



# Upward Bound

**TRIO programs have been established across the U.S. to make it possible for more students to attend, and graduate from, college. Funded by the federal government, TRIO programs provide support, services, and resources to nearly one million students nationwide.**

Upward Bound is one of eight TRIO programs. The primary goal of Upward Bound is to help high school students plan and prepare for college.

## What does Upward Bound do?

Here are some of the ways that Upward Bound helps and supports students.

Upward Bound programs...

- ▶ provide instruction in mathematics, laboratory science, foreign language, English composition, and literature.
- ▶ help students prepare for college entrance exams, including the ACT and SAT.
- ▶ provide tutoring.
- ▶ help students fill out college applications.
- ▶ provide information on post-secondary opportunities.
- ▶ provide information on financial aid and help families complete the FAFSA.
- ▶ offer mentoring programs.
- ▶ provide career counseling.



VIDEO

For info on TRIO, watch this video.



## Who is eligible for Upward Bound?

High school students between the ages of 13 and 19 who are first-generation college students, academically “at risk,” or from income-eligible families

## What are the benefits of participating in Upward Bound?

**Upward Bound helps students get to college.**

86% of Upward Bound participants enroll in college after high school.

**Upward Bound helps students prepare for college.** Through instruction, tutoring, and advising, Upward Bound helps students gain the skills they need to succeed in high school and college. Upward Bound participants receive help in subjects like math and writing. They also gain important skills that will help them throughout their lives (such as time management, organization, and networking).

**Upward Bound builds learning communities.**

In addition to receiving academic support, career counseling, and more, Upward Bound connects students from similar backgrounds, providing them with a support system that can last for years.

## Contact Information