To be an Upward Bound participant, you must have the following characteristics:

- Current 9th or 10th grade student
- 2.5 GPA or higher
- Neither parent graduated from college
- Low income
- Current U.S. citizen or permanent resident in the process of obtaining citizenship
- Attend one of our target Minneapolis public high schools

Do you want to be in the program?

If you would like to apply to be in the TRiO Upward Bound program, get in contact with us!

Stop by our office on the University of Minnesota Campus:
Education Sciences Building, Room 40
56 East River Road
Minneapolis, MN 55455

Give us a call or email us:
612.625.3021 or ubtrio@umn.edu

Check out our websites:
www.cehd.umn.edu/trio/upward-bound
https://www.facebook.com/upwardboundumntc

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University of Minnesota
TRiO Programs’ Mission Statement

Grounded in the civil rights movement, University of Minnesota TRiO programs in the College of Education and Human Development strive to ensure equal opportunity and equitable access to higher education along the educational continuum for underrepresented students, specifically those who are low income, first generation, and have disabilities.

We promote retention and graduation through advising, academic support, mentoring, and advocacy, thereby cultivating a space for collegiate success and local and global community engagement.
What is TRiO Upward Bound (UB)?

TRiO Upward Bound (TRiO UB) at the University of Minnesota's College of Education and Human Development is a federal program focused on preparing its high school participants for college success. TRiO UB has been serving Minneapolis youth since 1966. TRiO UB offers year-round academic and social development services including an academic support program with an on-campus residential component.

Academic Year Services

October — May

Academic year services are designed to ensure success in high school while simultaneously building the skills necessary for college-readiness.

TRiO UB Courses:

- Monday: College Planning (Seniors)
- Tuesday: Career Exploration/ACT Prep (Juniors)
- Wednesday: Science Exploration/Study Skills (Freshmen)
- Thursday: English Composition (Sophomores)

Tutoring: Individualized Study (IS)

Free tutoring services are offered M-Th from 4:00pm to 5:30pm at the University of Minnesota. Tutoring is mandatory for all students receiving a “C” (or below a “C”) in any of their high school classes. TRiO UB students are encouraged to seek tutoring on a volunteer basis for extra academic support. All tutors are current University of Minnesota students.

Summer Services

June — August

Academic and Residential Summer Program:

For 5-weeks, students take different courses to develop their skills in math, English, forensic science, government/civics, & more. Students also have an opportunity to live in a residential hall and participate in social, cultural, educational, or recreational activities.

Bridge Program:

Students that recently graduated from high school are invited to take a college course for credit from the U of M—TC.

Regional College Tour:

Rising 12th graders take a 3-day tour of colleges in the region.

Outward Bound Wilderness Excursion:

Rising 11th graders participate in a week-long camping trip to the Boundary Waters to focus on personal and leadership development.

Step-Up Explore:

Students may apply for Step-Up Explore through our program and earn money while in our 5-week summer program and afterwards while working on the U of M campus.

Services Offered by UMN TRiO Upward Bound

October-May: Academic Year

- Weekly academic course (by grade)
- Tutoring services (M-Th)
- Financial Aid and Financial Literacy Workshops
- College visits and planning assistance
- Leadership development opportunities
- ACT prep course
- Educational workshops for parents/families

June-August: Summer Program

- 5-week academic program with a live-in residential component for students
- Bridge Program for recent UB HS grads/rising college freshmen
- Annual 3-day regional college tour
- One-week camping and leadership excursion
- Step-Up Explore - youth work program

All services are FREE!