

Hibbing Campus Upward Bound support for PSEO students:

Food (Meals/Snacks on Campus):

- LUNCH-Upward Bound PSEO students receive a UB meal card for lunch on the days they attend classes.
- BREAKFAST/SNACKS- Upward Bound keeps Cereal Bars and Juice in our offices!
- There is also a campus Student Pantry where students can select food needed for themselves.

Check out laptops, calculators, etc.

- UB has Chromebooks, calculators and other equipment to check on while taking college classes.

Transportation:

- PSEO students are eligible to receive a Hibbing Transit pass. UB PSEO students needing transportation outside of Hibbing can contact Upward Bound Director Evelyn Rolloff to request an Arrowhead transit pass.

Two meetings monthly:

- At least 1 PSEO mtg. with Advisor to discuss attendance and success (and any issues), and 1 UB Advisor meeting to discuss Short/Long Goals & Benchmarks
 - These meetings will include: setting up times to complete and discuss *Campbell's Interest and Skills* Summary, working together on Resume & Personal Statement Development, Financial Literacy, College & Career Exploration including college visits. Upward Bound staff work with students on preparing to take the ACT/PSAT, offer a paid Internship experience, and provide support to prepare for the successful transition to college! All services are free and college and/or testing fees are paid!

Benchmarks:

- Junior and Senior students are encouraged to review the Benchmark sheet for the student's grade and review the UB programming offered that can prepare students for college. Students who complete grade level Benchmarks report less stress, better time managements and feel more organized and better prepared for high school and college entrance tests. Student completing UB Benchmarks receive a monthly stipend!
- One of the keys to doing well in college is time management and the ability to prioritize assignments. We provide students with a planner and review your schedules (school, work, activities) with you at each meeting. Freshmen in college throughout the US were polled and the number one reason stated for doing well in college is using a planner for time management!

Weekly College Prep Labs (CPLs) & Study Sessions:

- Weekly College Prep Labs are offered at HCC from 3-6pm. Students can drop in to work with a UB staff member on college applications, personal statement, scholarship research & writing, college search, cost of attendance, resumes, FAFSA completion, financial literacy, the *Campbell's Interest & Skills Survey* and more!
- Study Sessions are also offered weekly (same day and time as College Prep Labs) in the Academic Center. Students have the opportunity to work individually, in groups and a tutor is available. ACT prep and practice materials are also available.

Tutor Services:

- Academic Center & online assistance
- UB - Individual and group tutoring at Study Sessions. Individual tutoring by appointment.
- Some faculty offer group and individual tutoring by appointment (speak directly with your instructor!)

Upward Bound staff will also work with students and families to identify college and community resources for personal needs including mental or physical health issues, low cost Wifi, legal assistance, employment and more! Just ask us!