

UPWARD BOUND/
UPWARD BOUND
MATH & SCIENCE
PROGRAMS



ACADEMIC YEAR
HANDBOOK
2009-2010

UPWARD BOUND/UPWARD BOUND MATH & SCIENCE PROGRAMS OBJECTIVES

Upward Bound/Upward Bound Math & Science Programs are academic preparatory programs designed for young people to generate skills and motivation necessary for success beyond high school. These students must fall within economic or “first-generation” guidelines prepared by the Department of Education. A “first-generation” student is one whose parents have not obtained a four-year degree from a college.

During the school year, Upward Bound/Upward Bound Math & Science Programs counselors visit the students in their school once a month for individual and/or group counseling and learning sessions, and the students come to Morehead State University one Saturday a month for an academic session (Return Trip).

The summer academic program lasts for six weeks. During this phase, the students live on campus in residence halls and take classes to improve their skills in reading, language arts, math, and science. Students also enroll in elective classes.

As an Upward Bound/Upward Bound Math & Science Programs student, you should keep in mind the objectives of the program. They are:

1. To instill in students a positive attitude toward learning and post-secondary education.
2. To increase the students' ability to relate to their peer group by development of a sense of personal worth.
3. To expose the students to new academic, social, and cultural learning experiences.
4. To provide, when necessary, remedial help to each individual student.
5. To help the students increase their understanding of and ability to cope with their environment.



PERSONAL TRANSPORTATION AND RETURN TRIPS

Upward Bound/Upward Bound Math & Science Programs provide transportation from each county to the Return Trips. The bus schedules are a few pages over! However, if you plan to drive yourself to Return Trips, it is your responsibility to park in legal spaces to ensure that your vehicle is neither ticketed nor towed. After you arrive on campus, you may not return to your vehicle until the Return Trip has been dismissed for the day. This means that you **MAY NOT** drive to lunch! If you choose to ride with someone who is driving their own vehicle, you must furnish the UB office with written permission from your parent or guardian that day. UB assumes no liability for students who drive their own vehicles or who ride with others to the Return Trips. **Students who are being picked up must meet their ride at the shelter in front of Lappin Hall directly after the Return Trip.**

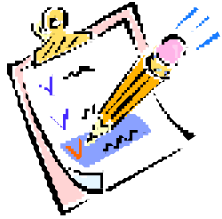


PRE-COLLEGE CURRICULUM

Compare the classes that you have had and the classes you are planning on taking to the chart below. It is very important to make sure that you are taking the correct classes to be accepted into college. The pre-college curriculum listed below is for all Kentucky public universities.


Subject	Minimum for Diploma	Pre-College Curriculum
Language Arts	4 credits: English I, II, III, IV	4 credits: English I, II, III, IV or Advanced Placement English
Mathematics	3 credits: Algebra I, Geometry, and one elective	3 credits: Algebra I and II and Geometry
Science	3 credits: Life Science, Physical Science, and Earth/Space Science	3 credits: Life Science, Physical Science, and Earth/Space Science (one credit must be a laboratory class)
Social Studies	3 credits: U.S. History, Economics, Government, World Geography, World Civilization	3 credits: From U.S. History, Economics, Government, World Geography, and World Civilization
Health	1/2 credit	1/2 credit
Physical Education	1/2 credit	1/2 credit
History & Appreciation of Visual & Performing Arts	1 credit: History and appreciation of visual and performing arts or another arts course that incorporates such content.	1 credit: History and appreciation of visual and performing arts or another arts course that incorporates such content.
Foreign Language		2 credits
Electives	7 credits	5 credits (<i>3 rigorous</i>): recommended strongly: one or more courses that develop computer literacy

ATTENDANCE POLICY FOR RETURN TRIPS




Upward Bound/Upward Bound Math & Science students are allowed two (2) absences per year. After you have reached your limit of 2, you will not receive make-up stipend money for any absence. We expect Upward Bound students to participate in scheduled UB activities.

In order to receive make-up stipend money, you must provide the Upward Bound office with an excused absence form. These forms can be found in the monthly newsletter and on the UB website. **Excuses must be received by the Upward Bound Office within ten (10) days of the missed Return Trip (mail or fax). Students are responsible for making sure the excuse is received.** You will not receive make-up stipend without it. There will be no exceptions. UB students receive stipend for “fully participating” in the Upward Bound programs. During the academic year, the base stipend amount is \$30/month. Stipend is distributed at the conclusion of each Return Trip. Make-up stipend is given for excused absences only.



