YEAR ROUND SERVICES

Lunch and Learn Workshops

"Lunch and Learn workshops" are offered to students to come and learn about various topics and enjoy FREE lunch. Topics offered in workshops include Financial Aid Literacy, Scholarship Search, Study Skills, and much more. These workshops are offered twice a month during the academic school year.

Tutoring

The Upward Bound Program provides snacks and a study space at the College and Career Center. Students can work on their homework and receive tutoring from 7th period to 4 pm, Monday through Thursday.

SAN FRANCISCO TRIP

6/22/18 - 6/24/18

Upward Bound staff and 15 students embarked on the first trip to San Francisco, CA. Students had an opportunity to explore and visit UC Berkeley, San Francisco State University, the Golden Gate Bridge, and the notorious Alcatraz Island.

ARIZONA TRIP

7/17/18 - 7/22/18

Sixteen Upward Bound students attended the 2018 LULAC National Convention in Phoenix, Arizona. The three-day youth conference provided students with the opportunity to engage in career fairs, leadership training workshops, educational panel discussions, luncheons, and banquet events with renowned speakers such as Joseph R. Biden Jr., the 47th Vice President of the United States. Moreover, students got a campus tour of Arizona State University, admissions presentation, scholarship/financial aid presentation, and student involvement panel discussion. While visiting Arizona, students were also able to visit one of the seven natural wonders of the world, the Grand Canyon.
**SUMMER PROGRAM**

**7/02/18 - 8/10/18**

Sixteen students participated in our six-week summer program and took classes at San Diego State University. Subjects included, English, Math, Spanish and Coding. The goal of the summer program is to prepare students for the next academic school year, experience a real life college setting, and motivate them to attend college in the future.

**On Campus Housing Experience**

**7/09/18 - 7/13/18**

Students also had the opportunity to feel what it’s like to live on a university campus by staying at the dorms at San Diego State University for 5 days and four nights. They were able to have meals on campus, were provided breakfast, lunch, and dinner, and participated in a range of activities.

**Field Trip Fridays**

**FLEET SCIENCE CENTER AT BALBOA PARK**

The first field trip of the Summer Program included a visit to the Fleet Science Center. Students engaged in interactive exhibit galleries and gained a better understanding of the role science plays in our daily lives. Moreover, they watched a film at the Giant Dome Theater and learned about the journey of some adorable pandas as they prepared for life in the wilderness.

**SAN DIEGO ZOO**

Students got a closer look and deeper understanding of different animal and plant species in their natural habitats such as gorillas, polar bears, elephants, reptiles, pandas, and much more. Furthermore, students developed a greater appreciation for species conservation by engaging in different exhibits. Lastly, students enjoyed an aerial view of the Zoo and Balboa Park from the Skyfari Aerial Tram.

**SEA WORLD**

During our visit to Sea World, students had an opportunity to learn about marine animal care, education and conservation. Through educational attractions they made connections, had fun ways to learn, and appreciated the importance of Marine life.

**CAL STATE SAN MARCOS**

Upward Bound Participants were led by a college tour guide to tour the beautiful campus of CSU San Marcos and they learned more about the services provided by the TRIO Program on campus. After a great tour, the students got to unwind and bowl some strikes at Bowlero!

**JUNIOR ACHIEVEMENT**

Last but not least, our final field trip for the Summer Program included a visit to Mission Fed JA Finance Park. Students interacted in a high-tech learning center that allowed them to imagine their future and learn the importance of financial literacy. This one-day event included an in-class curriculum that emphasized how to make intelligent financial decisions for their future.
LNESC WASHINGTON YOUTH LEADERSHIP SEMINAR

9/26/18 - 9/30/18

Gisela Mungia, an eleventh-grade student, was nominated and selected to participate in the Washington Youth Leadership Seminar (WYLS) in Washington, D.C. Gisela had the opportunity to participate in a wide range of educational activities and further the development of leadership skills. The WYLS included scheduled visits to Capitol Hill, George Washington University, the White House, Smithsonian Museums, and national monuments. Furthermore, students participated in advocacy training, college and career preparation workshops, discussions with Members of Congress, and banquets.

SAT STUDY SESSION

9/29/18

Our students learned the importance of studying for the SAT and why it is an important part of college entrance requirements for various universities. Emphasis was placed on test format, useful tips/strategies, and vocabulary words. Most importantly, students were able to practice the different sections of the exam and obtain feedback on the practice questions.

UNIVERSITY OF CALIFORNIA, SAN DIEGO

10/27/18

Students toured University of California, San Diego (UCSD). A college tour guide led students throughout the campus to learn more about the university and life as a college student. Students also visited the well-known Giesel Library named after Dr. Seuss, visited some architectural and art monuments.

FRIENDSGIVING

11/20/18

We celebrated our first annual Friendsgiving celebration. Upward Bound students were able to enjoy some time together during their Thanksgiving break and give thanks with a Piñata, food, dancing and more fun at the park.

HOLIDAY CELEBRATION

12/14/18

Our first Holiday Celebration took place at the College and Career Center. Activities included an ugly sweater contest, battle of the Ginger Bread houses, and much more! Students learned team building skills and enjoyed working together to compete for the best Ginger Bread House.

STUDY SESSION FOR FINALS

12/15/18

On site tutoring was provided at our LNESC office for students to study for their finals. Students enjoyed breakfast and had an opportunity to enjoy a quiet space to be well prepared for finals.

“My personal favorite thing I experienced while on the Washington Youth Seminar Trip was the opportunity to meet other people with relatively the same ambition as myself, after High school. If I took away one of the many things I have learned from the Washington Youth Seminar trip it would be the skills and the tactics to becoming a leader and the importance to applying those traits to my own community.” - Gisela M.