

Northern Vermont University -Johnson Upward Bound

Grade 12 Student Portfolio

TEAM 3 - PORTFOLIO CHECKLIST

	Completed	Needs
TEAM 3 - SUMMER PORTFOLIO ARTIFACTS	Yes No	Revisions
Team 3 Summer Goals Essay (Due May Saturday College Meeting)		
Course List for 12 th Grade		
Leadership Trip Journal & Summer SMART Goals		
VEOP Essay (Final)		
College Recommendation Request Form		
UB College Comparison Worksheet – 6 Colleges I plan to apply to		
Dual Enrollment Class (College Transcript)		
Mock SAT Exam Results (Summer)		
Letter to Guidance/Parents		
VSAC/UB FAFSA Workshop & Parent Meeting		
VSAC Scholarship Booklet & State Grant Review Worksheet		
College Defense Essays (for each school applying) - minimum 3 schools		
SAT & ACT Test Reports		
Mock Common Application		
Scholarship Tracker Worksheet/List of 10 Scholarships (update)		
College Visit Notes (updated)		
UB Personal Learning Plan (updated)		
UB Passwords & Websites (updated)		
High School Transcript through 11 th Grade (updated)		
Student Activity/Award Log through 11 th Grade (Updated)		
Completed Senior Action Plan Outline		
Signed UB Academic Year Expectations Contract (12th Grade)		
TEAM 3 - GRADE 12 PORTFOLIO FINAL CHECKLIST	Completed	Date

TEAM 3 - GRADE 12 PORTFOLIO FINAL CHECKLIST	Completed	Date
FAFSA/VSAC Applications Completed & Filed – (October)		
SAT Test Report		
ACT Test Report (if applicable)		
UB Senior Year College Application Timeline Worksheet Completed		
3 Completed College Applications by December Saturday College Meeting		
SAR Results Sent to UB Office		
College Acceptance Letters Sent to UB Office		
Financial Aid Award Letters Sent to UB Office		
Comparing Your Financial Aid Letter Worksheet Completed		
Scholarship Applications & Awards Sent to UB Office		
College Deposit and Final Selection Confirmed with UB Office		
Academic Year Quarter SMART Goals		
College Visit Notes (updated)		
UB Personal Learning Plan (updated)		
STEM Journal/Materials (if applicable)		
Other Activity/Events (Certificates of Participation)		

2019 – 2020 SENIOR YEAR UB EXPECTATIONS CONTRACT

The following are expectations for your participation in Upward Bound during the academic school year. Please note that the big Five UB guidelines from the summer program remain in effect throughout the academic year programming as well. By signing below, you indicate that you will make every attempt to meet these expectations. Failure to meet any of these expectations may result in probation or dismissal from the program. Until that time, we expect that you will:

- Attend school on a regular basis and remain in GOOD academic standing. All students must also be enrolled in at least 2 college preparation classes each quarter.
- Demonstrate a consistently good effort in all of your classes. Specifically, you agree that if you are not achieving at a proficient level or above in any class during a marking period you will complete UB weekly monitoring forms until you reach a level of proficiently or better as evidenced by your next progress report
- Attend & participate in center meetings as scheduled at your school. Students who fail to attend at least 75% of scheduled center meetings for the academic year will not be eligible to participate in the 2020 summer BRIDGE program or be eligible for any Upward Bound scholarship.
- Complete Quarterly Goal Sheets and Personal Learning Plans.
- Attend the NEACAC Fall College Fair or similar experience.
- Retake SAT exam in the fall if necessary (scored below 1,000 combined math & verbal sections).
- Complete and submit at less 3 College Applications, Scholarships (including VEOP essay) and all other Senior Challenge Assignments before the January Saturday College Meeting.
- Create and actively maintain a Dollars for Scholars scholarship profile at: <u>https://nvujupwardbound.dollarsforscholars.org</u>
- Furnish the UB office with copies of your SAT exam scores, college applications, college acceptance letters, and college financial aid award letters.
- Create and/or maintain a VSAC, and College Board account.
- Apply for a student and parent FSA ID number at <u>fsaid.ed.gov</u> in order to complete your FAFSA this October.
- Complete both the Federal (FAFSA) & State (VSAC) Financial Aid Applications **BEFORE** January 1, 2020 and provide the UB office with copies of each. (UB will also need a copy of your SAR).
- Regularly check your Upward Bound vttrio.org email account.
- Seek help from the UB office staff as soon as the need arises.
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In Return, You Can Expect from Upward Bound

- Opportunity to earn \$100 scholarship for successfully completing the UB Senior Challenge in January.
- Opportunity to earn additional UB scholarships through Dollars for Scholars.
- Opportunity for college & financial aid application support for you and your family.
- Opportunity to receive fee waivers for PSAT, SAT & AP exams.
- Opportunity to win a \$500 Book Scholarship by attending summer 2020 BRIDGE meetings.

