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**Welcome & Introductions** 

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# Welcome & Introductions

**Miguel Peralta** 

Program Director

Nina Vazquez

Meriden Coordinator **Jordan Romine** 

Middletown Coordinator





## **Annual Program Goals**





- ☐ All participants will attend at least 3 Saturday Sessions.
  - Participating in workshops and meeting career professionals helps you stay on track for college and future careers.
- ☐ All participants will meet with a UB/UBMS staff member twice per month.
  - Regular check-ins give you the support you need to reach your goals.
- 85% of students will have a GPA of 2.5/80 or above during the academic year.
  - A good GPA opens doors to college and shows you're serious about your future. This is also a requirement for our grants!



#### All Seniors will:





Apply to at least 3 college/university/postsecondary institutions.

Applying to multiple schools keeps your options open and ensures you have the best chances for your future after high school.

All Seniors and their parents/families will meet with UB/UBMS staff at least once this year.

Meeting with staff together helps you and your family make informed decisions about college and financial aid, ensuring a smooth path forward.





#### All Juniors will:





□ All Juniors remain on track to have taken Biology and Chemistry by the end of their Junior year.

Completing these core science classes keeps you on track for college admissions and strengthens your academic foundation.

All Juniors will take or plan to take the SAT at least 2 times.

Taking the SAT multiple times can boost your score, increasing your chances of getting into college and earning merit scholarships.





#### All Sophomores will:





□ Complete at least 2 of the Career Surveys in Pathful & discussed results with UB/UBMS staff.

Exploring career options early helps you identify interests and plan for your future education and career paths.

Maintain a completed working resume and have a plan to get involved in activities to enhance it.

Keeping an updated resume and planning to get involved in activities helps you build a strong profile for future job, internship, and scholarship opportunities.





#### All Freshmen will:





☐ Complete the Corsava Card Sort and meet with UB/UBMS staff to discuss potential colleges.

Exploring your college options with guidance helps you start shaping your academic path and make informed decisions about your future.

Attend and engage in at least one college campus.

Visiting a college campus gives you a firsthand look at college life and helps you better understand what you want in a future school.





# **02** Grade Level Meetings



Seniors

**Juniors** 

**Room 139** 

**Room 141** 



Freshman & Sophomores

**Room 121** 











Write down some of the biggest fears/concerns you have regarding senior year.





What is one word that describes how you are feeling about senior year?

#### All Seniors will:





■ Apply to at least 3 college/university/postsecondary institutions.

Applying to multiple schools keeps your options open and ensures you have the best chances for your future after high school.

All Seniors and their parents/families will meet with UB/UBMS staff at least once this year.

Meeting with staff together helps you and your family make informed decisions about college and financial aid, ensuring a smooth path forward.





## So far, we should have:

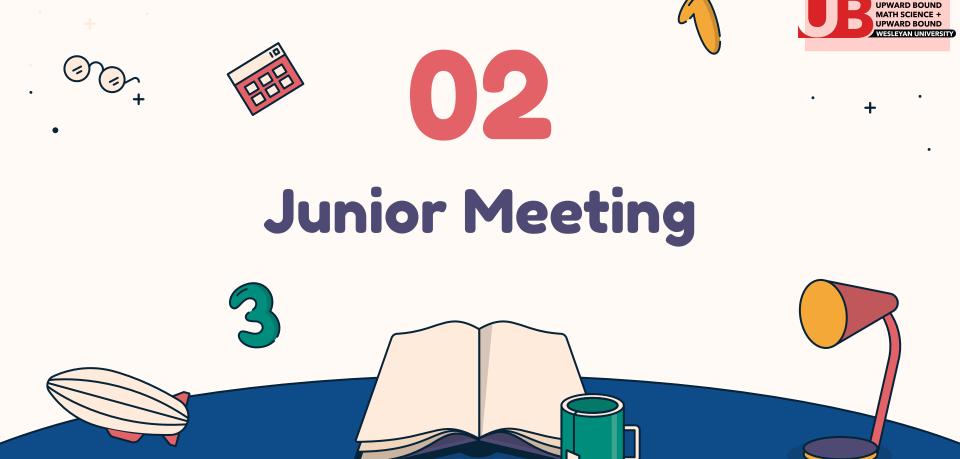




- ☐ Review your college list.
- Begin the CommonApp.
- Update your College Tracker spreadsheet.
- □ Complete Brag Sheet in Naviance.
- Ask for teacher recommendations.
- Take every opportunity to get to know colleges.
- ☐ Finalize your college essay.
- Link your CommonApp to Naviance.
- (Optional) Register for SAT.







