

MARCH NEWSLETTER

WASHBURN UPWARD BOUND

★
MARCH 2025



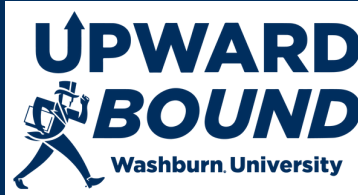
SATURDAY ACADEMY 2/1

WELCOME TO UPWARD BOUND!

Upward Bound Mission.

Upward Bound (UB) is a federal TRIO program that prepares students for higher education through various enrichment courses. Campus-based UB programs provide students instruction in literature, composition, mathematics, science, and foreign language during the school year and the summer. UB also offers intensive mentoring and support for students as they prepare for college entrance exams and tackle admission applications, financial aid, and scholarship forms. All Upward Bound program activities and services are free to students enrolled in the program.

Specifically, the goal of Upward Bound is to get students excited about post-secondary education and picture themselves accomplishing their goals.



Our services include...

- Needs assessment and academic advisement
- Counseling referrals
- Twice monthly Saturday Academies
- College tours
- Internship/scholarship opportunities exposing participants to careers requiring a post secondary degree
- Guest speakers from various entities
- Exposure to educational and cultural events
- College preparation and financial aid workshops

Enjoy this month's newsletter!

Upward Bound Team

INSIDE THIS ISSUE:

[Contact UB Staff](#)

[Important Dates](#)

[Financial Aid](#)

[Scholarships](#)

OUR SOCIAL MEDIA:



[@upwardboundwashburn](#)



[WU Upward Bound](#)



[TRIO Upward Bound Program - Washburn University](#)

CONTACT UB STAFF



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Location:

Room 122 Plass Building at
Washburn University



UB ADVISOR: ZALMA MOLINA

Email:

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Washburn Office Phone:

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THS Office Phone:

(785) 295-3220

Location:

Room 338 at THS or Room 122
Plass Building at Washburn
University

IMPORTANT DATES!

**March is
Women's History
Month!**

Some resources
here.

**Parent Resource
Learning How to**

Learn by Barbra
Oakley, PhD and
Terrence Sejnowski
PhD

WUB Resources

Resource Highlight:

TI-84 Plus CE Graphing Calculators

available to check out in room 338!

ACT TEST TAKING TIPS



FINANCIAL AID

Types & Application

STUDENT FINANCIAL AID

There are several ways to pay for a college education. One important way is to utilize free money available from the federal government. To apply for this free aid, students must submit the Free Application for Federal Student Aid (FAFSA).

According to NCES, financial aid is received by 85.5% of all students pursuing higher education including college, university, or vocational school.

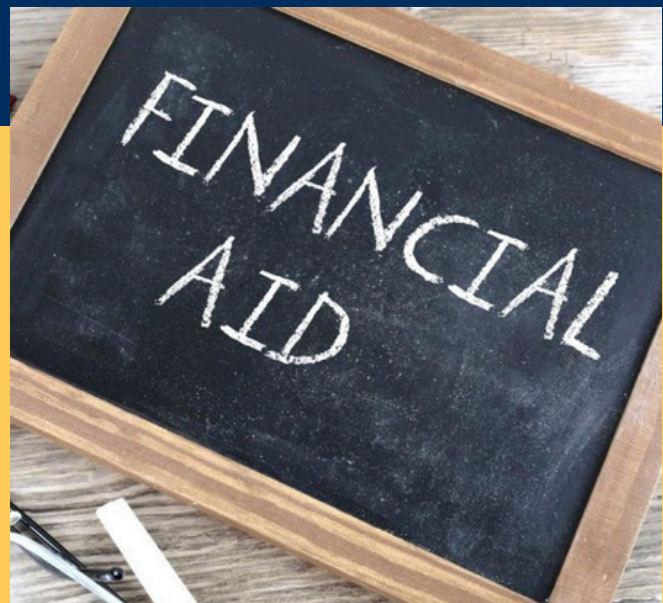
Current high school seniors should request a Federal Student Aid (FSA) ID by mid-October for both the student and their parent/guardian.

Visit this website to get started and apply for your FSA ID: studentaid.gov/help/fsa-id.

