

NOVEMBER NEWSLETTER

WASHBURN UPWARD BOUND
NOVEMBER 2024

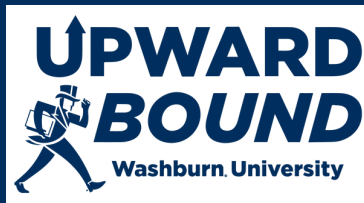


WELCOME TO UPWARD BOUND!

Upward Bound Mission.

Upward Bound (UB) is a federal TRIO program that prepares students for higher education through various enrichment courses. Campus-based UB programs provide students instruction in literature, composition, mathematics, science, and foreign language during the school year and the summer. UB also offers intensive mentoring and support for students as they prepare for college entrance exams and tackle admission applications, financial aid, and scholarship forms. All Upward Bound program activities and services are free to students enrolled in the program.

Specifically, the goal of Upward Bound is to get students excited about post-secondary education and picture themselves accomplishing their goals.



Our services include...

- Needs assessment and academic advisement
- Counseling referrals
- Twice monthly Saturday Academies
- College tours
- Internship/scholarship opportunities exposing participants to careers requiring a post secondary degree
- Guest speakers from various entities
- Exposure to educational and cultural events
- College preparation and financial aid workshops

Enjoy this month's newsletter!

Upward Bound Team

INSIDE THIS ISSUE:

[WUB Student Spotlight](#)

[Contact UB Staff](#)

[Important Dates](#)

[Financial Aid](#)

[Scholarships](#)


[High School College Tours](#)

[Tips](#)

OUR SOCIAL MEDIA:

 [@upwardboundwashburn](#)

 [WU Upward Bound](#)

 [TRIO Upward Bound Program - Washburn University](#)



Christa Dickman

WUB STUDENT SPOTLIGHT!

CHRISTA DICKMAN

Christa was part of Topeka High's team that got 2nd place in the Math Scramble event held during the STEM Outreach Program's Donald L. Bruyr Mathematics Day on October 16th, 2024 at Emporia State University.

Congratulations Christa!

**November is
Native American
Heritage Month!**

**Some resources
here.**



Saturday Academy 10/19

2025 SUMMER BRIDGE

All Upward Bound seniors interested in attending the 2025 Summer Bridge must:

- Apply for the 2024-2025 and the 2025-2026 FAFSA by December 15th.
- Students must apply for the Bridge program, it is not something guaranteed to all Upward Bound students.

Upward Bound can help you and your family apply for FAFSA, reach out to Zalma to make an appointment.

Applications for Summer Bridge will be available in January 2025 for those who applied to the FAFSA in December 2024.

CONTACT UB STAFF



DIRECTOR: SHELLEY BEARMAN

Email:

shelley.bearman@washburn.edu

Washburn Office Phone:

(785) 670-3872

Location:

Room 122 Plass Building at
Washburn University



UB ADVISOR: ZALMA MOLINA

Email:

zalma.molina@washburn.edu

OR zmolina@tps501.org

Washburn Office Phone:

(785) 670-3873

THS Office Phone:

(785) 295-3220

Location:

Room 338 at THS or Room 122
Plass Building at Washburn
University

IMPORTANT DATES!



FRIENDSGIVING LUNCH

During Saturday
Academy November
16th, 2024

NOT mandatory but if you'd
like to bring a dish/dessert,
please fill out the **form**

FAFSA AND PARENT NIGHT

Wednesday November 20th,
2024 at the Topeka High
School Staff Cafeteria 6-8pm.

**Students remember to bring
your Chromebooks!**

You can create your
Federal Student Aid
(FSA) Account Now.

Create an account
here!

**FAFSA OPENS
ON SUNDAY
DECEMBER 1ST
2024**



FINANCIAL AID

Types & Application

STUDENT FINANCIAL AID

There are several ways to pay for a college education. One important way is to utilize free money available from the federal government. To apply for this free aid, students must submit the Free Application for Federal Student Aid (FAFSA).

According to NCES, financial aid is received by 85.5% of all students pursuing higher education including college, university, or vocational school.

The FAFSA is projected to open on December 1st.