# Together we will:





- Identify what colleges are looking for
- Analyze your student profile
- Discuss Strategies for Junior Year Success
- ☐ Highlight key milestones on your timeline





#### **All Juniors will:**





All Juniors remain on track to have taken Biology and Chemistry by the end of their Junior year.

Completing these core science classes keeps you on track for college admissions and strengthens your academic foundation.

☐ All Juniors will take or plan to take the SAT at least 2 times.

Taking the SAT multiple times can boost your score, increasing your chances of getting into college and earning merit scholarships.









What do you think is the most important thing that colleges look for in the admissions process?





Every college has a unique way of assessing applicants and deciding which will be the most successful on their campuses. Some schools look for students who have demonstrated a commitment to service. Others take into account the level of interest a student has shown in their school.

# The six Things Colleges Most Commonly Consider

Element	What It Is	Why It's Important			
Transcript	An official document issued by your high school which shows your individualized grades, GPA, class rank, etc.	GPA is the best predictor for student success in college, so admissions officers look closely at your grades. They will also be looking for improvement over time, course rigor, and your level of competitiveness with your peers.			
Standardized Test Scores	Scores you receive from your SAT, ACT, and/or SAT IIs broken down by content area.	Not all high schools were created equal, so using GPA as the sole measure of a student's academic talent can be unfair. Standardized test scores are used by many schools as a way to get a fair and objective baseline of a student's raw skills and knowledge.			



# The six Things Colleges Most Commonly Consider

Element	What It Is	Why It's Important
Personal Statement	A short (usually under 650 words) narrative essay on a subject of the student's choice or assigned by the college.	First-year college students often say that college-level writing is the most difficult thing about their academic transition. Your personal statement allows colleges to gauge your writing level. It also gives admissions officers insight into your personality: what makes you who you are and what you're passionate about.
Extracurricular Activities	Any activity you engage in outside of your regular school classes (e.g. sports, clubs, work, community service, etc.).	Colleges want academically motivated students, but they are also looking for well-rounded individuals who will add something to their campus outside the classroom. Your extracurricular involvement gives schools a preview of what you might bring to their campus.



# The six Things Colleges Most Commonly Consider

Element	What It Is	Why It's Important		
Letters of Recommendation	Letters from adults whom you know in a professional capacity, especially teachers and counselors, which are written in support of your character and qualifications as a college student.	Letters of recommendation give colleges a window into how you are perceived by those around you. Well-written letters can add depth and dimension to the picture of you formed by your overall application. Likewise, sub-par letters can detract from the power of your application.		
Interviews 6	A meeting with a representative from the college (usually an admissions officer, student, or alumnus) in which you are asked questions about your background, motivations, passions, and interest in a particular college.	Interviews are a great way for you to show your interest in a particular school. They also offer you a forum to give your admissions committee a fuller picture of who you are, why you are qualified to attend and explain anything on your record that may stick out as a red flag.		

## Let's take a look at your student profile!



## **College Readiness Credits**

#### **College Readiness Requires:**

- 4 English
- 3.5 Social Studies
  - U.S. History
  - Civics
- 4 Math
  - 2 above Algebra 1
- 3 Science
  - At least 2 of: Biology, Chemistry, Physics
- 1 Foreign Language