NVU-Johnson Upward Bound Upward Bound – Login & Password Organizer

Student Name:

Organization/Website	Used For	User ID	Password	Last Updated
NVUJ Dollars for Scholars www.NVUJUpwardBound.DollarsforScholars.	 ✓ NVUJ UB Assignments D4S & Fastweb Scholarship Search 			
Northern Vermont University www.northernvermont.edu	✓ NVU-Johnson Account			
Virtual Job Shadow https://www.virtualjobshadow.com/	✓ Career Search✓ College Search			
College Board www.collegeboard.org https://profileonline.collegeboard.org https://bigfuture.collegeboard.org	 ✓ Register for SAT ✓ Send SAT Scores to Colleges ✓ Complete CSS Profile ✓ College Search/Big Future 			
ACT www.actstudent.org	✓ ACT Registration			
College Navigator http://nces.ed.gov/collegenavigator/	✓ College Search			
The Common Application www.commonapp.org	✓ Common Application			
My Major www.myMajors.com	✓ College Search			
Free Application for Federal Student Aid www.fafsa.ed.gov	 ✓ Submit Federal Financial Aid Application (FAFSA) 			
FSA ID https://studentaid.ed.gov/sa/fafsa/filling-out/fsaid	 ✓ Serves as your Digital Signature for the FAFSA Application ✓ Student & Parent FSA ID Number 			
Vermont Student Assistance Corporation <u>www.vsac.org</u>	✓ Apply for Vermont Grant✓ Financial Aid Information			
Stephen Phillips Memorial Scholarship https://phillips-scholarship.org/	✓ Apply for Stephen Phillips Scholarship			

Please remember to use your Upward Bound issued vttrio.org email account for all your college-related activities. You should also be checking this same email to access all your UB assignments, notifications and google document folders. Remember to keep this email appropriate as you will be using this account to relay important information to your future college. As you go through the college application process you should check this account on a regular basis as most college will almost exclusively communicate with you using this email account!

Your vttrio.org Email:

Northern Vermont University - Johnson 2019-20 UB Program Activity Checklist

Team	Month	Program Activity/Description	Type of Activity	Documentation UB Portfolio
All	September - June	Academic Year Center Meetings	College Planning	UB Stipend
All	September	NEACAC College Fair & Dinner at St. Michaels College	College Planning	Sign-in Sheet
All	September	New England Student Leadership Conference	Leadership	Certificate
All	October	Saturday College Meeting	College Planning	UB Stipend
3	October	UB/VSAC Financial Aid Workshop	Financial Aid	FAFSA/VSAC Application
All	October	College Tour at VTC Haunted High School	College Tour Cultural Activity	College Fact Sheet
All	October	Sophomore Summit at UVM	College Planning	Certificate
1	October	Theatre Night & Dinner at Flynn	Cultural Activity	Certificate
All	October/November	Fall Community Service Projects	Service Learning	Certificate
All	November	Saturday College Meeting	College Planning	Stipend Award
All	November	Scientist for a Day (Dartmouth College)	STEM/Leadership	Certificate
All	December	College Tour & Theater Night	College Planning Cultural Activity	College Fact Sheet Certificate
All	December	Saturday College Meeting	College Planning	Stipend
All	January	Saturday College Meeting	College Planning	Stipend
STEM	February	Magic of STEM Trip Week	STEM/Leadership	Stipend
2	February	Junior Retreat in Mass	College Planning College Tour	Certificate