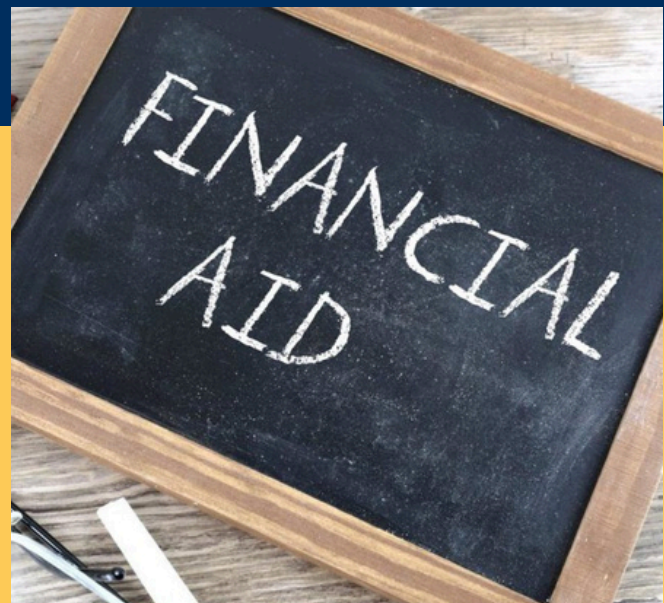
Current high school seniors should request a **Federal Student Aid (FSA) ID** by mid-October for **both the student and their parent/guardian**.

Visit this website to get started and apply for your FSA ID: studentaid.gov/help/fsa-id.

8 Steps to Apply for Federal Student Aid:

1. Have Documentation Available (*you can find what's needed [here](#)*)
2. Create a Federal Student Aid Account and ID
3. Complete the Online FAFSA
4. List Codes of Colleges and Universities the student is applying to
5. Review, Sign, and Submit the FAFSA application
6. Receive the Student Aid Report (SAR)
7. Provide additional documentation as necessary
8. Receive, Review, and Accept Financial Aid Offers

Attend the Washburn University FAFSA night at Topeka High School on Wednesday November 20th from 6-8pm in the Staff Cafeteria.



COLLEGE SCHOLARSHIPS

Everyone in grades 9 through 12, now is the time to research and begin applying for college scholarships!

- Create a scholarship and admissions tracking document to keep track of where you want to attend college and what scholarships you have applied for.
- Often they are essay based and your Upward Bound Advisor and tutors can help edit your essay.
- When it's time to apply for college, you can ask your college Admissions staff for tips on where to find scholarships unique to your college of interest.
- Opening an email account to only use when applying for scholarships or colleges.
- Check out Google classroom for upcoming scholarship opportunities.

SCHOLARSHIP HIGHLIGHTS:

- [Rudd Foundation Scholarship](#)
- [DELL Scholars Program](#)

SCHOLARSHIP QUICK LINKS:

[Washburn University](#)

[Washburn Tech](#)

[K-State](#)

[KU](#)

[Emporia State](#)

[Pitt State](#)

[Fort Hays State](#)

[WSU](#)

[JCCC](#)

***PLEASE INFORM ZALMA IF YOU'D LIKE ANOTHER SCHOOL ADDED TO THIS LIST.**

Check Google drive for a full list of [scholarships!](#)

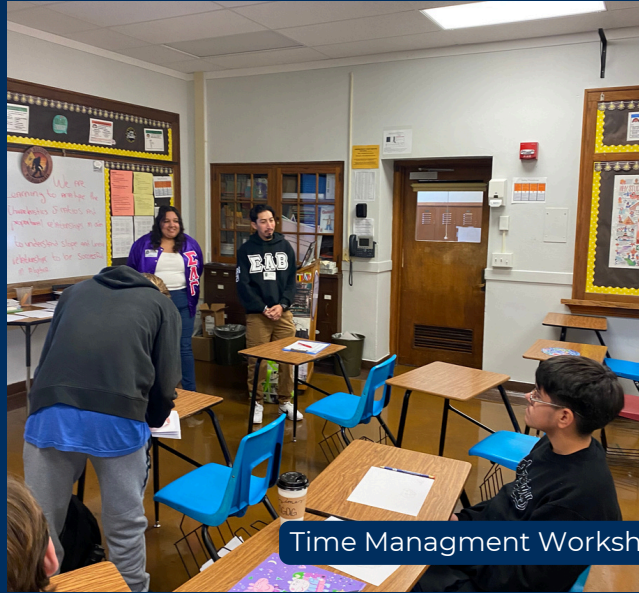
HIGH SCHOOL COLLEGE TOURS

Join Zoom Meeting

Meeting ID: 822 0955 5738

Passcode: 147845

**VIRTUAL
OPPORTUNITIES
LED BY SHELLEY
WHERE YOU CAN
EARN STIPEND
HOURS INCLUDE:**



Time Management Workshop

November 6, 6:00 pm – 7:00 pm: Virtual, University of Missouri

November 13, 6:00 pm – 7:00 pm: Self Care and How to Deal with Stress

(those who sign up in advance will be able to pick up a self-care kit at THS in room 338 between November 10-12)

December 4, 6:00 pm-7:00 pm: Level Up Your Leadership Skills

SATURDAY ACADEMY FIELD TRIP!

