



What is the Upward Bound Program?

The University of New Hampshire Upward Bound program helps low-income, potential first generation, high school students achieve their dreams of going on to and being successful in higher education. The purpose of Upward Bound is to provide its high school students with the skills and motivation to succeed in and graduate from a college or university of their choice. All Upward Bound program activities and services are free to students enrolled in the program.

What services does Upward Bound offer?

- **During the academic year:**
 - Twice monthly academic and career advising.
 - Twice monthly Saturday Academies.
 - College tours.
 - Cultural enrichment activities and field trips.
 - College prep & financial aid workshops.
- **During the summer:**
 - A four-week residential experience at UNH (excluding weekends).
 - Academic classes to help prepare for fall coursework in high school.
 - Your days are packed with creative problem-solving challenges, trips, sports & fun!

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**University of
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TRIO Upward Bound

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UNHUpwardBound

*UNH is a public institution with a long-standing commitment to equal opportunity for all. It does not discriminate on the basis of race, color, religion, gender, sexual orientation, national origin, or physical disability. Young men and women of all backgrounds are encouraged to apply. **Upward Bound** is funded by the U.S. Department of Education. Funding level for 2025-2026 is \$591,623.*



TRIO
UPWARD BOUND

A unique college-prep program for high school students

UNH Upward Bound, one of approximately 900 UB programs nationwide, helps eligible high school students achieve their dreams of going on to and being successful in higher education.

The program has been in continuous operation on the University of New Hampshire campus since 1965 and has helped several thousand New Hampshire young people realize their academic potential and achieve their career aspirations.

Upward Bound Is College Bound!

Who is eligible for Upward Bound?

Students in the 9th-12th grades enrolled at one of the following NH public schools are eligible to apply:

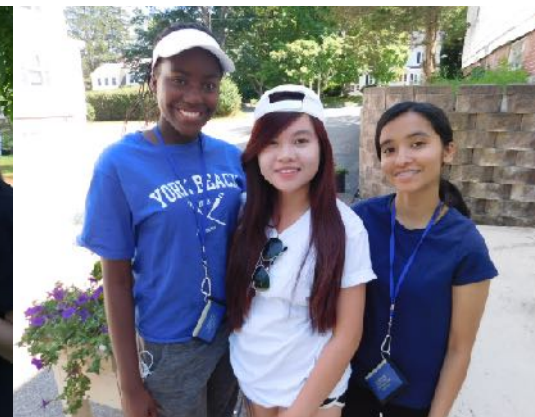
- Farmington High School
- Manchester Central High School
- Manchester Memorial High School
- Manchester School of Technology
- Manchester West High School
- Somersworth High School
- Spaulding High School

Eligibility requirements also include the following:

- You must be a US citizen, or a permanent resident, or refugee in the process of applying for permanent residency.

In Addition:

- Your parent(s)/guardian(s) must meet the federal TRIO program income guidelines, as determined by the Department of Education..
- and/or
- You must be a potential first generation college student (neither parent has completed a four-year college degree in the US).



Who may apply to UB?

Commitment to the program extends through high school. During this time, Upward Bound staff will work with students individually and in small groups to advise them regarding their academic, college preparatory and personal goals. **A UB student strives to:**

- Take a college preparatory curriculum each semester.
- Maintain consistent school attendance.
- Participate in tutoring opportunities, Saturday Academies, cultural/college trips, & our six week residential summer program.
- Demonstrate good work ethic and ask for help when needed.
- Exhibit respect for self, for one another, for the program, and for the community. This is our “No Discount/Full Value Policy.”
- Learn new concepts, meet new people, and experience new opportunities.

How do I apply?

Applications are available in your High School’s guidance office and online at www.upwardbound.unh.edu. You can also contact an Upward Bound staff member (see the back of this brochure) and they will tell you how to apply and answer any questions you may have. In addition to completing an application form, you must obtain two teacher recommendations and be interviewed by a UB staff member.

Students who have completed the entire application process and have been interviewed will be notified by mail as to whether they have been accepted. Newly accepted students will start meeting with a UB Advisor this year and will be invited to participate in workshops, Saturday Academies, and other UB activities.

