


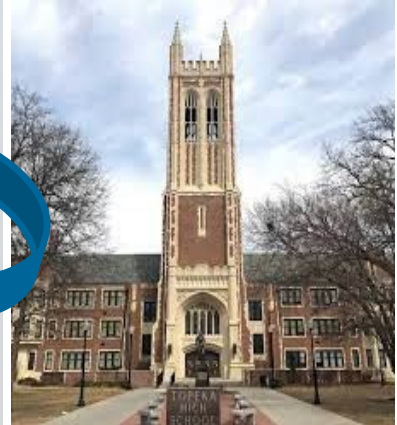
# UPWARD BOUND



Washburn University

**Happy New Year!!**


It's FAFSA Season for High School Seniors! More info on page 3.



## FAFSA


**Need Money for College?  
Complete the FAFSA!**


**FAFSA.GOV**



All college-bound students and their parents should fill out the FAFSA (Free Application for Federal Student Aid).


The FAFSA is available October 1. Some financial aid is awarded on a first-come, first-served basis. Apply early!






You can fill out the FAFSA on a computer, mobile device, or the myStudentAid mobile app.


Filling out the FAFSA is free. Never pay a company or service to process your FAFSA.





By completing the FAFSA, you are automatically applying for a Pell Grant (free money).

Don't let the FAFSA intimidate you, and don't assume that you won't be eligible for any aid.



### Inside this issue

- 2023 Recap .....2
- St. Louis Trip 2024.....3
- Trojan Time Workshops .....3
- FAFSA Checklist.....3
- TRIO News and Impact.....4
- WUB Zoom Sessions.....4
- Resources.....4
- Contact Us.....5
- January Calendar.....5
- Parent Dinner.....6
- Harvesters Volunteering .....7
- Saturday Academy .....8

### Follow us on Social Media!

- Facebook: WU Upward Bound
- Instagram: @upwardboundwashburn
- Website: washburn.edu/upwardbound



## 2023 Recap

2023 was a big year for Washburn Upward Bound (WUB)! The program began recruiting students early in the year and started offering services in March. Since its initiation, approximately 60 students throughout all high school grade levels have been added to WUB family.

Services such as academic tutoring, cultural enrichment trips, campus tours, mentoring, and access to online resources have been offered to the students. The WUB staff is grateful for the support that has been received in 2023 and looks forward to offering much more services to the students of Topeka High in 2024!





## St. Louis Trip in Spring 2024!

An overnight trip of 3 days and 2 nights to St. Louis, Missouri is planned for April 18th-20th, 2024. It will include campus tours, site-seeing, and cultural enrichment activities. This trip will serve as way to encourage WUB students to improve school attendance, overall GPA, and involvement in WUB activities.

The last day to sign-up is Thursday January 25th, 2024.

**Sign-Up Link:** <https://forms.office.com/r/XTFGxLaGZA>



## Spring 2024 TT Workshops

WUB Workshops serve as an opportunity for WUB students to learn more about the following topics:

- Health and Wellness
- Career Planning
- Post-Secondary/College Preparation
- Financial Literacy
- And much more!

The workshops are offered during Trojan Time (TT) at least once a week and often involve a guest speaker coming in to present to the students.

## FAFSA CHECKLIST

### A list of what you need to fill out the FAFSA

*If an applicant is a dependent student, the following are needed for both student and parent(s).*

- FSA ID to log in** (do this first)  
Create logins at [fsaid.ed.gov](https://fsaid.ed.gov).
- Social Security Number**  
(if you aren't a US citizen, your Alien Registration Number)
- Driver's License Number**  
(if you have one)
- Federal Income Tax Return, W-2s, and other records of money earned**  
The IRS Data Retrieval Tool can transfer your tax information into the FAFSA. If the "Link to IRS" button is available, click it.
- Bank statements** (checking and savings) and **records of investments** (stocks, bonds, and real estate other than the home you live in)
- Information on untaxed income**  
(e.g., child support)
- List of schools being considered**

If you have all the above items ready, it takes about an hour to complete the FAFSA online.

## Attention Seniors!

The FAFSA is officially open which means it is time to submit a form. Any student, regardless of income, who wants to be considered for federal, state, and school financial aid programs should be submitting a FAFSA form. This includes grants, scholarships, work-study funds, and loans. Colleges and career schools use the FAFSA form to determine how much financial aid you're eligible to receive.

Link: [FAFSA® Application | Federal Student Aid](#)

If you have any questions/concerns filling out the FAFSA, please contact WUB Advisor, Zalma Molina.

**Scholarship Quick  
Access**

**Washburn University:**  
[Scholarship Information | Washburn University](#)

**Washburn Tech:**  
[Scholarships \(washburntech.edu\)](#)

**Kansas State:**  
[Scholarships \(k-state.edu\)](#)

**KU:**  
[All Opportunities - University of Kansas Scholarships \(academicworks.com\)](#)

**ESU:**  
[Scholarships - Emporia State University](#)

**Pitt. State:**  
[Scholarships and financial assistance | Pittsburg State University \(pittstate.edu\)](#)

**Fort Hays:**  
[Scholarships - Fort Hays State University \(FHSU\)](#)

**Wichita State:**  
[Scholarships \(wichita.edu\)](#)

**JCCC:**  
[Scholarships | Johnson County Community College \(jccc.edu\)](#)

**\*Please inform Zalma if you'd like another school added to this list**

## TRIO News and Impact: 2023 A Year in Review

### Student Opportunities

COE continued its national Opportunity Matters Book Club for a third year. For 2023, COE selected "Finding Me: a Memoir" by TRIO Upward Bound alumna and award-winning actress Viola Davis. The 2023 book converted 43 TRIO programs and 672 students at its conclusion in August. Additionally, more than 200 TRIO alumni and TRIO professionals took part in virtual book club meetings across the U.S. and U.S. territories. COE hosted a national speaker series in conjunction with the book clubs, including 2020 National TRIO Achiever Award recipient Ashley Doukas, 2022-2023 Chair of COE's Board of Directors and TRIO alumnus, Joe Givens, and Viola Davis's sisters Dr. Deloris Davis Grant and Dianne Davis Wright.