Northern Vermont University - Johnson 2019-20 UB Program Activity Checklist

Team	Month	Program Activity/Description	Type of Activity	Documentation UB Portfolio
All	March	Green Mountain Scholars Bowl at Plattsburgh University	College Tour Leadership	College Fact Sheet Certificate
All	March	Saturday College Meeting	College Planning	Stipend Award
3	March	TRIO Day at Statehouse	Leadership	Certificate
All	April	JFK Leadership Conference (Boston, MA)	Leadership	Certificate
All	April	UB Youth Empowerment Summit at Plattsburgh University	Leadership	Certificate
1 & 2	May	Saturday College Meeting	College Planning	Stipend Award
3	May	Parent/Senior Celebration Night	College Planning	Certificate
New	June, 21 -26	New Student Orientation Week	College Planning	Final Reports
All	June 28 - July 2	Summer Leadership Experience Week Portland, Maine	College Tours, College Planning & Cultural Events	College Fact Sheets Journals, & Worksheets
2/3		Academic/Residential Summer Program	College Planning	Summer Stipend Final Reports
2/3		Dual Enrollment Class	College Preparation	College Transcript
2/3		STEM Enrichment Class	STEM Programming	Certificate
2/3		SAT Preparation Class	College Preparation	Final Report
3	July 5 – July 31	Summer Internship	Career Exploration	Certificate
All		College Portfolio Project	College Planning	Portfolio
2/3		Summer Service Projects	Service Learning	Certificate
2/3		Community Office/Student Council Member	Leadership	Final Report
3		Senior/Parent Portfolio Exit Interview	College Planning	Exit Form
3		Senior/Parent Meeting	Financial Aid	Portfolio Worksheet

Campus Visit Notes

College Name:				
Student Name:		_ Today's Date:		
1 2	nportant things admissions is l			
Where does the SAT/ACT ran	k in importance?			
Average SAT Scores: Evider	nce-Based Reading/Writing: _	Math:	·	Total:
Average ACT Composite Scc	pres:			
fotal Enrollment:	Cost of Attendance: \$ _	Out-of-	-State: \$	
What is the percent of studer	nts that return for their sophon	nore year (retent	ion rate)? _	%
What is the 4-year graduation	n rate?% Rate for firs	t-generation stu	dents?	%
Students receiving financial c	aid:% Average lo	an debt student	s graduate v	with? \$
Student-to-teacher Ratio:	Average class size	e:		
Do you offer a first-year advis	ing center or program?			
Who is responsible for advising	g students after their first year	?		
Does the college offer Studer	nt Support Services or tutoring	? Y	N	
	Is this program funded by Tric	? Y	N	
Do graduate students teach	lower level courses? Do full p	ofessors teach lo	ower level cl	asses?
How accessible are professor	s outside of class?			
Does the college have a rela	tionship with the local comm	unity? (give exar	nples)	
Are freshmen allowed to brin	g cars on campus? Y N			
Where do they park?	How r	nuch does parkir	ng cost?	
What type of meal plans are	offered?			
What is campus security like?	Are there safety escorts or sh	uttle services off	ered at nigh	†?

Things I like most about this college:

1. _____ 2. _____ Things I do not like about this college: 1. _____ 2. _____ Academic Programs I am interested in: Extracurricular programs I am interested in:

Ple	ase r	ank th	ne co	llege	using	the f	ollowi	ing sc	ale:	
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Affordability & Overall Value										
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			Ö	erall I	mpres	sion				
1	2	3	4	5	6	7	8	9	10	

Northern Vermont University - Johnson Upward Bound College Tour Activity Log

Date of Campus Visit	UB Campus Visit Form Completed	College Name & Tours Attended
<u> </u>		

Northern Vermont University - Johnson Upward Bound Service Learning Activity Log

Date	Documentation in my UB Portfolio	Program Activity/Description	Service Hours Completed

