What is Upward Bound?

One of more than 700 similar programs on college campuses across the country, the Bowdoin College Upward Bound Program is funded by a grant from the United States Department of Education. Operating since 1966, the program currently enrolls 100 high school students from northern Aroostook and Washington Counties, and from a group of selected schools in southern Maine. Upward Bound consists of a six-week summer residence on the Bowdoin College campus and a follow-up program during the academic year.

What are the goals of Upward Bound?

The Bowdoin Upward Bound staff works with its participants to raise aspirations for higher education and to prepare them for enrollment in an appropriate college or university.

Who is eligible to apply?

There are three main criteria for the selection of a Bowdoin Upward Bound student:

1. Family income should not exceed the low-income guidelines set by the Federal Department of Education.
2. Student should be “first-generation” college bound, meaning that he or she would represent the first generation in the family to graduate from a 4-year college.
3. Student may be somewhat lacking in the motivation, grades, or skills usually considered necessary for college, but he/she should possess high basic ability.

What is the summer program like?

Upward Bound participants live in the women's or men's hall and manage their own living facilities in a cooperative work program. Students take classes related to English, mathematics, lab science, and foreign language; special classes and workshops in skill building, career exploration and college planning are also offered. Students may elect workshops in such areas as drama, web design, first aid/CPR, environmental studies, art, and community service.

Math and language skills testing are required upon admission to Upward Bound to determine individual academic needs. Throughout the summer, students participate in small group study sessions lead by Teaching Assistants. Practice and coaching for the PSAT and the SAT I are also offered. Career planning, interviewing, job-shadows and other career-related programs are offered. College Day, hosted exclusively for Upward Bound, provides a tremendous opportunity for juniors and seniors to introduce themselves to representatives of colleges from throughout the Northeast.

Recreational activities such as swimming, informal basketball, softball, volleyball, tennis, camping, fishing or mountain climbing are encouraged on evenings and weekends. Students also share in the planning of other campus activities and field trips including: an urban trip to Boston, a talent show, a Family Weekend street fair, theater trips, beach trips, cookouts, and dances.
Residence halls are staffed at all times and the campus health center is available for free for students to use. A complete medical history and check-up are required before students enroll in the residential program. Emergency treatment is available at either of two nearby hospitals; care for accidental injury or illness arising during the summer program is covered under a policy for all students. Prescriptions, however, are not covered.

Upon completion of high school, Upward Bound students are eligible to participate in a summer Bridge program. Bridge students live in a separate co-ed hall, take two college courses and maintain a part-time job. Bridge seminars and field trips are designed to help students with the transition from high school to college.

### What are the basic rules during the summer program?

1. Use or possession of alcohol or illegal drugs is absolutely forbidden. Suspension for the balance of the summer program will result from any known violation.
2. Students are not allowed to ride in cars other than program vehicles unless specific permission from a parent/guardian is provided in advance.
3. Students are required to be up at 6:45 a.m. unless they have an excuse from the program nurse. High school undergraduates are to check into the dorms by 9:45 p.m. on weekdays, except when attending a program activity.
4. Students are not allowed in the residential areas of students of the opposite sex.

### What is meant by follow-up?

Despite the distance between the Bowdoin campus and the home communities of many Upward Bound students, four professional staff members maintain as continuous contact as possible, through scheduled school visits, e-mail, correspondence and occasional phone calls.

During the school year, all students may have weekly individual tutoring, paid for by the program. Arrangements may be made for seniors to visit and have interviews at colleges and vocational schools within the New England area.

### What are some of the tangible benefits?

All summer program costs, including transportation, are covered. Other benefits include:

1. College application and testing fees waivers.
2. Assistance in applying for and obtaining adequate financial aid.
3. Tutoring on an as-needed basis.
4. A weekly stipend for personal expenses during the summer and for a set number of months during the academic year.
5. A variety of books and publications during the summer program and school year.
6. Financial assistance to cover the cost of travel to college campuses in New England for interviews.

### QUESTIONS:

Call toll-free: 1 (877) 879-2731 or email: jebert@bowdoin.edu

If you have access to the internet, visit us on the web: [http://academic.bowdoin.edu/upward_bound/](http://academic.bowdoin.edu/upward_bound/)