



January 2025
Issue 4
Volume 3

Happy New Year!!

Attention Class of 2025 Seniors! It's FAFSA Season!

The screenshot shows the Federal Student Aid website. At the top, it says "Federal Student Aid" and "An Office of the U.S. Department of Education". Below that are links for "FAFSA® Form", "Loans and Grants", "Loan Repayment", and "Loan Forgiveness". The main heading is "2025-26 FAFSA® Form Now Available!". The text below says: "The 2025-26 FAFSA® form is now available for all students and contributors. Complete the form to apply for financial aid for college, career school, or graduate school." There are two buttons: "Start a 2025-26 FAFSA® Form" with a "Log In To Start" button, and "Edit a 2025-26 FAFSA® Form or Accept an Invitation" with a "Log In To Edit" button. At the bottom, it says "Need the 2024-25 FAFSA form?" with links for "Log In To Start a New Form" and "Log In To Edit Existing Forms". A large blue arrow points from the "Attention Class of 2025 Seniors! It's FAFSA Season!" text to the screenshot.

The FAFSA is officially open which means it is time to submit a form. Any student, regardless of income, who wants to be considered for federal, state, and school financial aid programs should be submitting a FAFSA form. This includes grants, scholarships, work-study funds, and loans. Colleges and career schools use the FAFSA form to determine how much financial aid you're eligible to receive.

FAFSA Link: [FAFSA® Application](#) | [Federal Student Aid](#)

If you have any questions/concerns filling out the FAFSA, please contact UB Advisor, Zalma Molina at zmolina@tps501.org or zalma.molina@washburn.edu



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Follow us on Social Media!

- Facebook: [WU Upward Bound](#)
- Instagram: [@upwardboundwashburn](#)
- Website: washburn.edu/upwardbound



2024 Recap

2024 was a year of success and growth opportunities for Upward Bound (UB)

A Growing Community:

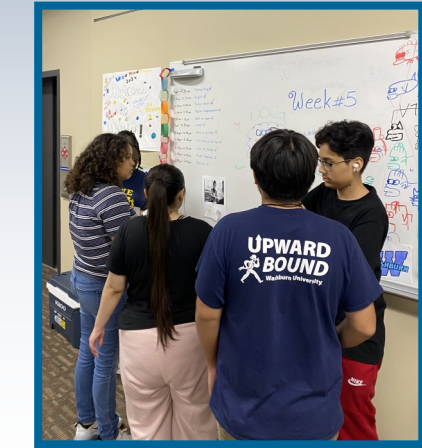
- 5 new Peer Mentors/Tutors
- 17 new UB members
- 1 new UB Administrative Specialist
- 2 new Social Media Interns
- 8 new TRIO UB alumni members who graduated Topeka High in 2024
- New and larger TRIO office space in the Plass Learning Resource Center at Washburn University

A Few Program Accomplishments:

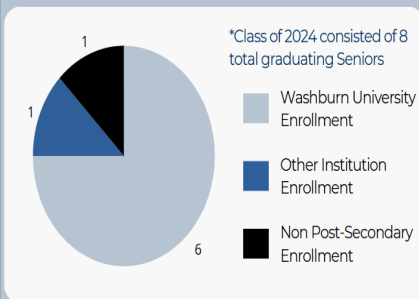
- 87.5% post secondary enrollment.
- 4 Class of 2024 seniors successfully qualified and completed the first Washburn UB Summer Bridge program to earn 6 college credit hours from Washburn University.
- Average Summer Academy attendance Increased from a weekly average of 5 students in 2023 to 21 students in 2024.
- Two UB students were selected to participate in the National Student Leadership Congress (NSLC) in Washington D.C.
- A successful cross state multi-campus visit to St. Louis, MO where 23 students qualified to attend.
- And so much more!

Thank you to all UB parents, UB students, THS faculty and staff members, and Washburn University staff members for the continuous support!

We look forward to continue helping more students work towards their college aspirations in 2025!



