

Dear Student Applicant:

Before completing the attached application, please take time to read and understand the information in this letter. The material below will help you determine if you wish to apply to participate in the St. Olaf Upward Bound program.

The major goal of the Upward Bound program is to **help students develop the skills and motivation required to succeed in education both in high school and beyond**. Admission to the Upward Bound program is **not automatic**; students must successfully complete a **rigorous application and selection process**.

Upward Bound (UB) is a **federally funded** TRIO program designed to assist students who are interested in enhancing their academic skills and furthering their education. St. Olaf College UB students are recruited from five St. Paul high schools: Central High School, Creative Arts Secondary, Highland Park High School, Humboldt High School and Open World Learning Community. Admitted students must take all activities required by program seriously. If UB does not feel the student is making the necessary commitment to their education, the student may be placed on a performance contract, which if not fulfilled, may result in dismissal from the program.

Students who are admitted must **agree** to take part in UB's intensive **six-week residential Summer Program and participate in our Academic School Year Program**, which have the following major objectives:

1. Increase academic performance of program participants.
2. Increase the motivation of program participants to succeed in high school and attend college.
3. Provide informative and enriching mentoring/career/educational opportunities for all participants.
4. Increase participation in cultural/educational experiences beyond those available at their high schools.
5. Provide group/individualized tutoring, guidance and counseling for program participants.
6. Provide assistance in securing admission to a postsecondary institution and adequate financial aid to attend.
7. Provide a bridge between high school and college during the summer after the participant's senior year.

These objectives can only be met if students actively participate and accept responsibility for participation. Please feel free to contact me if you need further information or assistance.

Sincerely,



Mari Avaloz
 Program Director

For more information, please contact:				
CENTRAL HIGH SCHOOL	CREATIVE ARTS SECONDARY SCHOOL	HIGHLAND PARK HIGH SCHOOL	HUMBOLDT HIGH SCHOOL	OPEN WORLD LEARNING COMMUNITY
Mondays and Thursdays Room 4215 (651) 315-2606 9:00am-5:00pm <i>Tzolquin Pinedo,</i> <i>pinedo2@stolaf.edu</i>	Tuesdays Room 8114 (651) 444-0687 9:00am-5:00pm <i>Aye Bra Tha,</i> <i>tha@stolaf.edu</i>	Tuesdays CCRC (651) 734-5180 9:00am-5:00pm <i>Tendor Norbu,</i> <i>norbu1@stolaf.edu</i>	Mondays and Wednesdays Room 3608 (651) 785-6281 9:00am-5:00pm <i>Nou Yang,</i> <i>yangn@stolaf.edu</i>	Wednesdays Room 3205 (651) 444-0687 9:00am- 5:00pm <i>Aye Bra Tha,</i> <i>tha@stolaf.edu</i>
ST. OLAF 507-786-3707 or 651-785-6281				

*Application materials are also available online at: <http://wp.stolaf.edu/upward/how-to-apply/>

13. What kinds of free-time activities do you like to do with friends? _____

14. In what extracurricular activities are you involved? (check all that apply)

- Sports, specify: _____
- Music, specify: _____
- School Sponsored Clubs/Organizations, specify: _____
- Church organizations, specify: _____
- Other: _____

15. How did you hear about Upward Bound?

- School teacher/counselor/administrator
- Classroom presentation
- Parent/Guardian
- UB advertisement
- Current UB student, Specify: _____
- Former UB student, Specify: _____
- Other, specify: _____

16. Have you ever been in an Upward Bound program before?

- Yes Where/when? _____
- No

17. Please list your current class schedule:

Period	Course	Teacher
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		

18. Is there anything that may prevent you from going to and succeeding in college?

19. Why do you want to be in Upward Bound?

20. If admitted to Upward Bound, what are several goals you would like to accomplish and why are these goals important to you?

PART TWO: EDUCATIONAL BACKGROUND/CAREER PLANS

1. What high school do you currently attend?

- Humboldt Central Highland Park Creative Arts Open World Learning

2. What grade are you currently in? _____

3. What year do you expect to graduate from high school? _____

4. How many absences do you usually have per quarter?

- Less than 5 Between 5-10 More than 10

5. Please list all schools you have attended since 1st grade:

School and Grade(s) attended

6. Have you ever attended an alternative school (e.g., GAP, ALC, Agape)?

- Yes Where/when? _____ No

7. Have you ever attended summer school for an academic subject?

- Yes Subject(s)/year(s)? _____ No

8. Are you or have you been involved in any type of college preparatory program?

- Yes Specify: _____ No

9. When you finish high school, what do you intend to do?

- Attend University/College Name of Institution: _____
 Attend Community College Name of Institution: _____
 Attend Technical/Vocational College Name of Institution: _____
 Military Service Branch: _____
 Full-time/Part-time work
 Other Specify: _____

10. What are your favorite subjects? _____

11. What are your least favorite subjects? _____

12. What careers are you interested in pursuing? _____

13. With whom have you discussed your educational/career interests? (check all that apply)

- School teacher/counselor/administrator
- Parent/Guardian
- Friend
- Program Advisor
- Minister/Pastor/Reverend/Clergy/Rabbi
- Other, specify: _____
- No one

14. Name two school academic* subject teachers who you would like to fill out St. Olaf UB nominations for you (***nominator must teach either English, Math, Science, Social Studies or Foreign Language**).

