

**“My first impression of the summer program was that it was going to be boring. I thought we wouldn’t have a lot of fun, but I was wrong. Now that I have been here, I would tell someone applying to Upward Bound that it is the best thing ever. It is so much fun, as well as helpful. I have learned so much!”**

—Upward Bound student

**“The most meaningful aspect of Upward Bound to me is living with new people. It has helped me to be more open-minded and more knowledgeable because I can think of ways to interact and deal with different situations. I feel that the time I spent here with everyone has been very meaningful.”**

—Upward Bound student



**UPWARD BOUND**



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**Bowdoin**

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# What is Upward Bound?

Upward Bound (UB) is a federally funded program that helps first-generation, low-income high school students get into and successfully complete college. There is **no cost** to students and their families who participate.

## What are the benefits?

- **Personalized support and encouragement**—become an expert among your peers throughout the college process
- **Financial support**—save hundreds of dollars in SAT/ACT fee and college application waivers during your senior year
- **Confidence**—understand the financial aid process, gain the information needed to make the best planning decisions, receive the preparation necessary for academic and social success in college
- **Leadership development**—strengthen and use your voice, learn to make positive life choices
- **Connection and community**—make new friends who have similar goals, gain a supportive community for staying on track to achieve your goals
- **FUN!**—participate in college trips, urban excursions, outdoor experiences, and arts and cultural activities

## Who is eligible?

- Students who are first-generation-to-college and/or from low-income households
- Students who attend one of the fourteen targeted high schools served by Upward Bound at Bowdoin

## Which schools are served?

- **Washington County Area**—Calais, East Grand, Jonesport/Beals, Machias, Narraguagus (Harrington), Shead (Eastport), Washington Academy (East Machias), Woodland
- **Mid/Coastal Maine**—Gardiner, Lewiston, Lisbon, Medomak Valley, Morse (Bath), Wiscasset

## When and how do students apply?

- Students can apply as early as eighth grade, or as freshmen and sophomores in high school.
- Complete the application that is available in your high school guidance office and return it to that office.
- Following the completion of the application, a brief, informal interview with a UB counselor can be scheduled.
- Find out from your guidance office when a counselor will be visiting your school to talk with interested students.



## What programs are available?

### Summer Program

During the summer residential program, students experience a taste of college life, prepare for future academic courses, and learn more about the college process. Just as important, they make lifelong friends, gain confidence, and have fun!

- Introductory campus experiences for rising high school freshmen and sophomores
- Full six-week summer program available to rising high school juniors and seniors

### School-Year Outreach Program

During the school year, Upward Bound counselors stay connected to students through one-on-one meetings at school and through social media and texting. Upward Bound is there to support students in reaching their academic potential, staying on track for college, and providing guidance throughout the college admission and financial aid process.

- Availability: eighth grade through senior year in high school