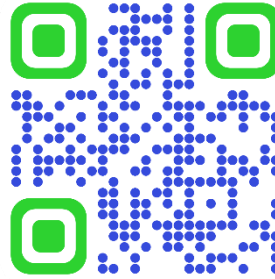


Hibbing Campus Upward Bound PSEO support for students

TRIO Upward Bound



Meals/Snacks

- LUNCH (currently \$7.75 daily special). Upward Bound PSEO students receive a UB meal card for lunch.
- BREAKFAST/SNACKS- Upward Bound keeps Cereal Bars, Snacks and Juice in our offices!

Supplies, use of laptops, calculators, etc.

- Backpacks & class supplies provided. Chromebooks, calculators and other equipment to check on while taking college classes.

Transportation:

- PSEO students are eligible to receive an Arrowhead transit pass.

Meetings with Advisor and paid experiences:

One monthly PSEO meeting with Advisor to discuss academics & support needed, and 1 UB Advisor meeting to discuss Short/Long Goals & Benchmarks - College & Career Exploration including college visits, Resume & Personal Statement Development, Financial Literacy, and provide support to prepare for the successful transition to college! All services are free and college and/or testing fees are paid! Students can also earn Monthly \$tipends, complete a Paid Internship, and receive Upward Bound Work-Study for on or off-campus mentoring/job shadow experiences!

Weekly College Prep Labs (CPLs) & Study Sessions:

- Weekly *College Prep Labs & Study Sessions* are offered on campus. 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!
- *Tutoring*: UB Students have the opportunity to work individually or in groups. ACT prep and practice materials are also available. Tutors are also available by appointment in the Academic Center.

Activities & other Services:

- College visits and activities
- UB Individual college transition assistance for seniors

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!

Contact Jasmine Lanhart: 218-293-6914 Office F126