1 Credit= 1 full year class
0.5 Credits= 1 semester long class



#### **Credits**

Course Title	SEM 1 Grade Credit		SEM 2 Grade Credit		YEAR Grade Credit		Cour
9th Grade		0.00		0.00			
ENGLISH 9 ACCELERATED	A+	0.00	A+	0.00	A+	1.00	
FRESHMAN SEMINAR	P	0.50					
GEOMETRY ACCELERATED	A+	0.00	A+	0.00	A+	1.00	
BIOLOGY ACCELERATED	A+	0.00	A+	0.00	A+	1.00	
AP EUROPEAN HISTORY	A	0.00	A	0.00	A	1.00	
SPANISH 2	A	0.00	A+	0.00	A+	1.00	
COMPUTER APPLICATIONS 1	A	0.50					
DIGITAL IMAGING	A+	0.50					
HEALTH EDUCATION			A+	0.50			
PHYSICAL EDUCATION 9	1		A+	0.50			

Course	Grade	S1 Mk	S2 Mk	Final Mk Cr
19-20 Middletown High	School		22022	
Global Literature	9	91	84	88 1
Algebra I (CP)	9	99	95	97 1
Science 9 (CP)	9	97	95	96 1
World History (H)	9	96	95	96 1
Spanish III	9	92	98	95 1
ELL Beginning	9	94	98	96 1
Wellness	9	98	100	98



## **Cumulative Grade Point average**

The average of all of the grades your student has received.

Letter Grade	Percent Grade	4.0 Scale	
A+	97-100	4.0	
A	93-96	4.0	
A-	90-92	3.7	
B+	87-89	3.3	
В	83-86	3.0	
B-	80-82	2.7	
C+	77-79	2.3	
С	73-76	2.0	
C-	70-72	1.7	
D+	67-69	1.3	



# Weighted Vs. Unweighted

Weighted GPAs take into account the "rigor" of the course.

For example, an A in AP Class is seen as a 4.25 GPA

Unweighted treats all classes equal.



## Average High School GPA per college:







3.07/83

3.76/90

3.94/93



4.18/100



3.40/89



With your family,
Complete the "Analyzing My Student
profile" using your transcript and the
activities you can recall.







What are some strengths of your student profile?





What are some things you plan to do this year to boost your student profile?





# This is an important year!

It's vital that we stay on track this year to push you towards your college goals. We are here to help!





# Let's review some key points in our suggested timeline.



# Laying the Groundwork

#### **August-September**



Explore Interests: Use this time to discover your passions and how they align with potential careers. This will help you make informed decisions about colleges and majors.

Start your year off right! Talk with UB/UBMS Staff about your options and your plans.
Sign up for courses with your eyes on the prize: college and money to pay for it! A tougher course load may pay off with scholarships and may get you a better chance to get admitted to the school of your choice.
Focus on maintaining or improving your GPA.  Sign up for activities to boost your college applications. Take on leadership roles or start a new club if you're passionate about something.
Take a career interest survey or assessment. Research potential career paths based on your interests.



#### Exploring and Strengthening

#### **October-November**



Explore and Refine: Dive into college research and strengthen your commitments. Use this time to explore options and refine your preferences for informed decisions later.

$\sqcup$	Begin creating a list of colleges that interest you. Explore college
	websites, virtual tours, and online resources.
	Begin preparing for the PSAT in October and the SAT in the spring.
	Create or update your resume with academic achievements,
	extracurricular activities, and work experience.
	Build strong relationships with teachers who could write your letters
	of recommendation.
	Participate actively in class and seek help when needed.



# Focusing and Finalizing

#### **December-January**



Focus and Prepare: This is the time to sharpen your focus on college choices and test prep. Use your PSAT results and college research to make informed decisions and finalize your strategies.

Review your PSAT results and identify areas for improvement. Use
your results to guide your SAT/ACT prep plan.
Create a study schedule for the SAT or ACT, focusing on weak areas.
Begin narrowing down your list of colleges to a more focused
selection of reach, match, and safety schools.
Brainstorm ideas and outlines for your college essay. UB/UBMS has
resources to support you in this process.
Research potential majors and how they align with your career
goals.
Meet with your UB/UBMS Coordinator again to develop your senior
schedule.



#### Continue College Planning





Stay Organized: As you finalize your college list and prepare for AP exams, keep all your materials, notes, and deadlines organized. This will help you manage the end of junior year smoothly and set you up for a strong start to your senior year.

