

Dear Student Applicant:

Before completing the attached application, please take time to read and understand this letter. The information below will help you determine if you wish to participate in the St. Olaf Upward Bound program.

The major goal of the Upward Bound (UB) program is to **help students develop the skills and motivation required to succeed in education both in high school and beyond**. Admission to the Upward Bound program is **not automatic**; students must complete a **rigorous application and selection process**.

Upward Bound is a **federally funded** TRiO program designed to assist 77 students who are interested in enhancing their academic skills and furthering their education. The students are recruited from two high schools: St. Paul Humboldt and St. Paul Central. The student must take all activities required by Upward Bound seriously. If Upward Bound does not feel the student is making the necessary commitment to his/her education, the student may be placed on a performance contract, which if not fulfilled, may result in dismissal from the program.

Students who are admitted must **agree** to take part in an intensive **six-week, live-in Summer Program and an Academic School Year Program** which have the following major objectives:

1. Increase academic performance of program participants.
2. Increase the motivation of program participants to succeed in high school and attend college.
3. Provide informative and enriching mentoring/career/educational opportunities for all participants.
4. Increase participation in cultural/educational experiences beyond those available at their high schools.
5. Provide group/individualized tutoring, guidance and counseling for program participants.
6. Provide assistance in securing admission to a postsecondary institution and adequate financial aid to attend.
7. Provide a bridge between high school and college during the summer after the participant's senior year.

These objectives can only be met if students actively participate and accept responsibility for participation. Please feel free to contact me if you need further information or assistance.

Sincerely,

Mari Tototzintle  
Upward Bound Director

For more information, please contact:	
HUMBOLDT	CENTRAL
Mondays, Tuesdays and Wednesdays Room 2251 (651) 293-8600, x2251 8:00am-4:00pm	Mondays, Tuesdays and Thursdays Room 553 (651) 632-6000, x5530 8:00am-4:00pm
<b>ST. OLAF</b> (507) 786-3708 or 1-800-827-8658	

\*Application materials are also available online at: [www.stolaf.edu/services/upward](http://www.stolaf.edu/services/upward)  
Click on the "Student Information & Resources" link.



13. What kinds of free-time activities do you like to do with friends? \_\_\_\_\_

14. In what extracurricular activities are you involved? (check all that apply)

- Sports, specify: \_\_\_\_\_
- Music, specify: \_\_\_\_\_
- School Sponsored Clubs/Organizations, specify: \_\_\_\_\_
- Church organizations, specify: \_\_\_\_\_
- Other: \_\_\_\_\_

15. How did you hear about Upward Bound?

- School teacher/counselor/administrator
- Current/Former Upward Bound student
- Friend, specify: \_\_\_\_\_
- Upward Bound advertisement
- Parent/Guardian
- Other, specify: \_\_\_\_\_

16. Have you ever been in an Upward Bound program before?

- Yes      Where/when? \_\_\_\_\_       No

17. Is there anything that may prevent you from going to and succeeding in college?

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18. Why do you want to be in Upward Bound?

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**PART TWO: EDUCATIONAL BACKGROUND/CAREER PLANS**

1. What high school do you currently attend?

- St. Paul Central High School                       St. Paul Humboldt High School

2. What grade are you currently in? \_\_\_\_\_

3. What year do you expect to graduate from high school? \_\_\_\_\_

4. How many absences do you usually have a semester?

- Less than 10                                       More than 10

5. Please list all schools you have attended since 1st grade:

**School and Grade(s) attended**

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6. Have you ever attended an alternative school (e.g. GAP, ALC, Agape)?