Class of 2024 Post-Secondary Enrollment



Omaha Campus Tour Trip in Spring 2025

An overnight trip of 3 days and 2 nights to Omaha, Nebraska is planned for April 17th-19th, 2025. It will include campus tours, site-seeing, and cultural enrichment activities. This trip will serve as way to encourage UB students to improve school attendance, overall GPA, and involvement in UB activities.

Requirements to attend the Omaha Trip:

1. Minimum 2.5 GPA (Final grades will be checked by the end of the first 9 weeks of the Spring 2025 semester)
2. Must attend at least one (1) Spring 2025 Saturday Academy
3. No behavioral issues and no excessive school tardies/absences leading up to the trip
4. Must attend the mandatory Omaha Trip Meeting with at least one parent/guardian on Wednesday April 9th, 2025 from 5:30pm-7pm

Fill Out Interest Form Link: <https://forms.office.com/r/vwJRGbpb9a>

Spring 2025 Trojan Time (TT) Workshops

UB Workshops serve as an opportunity for UB students to learn more about the following topics during Trojan Time travel days on Thursdays:

- ⇒ Health and Wellness
- ⇒ Career Planning
- ⇒ Post-Secondary/College Preparation
- ⇒ Financial Literacy
- ⇒ And much more!

January

- Week 1: Strategies for Scholarship Writing
- Week 2: Making College More Affordable
 - Week 3: ACT and SAT Overview
- Week 4: Developing Good Study Habits

February

- Week 1: Celebrating Black History Month
- Week 2: The College Application, Writing a Personal Statement
 - Week 3: National TRIO Day Celebration
 - Week 4: Digital Citizenship

March

- Week 1: Celebrating Women's History Month
 - Week 2: Understanding Debt

April

- Week 1: Stress Awareness Month
 - Week 2: Building a College List
- Week 4: Personal Finance and Budgeting Skills



Sign-up to be put on the TT Travel List: <https://forms.office.com/r/9xae1F5ijG>

Summer Academy 2025

Scholarship Quick

Access

Washburn University:
[Scholarship Information | Washburn University](#)

Washburn Tech:
[Scholarships \(washburntech.edu\)](#)

Kansas State:
[Scholarships \(k-state.edu\)](#)

KU:
[All Opportunities - University of Kansas Scholarships \(academicworks.com\)](#)

ESU:
[Scholarships - Emporia State University](#)

Pitt. State:
[Scholarships and financial assistance | Pittsburg State University \(pittstate.edu\)](#)

Fort Hays:
[Scholarships - Fort Hays State University \(FHSU\)](#)

Wichita State:
[Scholarships \(wichita.edu\)](#)

JCCC:
[Scholarships | Johnson County Community College \(jccc.edu\)](#)

*Please inform Zalma if you'd like another school added to this list

What is Summer Academy?

⇒ Summer Academy is an academic and college readiness 6-week long residential camp for upcoming 9th-12th graders in the Upward Bound program.

When is Summer Academy?

⇒ Monday June 2nd, 2025 through Friday July 11th, 2025 (6 weeks)

What to expect during Summer Academy?

⇒ Summer Academy's purpose is to help students prepare for the upcoming school year, to provide a preview of what it is like to live on a college campus, and to practice success skills by partaking in academic classes (English Composition, English Literature, Math, Spanish Language, and Laboratory Science). Students will also be exposed to financial literacy workshops, teambuilding activities, cultural enrichment field trips, campus tours, and so much more!

How to learn more about/sign-up for Summer Academy?

⇒ **Fill out interest form:** <https://forms.office.com/r/u9Jb0Vpx46>

⇒ Info Session will be held from 5:30pm-7pm on **Wednesday February 5th, 2025 at Topeka High**

UB Resources

WUB students have access to 2 online resources through the program that offer different ways of tutoring/assisting in completing classwork while also earning hours towards their monthly stipends. The following resources are:

1. Method Learning

Login Link: [Methodize - Online learning platform by Method Learning](#)

Requires logging in using their tps501 school email address

1. Tutor Me

Login Link: [On-demand one-on-one tutoring for schools and districts | TutorMe](#)

Requires logging in using the tps501 school email address

***If the student has any issues logging into their account, please contact UB Advisor, Zalma Molina. More resources for UB students can also be found on the Washburn Upward Bound Google Classroom.**

List of Upward Bound Resources: https://docs.google.com/document/d/1J92HwWqsuMJEGNg43jUXb4L_ZLaGDEHtcEnVspt7aoc/edit?usp=drive_link

Scholarship Spotlight

2024-2025 Topeka Community Foundation Scholarships

Application Open! Deadline: February 3rd, 2025

Application Link: <https://topekacommunityfoundation.awardspring.com/>

Summer Bridge 2025

What is Summer Bridge?

