



TRIO Upward Bound

Dear Student and Parents/Guardians,

Thank you so much for your interest in the University of New Hampshire Upward Bound program! UNH Upward Bound, a federally funded college preparatory program, **provides academic and college advising services at no cost** to 114 students attending Farmington, Somersworth, Spaulding, Manchester Central, Memorial, West, and School of Technology High Schools. Our mission is to help students develop the skills necessary to successfully graduate from high school and go on to college in order to earn a two or four-year degree within six-years of high school graduation.

Since 1966, UNH Upward Bound has helped several thousand New Hampshire young people earn college degrees and improve their options for successful careers. Our program begins during the **Academic Year** where students will meet with advisers twice-monthly in their schools and receive academic, career, and college assistance and guidance. In addition to in-school advising, students will: receive college & career guidance during grade-level workshops, have the opportunity to attend monthly Saturday Tutoring Academies at UNH and college, educational and cultural visits throughout New England, as well as receive fee waivers for college applications, the SATs/ACTs, and dual enrollment college courses. The program continues during the **Summer Residential Academy** which takes place over six weeks at UNH. Students experience residence hall life for six weeks while living with other Upward Bound students on the UNH Durham campus Monday through Friday. They take classes that will help prepare them for their next year in school. In addition, students receive support and guidance through tutoring, creative problem-solving challenges, and culturally enriching activities.

To be eligible for Upward Bound, a student must be a US citizen, a permanent resident, or in the process of applying for permanent residency **and at least one of the following two criteria:**

1. The student's family income should fall within the limits listed on the reverse side of this letter, **or**
2. The student should be of the first generation in their family to potentially complete a four-year college degree; that is, neither biological parent has earned a four-year college degree.

To take advantage of this opportunity, complete the enclosed application and return it to the Upward Bound Advisor at your school. All fields of the application are required to determine program eligibility. Information provided is protected by the Privacy Act of 1974 (Public Law No. 93-579, 5 U. S.C. 552A).

If you have any questions, don't hesitate to call me at (603) 862-3859. You can learn more by visiting our website, www.unh.edu/upward-bound, our Facebook page at facebook.com/unhupwardbound, or our Instagram feed at instagram.com/unh_upward_bound/.

Sincerely,

A handwritten signature in black ink, appearing to read 'Joshua A. Gagnon'.

Joshua A. Gagnon
Director, UNH Upward Bound

Federal TRIO Programs Income Levels for 2026
as of January 15, 2026

Size of Family**	Taxable Income
1	\$23,940
2	\$32,460
3	\$40,980
4	\$49,500
5	\$58,020
6	\$66,540
7	\$75,060
8	\$83,580

For family units with more than 8 members, add the \$5,680 for each additional family member.

* For these purposes “family income” includes only the income of the parent(s)/ stepparent(s)/ guardian(s) with whom the student lives.

** The “Size of Family” includes parent(s)/ stepparent(s)/ guardian(s), the student, and other dependents.

The term "low-income individual" means an individual whose family's taxable income for the preceding year did not exceed 150% of the poverty level amount.

The figures shown under family income represent amounts equal to 150 percent of the family income levels established by the Census Bureau for determining poverty status. The poverty guidelines were published by the U.S. Department of Health and Human Services in the Federal Register on January 15, 2026, and are effective as of January 15, 2026.



TRIO Upward Bound

Student Eligibility & Application Form

University of New Hampshire Upward Bound

Nesmith Hall, 131 Main Street • Durham, New Hampshire 03824

Office: 603-862-1563 Fax: 603-862-3270

www.upwardbound.unh.edu

Please complete this application and **contact your UB Advisor for submission instructions. Alternatively, you can complete this application online** by going to www.upwardbound.unh.edu/apply.

Once we have received your completed materials, we will review your application. If you are selected for an interview, an Upward Bound staff member will contact you to set up an appointment. Interviews last about 30 minutes. Admission into the program is based on financial and academic eligibility, academic need, readiness for program services, and available space. In addition, Upward Bound students must be either US citizens, permanent residents, or applying for permanent residency. All answers are treated confidentially. Please contact us in advance at 603-862-1563 if you have any question or concerns.

SECTION 1: GENERAL STUDENT INFORMATION

Date: _____

Student's Legal Name:

First Name

Middle Initial

Last Name

Jr., etc.

