

**Saturday March 30, 2019**

**Upward Bound Team III - Welcome**

Contact information:

**gary.wills@vttrio.org - 802-635-1267 UB**

**lan.ullrich@vttrio.org - 802 - 635 -1267 UB**

**Expectations**

- Rules of engagement - see attached.

**Objectives - things we will do during the summer program**

- Plan ahead, be prepared at all times
- Arrive for the summer program with documents in hand
- Establish your electronic portfolio in shared folder and hard copy in a 3 ring binder
- Confirm College Major
- Determine your eligibility to apply to colleges - grades, GPA, SAT scores, resume, affordability \$\$\$, good social match, appealing community, etc
- Identify 5 colleges to research and complete practice applications
- Complete college application essays for each college
- Final draft work on VEOP Essay, hard copy in portfolio and copy in shared Team III folder
- Identify Scholarships, establish your eligibility to apply for the scholarships
- Practice scholarship essays.
- 30 second personal video presentation
- Daily journal reflection upon Summer 2019 experience.
- Senior year action plan (Memorize the details)
- Exit portfolio review and exit interview

**Other activities:**

- Dual enrollment class
- Career shadow experience
- SAT Prep

**Responsibilities:**

- UB Ambassadors - you represent the program and its values at all times in all locations
- Please practice active listening skills and model school appropriate behavior and language.
- Leadership role within the community, model age appropriate behavior at all times!
- Age appropriate residential behavior, observe and practice community expectations

### Team III Expectations: “Rules of Engagement”

- Arrive on time for class with all materials in hand
- Prepare and complete assignments on time
- Seek assistance at any time
- Use UB appropriate language
- Model UB appropriate behavior
- Participate, contribute and compromise as a member of Team III
- Seek the opportunity to experience leadership activity
- Organize and maintain your Team III portfolio
- Maintain daily journal entries
- Keep track of timelines and due dates
- Complete UB assignments on time, throughout the school year

### Ongoing Challenges:

Organization... keep track of materials, assignments, events.

Time management - own and use a watch.

Maintaining balance... academics, social, UB, family, personal down time...

Daily assignment completion.... Prioritize your work and effort.

Assignment quality and timely submission is very important

Managing social, academic, part time employment, demands on your time.

Get enough sleep and rest. This is extremely important.

Eat each meal, maintain your energy, health and positive attitude.

Communicate with your teachers, especially if you are challenged by the pace or work load. (This is normal, check in early and often. )

Use your weekends to renew your energy, take a break and see friends

Team III students are practicing how to live on a college campus and successfully attend classes. You are practicing how to live with roommates, manage social situations, remain organized, manage time, avoid distractions and experience success. **Plan ahead - Be prepared.**

## **List of materials needed for May 11th Saturday College**

- 1. Copy of grades or proficiencies for 11th grade, semesters Fall and Spring**
- 2. Course selection for 12th grade**
- 3. Updated Resume**
- 4. List of final 5 colleges (Major)**
- 5. Evidence of your homeschool PLP activity or plans**

**All UB documentation and summer paperwork/forms should be in place by this time. Team III students should be able to manage this. Ask for assistance if you need it. See you on May 11th! We look forward to working with you. Plan ahead - Be prepared.**

## **Summer Goals:**

Goals should be S.M.A.R.T.

(Specific, measurable, attainable, relevant and time oriented.)

Goals should be personal.

Summer goals should be short term with long term applications.

Goals should reflect your Interests.

Why are you attending the UB Summer Program?

What do you want to gain from the Summer 2019 experience?

How will you add value to this experience?