Upward Bound Personal Learning Plan

	Champlain College	Northern Vermont University	University of Vermont	Middlebury College
Recommended Units	20 Units		14 Units	18 Units
ENGLISH	4 Units	4 Units	4 Units	4 Units
МАТН	3 Units	3-4 Units Algebra 2 required	3 Units Algebra 2 required	4 Units Algebra 2 required
HISTORY	4 Units	2 Units	3 Units	3 Units
SCIENCE	3 Units (3 Laboratory)	2-3 Units (1 Laboratory)	2 Units (1 Laboratory)	3 Units (3 Laboratory)
FOREIGN LANGUAGE	2 Units	1 Units	2 Units	4 Units
ELECTIVES	4 Units	-	-	-
FINE ARTS	-	-	Recommended	Recommended
Average SAT Reading & Writing Math Total	560-670 530-630 1100-1310	490-600 470-570 960-1180	610-700 570-670 1180-1370	690-760 670-780 1360-1540
Freshman Class Profile	 15% top tenth of class 40% top quarter of class 70% GPA 3.0 or Higher 3.23 Avg. HS GPA 	4% top tenth of class 14% top quarter of class	33% top tenth of class 74% top quarter of class	82% top tenth of class 97% top quarter of class
2019-20 Cost Tuition/Fees Room & Board Books & Supplies	\$57,594 \$41,728 \$15,466 \$ 1,000	\$23,276 \$11,256 \$11,020 \$1,000	\$31,968 \$18,276 \$12,492 \$1,200	\$72,822 \$55,790 \$16,032 \$1,000

Upward Bound Personal Learning Plan

Class of:								
Upward Bound Required Subject Areas	Grade 9	Credits	Grade 10	Credits	Grade 11	Credits	Grade 12	Credits
Math Minimum through Algebra 2								
Science <i>Minimum</i> of 3 2 Lab Science								
Social Studies								
Foreign Language <i>Minimum</i> of 2 years in same language								
English 4 Years College Prep								
Physical Education <i>Minimum</i> of 1.5 years								
Electives								
Total Credits								

Student Name: (

_____ School Name: ____ Date: ____ Date: ____

UB Quarterly SMART Goals

Name:		School:	Quarter: 1 2 3 4
COLLEGE	EFFECTIVE	GROUP/COMMUNITY	RESPONSIBLE/ENGAGED
READINESS	COMMUNICATOR	CONTRIBUTOR	CITIZENSHIP

OVERVIEW

Each student should complete a total of TWO goals. One PERSONAL goal and one ACADEMIC goal that you would like to work towards this quarter. Above you will find some topics to help you brainstorm your goal.

Your PERSONAL Goal

Specific	What specific thing am I trying to achieve?	SMART GOAL FORMULA (Fill in the blanks): To <u>DO What</u> so that <u>What</u> will <u>increase/decrease</u> by <u>completion date</u> as measured by <u>What Data</u>
M easurable	How will I know when I have reached my goal?	To so that
A ttainable	Is my goal realistic? Do I have the resources I need to achieve it?	will
Relevant	Why is this important to support my goal of attending college immediately following my high school graduation?	as measured by
T imeline	When does this goal start and end?	Support Person(s) Resources Available to help you achieve your goal (s):

In order to accomplish this, I will:

Potential Challenges	Action Steps/Benchmarks		
1.	1.		
2.	2.		
3.	3.		

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Your ACADEMIC Goal

S pecific	What specific thing am I trying to achieve?	SMART GOAL FORMULA (Fill in the blanks): To <u>DO What</u> so that <u>What</u> will <u>increase/decrease</u> by <u>completion date</u> as measured by <u>What Data</u>
M easurable	How will I know when I have reached my goal?	Toso that
A ttainable	Is my goal realistic? Do I have the resources I need to achieve it?	will
R elevant	Why is this important to support my goal of attending college immediately following my high school graduation?	as measured by
Timeline	When does this goal start and end?	Support Person(s) Resources Available to help you achieve your goal (s):

In order to accomplish this, I will:

Potential Challenges	Action Steps/Benchmarks		
1.	1.		
2.	2.		
3.	3.		

What were your last quarterly goals? ______

Did you reach those goals? Why or why not? ______

Peer reviewed by: _____

Comments: _____

Upward Bound Student Activity Log Northern Vermont University – Johnson Student Name: EXAMPLE