In April, COE received a \$750,000 grant from the Federal Communications Commission to launch TRIO Gets Connected. Through this two-year effort, COE works with state outreach coordinators in the 24 least connected states to ensure that every adult-serving TRIO program has the resources to raise awareness and expand enrollment into the nation's Affordable Connectivity Program.

**Read Full Article:** [COE\\_2023\\_Year-In-Review-121223.pdf \(coenet.org\)](#)

### WUB Zoom Sessions

Starting on Tuesday January 9th, 2024, WUB will start offering Zoom Sessions every Tuesday evening in Spring 2024 from 7pm-8pm. This will serve as a chance for tutoring and workshops, depending on the student's needs.

- **Join Zoom Meeting:** <https://washburn.zoom.us/j/96487640273?pwd=NmNwQ0NLL295ZEFhYytLL0RnSEtmQT09>
- **Meeting ID:** 964 8764 0273
- **Passcode:** 821611

### Resources

WUB students have access to 2 online resources through the program that offer different ways of tutoring/assisting in completing classwork while also earning hours towards their monthly stipends. The following resources are:

1. Method Learning

Login Link: [Methodize - Online learning platform by Method Learning](#)

Requires logging in using their tps501 school email address

1. Tutor Me

Login Link: [On-demand one-on-one tutoring for schools and districts | TutorMe](#)

Requires logging in using the tps501 school email address

**\*If the student has any issues logging into their account, please contact WUB Advisor, Zalma Molina.**

# Contact Us!

Shelley Bearman - Upward Bound Director

[shelley.bearman@washburn.edu](mailto:shelley.bearman@washburn.edu)

Zalma Molina - Upward Bound Advisor

[zalma.molina@washburn.edu](mailto:zalma.molina@washburn.edu)

Phone: (785)295-3220

Location: Room 338 at Topeka High School



*“Develop a passion for learning. If you do, you will never cease to grow”  
- Anthony J. D’Angelo*

# January

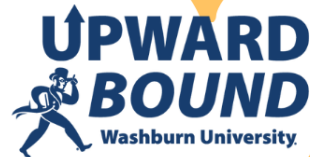
Proud to be Upward Bound!



# 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	No School	No School	No School			Saturday Academy 10am-12pm (2 hours)
7	8	9	10	11	12	13
		Zoom Session (1 hour)	Trojan Time (1 hour)	Trojan Time (1 hour)		
14	15	16	17	18	19	20
	No School	Zoom Session (1 hour)	Trojan Time (1 hour)	Trojan Time (1 hour)		
21	22	23	24	25	26	27
	PM Academy (1.5 hours)	PM Academy (1.5 hours) Parent Dinner (2 hours)	Trojan Time (1 hour) PM Academy (1.5 hours)	Trojan Time (1 hour) PM Academy (1.5 hours)		WUB Volunteering at Harvesters (2 hours)
28	29	30	31			
	PM Academy (1.5 hours)	PM Academy (1.5 hours) Zoom Session (1 hour)	Trojan Time (1 hour) PM Academy (1.5 hours)			
						5

JANUARY 2024



# PARENT DINNER

Join Us!

**TUESDAY JANUARY 23rd, 2024**

Dinner: 5pm-6pm

Presentation: 6pm-7pm

Location: Topeka High School Cafeteria  
800 SW 10th St, Topeka, KS 66612

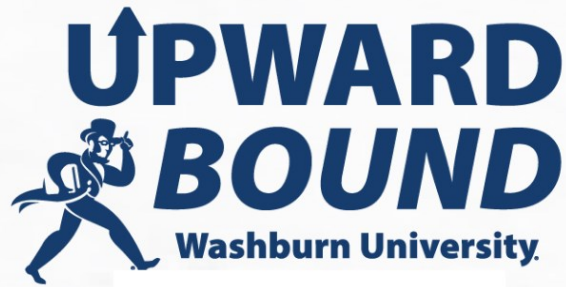
## RSVP

Kindly respond using the QR code or notifying any Upward Bound staff member by Tuesday January 16th, 2024



<https://www.washburn.edu/academics/center-student-success/trio/event-registration.html>





# Volunteers NEEDED

**SATURDAY JANUARY 27TH, 2024**

**We will meet at the Harvesters Distribution Center  
(215 SE Quincy Street Topeka, KS 66603)  
1pm-3pm**

## **We will help with:**

- Sorting fresh produce
- Sorting and boxing bread
- Packing Senior Commodity Food Boxes
- Packing BackSnack



Sign-up Link: <https://forms.office.com/r/9UKDcKXgKR>

# SPRING 2024 SATURDAY ACADEMY SIGN-UP

WUB Saturday Academy Spring  
2024



**Join us for the fun!**  
**Free snacks will be  
provided!**

- Saturday January 6th
- Saturday February 3rd
- Saturday March 2nd
- Saturday April 6th

Sign-up Link: <https://forms.office.com/r/SkzFgfNfKs>