- ⇒ Summer Bridge is a 6 week long residential program to help current UB Class of 2025 seniors transition from high school to college by providing academic and social support. Students selected to participate in the Summer Bridge will also earn up to 6 **FREE** transferable college credit hours from Washburn University.

When is Summer Bridge?

- ⇒ Monday June 2nd, 2025 through Friday July 11th, 2025 (6 weeks)

What is the difference between Summer Academy and Summer Bridge?

- ⇒ Summer Academy is only for upcoming 9th-12th graders in high school while Summer Bridge is for graduating seniors who will be attending college during the upcoming Fall semester. Summer Bridge also offers the opportunity to earn up to 6 college credit hours while Summer Academy does not.

What to expect during Summer Bridge?

- ⇒ Summer Bridge's purpose is to help prospective college students smoothly transition from high school to university. Students enroll in up to 2 college courses (6 credit hours) and participate in various activities designed to prepare them for their first semester in college.

How to learn more about/sign-up for Summer Bridge?

- ⇒ **Fill out interest form:** <https://forms.office.com/r/M7kEJep2P2>
- ⇒ Info Session will be held from 5:30pm-7pm on **Tuesday February 4th, 2025 in the Plass Building at Washburn University**

UB Staff is Here to Help, Contact Us!

Shelley Bearman - Upward Bound Director

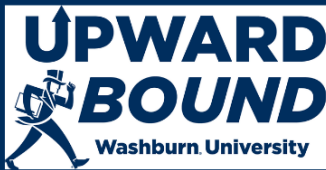
- shelley.bearman@washburn.edu
- **Phone:** (785)670-3872

Zalma Molina - Upward Bound Advisor

- zalma.molina@washburn.edu
- zmolina@tps501.org
- **Phone:** (785)295-3220 or (785)670-3873
- **Location:** Room 338 at Topeka High School



The greatest thing in this world is not so much where we are, but in what direction we are moving." - Oliver Wendell Holmes



Pop In For

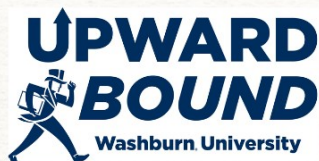
**MON-
THURS**

**AFTER SCHOOL
3-4:30PM**

**IN STAFF
CAFE AT
THS**

POPCORN & TUTORING

*Popcorn will be purchased for after school
tutoring starting Tuesday 10/1/24*



SATURDAY ACADEMY

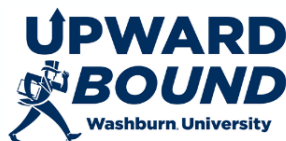
Spring 2025

Saturday January 18th, 2025
Saturday February 1st, 2025
Saturday February 15th, 2025
Saturday March 1st, 2025
Saturday March 22nd, 2025
Saturday April 5th, 2025



Sign-up: <https://forms.office.com/r/KZ8vs98WrY>

Sign-Up Link: <https://forms.office.com/r/KZ8vs98WrY>



MATH ACT PREP

6 week long Math ACT Prep only on Wednesdays
starting January 8th, 2025!