November 23rd, join us for ice skating, exploring museums, and more!

You must attend **three** Saturday Academies this semester prior the trip in order to qualify to go.

TIPS!

Essay
Writing
Checklist

12th Grade
Checklist

Video
Resource

WUB
Resources



Saturday Academy 10/05 at Washburn Football Game



UB APPLICATIONS

With the 2024 graduation of our Upward Bound Seniors, this left several open spots for recruiting new students into the program. Recruiting 9th and 10th grade students began in September.

Upward Bound currently is accepting applications! Invite your friends to apply.

Please be sure you meet the following criteria...

- Attend or will attend **Topeka High School**.
- Maintain citizenship, permanent residency, or have documentation from the U.S. Immigration Office that you are in the process of applying to be a permanent resident of the United States of America.
- Meet federal guidelines based on income status or educational background of parents or legal guardian.
- Have at least a **2.5 GPA or higher** at the time of application.
- Be a high school **freshman, sophomore, or junior** status.
- The **summer** students graduating from the 8th grade may join the Upward Bound Summer Academy. **Eight** graders must attend the **Summer Academy for 10 days before July 3**, to be enrolled in the Upward Bound program.

Gather the following materials to submit:

- A copy of your parent/guardians **most recent** Tax Return Form (1040 or 1040A).

*Please note, a copy of your Parent/Guardians W-2 or Tax Transcript **can not** be accepted as proof of income.*

- A copy of your **school transcript** and **8th Grade Math and Reading/Language Arts Scores**.
- **One Recommendation Form** completed by a teacher or counselor.
- If you are a **9th grader** and you are applying **before** the end of your first semester, please submit a **report card** or **screen shot** of your **online report card**.

If you are a **9th grader** and **do not** have a teacher or counselor that you feel can speak to your academic abilities, you may ask a Mentor, Advisor, or other individual.

Submit an [application online](#).

After you have submitted your application an Upward Bound Staff Member will reach out to you at the **email address you provided**. A **Student interview** is **required** to be admitted into the Upward Bound program.

Questions or Concerns:

Washburn University Upward Bound Program
1700 SW College Avenue, Plass Building, Suite 122
Topeka, KS 66621
(785)670-3872



CURRENT UPWARD BOUND STUDENTS

Contact an Upward Bound Staff member if you need a fee waiver to take the ACT or SAT or to apply for college admissions. Contact your high school counselor to register to take the ACT at THS for free, otherwise the ACT costs \$150 each time it is taken. We recommend you take it your junior year and early your senior year.

TRIO Upward Bound is supported with funds from the U.S. Department of Education



November 2024

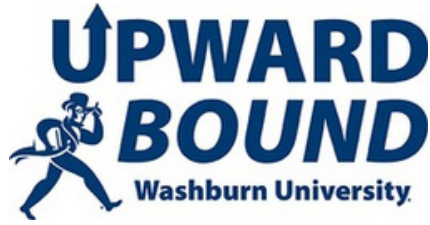
Notes

TT = Trojan Time in room 331

PM Academy = After School Tutoring/Studying in the Staff Cafeteria

Birthdays = Abby J. - Nov. 12
Nathan K. - Nov. 14

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------------|------------------------------------|------------------------------------------|------------------------------------|------------------------------------------|------------------------------------|-----------------------------------------------|
| 3 Daylight Saving Time | 4 PM Academy (1.5 hours) | 5 TT (45 min) PM Academy (1.5 hours) | 6 PM Academy (1.5 hours) | 7 TT (45 min) PM Academy (1.5 hours) | 8 | 9 |
| 10 | 11 PM Academy (1.5 hours) | 12 TT (45 min) PM Academy (1.5 hours) | 13 PM Academy (1.5 hours) | 14 TT (45 min) PM Academy (1.5 hours) | 15 | 16 Saturday Academy 8:30am-1pm (4.5 hours) |
| 17 | 18 PM Academy (1.5 hours) | 19 TT (45 min) PM Academy (1.5 hours) | 20 PM Academy (1.5 hours) | 21 TT (45 min) PM Academy (1.5 hours) | 22 | 23 Kansas City Field Trip (All Day) |
| 24 | 25 No School Thanksgiving Break | 26 No School Thanksgiving Break | 27 No School Thanksgiving Break | 28 No School Thanksgiving Break | 29 No School Thanksgiving Break | 30 |



Saturday Academy

Fall 2024 8:30am-1pm at
the Plass Building Washburn
University

Dates:

Saturday 9/7/24

Saturday 9/21/24

Saturday 10/5/24

Saturday 10/19/24

Saturday 11/2/24

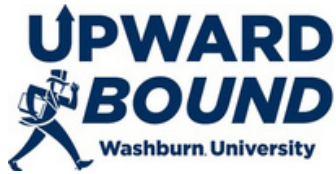
Saturday 11/16/24

Saturday 11/23/24 (Field Trip)

Saturday 12/7/24 (Finals Study Session!)