8 Steps to Apply for Federal Student Aid:

1. Have Documentation Available (*you can find what's needed [here](#)*)
2. Create a Federal Student Aid Account and ID
3. Complete the Online FAFSA
4. List Codes of Colleges and Universities the student is applying to
5. Review, Sign, and Submit the FAFSA application
6. Receive the Student Aid Report (SAR)
7. Provide additional documentation as necessary
8. Receive, Review, and Accept Financial Aid Offers

25-26
FAFSA IS
OPEN NOW!



COLLEGE SCHOLARSHIPS

Everyone in grades 9 through 12, now is the time to research and begin applying for college scholarships!

- Create a scholarship and admissions tracking document to keep track of where you want to attend college and what scholarships you have applied for.
- Often they are essay based and your Upward Bound Advisor and tutors can help edit your essay.
- When it's time to apply for college, you can ask your college Admissions staff for tips on where to find scholarships unique to your college of interest.
- Opening an email account to only use when applying for scholarships or colleges.
- Check out Google classroom for upcoming scholarship opportunities.

SCHOLARSHIP HIGHLIGHTS:

- [Horatio Alger Association, Due March 15th, 2025](#)

SCHOLARSHIP QUICK LINKS:

[Washburn University](#)

[Washburn Tech](#)

[K-State](#)

[KU](#)

[Emporia State](#)

[Pitt State](#)

[Fort Hays State](#)

[WSU](#)

[JCCC](#)

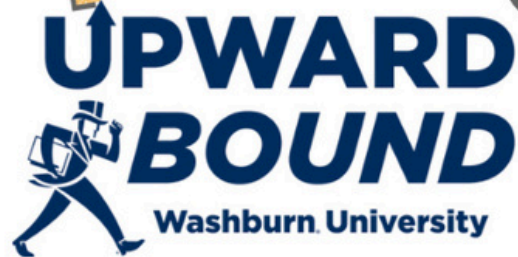
***PLEASE INFORM ZALMA IF YOU'D LIKE ANOTHER SCHOOL ADDED TO THIS LIST.**

Check Google drive for a full list of [scholarships](#)!



March 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						Saturday Academy 8:30am-1pm (4.5 hours) 1
2	After School Tutoring 3-4:30pm (1.5 hours) 3	Trojan Time 10:30am-11:15am (0.75 hours) After School Tutoring 3pm-4:30pm (1.5 hours) 4	After School Tutoring 3-4:30pm (1.5 hours) 5	Trojan Time 10:30am-11:15am (0.75 hours) After School Tutoring 3pm-4:30pm (1.5 hours) 6	No WUB Services 7	8
9	After School Tutoring 3-4:30pm (1.5 hours) 10	Trojan Time 10:30am-11:15am (0.75 hours) After School Tutoring 3pm-4:30pm (1.5 hours) 11	P/T Conferences 12	NO SCHOOL P/T Conferences 13	NO SCHOOL 14	15
16	17	Spring Break			20	Saturday Academy 8:30am-1pm (4.5 hours) 22
23	NO SCHOOL 24	Trojan Time 10:30am-11:15am (0.75 hours) After School Tutoring 3pm-4:30pm (1.5 hours) 25	After School Tutoring 3-4:30pm (1.5 hours) 26	Trojan Time 10:30am-11:15am (0.75 hours) After School Tutoring 3pm-4:30pm (1.5 hours) 27	No WUB Services 28	29
30	After School Tutoring 3-4:30pm (1.5 hours) 31					



SATURDAY ACADEMY

**Spring 2025 8:30am - 1:00 pm at the Plass
Building Washburn University**

<https://forms.office.com/r/GkFDVZVAGd>

DATES:

Saturday: 1/18/25

Saturday: 2/1/25

Saturday: 2/15/25

Saturday: 3/1/25

Saturday: 3/22/25

Saturday: 4/5/25

Saturday: 4/19/25

SIGN UP!



TROJAN TIME WORKSHOP

SPRING 2025

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 4 : Understanding Debt

April

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

SIGN UP HERE



Pop In For

**Mon-
THURS**

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

**IN STAFF
CAFE AT
THS**

**POPCORN
&
TUTORING**