(1) _____ Subject: _____

(2) _____ Subject: _____

15. Are you currently employed?

- Yes Where? _____
Days/Hours? _____
- No

16. Are you able to attend a six-week residential summer program at St. Olaf College for 4 consecutive summers?

- Yes
- No

17. Are you able to attend weekly after-school tutoring sessions?

- Yes
- No

18. Current after school activities/work commitments:

DAY	TIME	ACTIVITY DESCRIPTION
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		

PART THREE: STUDENT FAMILY BACKGROUND

1. With whom do you live? (check all that apply)

- | | |
|--|---|
| <input type="checkbox"/> Mother | <input type="checkbox"/> Alone |
| <input type="checkbox"/> Father | <input type="checkbox"/> Spouse |
| <input type="checkbox"/> Step Mother | <input type="checkbox"/> Group Home |
| <input type="checkbox"/> Step Father | <input type="checkbox"/> Foster Home |
| <input type="checkbox"/> Foster Parent(s) | <input type="checkbox"/> Guardian (not a relative),
specify: _____ |
| <input type="checkbox"/> Relative other than parent,
specify: _____ | <input type="checkbox"/> Other (not a relative),
specify: _____ |

2. Who is/are your legal guardian(s)?

- | | |
|---------------------------------------|--|
| <input type="checkbox"/> Both parents | <input type="checkbox"/> Ward of Court |
| <input type="checkbox"/> Mother only | <input type="checkbox"/> Other, specify: _____ |
| <input type="checkbox"/> Father only | |

3. Do your parent(s)/guardian(s):

- | | | |
|--|------------------------------|-----------------------------|
| • Check your homework? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| • Attend school programs/teacher conferences? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| • Indicate they want you to continue your education after high school? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

4. Check the highest level of education completed by each of your parent(s)/guardian(s).

	Father	Mother	Step-Parent	Guardian
6th grade or less	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7th-9th grade	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10th-12th grade	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
High school graduate or GED	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Some college (no degree obtained)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2-year college degree/certificate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4-year college degree	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Completed graduate school (M.A., Ph.D., etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
None	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do Not Know	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

5. How many siblings do you have?

___ Siblings

6. If any, how many of your siblings have participated in Upward Bound?

___ Siblings

7. Have any of your siblings had any postsecondary education?

Yes Which: University/4-year college Community College

No Vocational/Technical College

If yes, are they currently attending, or have they completed their postsecondary education?

Currently attending Completed postsecondary

PART FOUR: STUDENT NEEDS SURVEY

Please answer each question.

ACADEMICS

- | | | |
|---|------------------------------|-----------------------------|
| 1. I need to hand in homework on a more consistent basis. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 2. I need to get better grades in school. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 3. I need help in math. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 4. I need help in science. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 5. I need help in English | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 6. I need help in social studies. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 7. I need help in foreign language | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 8. I need to learn how to take better notes. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 9. I need to develop stronger study habits. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 10. I need to learn relaxation techniques to reduce my test anxiety. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 11. I need to learn test taking strategies. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 12. I need to learn how to manage my time so that personal, academic, and extra-curricular activities are balanced. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 13. I need to learn how to read a textbook more effectively. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 14. I need to develop a better attitude toward learning. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 15. I need to receive guidance in selecting academic courses. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 16. I need to be enrolled in more college prep courses. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 17. I need to know more about high school graduation requirements. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 18. I need to listen more effectively in class. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 19. I need to learn how to participate in classroom discussion. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 20. I need to communicate more effectively with teachers. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 21. I need to have better relationships with teachers. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 22. I need to know more about my strengths and weaknesses. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 23. I need to understand what I can realistically achieve. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

CAREERS

- | | | |
|--|------------------------------|-----------------------------|
| 1. I need to know how to prepare for careers that interest me. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 2. I need to know more about possible careers and the world of work. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 3. I need to know how to apply and interview for jobs. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 4. I need to talk to a counselor about career plans. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 5. I need to have my parents involved in my career plans. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

COLLEGE PLANS

- | | | |
|--|------------------------------|-----------------------------|
| 1. I need to learn more about financial aid for college. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 2. I need to learn more about college admission requirements. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 3. I need to understand the college application process. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 4. I need to decide which type of postsecondary institution to attend. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

PERSONAL

- | | | |
|--|------------------------------|-----------------------------|
| 1. I need to experience more cultural activities. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 2. I need to become more familiar with people of other cultures. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 3. I need to develop confidence in myself. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 4. I need to understand how my feelings affect my behavior. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 5. I need somebody to listen to me when I have problems. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 6. I need to learn to tell others how I feel. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 7. I need to be a better listener and respond better to others. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 8. I need to build trusting relationships with others. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 9. I need to become more tolerant with people whose views differ from mine. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 10. I need to get along better with members of my family. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 11. I need to set goals in my life. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 12. I need to know how to assess and evaluate my goals. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 13. I need to understand the impact of my gender and/or race on my career choices. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 14. I need to accept greater responsibility for my actions. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 15. I need to learn how to make decisions. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

I certify that all information provided on this form is valid and correct. I understand that **admission to St. Olaf TRIO Upward Bound is not automatic**, and that if admitted I will be informed of all program goals, objectives and requirements. This includes annual participation in a six-week summer program. I also understand that failure to meet program requirements, goals and objectives may result in my termination from the program.

Student Signature

Date