



**Northern Vermont University -
Johnson Upward Bound**

**Grade 11
Student Portfolio**

TEAM 2 - PORTFOLIO CHECKLIST

Student Name: _____ Review Date: _____ Reviewer Name: _____

TEAM 2 - SUMMER PORTFOLIO ARTIFACTS	Completed		Needs Revisions
	Yes	No	
Team 2 Summer Goals Essay (Due May Saturday College Meeting)			
Course List for 11 th Grade			
Leadership Trip Journal & Summer SMART Goals			
VEOP Essay			
22 Point College Selection Criteria Worksheet			
UB College Comparison Worksheet (20 Colleges)			
College Selection Matrix (Safe, Reach & Dream) – List of 6 Colleges			
Dual Enrollment Class (College Transcript)			
Little Fish Reflection Essay			
Grit & Growth Mindset Reflection Essay			
Scholarship Tracker Worksheet/List of 10 Scholarships			
Mock SAT Exam Results			
College Recommendation Request Form			
College Visit Notes (updated)			
UB Personal Learning Plan (updated)			
UB Passwords & Websites (updated)			
High School Transcript through 10 th Grade (updated)			
Student Activity/Award Log through 10 th Grade (Updated)			
Signed UB Academic Year Expectations Contract (11 th Grade)			

TEAM 2 - GRADE 11 PORTFOLIO ARTIFACTS	Completed		Needs Revisions
	Yes	No	
PSAT Test Report			
Spring SAT Test Report			
Spring ACT Test Report (if applicable)			
UB College Comparison Worksheet (20 Colleges) (Updated)			
Junior Retreat (Certificate of Participation)			
Cover Letter & Resume			
College Application Reference Worksheet			
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)			

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.UpwardBound.DollarsforScholars.org	✓ 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 FSA ID https://studentaid.ed.gov/sa/fafsa/filling-out/fsaid	✓ Submit Federal Financial Aid Application (FAFSA)			
	✓ Serves as your Digital Signature for the FAFSA Application ✓ Student & Parent FSA ID Number			
Vermont Student Assistance Corporation www.vsac.org	✓ 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

Student's Name:

Target High School:

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 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)	Service / Leadership	Certificate
All	December	College Tour Theater Night	College Planning Cultural Activity	College Fact Sheet Certificate
All	December	Saturday College Meeting	College Planning	Stipend
11	January	Saturday College Meeting	College Planning	Stipend
S	February	Magic of STEM Trip Week	Service / Leadership	Stipend
2	February	Junior Retreat in Mass	College Planning College Tour	Certificate

Northern Vermont University - Johnson

2019-20 UB Program Activity Checklist

Student's Name:

Target High School:

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, -	New Student Orientation Week	College Planning	Final Reports
All	June - July	Summer Leadership Experience Week Portland, Maine	College Tours, College Planning Cultural Events	College Fact Sheets Journals, Worksheets
2/3	July – July	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		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: _____

Please describe the 3 most important things admissions is looking for in an applicant.

1. _____
2. _____
3. _____

Where does the SAT/ACT rank in importance? _____

Average SAT Scores: Evidence-Based Reading/Writing: _____ Math: _____ Total: _____

Average ACT Composite Scores: _____

Total Enrollment: _____ Cost of Attendance: \$ _____ Out-of-State: \$ _____

What is the percent of students that return for their sophomore year (retention rate)? _____%

What is the 4-year graduation rate? _____% Rate for first-generation students? _____%

Students receiving financial aid: _____% Average loan debt students graduate with? \$ _____

Student-to-teacher Ratio: _____ Average class size: _____

Do you offer a first-year advising center or program? _____

Who is responsible for advising students after their first year? _____

Does the college offer Student Support Services or tutoring? Y _____ N _____

Is this program funded by Trio? Y _____ N _____

Do graduate students teach lower level courses? Do full professors teach lower level classes?

How accessible are professors outside of class?

