



## UPWARD BOUND PROGRAM

The Upward Bound program at Worcester State University is designed to encourage eligible students to persist in school through graduation and to pursue a post-secondary education after the completion of high school.

### Services are free and include:

- College visits
- College admission information sessions
- Financial aid assistance
- Career counseling
- Academic skill development
- Academic assistance
- Cultural enrichment activities
- Self-awareness activities

### Upward Bound has two components:

#### Academic Year Component

Students participate in workshops designed to build and improve their academic skills. Students participate in exercises designed to increase skills in problem solving, critical thinking, self-awareness, time management, interpersonal/intrapersonal communication skills, group dynamics, and much more.

The workshops take place on Saturday's from 9:30 AM until 12:30 PM. Lunch will be provided. There are approximately 22 Saturday workshops during the academic year.

#### Summer Residential Component

Summer participants attend academic enrichment courses in English, Science, Math, Spanish, and Problem Solving/Self-Awareness workshops for five weeks. In addition to courses, students have the opportunity to visit both public and private schools. Students will also attend weekly cultural and educational field trips.

### All Should Apply

Upward Bound primarily recruits 9<sup>th</sup> grade students who demonstrate the motivation and desire to succeed, and who are interested in going to college. All students are encouraged to apply.

However, we strongly recommend the following to apply:

- First generation students – those who are the first in their family to attend college
- Low income – those who qualify for free or reduced lunch
- ALANA students – Asian, Latino, African, and Native American

### How to Submit Your Application

Students can submit their application via mail, fax, online or by turning their application into their guidance counselor. Students that submit their application through their guidance counselor must email the Upward Bound Coordinator informing them that their application is with their counselor and who they submitted the application to. Students that wish to submit their application via mail can contact the Upward Coordinator for mailing instructions. Please email Tayla Weeden at [tweeden@worcester.edu](mailto:tweeden@worcester.edu) for further instructions.

For additional information, speak with your guidance counselor or contact the Upward Bound Coordinator at (508) 929 – 8909 or the Office of Multicultural Affairs at (508) 929 – 8049. Follow us on social media. Instagram: [ub\\_woostate](#)



---

**School Information**

Name of High School: \_\_\_\_\_

Grade: \_\_\_\_\_

Expected Graduation Year: \_\_\_\_\_

List any other high school(s) you have attended: \_\_\_\_\_

Shirt Size:   ☐ Small   ☐ Medium   ☐ Large   ☐ XLarge   ☐ XXLLargeDo you currently receive free or reduced lunch?      ☐ Yes    ☐ No

Name of current Guidance Counselor: \_\_\_\_\_

Have you ever been disciplined for misconduct, suspended, or expelled from junior high or high school?

☐ Yes   ☐ No

If yes, please explain:

---

---

---

---

---

---

Are you currently involved or have been involved with the juvenile court system?

☐ Yes   ☐ No

If yes, please explain:

---

---

---

---

---

---

**Family Information**

Name: \_\_\_\_\_

*Parent/Guardian living in your home*

Name: \_\_\_\_\_

*Parent/Guardian living in your home*

Number of brothers: \_\_\_\_\_ Number of sisters: \_\_\_\_\_ Total household number: \_\_\_\_\_

Highest level of education completed by father/guardian:

☐ Grade School ☐ High School ☐ Associate ☐ Bachelor ☐ Master ☐ Doctorates

Highest level of education completed my mother/guardian:

☐ Grade School ☐ High School ☐ Associate ☐ Bachelor ☐ Master ☐ Doctorates

Language most frequently spoken at home: \_\_\_\_\_

---

**Program Commitment**Will you be available to attend all scheduled Saturday workshops? ☐ Yes ☐ No

If no, please explain: \_\_\_\_\_

---

---

Are you interested or currently participating in a sport or club? ☐ Yes ☐ No

If yes, please explain: \_\_\_\_\_

---

---



## Worcester State University Upward Bound Program

### High School *Guidance* Reference Form

The Upward Bound program is actively seeking 9<sup>th</sup> and 10<sup>th</sup> grade students who have demonstrated motivation and dedication to continuing their education beyond the high school experience. Eligible participants are those who continuously demonstrate academic capabilities consistent with post-secondary standards. We strongly encourage students who are eligible for free or reduced lunch, first in their family to go to college, and those of an ALANA background to apply. **Please provide a transcript to the student to ensure a complete application.**

Applicant name: \_\_\_\_\_  
(please print)

1. Based on this student's academic record, how would you rate the applicant on academic achievement?

☐ Excellent

☐ Satisfactory

☐ Needs Improvement

Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. Rate how well you know the student using a scale from 1 to 10. \_\_\_\_\_

Comments: \_\_\_\_\_  
\_\_\_\_\_

3. How would you characterize the overall demeanor and attitude of this student within the school setting?

☐ Excellent

☐ Satisfactory

☐ Needs Improvement

Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4. Based on the applicant's current academic schedule/trade, which of the following options would the applicant be interested in pursuing after high school?