MOREHEAD STATE UNIVERSITY
UPWARD BOUND
ABSENCE EXCUSE FORM



Note: Students are allowed two (2) excused absences per year. After two excused absences, students will not receive make-up stipend money for any absence.

Student Name: _____

School: _____

Date of Absence: _____

Reason for Absence: _____

Parent Signature: _____

Date: _____

Parent's Daytime Phone Number: _____

School Official Signature: _____
(required if absence is school-related)

School Phone Number: _____

Date: _____

This excuse form must be completed and returned to the Upward Bound Office with the appropriate signatures within ten (10) business days after the missed Return Trip. If the form is not received by the deadline, the student will not be excused and no makeup stipend money will be issued.

Upward Bound
Morehead State University
150 University Blvd. Box 783
Morehead, KY 40351
Phone: 1-800-SUPWARD or (606) 783-2611 Fax: (606) 783-9314

GENERAL BEHAVIOR EXPECTATIONS/BOUNDARIES



UB students are expected to behave in a manner commendable of our program. We hope that you conduct yourselves appropriately at all times, but especially during Upward Bound activities.

Please keep in mind our Tobacco-Free policy. Students are not allowed to have tobacco products in their possession during UB functions. Any student found with tobacco products will forfeit their stipend, so please leave it at home!

Students must stay in groups of three (3) at all times while involved in UB activities.

During Return Trips, your boundary lines will be east on Main Street to Family Dollar and Melini Cucina, west to the junction of U.S. 32 to Wendy's, north on U.S. 32 to the Patrick Center/Pizza Hut/Penn Station/Taco Bell and McDonald's. These are the only streets/routes you are allowed to travel. After lunch, you must return to your classroom on time (whatever time you were told before being dismissed for lunch). **You will be charged one dollar for every minute you are late to class.** This will be deducted from your stipend.

TUTORING POLICY

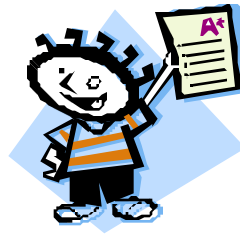
In an attempt to help students achieve their academic potential, Upward Bound/Upward Bound Math & Science programs offer online tutoring. Students can access this service by emailing questions to: ubtutoring@yahoo.com. Please allow at least two business days for a response to your questions. Students are also encouraged to post tutoring questions on the UB myspace page, by visiting www.myspace.com/msub



Upward Bound/Upward Bound Math & Science staff can also assist you with locating local tutoring services at your high school, as available.

PROBATIONARY POLICY

Upward Bound/Upward Bound Math & Science students are encouraged to strive for academic excellence. While we do understand that there may be some classes that are challenging and may cause academic difficulties, we still expect students to try their best. For that reason, we expect that all UB students will maintain at least a 2.00 GPA. **If your GPA is under 2.00 for one nine-week grading period, you will be placed on academic probation.** The counselor who visits your school will notify you if you are placed on academic probation. Also, a letter will be sent home to the parent/guardian. Any student on academic probation will **not** receive stipend. In order to return to acceptable academic standing, a student must achieve an overall nine-week GPA of at least 2.00.



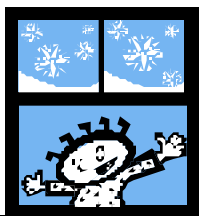
**Keep those grades up!!!
We don't want to see
you go on academic
probation!**

SCHOOL CAPTAINS

In our ongoing effort to maintain effective communication with our students, Upward Bound/Upward Bound Math & Science Programs have decided to have a "School Captain" elected to represent each school. The role of the school captain is to notify other students at the school of general announcements/messages (for example, if a Return Trip is cancelled due to bad weather). Also, the school captain would be responsible for helping to orient new students at their school to the Upward Bound Programs (make sure the new students know where to report at their first Return Trip and have someone to go to lunch with).



INCLEMENT WEATHER POLICY



Without fail, we usually have to cancel one or more Return Trips due to inclement weather each academic year. If the weather is questionable, listen to your local radio station (see your UB Newsletter or the UB website for a list of stations) for an announcement. Typically we make the decision to cancel a Return Trip very early on the day of the activity, after consulting with the Kentucky State Police and bus drivers in each county. We then call local radio stations as well as UB school captains. It will be the responsibility of each school captain to call the students at that school to inform them of the cancellation plans. Once a Return Trip has been cancelled we will post it on the UB website, our Myspace page, and leave a voice recording at 1-800-5UPWARD or (606)783-2611. If we must cancel a Return Trip, we will make every attempt to reschedule it for a later date. Please remember: your safety should never be compromised in order to attend an Upward Bound meeting.