Prepare for the SAT in the spring. Check with your school counselor
to identify the exact date it will be offered at your school. Continue
studying and taking practice tests.
Continue attending college fairs and information sessions, both

- Continue attending college fairs and information sessions, both in-person and virtual. Take notes and ask questions to better understand each school.
- Outline and begin a rough draft of your college essay. Share with your coordinator to get some feedback.



#### Finish Strong

#### **April-June**



Plan Ahead: As you approach the end of junior year, focus on refining your plans for senior year and beyond.

Make sure your college list is solid and that you're on track academically and personally.

	·
	Continue studying for AP exams if you're taking any. Use review books, online resources, and study groups.
_	
_	Review your SAT Score and plan to take it at least one more time
	before your senior year. UB/UBMS will provide a fee waiver to cover
	the cost. Reach out to your coordinator.
	Finalize your college list, ensuring you have a balanced mix of
	reach, match, and safety schools. Start researching application
	requirements and deadlines for each school.
	Focus on finishing the school year strong. Your junior year grades
	are crucial for college applications.
	Take your AP exams with confidence and aim to score well.
	Plan for UB/UBMS Summer Program. Use the summer to make
	significant progress on your college applications. Starting early will
	reduce stress and give you time to refine your essays and
	applications.
	tall languages and

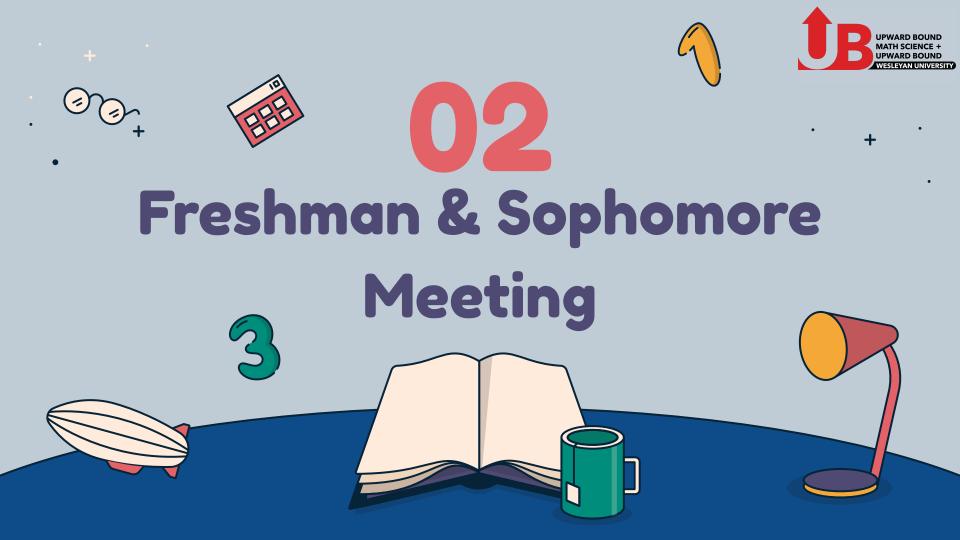
#### Key Tips to Success this year:

- Stay on track and keep making good academic progress.
- Review how AP/ECE credits that you are taking or plan to take will transfer to colleges.
- Prepare and do your best on the SAT. (Even if you are planning to apply test optional)
- Make sure you plan to be with us this summer to get a head start.





Make This Year Count! This is a crucial year for your academics and activities. Your performance now will heavily influence your college applications, so give it your best effort and stay committed.



#### All Freshmen will:





☐ Complete the Corsava Card Sort and meet with UB/UBMS staff to discuss potential colleges.

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Attend and engage in at least one college campus.

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#### Together we will:





- Review this year's timeline
- Discuss the importance of this school year & College Readiness
- Review PowerSchool Best Practices









This year is an important year for you to set up for future success. It is important that we lay the foundation now.





# Take a look at the individual timelines.

Are there any questions or comments about these?

Anything that stands out to you?

# This year it is important to start and continue to:



- Get involved in clubs & activities
- Explore college & Career opportunities
- ☐ Find community service opportunities
- Practice good study skills
- Stay on track to take high level courses









### **Student Transcripts**

Your transcript is already building!