Grade	UB Based Activities/Awards	School Based Activities/Awards	School Based Clubs/Organizations Sports/Drama/Music	Community Based Clubs/Groups
12 th Grade	 Team 3 Summer 2019 Program Participant JFK Leadership Conference Dual Enrollment – College Writing Green Mountain Scholars Bowl TRIO is Working Day 14 Hours (Service Learning) 	 Honor Roll – All Year Soccer Award Class Secretary Sr. Trip Committee All State Music 	 Varsity Soccer – Captain Fall School Musical Spring One Act Play 	 Road Side Clean Up –Spring & Fall Church Greeter Relay for Life 4-H
11 th Grade	 Team 2 Summer 2018 Program Participant Team 2 Speaker Dual Enrollment – PSY New England Student Leadership Conference Junior Retreat Youth Empowerment Summit Participant 14 Hours of Service (Warm the Children) 	 Honor Roll – Quarter 1,2 & 4 National Honors Society Green Pen Award Junior Leadership Award Prom Committee Student of the Month FFA Award 	 Varsity Soccer Fall School Musical –Stage Crew Future Farmers of America Treasurer – Student Council Ski Club 	 Summer Soccer League Saint Joe's Choir Girl Scout Troup 14
10 th Grade	 Summer Program New Student Orientation Participant Sophomore Summit at UVM Ropes Course 	 Honor Roll – All Year HOBY Leadership Participant 	 JV Soccer JV Volleyball JV Softball Future Farmers of America 	Saint Joe's ChoirGirl Scout Troup 14
9 th Grade	 Enrolled into Upward Bound 	Honor Roll Quarter 1 & 3	Chess ClubJV Softball	Girl Scout Troup 14

Upward Bound Student Activity Log Northern Vermont University – Johnson Student Name:

Grade	UB Based Activities/Awards	School Based Activities/Awards	School Based Clubs/Organizations Sports/Drama/Music	Community Based Clubs/Groups
12 th Grade				
11 th Grade				
10 th Grade				
9 th Grade				

College Recommendation Request Form

Complete this form and give it to anyone from whom you are requesting a letter of recommendation. This will help them to highlight things about you that they may not remember or know. Please include specific criteria that the job or scholarship is looking for. Please attach necessary criteria if possible.

De		mmendation for	. Here is
so	me information about me.		
1.	Name:Age:	Year in school:	
2.	College I plan to attend:		
3.	MyMajor:		
4.	Career:		
5.	Honors I have received:		
Ho	onor/Awards in school, community, and county:	Date:	
6.	Activities/Sports I have been involved in:		
	School sports/Activities:	Grade:	
7.	School clubs/organizations I have belonged to:		
	Club/Organization:	Date:	
8.	Community Service I have done:	Date:	

Other information about me that would help in writing a recommendation: (*family, special skills I have, bilingual, computer skills, certified welder, etc.*) Attach your resume and personal statement.

This letter is due_____, and must be submitted via_____. If you cannot provide me with a letter, please let me know as soon as possible. I appreciate your time and effort in helping me achieve my dreams of becoming a college student.

UB Senior College Application Checklist & Timeline

Student Name:

High School:

College Application Deadlines	College 1	College 2	College 3	College 4
College Name				
College Website				
Fit on Your College Matrix (Safe, Reach, Dream & VT)				
Early Action Deadline				
Regular Deadline				
Rolling Admissions				
Institutional/College Scholarship Deadline				

College Application Requirements	College 1	College 2	College 3	College 4
Application Submitted – Institutional/Online (Date)				
Application Submitted - Common Application (Date)				
College Board Fee Waiver Used ¹ (Yes or No)				
College Essay/Completed & Sent (Date)				
Common Application Supplement - Sent (if Required)				
Recommendation Letter #1 - Sent (Date)				
Recommendation Letter # 2 - Sent (Date)				
Recommendation Letter # 3 – Sent (Date)				
SAT/ACT Test Scores - Sent (Date)				
SAT Subject Test Scores - Sent (Date)				
High School Transcript - Sent (Date)				
Early College/Dual Enrollment Transcript – Sent (Date)				
Student Activities Resume - Sent (Date)				
College Interview Completed - (If Necessary) Date				
Other Application Requirements Meet				

Fall Financial Aid Requirements & Deadlines	Deadline	Completed	Sent	Date
FAFSA Application				
Received Student Aid Report (SAR) & EFC =				
CCS Profile ²				
VSAC State Grant Application				

Students who have used a college board fee waiver to take the SAT exam are offered up to 4 college application fee waivers. Students will access their college application fee waivers via their college board account accounts by going to sat.org and clicking "Sign-In." Once you sign in, you will see the message "Apply to college for free" with a link to where you can print your application fee waivers, search for college that accept the waivers, and review submission instructions specific to each school.