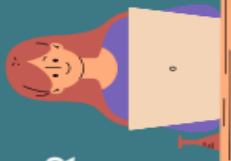
3:45pm-5pm in room 125 at Topeka High
Math Instructor: Jen Womack

REGISTER

Spring 2025 Math ACT Prep



Sign-up Link: <https://forms.office.com/r/AuAFRzS5eY>

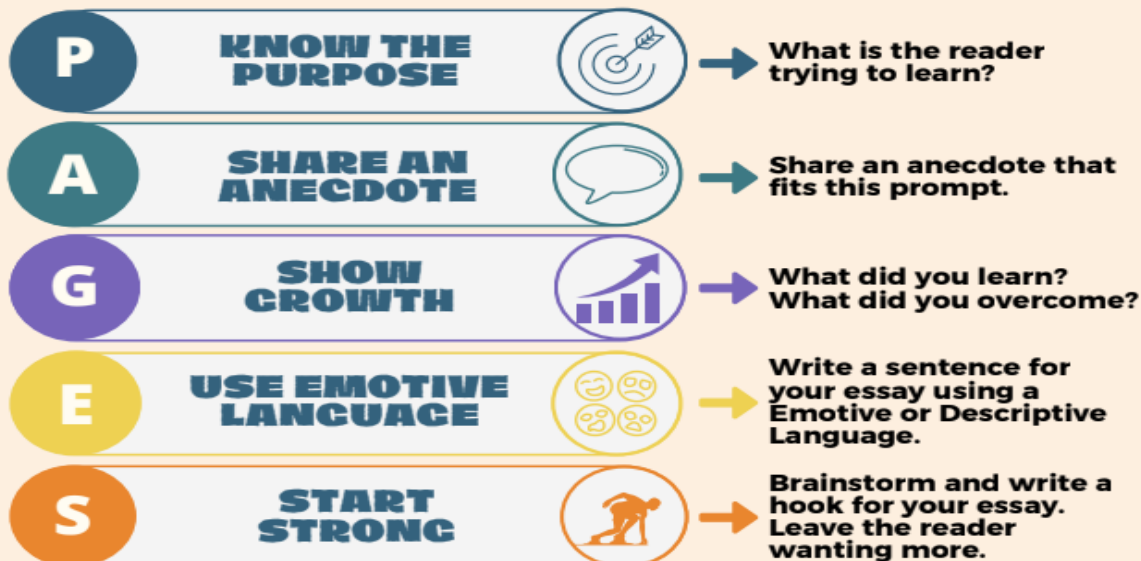


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A **scholarship essay** is an essay that students submit with their scholarship applications.

Your scholarship essay will help you set yourself apart from other applicants who may share similar scores and extracurricular activities

Below are strategies you can use to write a phenomenal scholarship essay.



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The National Scholarship Providers Association reports that an estimated \$100 million in scholarship money goes unawarded each year! Make sure you're researching and applying to every scholarship for which you qualify.



Emotive Language is the deliberate use of words and phrases to evoke an emotional response. It can be either positive or negative. Try:

- **Using words that elicit emotion**
 - A sense of nervousness swept over my entire body. Doubt crept into my mind, my stomach felt as if it was twisting into a knot, and my legs trembled uncontrollably as I walked to the podium to deliver my speech.
- **Painting a picture for the reader to "see"**
 - To my left, a young teenage girl smacked on her gum and shuffled the pages of her magazine inconsiderately. To my right, an older gentleman clacked on his keyboard raucously. Would I ever get this essay done?
- **Appealing to the reader's senses**
 - The aroma of my grandmother's sugar cookies filled the air. I eagerly bit into the warm treat, and a burst of flavor overtook me. I could eat a dozen of these!

DID YOU KNOW?
You're eligible to apply for a PreDegree scholarship during the 2023-24 academic school year! Speak to your Director about the application!

Need some help with your essay? Check out this short "Basics of an Essay" video!



Community Resources

Catholic Charities of NE Kansas, Inc

234 S. Kansas Ave Topeka, KS 66603 785-233-6300 Fax: 785-233-7234 Website: www.catholiccharitiesKS.org

Mission Statement: As a faith-based organization, we are inspired by God's love and compassion to provide unconditional love and necessary help to people of all faiths by stabilizing and strengthening individuals and families in need across the 21 counties of Northeast Kansas.

Hours: 8:30 a.m. - 4:30 p.m. Monday - Friday.