- Yes      Where/when? \_\_\_\_\_                       No

7. Have you ever attended summer school for an academic subject?

- Yes      Subject(s)/year(s)? \_\_\_\_\_                       No

8. Are you or have you been involved in any type of college preparatory program?

- Yes      Specify: \_\_\_\_\_                       No

9. When you finish high school, what do you intend to do?

- Attend University/College                      Name of Institution: \_\_\_\_\_  
 Attend Community College                      Name of Institution: \_\_\_\_\_  
 Attend Technical/Vocational College                      Name of Institution: \_\_\_\_\_  
 Military Service                                      Branch: \_\_\_\_\_  
 Full-time/part-time work  
 Other    Specify: \_\_\_\_\_

10. What are your favorite subjects? \_\_\_\_\_

11. What are your least favorite subjects? \_\_\_\_\_

12. What careers are you interested in pursuing? \_\_\_\_\_

13. With whom have you discussed your educational/career interests? (check all that apply)

- School teacher/counselor/administrator                       Minister/Pastor/Reverend/Clergy/Rabbi  
 Parent/Guardian     Other, specify: \_\_\_\_\_  
 Friend     No one  
 Program Advisor

14. Name two school academic\* subject teachers who you would like to fill out St. Olaf Upward Bound nominations for you. (\*Nominator must teach either English, math, science, social studies or foreign language.)

(1) \_\_\_\_\_ Subject: \_\_\_\_\_

(2) \_\_\_\_\_ Subject: \_\_\_\_\_

15. Are you currently employed?

Yes Where? \_\_\_\_\_

Days/Hours? \_\_\_\_\_

No

16. Are you able to attend a six-week residential summer program at St. Olaf College for 4 consecutive summers?

Yes

No

17. Are you able to attend weekly after-school tutoring sessions?

Yes

No

18. Current class schedule:

CLASS	ROOM NUMBER	SUBJECT	TEACHER
1			
2			
3			
4			
5			
6			

19. After school activities/work:

DAY	TIME	ACTIVITY DESCRIPTION
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		

**PART THREE: STUDENT FAMILY BACKGROUND**

1. With whom do you live? (check all that apply)

- |  |   |
|--|---|
| <input type="checkbox"/> Mother  | <input type="checkbox"/> Alone  |
| <input type="checkbox"/> Father  | <input type="checkbox"/> Spouse                                       |
| <input type="checkbox"/> Step Mother                                   | <input type="checkbox"/> Group Home                                   |
| <input type="checkbox"/> Step Father                                   | <input type="checkbox"/> Foster Home                                  |
| <input type="checkbox"/> Foster Parent(s)                              | <input type="checkbox"/> Guardian (not a relative),<br>specify: _____ |
| <input type="checkbox"/> Relative other than parent,<br>specify: _____ |   |

2. Who is/are your legal guardian(s)?

- |                                       |  |
|---------------------------------------|--|
| <input type="checkbox"/> Both parents | <input type="checkbox"/> Ward of Court         |
| <input type="checkbox"/> Mother only  | <input type="checkbox"/> Other, specify: _____ |
| <input type="checkbox"/> Father only  |  |

4. Do your parents/guardians:

- |   |                              |                             |
|---|------------------------------|-----------------------------|
| Check your homework?  | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Attend school programs/teacher conferences?                             | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Indicate they want you to continue your<br>education after high school? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

5. Check the highest level of education completed by each of your parents/guardians.

	Father	Mother	Step-Parent	Guardian
6th grade or less	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7th-9th grade	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10-12th grade	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
High school graduate or GED	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Some college (no degree obtained)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2 year college degree/certificate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4 year college degree	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Completed graduate school (M.A., Ph.D., etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
None	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do Not Know	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

6. How many siblings do you have?

\_\_\_ Brothers

\_\_\_ Sisters

7. If any, how many of your siblings have participated in Upward Bound?

\_\_\_ Brothers

\_\_\_ Sisters

8. Have any of your brothers or sisters had any postsecondary education?

Yes

Which:

University/4-year college

Community College

No

Vocational/Technical College

If yes, are they currently attending, or have they completed their postsecondary education?