## What is a transcript?

An official school record of your student's grades throughout High School.

#### **Transcripts can show:**

- Individual Grades
- Credits
- Grade Point Average
- Class Rank



#### **College Readiness Credits**

#### **College Readiness Requires:**

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  - U.S. History
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COMPUTER APPLICATIONS 1	A	0.50			9.00%	-	
DIGITAL IMAGING	A+	0.50				- 1	
HEALTH EDUCATION			A+	0.50			
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	1					- 9	

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				100 0.5	



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### Weighted Vs. Unweighted

Weighted GPAs take into account the "rigor" of the course.

For example, an A in AP Class is seen as a 4.25 GPA

Unweighted treats all classes equal.



#### Average High School GPA per college:







3.07/83

3.76/90

3.94/93



4.18/100



3.40/89







It is important to stay on top of things and not fall behind.

Seek help early, don't wait until the last week of the quarter to ask for tutoring.





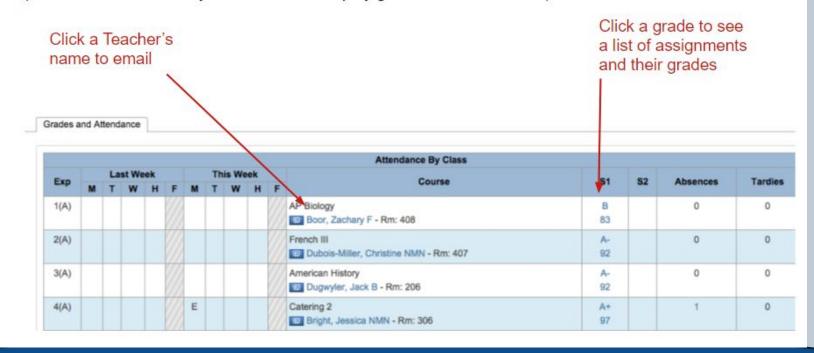
# Powerschool is a key tool to keep track!

#### The Default Screen



#### The default screen is Grades & Attendance

(Please note: Elementary schools do not display grades in PowerSchool)

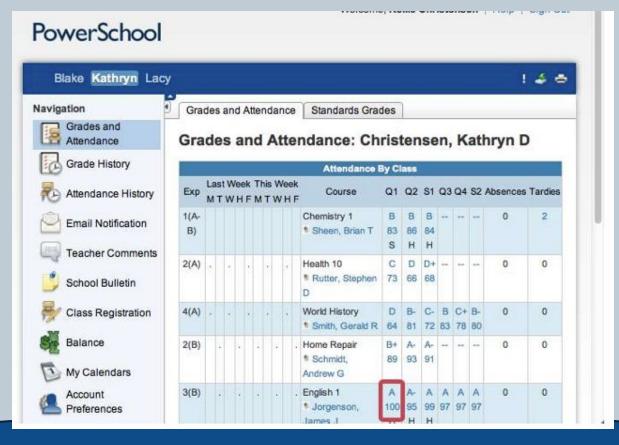




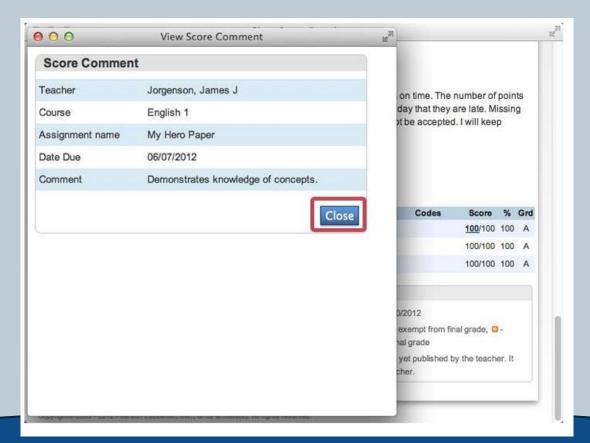
Clicking on a grade will show assignments. Click on any blue assignment to see details.