Does the college have a relationship with the local community? (give examples)

Are freshmen allowed to bring cars on campus? Y _____ N _____

Where do they park? _____ How much does parking cost? _____

What type of meal plans are offered? _____

What is campus security like? Are there safety escorts or shuttle services offered at night?

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:

Please rank the college using the following scale:

1 = Poor, 5 = Average, 10 = Excellent

Campus Setting & Location

1 2 3 4 5 6 7 8 9 10

Academic Programs & Majors Offered

1 2 3 4 5 6 7 8 9 10

Extracurricular Activities & Clubs

1 2 3 4 5 6 7 8 9 10

Affordability & Overall Value

1 2 3 4 5 6 7 8 9 10

Overall Impression

1 2 3 4 5 6 7 8 9 10

Northern Vermont University - Johnson
Upward Bound College Tour Activity Log

Student's Name:
Target High School:

Date of Campus Visit	UB Campus Visit Form Completed	College Name & Tours Attended

Northern Vermont University - Johnson Upward Bound Service Learning Activity Log

Student's Name:

Target High School:

[illegible]

2019 – 2020
SOPHOMORE 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 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 guaranteed a slot in the 2020 summer program.*
- If you cannot attend a meeting it is your responsibility to contact your S and set up a time to meet individually. Any student who fails to keep in regular contact with their S center will be placed on program probation or may be asked to leave the program. In addition, any student who is employed after school should make arrangements to begin work after your center meeting.
- Attend all Saturday college meetings and complete all related assignments.
- Complete quarterly Goal Sheets and Personal Learning Plans
- Create and actively maintain a Dollars for Scholars scholarship profile at <https://nvujupwardbound.dollarsforscholars.org>
- Assist in planning, coordination, and participation of community service events.
- Regularly check your Upward Bound vttrio.org email account.
- Seek help from your S and the UB office staff as soon as the need arises.
-

In Return, You Can Expect from Upward Bound

- Opportunity to develop new leadership skills attend student conferences workshops.
- Opportunity to participate in year round cultural, educational, and social activities.
- Opportunity to participate in college tours as scheduled by Upward Bound.
- Opportunity for participation in service learning activities.
- Opportunity to earn a stipend award at the end of each quarter during the academic year.
- Opportunity to earn up to stipend during the summer program.
- Opportunity to earn High School and Service learning credits for participation in UB sponsored events and programming.
- Opportunity to enroll in dual-enrollment classes during the UB Summer program.

STUDENT SIGNATURE

DATE

Upward Bound Personal Learning Plan

	Champlain College	Northern Vermont University	University of Vermont	Middlebury College
Recommended Units	20 Units	14 Units	14 Units	18 Units
ENGLISH	4 Units	4 Units	4 Units	4 Units
MATH	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

Student Name: _____ School Name: _____ Date: _____
 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								

UB Quarterly SMART Goals

Name: _____ School: _____ Quarter: 1 2 3 4

COLLEGE
READINESS

EFFECTIVE
COMMUNICATOR

GROUP/COMMUNITY
CONTRIBUTOR

RESPONSIBLE/ENGAGED
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

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 by 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 _____ by _____
R elevant	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.

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 will increase/decrease by 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?	_____
R elevant	Why is this important to support my goal of attending college immediately following my high school graduation?	will _____ by _____ 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.

