



## WHAT ARE THE ACTIVITIES IN HU UPWARD BOUND MENTORING?

The Hampton University Upward Bound Mentoring Program offers HU students the opportunity to:

- Help high school students navigate the college application process
- Share their experiences as college students at an HBCU
- Give advice on social & academic management in high school
- Attend Upward Bound sponsored cultural events every two weeks
- Receive community service hours
- Gain valuable experience working with youth in a supervised setting
- Become paid interns and work/study students with TRiO/COE
- Become more invested in the Hampton Roads community.



### Contact Us:

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**Mentoring Program**

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**HAMPTON UNIVERSITY/  
UPWARD BOUND  
MENTORING PROGRAM**

**HELPING TO MAKE  
COLLEGE DREAMS  
A REALITY**



## WHAT IS UPWARD BOUND?

Upward Bound is one of seven federal TRIO programs funded by the Department of Education to increase college access among income eligible and potential first-generation college students. The purpose of the UB Program at four-year institutions specifically, as stated by the U. S. Department of Education, is to generate in target area program participants the skills and motivation necessary to complete a program of secondary education and to subsequently enter and earn a postsecondary degree.



*Mentor Etiquette Mixers*



*Monthly Meetings*

## WHICH SCHOOLS DOES UPWARD BOUND SERVE?

Upward Bound serves 65 Newport News Public School students at:

- An Achievable Dream High School
- Denbigh High School
- Heritage High School
- Warwick High School



*Black College Expo Wash. DC*

## WHO IS ELIGIBLE TO BECOME A HAMPTON UNIVERSITY/UPWARD BOUND MENTOR?

HU sophomores, juniors and seniors in good standing with a 3.0 or better GPA who have an interest in helping youth achieve the dream of attending college should apply. Preference will be given to those with past experience with mentoring youth, those in SGA and those who are past or present TRiO participants.



## HOW WILL PARTICIPANTS BE SELECTED AS MENTORS?

- ✓ APPLY USING THE QR CODE OR online at <https://home.hamptonu.edu/student-affairs/upward-bound-home/>
- ✓ Interview with UB staff
- ✓ Attend 2- one hour trainings in the UB office.