Due Date	Category	Assignment	Codes	Score	%	Grd
01/26/2015	PROJ	Mandela/laper		19.5/22	88.64	8+
02/11/2015	QZ	OvercoatQuiz:		21/22	95.45	A
02/12/2015	HW	Overtoat/DrastivePiece		10/10	100	A.
02/12/2015	HW	NYTUp/rontPutin		6/6	100	A+
02/19/2015	QZ	PearQuiz		16/24	66.67	D+
02/19/2015	HW	Pear Creative Piece		10/10	100	A+
02/26/2015	QZ	ElectronicillandQuiz		16/21	76.19	C
03/02/2015	HW	Parody	5	10/10	100	A+
03/05/2015	HW	"green sheet"		10/10	100	A+
03/09/2015	HW	TerrorinPuris		-/10		
03/12/2015	TST	"blue sheet"		8/1	800	CR
03/17/2015	HW	LinerickExtraCredit		-/1		
03/19/2015	PROJ	NarrativeCreativeWritingFinal	- 5	20/20	100	As
03/23/2015	TST	RussianUnitTest		48/64	75	C
04/02/2015	PROJ	Q3LitCircLevel2		44/50	88	B+
Legend						
Grades last updated on 04/19/2015			<b>T</b> ( )			
🖫 - Collected, 🛦 - Late, 🛢 - Missing	g, • - Score is exempt from final grade, 😃 -	Assignment is not included in final grade	The legend page explaced codes.			











Choose grades and attendance on the left to return to the main screen

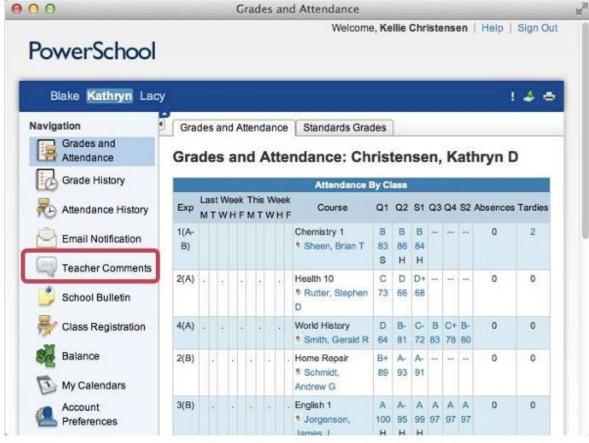




You can also click on an absence or tardy to see details.

#### Reviewing Teacher Comments



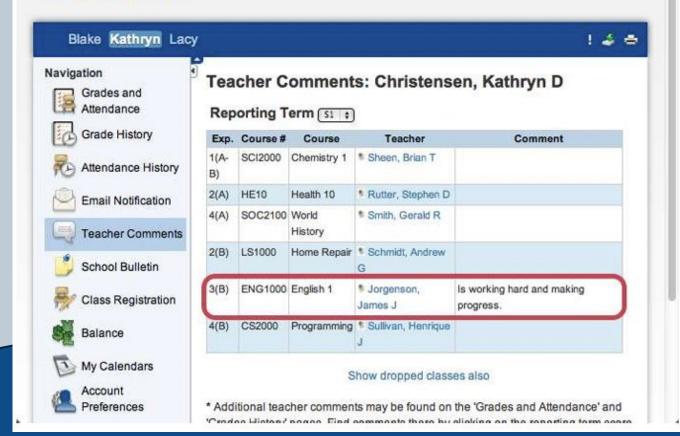




Welcome, Kellie Christensen | Help | Sign Out



#### **PowerSchool**







#### PowerSchool PowerSchool Blake Kathryn Lacy Navigation Email Notifications: Christensen, Kathryn D Grades and Attendance Changes Saved Grade History What information would you like to receive? Attendance History Summary of current grades and attendance **Email Notification** Detail report showing assignment scores for each class. Detail report of attendance. **Teacher Comments** School announcements. School Bulletin Balance Alert (Note: will only be sent when student is low on funds). How often? Weekly Class Registration **Email Address** KellieC@mail.edu Balance Additional Email Addresses momanddad@pssis.com (separate multiple email addresses with commas) My Calendars Apply these settings to all your students? Send now for Kathryn? Preferences



#### **Monitoring Powerschool**

- If you have not already, reach out to your school counselor to get your powerschool log in.
- Download the app and set up notifications.
- Set up weekly email notifications from powerschool.