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
12th Grade	<ul style="list-style-type: none"> • 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) 	<ul style="list-style-type: none"> • Honor Roll – All Year • Soccer Award • Class Secretary • Sr. Trip Committee • All State Music 	<ul style="list-style-type: none"> • Varsity Soccer – Captain • Fall School Musical • Spring One Act Play • 	<ul style="list-style-type: none"> • Road Side Clean Up –Spring & Fall • Church Greeter • Relay for Life • 4-H
11th Grade	<ul style="list-style-type: none"> • 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) 	<ul style="list-style-type: none"> • Honor Roll – Quarter 1,2 & 4 • National Honors Society • Green Pen Award • Junior Leadership Award • Prom Committee • Student of the Month • FFA Award 	<ul style="list-style-type: none"> • Varsity Soccer • Fall School Musical –Stage Crew • Future Farmers of America • Treasurer – Student Council • Ski Club 	<ul style="list-style-type: none"> • Summer Soccer League • Saint Joe's Choir • Girl Scout Troup 14
10th Grade	<ul style="list-style-type: none"> • Summer Program New Student Orientation Participant • Sophomore Summit at UVM • Ropes Course 	<ul style="list-style-type: none"> • Honor Roll – All Year • HOBY Leadership Participant 	<ul style="list-style-type: none"> • JV Soccer • JV Volleyball • JV Softball • Future Farmers of America 	<ul style="list-style-type: none"> • Saint Joe's Choir • Girl Scout Troup 14
9th Grade	<ul style="list-style-type: none"> • Enrolled into Upward Bound 	<ul style="list-style-type: none"> • Honor Roll Quarter 1 & 3 	<ul style="list-style-type: none"> • Chess Club • JV Softball 	<ul style="list-style-type: none"> • 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
12th Grade				
11th Grade				
10th Grade				
9th Grade				

2019 – 2020

JUNIOR YEAR

UB EXPECTATIONS CONTRACT

The following are expectations for your participation in Upward Bound during the academic school year. Please note that the 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 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 and 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 guaranteed a slot in the 2020 summer program.***
- If you cannot attend a meeting it is your responsibility to contact your S and set up a time to meet individually. Any student who fails to keep in regular contact with their S center will be placed on program probation or may be asked to leave the program. In addition, any student who is employed after school should make arrangements to begin work after your center meeting.
- Attend all Saturday college meetings and complete all related assignments.
- Complete quarterly Goal Sheets and Personal Learning Plans.
- Attend the college fair and/or attend similar experience.
- Create and/or maintain a S and college Board account.
- Make S in October the S team in the Spring Report scores to B office
- Create and actively maintain Dollars for Scholars scholarship profile at:
<https://nvujupwardbound.dollarsforscholars.org>
- Attend the Junior Retreat in February.
- Regularly check your Upward Bound vttrio.org email account.
- Seek help from your S and the B office staff as soon as the need arises.

In Return, You Can Expect from Upward Bound

- Opportunity to develop new leadership skills attend student conferences workshops
- Opportunity to participate in year round cultural, educational, and social activities.
- Opportunity to participate in college tours as scheduled by Upward Bound.
- Opportunity for participation in service learning activities.
- Opportunity to receive fee waivers for S, S, eams.
- Opportunity to earn a stipend award at the end of each quarter during the academic year.
- Opportunity to earn up to stipend during the summer program.
- Opportunity to earn High School and Service learning credit for participation B sponsored events and programming.
- Opportunity to receive continued S preparation services.

STUDENT SIGNATURE

DATE

Ten Essential College Search Questions

Name: _____ **Date:** _____

- 1. What are your reasons for wanting to attend college?**
- 2. Do you have a single passion, or many interests?**
- 3. Which courses in high school are you enjoying the most – the least, and more importantly why?**
- 4. Do you enjoy classes that challenge you intellectually, or do you prefer easier classes? Do you like to have classmates that are as smart (or smarter) than you, or do you prefer to be at the top of the class?**
- 5. Are you looking to have more freedom in selecting your college courses, or would you prefer a highly structured predetermined curriculum?**

- 6. What level of importance do you place on selecting a college campus that offers many extracurricular activities opportunities for you to experience? What type of activities might you want to engage in?**
- 7. Are you looking for a place where the student body is diverse, or would you like most of your peers to be pretty much like you?**
- 8. What type of town or city do you want to study in, and where would you like it to be?**
- 9. Do you want to get away from your parents or do you want to keep one foot in the nest being able to travel home easily on weekends?**
- 10. How has your participation in the Upward Bound Summer Program helped to shape your ideas for what you are looking for in your college experience?**

