member for every 10 students. Hotel costs, meals, tickets for activities and transportation are paid by UB. Many students like to bring along their own money for souvenirs.

Why should my child join Upward Bound?

Upward Bound prepares students to successfully complete high school, enroll in college, and successfully complete college.

Our focus is to provide our students with “extra help” in the form of financial literacy lessons as well as core classes, such as math, science, and English. UB students often feel better prepared as they begin each high school grade level.

For our Seniors, we provide assistance with the college search and application/admittance process. Along with this, we provide information about the FAFSA, scholarships, and the adjustment from high school to college.

We hope this has better explained the benefits of the Upward Bound and Upward Bound Math & Science programs for your son or daughter. We honestly feel that it can be one of the most rewarding and fulfilling experiences of any high school student’s life. If at any time you have questions about UB, please feel free to call us at the numbers listed on the following page, or to stop by our offices on campus, to discuss your son or daughter’s participation.

The Upward Bound Programs

Morehead State University
150 University Blvd, Box 783

Morehead, KY 40351

T: 606-783-2611

FAX: 606-783-9114

www.moreheadub.org

upwardbound@moreheadstate.edu

The Upward Bound offices are open Monday – Friday, 8 a.m. to 4:30 p.m.

About us:

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|---|--------------|------------------------------|
| <u>Amanda Lewis, Director</u> | 606.783.9329 | a.lewis@moreheadstate.edu |
| <u>Angela Kelsey, Program Specialist</u> | 606.783.2611 | a.kelsey@moreheadstate.edu |
| <u>Esther McClain, Program Specialist</u> | 606.783.9300 | e.mcclain@moreheadstate.edu |
| <u>Benji Bryant, Associate Director East</u> Johnson Central High School Lawrence County High School Menifee County High School | 606.783.9413 | b.bryant@moreheadstate.edu |
| <u>Samantha Bryant, Associate Director UBMS South</u> Bath County High School Montgomery County High School Robertson County High School | 606.783.5197 | sjbryant@moreheadstate.edu |
| <u>Ashley Cooper, Associate Director UBMS North</u> Elliott County High School Lewis County High School Morgan County High School | 606.783.9301 | ad.cooper@moreheadstate.edu |
| <u>Matt Hyden, Associate Director Central</u> Fleming County High School Mason County High School Rowan County High School | 606.783.5191 | m.hyden@moreheadstate.edu |
| <u>Chris Prichard, Academic Bridge Coordinator</u> Boyd County High School Harrison County High School Nicholas County High School | 606.783.5198 | c.prichard@moreheadstate.edu |
| <u>Shayla Ring, Academic Bridge Coordinator</u> East Carter High School, Magoffin County High School, West Carter High School, | 606.783.9302 | sdmenville@moreheadstate.edu |

The contents of this Parent Guide were developed under a grant from the U.S. Department of Education. However, these contents do not necessarily represent the policies of the U.S. Department of Education and you should not assume endorsement by the Federal Government.