☐ 4-year college

☐ 2-year college

☐ Vocational

Comments: \_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
*Guidance Counselor Name (print)*

\_\_\_\_\_  
*Signature*

\_\_\_\_\_  
*Date*



**Worcester State University Upward Bound Program**  
High School *Teacher* Reference Form

The Upward Bound program is actively seeking 9<sup>th</sup> and 10<sup>th</sup> grade students who have demonstrated motivation and dedication to continuing their education beyond the high school experience. Eligible participants are those who continuously demonstrate academic capabilities consistent with post-secondary standards. We strongly encourage students who are eligible for free or reduced lunch, first in their family to go to college, and those of a minority background to apply. **This reference form is to be completed by an English, Math, History or Science teacher.**

Applicant Name: \_\_\_\_\_  
(please print)

1. Based on this student's academic record, how would you rate the applicant on academic achievement?

☐ Excellent

☐ Satisfactory

☐ Needs Improvement

Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. Rate how well you know the student using a scale from 1 to 10. \_\_\_\_\_

Comments: \_\_\_\_\_  
\_\_\_\_\_

3. How would you characterize the overall demeanor and attitude of this student within the school setting?

☐ Excellent

☐ Satisfactory

☐ Needs Improvement

Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4. Based on the applicant's current academic schedule/trade, which of the following options would the applicant be interested in pursuing after high school?

☐ 4-year college

☐ 2-year college

☐ Vocational

Comments: \_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
*High School Teacher Name (print)*

\_\_\_\_\_  
*Course*

\_\_\_\_\_  
*Signature*





## Worcester State University Upward Bound Program

### Student Essay Form

Read the question below and answer it to the best of your ability in **at least** 225 words. **Type and attach** your response and attach it to your packet. Students must sign this essay form below.

In **at least** 225 words, discuss your high school academic and personal goals, beliefs, and values. Be sure to include all activities that you are involved with. Additionally, please describe why you are interested in joining the Worcester State University Upward Bound program and why you believe it is the best program for you. Be sure to **type and attach** a copy of your response to your application.

---

*Student Name (print)*

*Signature*

*Date*



## Worcester State University Upward Bound Program

---

### Parent/Guardian Questionnaire Form

1. List the educational goals you have set for your child. \_\_\_\_\_

---

---

---

---

2. How are you actively working with your child to ensure the achievement of these goals?

---

---

---

---

3. Are you satisfied with your child's academic performance during their years in middle school and currently in high school? Explain. \_\_\_\_\_

---

---

---

---

4. Are you and your child committed to actively participate in this program until your child graduates high school? (Saturday workshops are from 9:30 AM – 12:30 PM, Sept. – May)

☐ Yes      ☐ No

---

---

---

---

\_\_\_\_\_  
*Parent/Guardian Email* (    ) \_\_\_\_\_  
*Parent Home / Cell Phone*

---

*Parent/Guardian Name (print)*

*Signature*

*Date*

---

*Student Name (print)*

*Signature*

*Date*

**WORCESTER PUBLIC SCHOOLS**  
**STUDENT RECORD RELEASE FORM**

Recent state legislation makes it necessary for schools to obtain release forms from parents of students under age 14 before information on the student is sent to private or parochial schools, vocational schools, other public school systems, or any other third party. The following information will be forwarded based on permission being granted by the parent.

	Permission <u>Granted</u>	Permission <u>Denied</u>
● Name, address, and other identifying information	<u>  x  </u>	<u>      </u>
● School subjects taken	<u>  x  </u>	<u>      </u>
● Letter grades or evaluation for those subjects	<u>  x  </u>	<u>      </u>
● Objective test data	<u>      </u>	<u>      </u>
● Attendance record	<u>  x  </u>	<u>      </u>
● Health record	<u>      </u>	<u>      </u>
● Other temporary record information, i.e.; team evaluation reports, psychological reports, etc.	<u>  x  </u>	<u>      </u>

I give permission for the Worcester Public Schools to forward copies of the school records checked for

Name of Student

to UPWARD BOUND (WORCESTER STATE UNIVERSITY)

Name of School System or Third Party

I give permission for \_\_\_\_\_

Name of School System Or Third Party

To forward the school records checked above for

Name of Student

To the Worcester Public School named below:

Upward Bound Worcester State University

Name of School

486 Chandler Street, Worcester MA 01602

School Address

---

Signature of Parent

Date \_\_\_\_\_

**DESTRUCTION OF RECORDS:** Five years after a student leaves or transfers from a Worcester Public School, his/her temporary school record shall be destroyed. You have a right to examine and receive a copy of that record any time prior to that destruction.

Worcester State University  
Upward Bound  
Completed Application Checklist

Applicant Checklist

Before submitting your application, please verify that the following documents have been reviewed, signed, and completed. **Your application WILL NOT be reviewed and considered INCOMPLETE if missing the following required documents:**

Personal Identification	_____
Ethnic Origin	_____
Citizenship	_____
School Information	_____
Disciplinary Conduct	_____
Family Information	_____
Program Commitment	_____
H.S. Guidance Reference	_____
H.S. Teacher Reference	_____
H.S. Transcript	_____
Parent Questionnaire	_____
Student Essay	_____
Student Record Release	_____