Preferred Name & Pronouns: _____

Gender: ☐ Female ☐ Male ☐ Other: _____ ☐ I prefer not to disclose

Mailing Address: _____

Street Address or P.O. Box

City/Town

State

Zip Code

Home Phone: _____ ☐ We do not have a home phone.

Student's Cell Phone: _____ ☐ I do not have a cell phone.

Student's Email Address: _____

Primary Language(s) Spoken at Home: ☐ English ☐ Other: _____

Race & Ethnicity (check all that apply): ☐ Hispanic/Latino ☐ American Indian/Alaskan Native
☐ Asian ☐ Black or African American
☐ White ☐ Native Hawaiian or Other Pacific Islander

SECTION 2: STUDENT'S EDUCATIONAL INFORMATION

Current High School: _____

Present Grade in School: _____ Expected Year of HS Graduation: _____

Name of School Counselor: _____

Have you ever applied to UNH UB before? ☐ Yes ☐ No

Are you currently in UNH Educational Talent Search (ETS)? ☐ Yes ☐ No

Are you currently in GEAR UP NH? ☐ Yes ☐ No

Did you participate in Breakthrough Manchester/are you currently in Breakthrough Manchester SNHU? ☐ Yes ☐ No

Have you been a participant in any other TRIO (UB, ETS) program? ☐ Yes ☐ No

SECTION 3: STUDENT'S ELIGIBILITY DATA

Student's Legal Name: _____
First Name Middle Initial Last Name Jr., etc.

Date of Birth (MM/DD/YY): _____ Age: _____ Social Security Number: _____ - _____ - _____

Citizenship: ☐ US Citizen ☐ Permanent Resident/In Process ☐ Other _____

If the student is not a US citizen, please provide copies of their Permanent Resident Card or Arrival-Departure Records.

If you were not born in the US, where were you born? _____ When did you move to the US? _____

SECTION 4: FAMILY ELIGIBILITY DATA

With whom does the student live (primarily)?

- ☐ Both Biological Parents ☐ Legal Guardian(s) ☐ Other: _____
☐ One Biological Parent ☐ Foster Parent(s) (please attach documentation of custody & contact information)
☐ One Biological Parent + Stepparent ☐ Student is Homeless (please attach McKinney-Vento certification)

Parent/Legal Guardian 1 in Primary Residence

Name: _____

Relationship: _____

Cell Phone: _____

Email: _____

Occupation: _____

Highest Education Level (check one):

- ☐ High School Diploma
☐ Some College (no degree)
☐ Certificate Program (no degree)
☐ 2 Year College Degree (Associate)
☐ 4 Year College Degree (Bachelor's)
☐ Graduate Degree (Master's or Doctorate)

Parent/Legal Guardian 2 in Primary Residence

Name: _____

Relationship: _____

Cell Phone: _____

Email: _____

Occupation: _____

Highest Education Level (check one):

- ☐ High School Diploma
☐ Some College (no degree)
☐ Certificate Program (no degree)
☐ 2 Year College Degree (Associate)
☐ 4 Year College Degree (Bachelor's)
☐ Graduate Degree (Master's or Doctorate)

Additional Persons Living in the Primary Residence

	Full Name	Relationship to Student	Age
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____

Attach additional sheet if more space is needed

Parent/Guardian Income Verification

Do you file a federal income tax return?

- ☐ Yes ➔ **Total Taxable Income** (Form 1040, page 1, line 15): \$ _____
☐ No ➔ Please attach a copy of the following: *end of year SSI statement or unemployment check-stub, most recent TANF or SNAP statement, or W-2s from all sources of income, or a personal statement explaining circumstances.*
☐ N/A, student is in foster care, is a ward of the state, or is homeless.

FOR OFFICE USE – ELIGIBILITY VERIFICATION

☐ Citizenship ☐ First Generation ☐ Low-Income _____ Director's Approval

UNH Upward Bound Student Application

SECTION 5: TEACHER RECOMMENDATIONS

List below the names of two core subject teachers (English, Math, Science, Social Studies or Foreign Language) who we may contact to provide recommendations.