**NVU-Johnson Upward Bound
College Search 22 Point Selection Rationale**

Student Name:

College/University Name:

College Selection Match Score: ____ out of 22

School Rank(circle one): Safe Reach Dream

1. Type of School I am Seeking to Attend

- ☐ Technical/trade school
- ☐ 2-Year college
- ☐ 4-Year college
- ☐ Other:

2. Public (State) or Private School

- ☐ Public
- ☐ Private

3. Comfort with School Size (Student Population)

- ☐ Small – under 1,000
- ☐ Medium – 1,001 – 2,500
- ☐ Large – 2,501 – and UP

4. Type of Campus Setting

- ☐ Urban
- ☐ Suburban
- ☐ Rural

5. In State or Out of State Location

- ☐ In state
- ☐ Out of state (State Location):

6. Location of College/University to Home

- ☐ 2 Hours or Less from Home
- ☐ 2 – 4 Hours from Home
- ☐ 4+ Hours or More from Home
- ☐ Non-Factor
- ☐ College is Within Comfortable Travel Distance from Home

7. College Meets Admissions Requirements that Matter to You

- ☐ Percentage of Applicants Accepted
- ☐ Average Class Rank of Applicants Accepted
- ☐ Average Academic Rigor of Applicants Accepted
- ☐ Average SAT/ACT Scores of Applicants Accepted
- ☐ Accepts Advanced Placement and Dual Enrollment Credits

8. Affordability - Cost of Attendance (COA)

- ☐ Affordable
- ☐ Moderately Affordable
- ☐ Expensive (But I feel Worth the Cost)

9. Financial Aid Opportunities – College Offers the Following Types of Aid

- ☐ Grants/scholarships (academic, athletic, or other)
- ☐ College will meet (Full Need) of Accepted Applicants
- ☐ In-State Residency Discounts
- ☐ NEBHE (**Tuition Break**) Discount Programs
- ☐ Matching Dollars for Scholars Partner School
- ☐ Offers Internship or Co-Op Opportunities
- ☐ Work-study Employment
- ☐ Other:

10. College Post Strong (6 Year) Graduation Rates

- ☐ Yes
- ☐ No

11. College Retention Rate Between Freshman and Sophomore Year is Good

- ☐ Yes
- ☐ No

12. College Offers Specific Academic Majors I am Interested In

- ☐ Majors:

- ☐ Minors:

13. College Offers the Type of Learning Method/Opportunities I Prefer

- ☐ Hands-on practical learning
- ☐ Primary Lecture-based Learning
- ☐ Research-based Learning Opportunities
- ☐ On-Line Coursework & Distance Learning
- ☐ Other:

14. College Provides a Student/Teacher Ratio I am Looking For/Class Size

- ☐ Yes (Preferred number of students):

15. College Offers Special Academic Programs I am Interested in

- ☐ Independent Study Option
- ☐ Study Abroad Programs - Countries:
- ☐ National Student Exchange Program
- ☐ Honor Societies
- ☐ Design Your Own Major
- ☐ Certification Programs
- ☐ Service Learning
- ☐ Other:

16. Athletic Programs and Extracurricular Activities I am Interested in Participating

- ☐ Yes – Specifically the Following Sports:
- ☐ Division I
- ☐ Division II
- ☐ Division III
- ☐ Intermural Activities/Clubs

17. College Hosts Sororities and Fraternities I am Interested in (Greek Life)

- ☐ Yes - Specifically:

18. College Offers Other Clubs or Organizations I Want to Participate in

- ☐ Yes – Specifically:

19. College Offers Housing Options I am Interested in

- ☐ Traditional Dormitory Style Rooms
- ☐ Suite Style Rooms/Apartments
- ☐ Off-campus housing Options
- ☐ Location Will Allow me to Commute from my Home
- ☐ Other:

20. Planning on Living on Campus, and School Offers my Specific Housing Needs

- ☐ Co-ed dormitory
- ☐ First generation Housing
- ☐ Academic Majors Group Housing
- ☐ Single-Gender Dormitory
- ☐ Gender Neutral Housing Options
- ☐ Housing for Students with Disabilities
- ☐ Housing for International Students
- ☐ Other:

21. College Offers Student Support Programs (Such as TRIO)

- ☐ Yes - Specially:

22. College Offers Other "Must-Haves" Elements in Your College Search

- ☐ Local Community Resources
- ☐ Employment Opportunities On and Off campus
- ☐ Transportation Home
- ☐ Career Services & Internship Opportunities
- ☐ Safety and Security – Safe Campus Environment
- ☐ Local Theater and Entertainment Opportunities
- ☐ Religious Affiliation
- ☐ Strong Weekend Programing
- ☐ Diversity on Campus
- ☐ Others:

Reflecting- Personal Notes About this College

Take Away- Safe, Reach, Dream

Based on what you know about this institution and your own transcript and academic records determine if it fits the eligibility of a Safe, Reach or Dream college.

- ☐ Safe (I meet all of the admission requirements)
- ☐ Reach (I meet most of the admissions requirements)
- ☐ Dream (I do not meet all of the admissions requirements but if I could go anywhere, I would go here!)

UB College Comparison Chart

Student Name:

	Example	College 1	College 2	College 3	College 4
School Name	Blueter University				
Location (city & State) Urban, Suburban, or rural, and climate)	Johnson, VT – Rural, 4 seasons, but cold winters				
School Website	www.GOBlue.edu				
Phone Number	(802) 123-4444				
Admissions	Rolling				
STUDENT PROFILE					
Number of Students	1,000				
% Male/Female	40/60				
Student Diversity	60% Caucasian, 20% African American, 10% Hispanic. 75% Pell Grant Recipients				
ACADEMICS					
Student/Teacher Ratio	10:1				
Average Class Size	14				
First Year Retention Rate	98%				
Graduation Rate (6 Years)	99%				
Popular Majors	Education, Biology, Psychology and Underwater Basket Weaving				
CAMPUS LIFE					
% Live on Campus	65% (100% Freshman)	%	%	%	%
Student Clubs/Organizations you might be interested in	Service Learning, Choir, Drama and Drones				
Athletics	NCAA Division 3 Intermural Teams				
Pre-Orientation, transition, first year experience programs	Summer BRIDGE Program – 3 weeks on campus for academic credit and First-Year Experience				
Academic Advising and Mentoring Program	TRIO – Student Support Service Program Student Ambassador Program				
Other Programs or Services	First Year Advising Program				

UB College Comparison Chart

	EXAMPLE	College 1	College 2	College 3	College 4
College Name					
ADMISSIONS					
% of Applicants Accepted	%	%	%	%	%
SAT CReading Range					
SAT Math Range					
SAT Writing Range					
Average HS GPA					
Years of Math Required					
Years of English Required					
Years of Science Required					
Years of History/Social Studies					
Years of Foreign Language					
Admissions Rep for VT					
Application Deadlines					
Fee waiver for applicants with financial need?					
CSS Profile Required?					
CSS Profile Deadline					
Visit Program or Open House Opportunities					
COST AND AID					
Tuition	\$	\$	\$	\$	\$
Room & Board	\$	\$	\$	\$	\$
% Received Financial Aid	%	%	%	%	%
Students Awarded Need-Based Scholarships or Grants	%	%	%	%	%
% Students Receiving Aid Whose Need was Fully Met	%	%	%	%	%
Average Aid Package	\$	\$	\$	\$	\$
List Important Scholarship or Financial Aid Opportunities for you at this college					
Average Student Loan Debt upon Graduation	\$	\$	\$	\$	\$
YOUR ANALYSIS Based on all the Information I have gathered; will you apply to this school?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
College Matrix Rank	<input type="checkbox"/> Safe <input type="checkbox"/> Reach <input type="checkbox"/> Dream	<input type="checkbox"/> Safe <input type="checkbox"/> Reach <input type="checkbox"/> Dream	<input type="checkbox"/> Safe <input type="checkbox"/> Reach <input type="checkbox"/> Dream	<input type="checkbox"/> Safe <input type="checkbox"/> Reach <input type="checkbox"/> Dream	<input type="checkbox"/> Safe <input type="checkbox"/> Reach <input type="checkbox"/> Dream

