

1520 St. Olaf Ave Northfield, MN
(507) 786-3708 (800) 827-8658

Purpose

Upward Bound is a college preparatory program sponsored by St. Olaf College and funded through the U.S. Department of Education's TRiO programs. It is one of eight TRiO programs originally funded under the Higher Education Act of 1965 to help students overcome class, social, and cultural barriers to higher education. The Upward Bound program provides services including: weekly tutoring, monthly academic advising, Saturday workshops, family events, and a six-week intensive summer academic program. The goal of the program is to generate the skills and motivation necessary for these students to achieve postsecondary success.

Participants

St. Olaf Upward Bound annually works with 77 students in grades 9-12, the majority of whom are from families that are low income and in which neither parent has graduated from college. Students must attend one of the two target schools, which include:

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

Student Profile

Each year, 77 students participate in the St. Olaf Upward Bound program

- Approximately ninety percent (88%) of participants are **both low-income and first-generation**
- The participants represent a culturally and racially diverse group
 - 34% African American*
 - 9% Caucasian*
 - 39% Asian American*
 - 12% Latino/Chicano/Hispanic*
 - 1% Native American*
 - 5% Multicultural*
- Annually, all students are paired with a mentor who is an alumni of St. Olaf or an alumni of the Upward Bound program
- Each year, at least ninety-five percent (95%) of Upward Bound graduates enroll in postsecondary educational institutions

Services

Upward Bound staff work in cooperation with school counselors and teachers to identify qualified youth who have potential for educational success at the postsecondary level. The St. Olaf Upward Bound program provides academic enrichment opportunities which are usually not available to low income, first generation individuals in the target schools. The services include:

- Career exploration, decision making activities, and self-esteem workshops
- Financial aid workshops and assistance in completing scholarship and financial aid applications
- ACT college entrance exam preparation workshops
- Assistance to complete challenging high school classes and pursue postsecondary education
- Tutoring, mentoring, study skills, and grade contracts to support students' academic goals
- Assistance with enrollment in and successful completion of college preparatory programs
- Opportunities for college visits and cultural field trips
- Parent workshops
- Assistance with college selection and admissions
- A six week intensive summer academic program

Program Operating Dates

Upward Bound provides year-round services. During the academic year, Academic Advisors provide services in two target schools four days every week. During the summer, the full time Upward Bound staff are joined by a staff of teachers and residential counselors to provide a high quality intensive summer program simulating college life.

Upward Bound Full-Time Staff

Director: Mari Tototzintle; Academic Advisors: Kia Thao and James Bauman; Administrative Assistants: Wendy Placko and Denice Stocker