STIPEND AND BONUS STIPEND

Students earn \$30 a month during the Academic Year for fully participating in Upward Bound/Upward Bound Math & Science. In order to receive your monthly stipend you must be present at the Return Trip for at least the entire morning or afternoon session. Stipend will not be given out until the afternoon group meeting. If you miss the group meeting but attended the morning session, you will get your stipend the following month. Bonus stipend will also be given. Bonus stipend will be awarded once a year in December for the amount of \$30. In order to receive bonus stipend in December students must be present at the December Return Trip. There will be no makeup money for bonus stipend.



UB DRESS CODE

We do have a dress code in Upward Bound. We believe that while you are on campus, you represent Upward Bound. We want that representation to be very positive. So, given that, please use discretion in the way you dress. You must wear shoes and shirts along with the other usual clothing articles, including undergarments. Appropriate dress and behavior for a given occasion are lessons UBER's are expected to learn.

T-shirts and jeans or shorts (not short-shorts or biker shorts) seem to be the common uniform. Here are some rules to keep in mind:

- ◆ Crop tops, scant halter-tops and tube tops are not allowed. No bare midriffs.
- ◆ Girls must wear a bra.
- ◆ Shorts must be long enough to cover you - even when you sit down. If you are constantly tugging at your shorts, this is probably an indication that they are too short.
- ◆ Biker and cheerleading shorts are not allowed.
- ◆ Shirts, hats, or other articles of clothing or jewelry with profanity, other inappropriate words/phrases, alcohol, or drugs/drug paraphernalia printed on them are not appropriate.
- ◆ Hats are not allowed to be worn during class or group meetings.
- ◆ Sunglasses are not allowed to be worn during class or group meetings.
- ◆ Pajamas or other items of clothing generally considered "sleeping attire" shall not be worn at/to organized Upward Bound activities (for both on and off campus activities).
- ◆ No type of spike adornments are allowed (belts, bracelets, collars, hats, etc.)
- ◆ Headphones may not be worn and cell phones must be turned off during classes, group meetings (or other meetings), campus tours, etc.



UB administrative staff may add to this dress code as necessary in order to clarify "gray areas."

Failure to abide by this dress code will result in loss of stipend.

UB ON THE WEB

Please visit us on the web at www.moreheadstate.edu/ub for additional information. From this website you can also access information about the summer program, print off UB applications, and link to ACT prep, financial aid information and much more.

UB also has a myspace page where you can see photos, post questions, and connect with other UB students. Visit: www.myspace.com/msuub. Please feel free to post any exciting news and share general information.

UB RETURN TRIP BUS SCHEDULE ARRIVAL

CARTER COUNTY BUS

East Carter High School	Leave 9:10 a.m.
Smokey Valley Truck Stop I-64	Leave 9:45 a.m.
Morehead State University	Arrive 10:15 a.m.

ELLIOT COUNTY BUS

Elliot County High School	Leave 9:30 a.m.
Morehead State University	Arrive 10:15 a.m.

GREENUP COUNTY BUS

Greenup County High School	Leave 8:30 a.m.
Morehead State University	Arrive 10:15 a.m.

JOHNSON COUNTY BUS

Johnson Central High School	Leave 8:15 a.m.
Morehead State University	Arrive 10:15 a.m.

LAWRENCE COUNTY BUS

Lawrence County High School	Leave 8:15 a.m.
Boyd County High School	Leave 9:00 a.m.
Morehead State University	Arrive 10:15 a.m.

LEWIS COUNTY BUS

H&R Block/Old Baker's Dept. Store-Vanceburg	Leave 9:00 a.m.
Morehead State University	Arrive 10:15 a.m.

MAGOFFIN COUNTY BUS

Magoffin Co. Board of Education	Leave 8:45 a.m.
Morehead State University	Arrive 10:15 a.m.

MASON COUNTY BUS

Mason County High School	Leave 8:45 a.m.
McDonald's-Flemingsburg	Leave 9:30 a.m.
Morehead State University	Arrive 10:15 a.m.

MENIFEE COUNTY BUS

Menifee County High School	Leave 9:15 a.m.
Morehead State University	Arrive 10:15 a.m.

MONTGOMERY COUNTY BUS

Montgomery County High School	Leave 9:15 a.m.
Town & Country Store--Owingsville	Leave 9:45 a.m.
Morehead State University	Arrive 10:15 a.m.

MORGAN COUNTY BUS

Morgan County High School	Leave 9:30 a.m.
Morehead State University	Arrive 10:15 a.m.