Currently attending

Completed postsecondary

**PART FOUR: STUDENT NEEDS SURVEY**

**Please answer each question.**

**ACADEMICS**

- |   |                              |                             |
|---|------------------------------|-----------------------------|
| 1. I need to hand in homework on a more consistent basis.   | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 2. I need to get better grades in school.   | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 3. I need help in math.   | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 4. I need help in science.  | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 5. I need help in English   | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 6. I need help in social studies.   | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 7. I need help in foreign language  | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 8. I need to learn how to take better notes.  | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 9. I need to develop stronger study habits.   | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 10. I need to learn relaxation techniques to reduce my test anxiety.  | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 11. I need to learn test taking strategies.   | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 12. I need to learn how to manage my time so that personal, academic, and extra-curricular activities are balanced. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 13. I need to learn how to read a textbook more effectively.  | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 14. I need to develop a better attitude toward learning.  | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 15. I need to receive guidance in selecting academic courses.   | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 16. I need to be enrolled in more college prep courses.   | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 17. I need to know more about high school graduation requirements.  | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 18. I need to listen more effectively in class.   | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 19. I need to learn how to participate in classroom discussion.   | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 20. I need to communicate more effectively with teachers.   | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 21. I need to have better relationships with teachers.  | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 22. I need to know more about my strengths and weaknesses.  | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 23. I need to understand what I can realistically achieve.  | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

**CAREERS**

- |  |                              |                             |
|--|------------------------------|-----------------------------|
| 1. I need to know how to prepare for careers that interest me.       | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 2. I need to know more about possible careers and the world of work. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 3. I need to know how to apply and interview for jobs.               | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 4. I need to talk to a counselor about career plans.                 | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 5. I need to have my parents involved in my career plans.            | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

**COLLEGE PLANS**

- |  |                              |                             |
|--|------------------------------|-----------------------------|
| 1. I need to learn more about financial aid for college.               | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 2. I need to learn more about college admission requirements.          | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 3. I need to understand the college application process.               | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 4. I need to decide which type of postsecondary institution to attend. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

**PERSONAL**

- |  |                              |                             |
|--|------------------------------|-----------------------------|
| 1. I need to experience more cultural activities.                                  | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 2. I need to become more familiar with people of other cultures.                   | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 3. I need to develop confidence in myself.   | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 4. I need to understand how my feelings affect my behavior.                        | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 5. I need somebody to listen to me when I have problems.                           | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 6. I need to learn to tell others how I feel.                                      | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 7. I need to be a better listener and respond better to others.                    | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 8. I need to build trusting relationships with others.                             | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 9. I need to become more tolerant with people whose views differ from mine.        | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 10. I need to get along better with members of my family.                          | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 11. I need to set goals in my life.  | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 12. I need to know how to assess and evaluate my goals.                            | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 13. I need to understand the impact of my gender and/or race on my career choices. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 14. I need to accept greater responsibility for my actions.                        | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 15. I need to learn how to make decisions.   | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

I certify that all information provided on this form is valid and correct. I understand that **admission to St. Olaf TRiO Upward Bound is not automatic**, and that if admitted I will be informed of all program goals, objectives and requirements. This includes annual participation in a six-week summer program. I also understand that failure to meet program requirements, goals and objectives may result in my termination from the program.

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

Student Applicant:

Before you turn in this application, did you remember to:

- Write in your **Social Security Number?**
- Write in your **Student ID/CIF Number?**
- Provide a **copy of your Alien Registration Card** if you are a **Permanent U.S. Resident?**
- Sign your name on **Page 10?**
- Request an **Unofficial Transcript with MCA scores** from your **Guidance Office?**

Admission to Upward Bound is not automatic! Missing or incomplete information on this application will delay the application process. Only students completing all parts of the application process by the deadline will be considered for admission.

**Next steps:**

- Get and return Parent Application (blue) and tax/income information
- Give Nominator Forms (yellow) to two teachers (English, math, social studies, science or foreign language)
- Schedule an interview with UB staff

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(Advisor Will Cut This Portion)

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