College Selection Matrix

Name _____

We want you to be certain to apply to a mix of schools. To help determine if you have a mix of schools on your list if colleges you are interested in we have developed this matrix. Please fill out the information on yourself and your schools, if you have questions be sure to call. 635-1267. Use your senior schedule to complete your Academic Class Sections. Use your SAT scores from the test you take in May.

Here is a guide you can use to determine your mix of schools:

Safety Schools – Schools that fit your needs. Because of your credentials you meet the school's requirements and would be a shoe-in.

Reach Schools – These would be your first or second choice schools. Your numbers must match their admissions expectations in the categories of (SAT/ACT scores, GPA, transcripts and class rank). Your chances of getting in are 50/50 or better.

Dream Schools – Schools that are the most selective on your list; your chances of getting in are about 20%.

Your Information

Schools you are interested in

	Years of Math Required		Years of Social Studies		Years of Same language		Years of Science Required		Years of English Required		% of Top 25 % of Class Admitted		SAT Verbal		SAT Math		Ave.GPA High School		% of Applications Accepted	Total cost Tuition/Fees	Safe Reach Dream
1																					
2																					
3																					
4																					
5																					
6																					
7																					
8																					
9																					
10																					



= Above Range



= In Range



= Below Range

Summary				
	College	College	College	College
Total Award and Family Responsibility				
Total Gift Aid				
Total Work-Study				
Total Student Loans				
Family Responsibility				
Aid and Family as Percent of Total Costs				
Gift Aid as Percent of Total Costs				
Work-Study as Percent of Total Costs				
Student Loans as Percent of Total Costs				
Family Responsibility				

Aid Available for Billed Costs				
Estimated Billed Costs				
Total Gift Aid				
Total Work-Study*				
Total Loans				
Estimated Balance Due the School				

* Colleges typically do not allow students to use anticipated work-study earnings to settle their bill. Students use these funds for books and personal expenses.

Estimated Family Responsibility				
Student Savings/ Assets				
Student Summer Earnings Contribution				
Parent Savings/ Assets				
Parent PLUS Loan				
Installment Payment Plan				
Student Loans not on award letter				
Other				
Other				
Remaining Balance				

Comparing Costs and Financial Aid Awards				
Cost of Attendance (Academic Year)				
	School	School	School	School
Billed Costs - From School Information				
Tuition				
Required Fees				
Possible Other Fees:				
Lab Fees				
Clinical Course Fees				
Athletics				
Health Insurance				
Other				
Room				
On-Campus Meal Plan				
Total Estimated Billed Costs				
Other Costs - Your Estimates				
Books				
Supplies				
Computer Costs				
Meals not on the meal plan				
Transportation:				
Home to campus/campus to home				
Other transportation costs				
Personal:				
Entertainment				
Laundry				
Toiletries				
Other				
Total Estimated Other Costs				
TOTAL ESTIMATED COSTS				

Award Package (Academic Year)				
	College	College	College	College
Grants and Scholarships (Gift Aid)				
Federal Pell Grant				
FSEOG				
VT State Grant (VSAC Grant)				
Institutional Grant/Scholarship				
Institutional Grant/Scholarship				
Institutional Grant/Scholarship				
Outside Grant/Scholarship				
Outside Grant/Scholarship				
Other				
Total Grants and Scholarships				
Work-Study (Self-Help)				
Federal Work-Study				
Institutional Work-Study				
Other Work				
Total Work				
Student Loans (Self-Help)				
Federal Stafford/Unsubsidized Stafford Loan				
Federal Perkins Loan				
Institutional Loan				
Alternative Loan				
Other Loan (<i>not parent PLUS Loan</i>)				
Total Student Loans				
TOTAL AID AWARD				
Total Estimated Family Responsibility				

Upward Bound Scholarships

Upward Bound at Northern Vermont University- Johnson offers its students a variety of scholarships based upon both merit and financial criteria. Every student in the program is eligible for all scholarships offered by the program, however, they must complete certain requirements. All scholarship funds are raised through our summer program and fall fundraisers each academic year. Read below to find out more about each scholarship and what it requires.