ROWAN COUNTY

Students arrive on campus	Arrive 10:15 a.m.
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UB RETURN TRIP BUS SCHEDULE DEPARTURE

CARTER COUNTY BUS

Morehead State University	Leave 3:00 p.m.
Smokey Valley Truck Stop I-64	Arrive 3:30 p.m.
Super America - Grayson	Arrive 4:10 p.m.

ELLIOTT COUNTY BUS

Morehead State University	Leave 3:00 p.m.
Elliott County High School	Arrive 3:45 p.m.

GREENUP COUNTY BUS

Morehead State University	Leave 3:00 p.m.
Greenup County High School	Arrive 4:30 p.m.

JOHNSON COUNTY BUS

Morehead State University	Leave 3:00 p.m.
Johnson Central High School	Arrive 4:45 p.m.

LAWRENCE COUNTY BUS

Morehead State University	Leave 3:00 p.m.
Boyd County High School	Arrive 4:00 p.m.
Lawrence County High School	Arrive 4:30 p.m.

LEWIS COUNTY BUS

Morehead State University	Leave 3:00 p.m.
H&R Block/Old Baker's Store	Arrive 4:15 p.m.

MAGOFFIN COUNTY BUS

Morehead State University	Leave 3:00 p.m.
Board of Education Bldg.	Arrive 4:30 p.m.

MASON COUNTY BUS

Morehead State University	Leave 3:00 p.m.
McDonald's-Flemingsburg	Arrive 3:30 p.m.
Mason County High School	Arrive 4:00 p.m.

MENIFEE COUNTY BUS

Morehead State University	Leave 3:00 p.m.
Menifee County High School	Arrive 3:45 p.m.

MONTGOMERY COUNTY BUS

Morehead State University	Leave 3:00 p.m.
Town & Country Store-Owingsville	Arrive 3:30 p.m.
Montgomery County High School	Arrive 4:00 p.m.

MORGAN COUNTY BUS

Morehead State University	Leave 3:00 p.m.
Morgan County High School	Arrive 3:45 p.m.

ROWAN COUNTY

Students depart campus	Leave 3:00 p.m.
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SCHOOL VISITS

In lieu of a second school visit, your UB Counselor will be contacting you individually. If after several attempts your UB Counselor has not received a response from you by the end of the month, this will affect your UB participation level, and in return affect your stipend for the month. While the UB Counselor will be initiating the contact, it is YOUR responsibility to ensure that a response is made. Below is a list of ways that UB will use to make a second contact each month. To make everyone's job easier, make sure you let your UB Counselor know the best way to contact you.

Email
Facebook
MySpace
Text Messaging
Phone Call
Skype
Yahoo Messenger
ICQ
AOL Messenger



CONTACTING UPWARD BOUND

We realize students often have questions about many aspects of Upward Bound. We want you to know there are a variety of ways to get in touch with us. The Upward Bound offices are open Monday through Friday from 8:00 a.m. until 4:30 p.m. Here are our phone numbers:

Main Offices: (606) 783-2611; (606) 783-9300; 1-800-5UPWARD

<u>NAME</u>	<u>PHONE</u>	<u>EMAIL ADDRESS</u>
Jennifer Cady	(606) 783-5197	j.cady@moreheadstate.edu
Ashley Cooper	(606) 783-9301	ad.cooper@moreheadstate.edu
Mary Claire Collins	(606) 783-9413	mc.collins@moreheadstate.edu
Matt Hyden	(606) 783-5191	m.hyden@moreheadstate.edu
Connie Kibbey	(606) 783-5198	c.kibbey@moreheadstate.edu
Amanda Lewis	(606) 783-9329	a.lewis@moreheadstate.edu
Chris Prichard	(606) 783-9302	cppric01@moreheadstate.edu



JUST FOR SENIORS

TO BRIDGE, OR NOT TO BRIDGE??

More often than not, the Bridge program serves as an eye-opening experience for Upward Bound seniors either because they do not know what to expect or because what they expect is a fantasy version of Upward Bound they have created in their mind. Too many times seniors enter their Bridge year expecting the Bridge portion of Upward Bound to be just like previous UB experiences. While the Bridge experience is many things, it is **NOT** at all the typical UB experience. The Bridge program is the culminating experience for seniors who meet specific requirements and wish to get a head start on college. While there is certainly time made for fun activities and social interaction, Bridge students are expected to be mature enough to spend the majority of their time focused on class work and other Bridge requirements.



Students expecting a typical UB experience or who do not feel as though they can put in the appropriate amount of work toward the Bridge program need not apply. Students who are unsure as to whether or not they will be able to participate in the Bridge program for the entire summer of 2010 are encouraged to meet **ALL** required deadlines until a definite decision is made on the part of the individual.