Full Name

Email

Subject Taught

SECTION 6: STUDENT COLLEGE & CAREER QUESTIONS AND PERSONAL STATEMENT

Please check the services below that you believe will be helpful to you this year:

- | | |
|--|--|
| <input type="checkbox"/> Academic Tutoring | <input type="checkbox"/> Career Exploration |
| <input type="checkbox"/> College Exploration & Entry | <input type="checkbox"/> College Exam Prep (SATs/ACTs/TOEFLs) |
| <input type="checkbox"/> Academic Course Selection Advice & Assistance | <input type="checkbox"/> Financial Literacy & Information About Financial Aid/Scholarships |
| <input type="checkbox"/> Managing Stress & Anxiety | <input type="checkbox"/> Study Skills/Time Management Strategies |
| <input type="checkbox"/> UB Summer Academy | <input type="checkbox"/> Other (List Below): |

Upon graduation from high school, what do you think you would like to do (Check all that you are considering)

- | | |
|---|---|
| <input type="checkbox"/> Attend a trade school (for example, auto repair) | <input type="checkbox"/> Attend a 2-year community college |
| <input type="checkbox"/> Attend a 4-year college or university | <input type="checkbox"/> Get a job after high school graduation |
| <input type="checkbox"/> Enlist in the Military | <input type="checkbox"/> Other (List Below): |

*Please complete the following two prompts thoughtfully and thoroughly, as it is an important part of your application.
If needed, you may use additional paper or write on the back of the application.*

When complete, be sure (with your Parent/Guardian) to sign the application on the last page.

1. Reflecting on the services you selected earlier in this section, in what ways (academic, social, college/career guidance, etc.) can Upward Bound be most helpful to you?

2. We believe that every student has a background, interest, or talent that is so meaningful that their application would be incomplete without discussing it. Please share your story. *If needed, you may use additional paper or write on the back of the application.*

SECTION 7: UPWARD BOUND APPLICATION CERTIFICATION & PROGRAM COMMITMENT

I certify that all of the information in this application is true and correct to the best of my knowledge. If asked by an authorized official, I agree to give proof of the information provided on this application. I have read, reviewed and agree to the conditions within the 1:1 Advising, Mentoring, Academic Support & Remote Learning Form and I have read, reviewed and agree to the conditions within the Records Release Form.

I hereby apply for admission to the Upward Bound program at the University of New Hampshire and agree to abide by its rules and guidelines. I understand that should I be accepted, I will remain in the program throughout my high school years, I will enter into a two or four-year college program in the fall immediately following high school graduation, and I will strive to complete a two or four-year program within six years. I also will be expected to undertake a rigorous, college-bound, high school curriculum and work towards earning grades of B or better in all my courses.

Furthermore, I understand that all new students are placed on a 60-day probationary period when they first begin participating in UNH Upward Bound. Throughout the probationary period, I will be evaluated on adherence to the UNH Upward Bound Guidelines and AY Agreement. Failure to successfully meet the requirements of the probationary period will result in non-admittance to the program. Successful completion of the probationary period will allow me to be in good standing with the program and participate fully in all programmatic events including regular UB Advising, tutoring & mentoring opportunities, Saturday Academies, college & cultural trips, and our Summer Academy.

Student Signature

Date

Parent/Guardian Signature

Date



University of New Hampshire
TRIO Upward Bound

UNH Upward Bound Records Release Form

By signing the digital UNH Upward Bound Application, I understand that:

I agree to allow the Upward Bound program of the University of New Hampshire to obtain my student's academic records, i.e. grade reports or transcripts, IEPs, 504 plan, standardized test scores, and any other relevant educational information, from their current school or from any high school that they did or will attend, for the purposes of student and program evaluation. I also authorize access to the School Student Information System (e.g. Power School, Aspen). In addition, I understand that this information will be handled in strict confidence according to federal regulations.



University of New Hampshire
TRIO Upward Bound

UNH Upward Bound 1:1 Advising, Mentoring, Academic Support & Remote Learning Permission Form

By signing the digital UNH Upward Bound Application, I understand that:

- A variety of strategies will be provided in order to meet the academic and college preparatory needs of my student(s). These strategies include workshops, tutoring academies, college/cultural trips, and regular 1:1 meetings with their full-time, year-round UB Advisors (as well as teachers and tutors during the summer academy). UB Advisors, teachers and tutors will electronically communicate with students using their @unhupwardbound.org email addresses, Zoom conference rooms, or the various tools available through the Google for Education software platform.
- UB Advisors will have access to student cell phone numbers and may communicate with students via cell phone to schedule advising sessions, communicate about programmatic opportunities, or inquire about missing UB events.