Senior Challenge

Every high school senior in the Upward Bound program at NVU-J has the opportunity to apply for a \$500 scholarship for their freshman year of college. Out of all applicants one senior will be chosen to receive the award. **In order to be considered for this scholarship, seniors must have completed three college applications and submit their VEOP essay for review on Dollars For Scholars.**

The deadline for the Senior Challenge is the January Saturday College Meeting.

VEOP Essay

Seniors involved with any TRIO Program in Vermont have the opportunity to be considered for the TRIO/VEOP scholarship. This year all students who apply for the Senior Challenge are eligible for the VEOP essay scholarship. One NVU-J Upward Bound student will be selected as the scholarship winner, awarded \$250 by our program and their application will be submitted to the statewide VEOP competition. For the statewide competition, the student will be considered for a first or second place prize: a first place prize of \$500 and a second place prize of \$250. The essay must address the following: **How has the Upward Bound/TRIO program affected your life? How has the program helped you realize your goals of higher education? How has the program benefited your education and your plans following graduation from high school? Why do you need this scholarship? What personal obstacles have you overcome to get where you are today?**

All essays must be submitted by January 25th in conjunction with the Senior Challenge.

NVU-J UB Presidential Scholarship Award

One to two scholarships, of \$500 each, will be award each year to two NVU-J Upward Bound students who attend Northern Vermont University- Johnson immediately following graduation from high school. If more than two UB students from the same class attend NVU-J, the decision is made based upon financial need and merit.

Community Spirit Award

Every year the Upward Bound program selects a student or students who embodies commitment and dedication to the Upward Bound program. The recipients of this \$500 award are those who most embrace and enhance the Upward Bound community. They uphold and abide by the community guidelines by championing core values. They also act as a resource for other members of the community, making an effort to help them succeed as well.

Outside Scholarships:

Stephen Phillips Memorial Scholarship

The intent of this award is to enable students to attend college without accumulating burdensome debt. In most cases, the Phillips Scholarship award ranges from 3,000 to 15,000 yearly. This award is available beginning January 1st of each year and closed May 1st of each year. Your application will require a recommendation from a core Upward Bound staff member. Learn more here: <https://phillips-scholarship.org/new-applicants/steps-to-apply/>.

Local Scholarships

There are many scholarships unique to your local community awarded through Vermont based organizations. Go to your guidance office to pick up a copy of the VSAC Scholarships For Vermonters booklet (https://www.vsac.org/sites/default/files/uploads/pdf_resources/Scholarships_Booklet.pdf) and a list of local scholarships generated by your school.

Log on to NVUJUpwardBound.DollarsForScholars.org for more scholarships you may be eligible for. You must have an updated profile to appropriately match to scholarships.

Upward Bound Scholarship Tracker

Student Name:

Date:

	EXAMPLE	SCHOLARSHIP 1	SCHOLARSHIP 2	SCHOLARSHIP 3	SCHOLARSHIP 4
Scholarship Name	Scholarship Name				
Scholarship Website Address	www.Address				
Local/Regional/National	Local				
Renewable	Yes/No				
Eligibility Requirements	<ul style="list-style-type: none"> • Current High School Senior • First-generation college student • GPA 3.0 or better 				
Application Deadlines	May 15				
Where will Application be Submitted	Online at www.adresss				
Application Requirements	<ul style="list-style-type: none"> • Personal Essay • High School Transcript • 1 Recommendation (academic) • 1 Recommendation (personal) 				
Scholarship Notification	Winners Announced in August				