



Upward Bound is a federally funded program whose goals are to motivate and provide academic assistance to eligible high school students who show promise for success in education beyond high school. The Upward Bound Program supports 77 students and has two phases, a summer residential phase and an academic year phase. In addition, the program offers Summer Bridge. The Upward Bound Program has been on the campus of ODU for over 30 years.

### WORKING TOGETHER: TARGET AREA SCHOOLS

**Norfolk:** Granby High School, Lake Taylor High School, Maury High School, Norview High School, Booker T. Washington High School  
**Portsmouth:** Churchland High School, I. C. Norcom High School, Woodrow Wilson High School

### ELIGIBLE PARTICIPANTS MUST:

- Meet the income eligibility criterion established by Federal Guidelines
- Be a potential first-generation college bound student (neither of whose parent(s) received a baccalaureate degree)
- Be at least 13 years old and a rising 9<sup>th</sup> grader at the time of acceptance
- Be enrolled in the 9<sup>th</sup>, 10<sup>th</sup> or the beginning of the 11<sup>th</sup> grade, enrolled in one of the target area high schools
- Be a citizen or national of the United States
- Reside in Norfolk or Portsmouth
- Have a need for academic support in order to successfully pursue a program of study in education beyond high school

### UPWARD BOUND PROGRAM COMPONENTS

#### ACADEMIC YEAR COMPONENT

- Offers academic skills instruction designed to assist the under prepared student in the subject areas of English (composition and literature), mathematics through pre-calculus (calculus), laboratory science, and foreign language
- PSAT, ACT, SAT, Financial Literacy, and academic course instruction designed to supplement the participants' academic course load undertaken at the home school
- Seminars for participants and parents are offered and Computer applications offered
- College and cultural tours taken

#### SUMMER RESIDENTIAL COMPONENT

- Offers a simulated college life
- Participants reside on campus for six weeks with intense six week course instruction in core subject areas
- American Sign Language and the book component of driver's education
- Seniors given paid work study assignments throughout the campus
- Seminars given for participants and parents
- College and cultural tours taken

#### SUMMER BRIDGE (Students entering ODU after high school graduation)

- Created to assist its first generation participants to have a smooth transition into university life
- To understand the purpose of university life and its values afforded
- To understand the importance of the university catalog and major requirements
- To understand the relationship between student and advisor
- To advocate for oneself through effective communication
- Stipends awarded each week

### SERVICES

#### ACADEMIC ASSISTANCE

Classroom instruction and tutorial assistance in English, reading, mathematics, science (and laboratory science), foreign languages (French and Spanish), and social studies

#### COLLEGE TOURS AND CULTURAL ENRICHMENT

Provided to increase students' awareness of college admissions requirements and to increase awareness of their environment

##### • COLLEGE TOURS include:

Virginia Tech, George Mason University, Fayetteville State University, Howard University, Hampton University, James Madison University, Virginia Commonwealth University, New York University and Virginia State University

##### • CULTURAL SITES include:

The National Museum of African American History and Culture, the Smithsonian Institute, the Museum of American Finance, Wall Street, City and the Schomburg Center for Research in Black Culture

#### GUIDANCE AND COUNSELING

- Assist participants in academic strategies for success (effective time management, test taking skills, studying techniques, note taking)
- Assist seniors with FAFSA completion and understanding the Student Aid Report
- Assist in understanding and eliminating obstacles that hinder academic success
- Assist students in making educational and career choices

#### SEMINARS include:

Career choices, college preparation, understanding financial award letters for college entrance, PSAT, ACT, SAT preparation, time management, study skills, financial literacy, test taking, peer pressure, bullying, in addition to other seminars for academic and social enhancement

#### PARENT WORKSHOPS include:

Upward Bound program partnering, understanding financial terms for college loans, completion of the FAFSA, educational resources offered for parents

#### For more information contact:

Federal Trio Program  
ODU Upward Bound

Email: [llove@odu.edu](mailto:llove@odu.edu)  
Phone: 757/683-4315