### Questions or comments?





Make plans to attend every Saturday Session!



EVENT

SEPT.

21

Academic Year Kick-Off! NOV.

9

Saturday Session 9:30AM-12:30PM DEC

14

Saturday Session 9:30AM-12:30PM

JAN.

11

Saturday Session 9:30AM-12:30PM MAR.

8

Saturday Session 9:30AM-12:30PM MAY

10

Saturday Session 9:30AM-12:30PM



# We are here to support you all!

Come check in and meet with us.

# Ente Office Hours

Students and parents are encouraged to drop by for advising, support, or simply a space to work!



5:30 PM - 7:30 PM

UBMS Office (41 lawn Ave, Middletown, CT) OCTOBER

5:30 PM - 7:30 PM

**Meriden Library** (105 Miller St, Meriden, CT)



**24** 

5:30 PM - 7:30 PM

**UBMS Office** 

(41 lawn Ave, Middletown, CT)



5:30 PM - 7:30 PM

UBMS Office

(41 lawn Ave, Middletown, CT)

0 0

5:30 PM - 7:30 PM

Meriden Library (105 Miller St, Meriden, CT)



09

5:30 PM - 7:30 PM

Meriden Library (105 Miller St, Meriden, CT)



5:30 PM - 7:30 PM **UBMS Office**(41 lawn Ave, Middletown, CT)

JANUARY 09
5:30 PM - 7:30 PM

UBMS Office (41 lawn Ave, Middletown, CT) JANUARY 27 5:30 PM - 7:30 PM

Meriden Library (105 Miller St, Meriden, CT)

Our office is also typically open Monday- Friday 9:00 AM-5:00 PM. Also, available via appointment.





# Volunteer: Halloween On Main

Oct 19, 2024 Meet @ UBMS Office

Contact your coordinator if you are interested in attending.



## **Boston Day Trip!**

Monday Oct 14, 2024

Visit Lasell University, Boston Aquarium, and WNDR Museum

Apply today!









# UConn Health Biomedical Engineering Saturday Programs

Hands on activities with health professionals and health profession students from UConn and Quinnipiac.

November 16 - Neuroengineering

December 7 - Neuroengineering

January 18 - Heart Valve Engineering (VIRTUAL)

March 29 - Heart Valve Engineering

**Limited spots!** 





## Community Campus Day

Our friends at Wesleyan's JCCP are holding Community Campus Days. Open to any students in 6th through 12th grade. Spread the word! Sign up!

> Saturday, October 5 Saturday, November 16 Saturday, February 22

> > 9 to 12:30pm





## Parent/Guardian Survey

Please complete this quick survey regarding topics that you may be interested in learning more about, and how you can become more involved within the program.





04







# Commitments & Expectations









We are here to support you toward your goals.

We just ask that you commit to these to get the most of our support.

WESLEYAN UNIVERSITY
UPWARD BOUND & UPWARD BOUND MATH-SCIENCE

## PROGRAM COMMITMENTS

PROGRAM PARTICIPANTS ARE REQUIRED TO:

MAINTAIN B-/80 CUMULATIVE AVERAGE

ATTEND MONTHLY SATURDAY SESSIONS

ATTEND ADVISING AT LEAST 2 TIMES A MONTH AT SCHOOL, IN THE OFFICE, VIRTUALLY, OR BY PHONE CALL

ATTEND THE 6-WEEK SUMMER PROGRAM





#### **Communication is KEY!**

If you RSVP to an event, it is important that you follow through with that commitment!

When you do not, this has significant impacts on our program.

We understand that things come up, but please let us know ASAP so that we can plan accordingly.

Failure to do so, will result in your placement on a probationary period where you will not be able to attend trips or activities.



### Middletown High School Upward Bound Math-Science





#### JOIN OUR GROUP ON BAND!



Get announcements and updates

Receive reminders and messages

RSVP to events and share photos







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## Please sign & Return the Honor & participation **Agreement AND the Activity** Waiver.