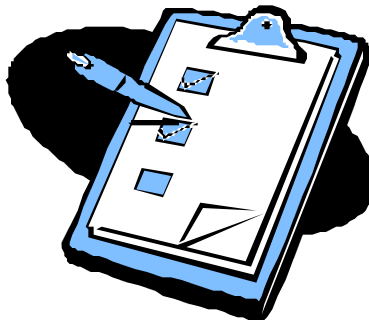
SENIORS NOT PARTICIPATING IN THE BRIDGE PROGRAM

Seniors who know they will not be participating in the Bridge program this coming summer are welcome and encouraged to attend Return Trips. Upward Bound will provide important information for ALL Seniors about financial aid, college life, etc. that you will not want to miss! However, as a UB participant you are still bound by ALL UB rules while at Return Trips and other UB activities. As veterans of the program your good behavior is expected. Failure to follow the rules will result in stipend deduction. Repeated failure to follow rules at Return Trips may result in the student being asked to no longer participate at Upward Bound Return Trips. *(This applies to all seniors.)*



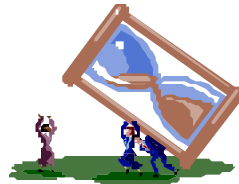
BRIDGE REQUIREMENTS 2010

- ◆ Complete, online, the 2009/2010 and 2010/2011 FAFSA by due date.
- ◆ Complete **ALL** sections of Bridge application and submit by due date.
- ◆ Complete MSU application, pay admission fee, and submit required transcripts by due date.
- ◆ Complete a Personal Data Sheet by due date.
- ◆ Provide a copy of your admission to post-secondary education in the fall.
- ◆ Complete a minimum of two (2) scholarship applications and provide copies for documentation by due date.
- ◆ Complete, submit and provide UB with a copy of ALL verification worksheets/forms requested by MSU's Office of Financial Aid.
- ◆ Attend and exhibit ***acceptable behavior at ALL*** Return Trips (October-May). *(If unable to attend must give a valid excuse. Ex: sickness, death, extreme act of God). "Acceptable behavior" includes, but is not limited to, following the tobacco-free policy, remaining in groups of three and being on time after lunch.
- ◆ Attend ***ALL*** Upward Bound school visits *unless* you are taking a quiz/exam or away at a school related activity.



DUE DATES FOR BRIDGE STUDENTS 2010

- ◆ Bridge Application due @ October RT
- ◆ 2009/2010 FAFSA due by January RT
- ◆ Completed MSU application (with required transcripts) and paid admission fee due @ February RT
- ◆ Personal Data Sheet due @ March RT
- ◆ Copy of two (2) complete scholarship applications due @ March RT
- ◆ Copy of admission to post-secondary school for Fall due @ April RT
- ◆ 2010/2011 FAFSA due by April RT
- ◆ Verification worksheets/forms may be requested by the Office of Financial Aid. These are due within TWO (2) weeks of the date requested and you MUST provide UB with copies.



***If a Return Trip is cancelled, then required documents are automatically due at the next Return Trip. No exceptions!**

***Students may ALWAYS mail, fax or email documents to the Upward Bound office prior to deadlines.**

***If you miss a deadline, there is a FOUR DAY grace period. You have until the following Wednesday to get the required documents to the Upward Bound office. No exceptions!**

**RETURN TRIP DATES
FOR 2009-2010**

SEPTEMBER 19

OCTOBER 10

NOVEMBER 21

DECEMBER 5

JANUARY 23

FEBRUARY 20

MARCH 20

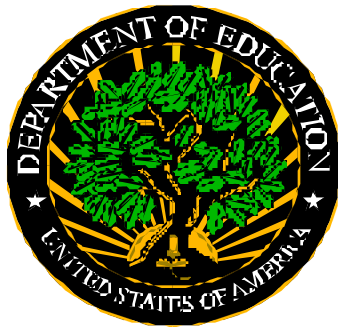
APRIL 17

MAY 8

**ALL RETURN TRIPS
BEGIN AT 10:30 A.M.
AND END AT 3:00 P.M.
UNLESS OTHERWISE ANNOUNCED**

NOTES

**For more information,
contact your
high school
guidance counselor or:
Upward Bound
150 University Blvd.
Box 783
Morehead State University
Morehead, KY 40351-1689
telephone
(606) 783-2611 or
1-800-5UPWARD
Fax (606) 783-9114**



**Upward Bound
is a federally funded
program sponsored by
Morehead State University**