Services: • Emergency Assistance: food, rent, utilities, transitional housing, and counseling. • La Luz Center for Immigration Legal Assistance: for more information contact Greg Bole, gbole@catholiccharities.org 913.621.1504. • Refugee and Migrant Services. For more information contact refugees@catholiccharitiesks.org, 913-621-5255. • Residential Services for children: Foster care for children and adolescents with MR/DD. • Adoption Services: Parent support, adoption services, counseling and referrals to community resources. • DADS: Curriculum-based guidance groups for targeted groups of fathers, anger management, Practical Parenting Program. • Friendly Visitors: Support for elderly through visitations and phone calls. Transportation available 7 days a week, depending on availability of volunteers, for Dr.'s. appointment, pharmacy and grocery. Call 5 days in advance (if possible) to schedule transportation, 233- 6300x1313. • Marriage for Keeps classes (In Spanish only at this time).

Eligibility: Call for information about various programs.

How to Apply: Call 785-233-6300.

Fees: Free to fee, depending on program.

El Centro of Topeka

134 NE Lake Street Topeka, KS 66616 785-232-8207 Fax: 785-232-8834

Mission Statement: Turning newcomers into neighbors.

Hours: 9:00 a.m. - 4:30 p.m., Monday – Fridays

Services: • Community Resource Program – provides free interpretations, translations and community referrals to struggling families. • Free Mobile Health Clinic – is a partnership with Washburn University School of Nursing that provides free basic preventative health screenings. • Immigrant Assistance Clinic – our office is accredited and recognized by the Department of Justice to provide free and low-cost legal immigration services.

Eligibility: Available to everyone.

How to Apply: Call 785-232-8207 or walk-in.

Fees: Interpretations and translations include sliding fee scale

Lifeline Children's Services, Inc.

2041 SW McAlister Avenue Topeka, KS 66604 785-249-6130 Website: www.lifelinechild.org

Mission Statement: Lifeline exists to equip the Body of Christ to manifest the Gospel to vulnerable children. Purpose: To provide a hope and a future through the Gospel for vulnerable children around the world by discipling, engaging, and equipping the Body of Christ towards Adoption, Family Restoration, Orphan Care and Support. Lifeline is a non-profit 501 © (3) licensed child placing agency.

Hours: 10:00 am – 3:30 pm Monday – Friday, or by appointment (785-249-6130).

Services: • Free pregnancy testing. • Assistance with diapers, formula, clothing (both child/maternity/career). • Options counseling. • Bible studies. • Parenting classes. • Life skills classes. • Domestic and international adoption. • Education. • Family restoration, coaching, hosting.

Eligibility: Any women needing a pregnancy test or help during and after pregnancy.

How to Apply: Need photo identification, birth certificates, social security number and proof of address.

Fees: None.

Resource Directory : [Problem Service Index](#)

Washburn University FAFSA Sessions

A guide to the 2025-2026 FAFSA

The Free Application for Federal Student Aid (FAFSA) is open. Below is a guide that will provide tips for completing it.

Please contact Washburn's Financial Aid Office if you have questions. They can be reached by phone at 785.670.1151 or email at financialaid@washburn.edu.



When will the 2025-2026 FAFSA be available?

The U.S. Department of Education is currently testing the upcoming FAFSA to work out more of the issues experienced last year before opening to the general public. **The 2025-2026 FAFSA is open now!** Complete yours at [FAFSA® Application | Federal Student Aid](#)

What if I need help completing my FAFSA?

Washburn University will offer drop-in FAFSA completion assistance in the Plass Computer Lab between 4 - 6 p.m. on the following dates:

- February 12
- February 18
- February 27

You can also contact the Financial Aid Office to schedule a one-on-one appointment during regular business hours.

The U.S. Department of Education is aware that there continue to be ongoing issues with the FAFSA form that may carry over to 2025-2026. A list of known issues and their workarounds are available online.

What happens after I complete my FAFSA?

If you included the Federal School Code for either Washburn University (001949) or Washburn Tech (010689), the financial aid office should receive your application data within 3-5 business days after your FAFSA is fully submitted. Once received, you will be contacted if we need additional information from you to fully process your application to create a financial aid offer. You will be contacted again once your financial aid offer is available.

While waiting for your financial aid offer, you should also review and apply for other types of financial aid available.

For more tips: [2025-2026 FAFSA Tips | Washburn University](#)