[Sign up:https://forms.office.com/r/Pip4tAihmu](https://forms.office.com/r/Pip4tAihmu)



FALL 2024

TROJAN TIME (TT) WORKSHOP Series

SEPTEMBER:

- THURSDAY 9/19/24: GOAL SETTING WITH VISION BOARDS
- THURSDAY 9/26/24: FINANCIAL NEEDS VS. WANTS

OCTOBER:

- THURSDAY 10/3/24: DEALING WITH STRESS
- THURSDAY 10/10/24: TIME MANAGEMENT, HOW ARE YOU SPENDING YOUR TIME?
- THURSDAY 10/17/24: ACING THE INTERVIEW
- THURSDAY 10/31/24: BECOMING A SUCCESSFUL STUDENT

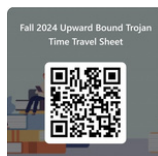
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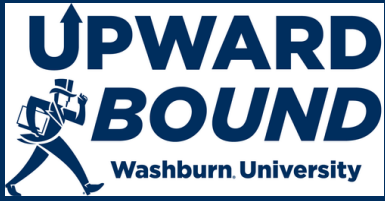
- THURSDAY 11/7/24: STRIVING FOR NON-ACADEMIC SUCCESS
- THURSDAY 11/14/24: TEST TAKING STRATEGIES
- THURSDAY 11/21/24: CAREER EXPLORATION, WHERE DO I START?

DECEMBER:

- THURSDAY 12/5/24: STRATEGIES FOR SCHOLARSHIP WRITING

FILL OUT THE FORM TO BE ADDED TO THE TRAVEL SHEET:
[HTTPS://FORMS.OFFICE.COM/R/NG6KSA1EV5](https://forms.office.com/R/NG6KSA1EV5)





Pop In For

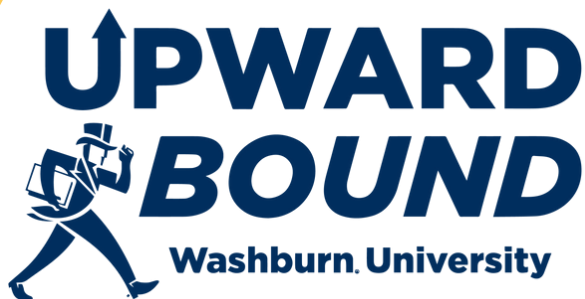
**MON-
THURS**

**AFTER SCHOOL
3-4:30PM**

**IN STAFF
CAFE AT
THS**

**POPCORN
&
TUTORING**

*Popcorn will be purchased for after school
tutoring starting Tuesday 10/1/24*



SHELLEY'S ZOOM SESSIONS

WHEN

October 9: 6-7pm

October 16: 6-7pm

October 30: 6-7pm

November 6: 6-7pm

November 13: 6-7pm

December 4: 6-7pm

ABOUT

Overview of ACT and SAT with Winning Tips

Job Interview Skills and How To Ace Them

How to Pay for College Like a Boss

Virtual Tour, University of Missouri

Self Care and How to Deal With Stress

(those who sign up in advance will be able to pick up a self-care kit at THS in room 338 between November 10-12)

Level Up Your Leadership Skills

**JOIN ZOOM MEETING
[HERE](#)**

MEETING ID: 822 0955 5738

PASSCODE: 147845

FAFSA & PARENT NIGHT



DATE
NOVEMBER 20TH



TIME
06:00 - 8:00 PM

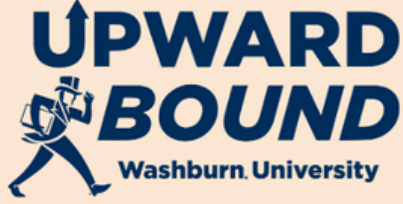


LOCATION
THS STAFF CAFETERIA

Guest Speaker Ginger McBride
a WU Financial Aid Advisor

**Students must
bring their
chromebooks!**





Friends Giving

DURING SATURDAY ACADEMY

November 16, 2024

Students can sign-up to bring a dish (NOT mandatory)

<https://forms.office.com/r/B7m1Lu2auY>

