

CONTACT US



WHAT SCHOOLS DO WE SERVE AND WHO CAN YOU CONTACT?

Grainger County (Grainger High School) - Sandy Lewis, Educational Adviser (865) 828-8404
Hawkins County (Cherokee High School) - Abby Tackett, Academic Coordinator (423) 272-2299
Morgan County (Wartburg Central High School) - Sandy Harris, Educational Adviser (423) 346-2417
Morgan County (Coalfield School and Sunbright School) - Amy Brown, Educational Adviser (865) 735-7108
Scott County (Scott High School and Oneida Independent) - Ashley Lowe, Educational Adviser (423) 569-7957

APPALACHIAN UPWARD BOUND

602 East 1st N Street
Morristown, TN 37814
423.318.6930
WWW.UB-DCEA.ORG

OR YOU CAN ALWAYS CONTACT THE PROGRAM DIRECTOR WITH ANY QUESTIONS
YOU MAY HAVE
DAVID ALVIS (423) 318-6930 or email davidalvis@douglascherokee.org



SOCIAL MEDIA



How Does It Work &
The Academic Year Component



Summer Program Component &
Actual College Credit Hours



Contact Information & Social
Media Links

DCEA

UPWARD BOUND

PROGRAM
ISSUE

Funded by the U.S. Department of Education
Sponsored by Douglas-Cherokee Economic Authority



Our focus is on academics, but we also know how to have fun. The picture above shows students and staff enjoying a day at Dollywood.

SET YOUR SIGHTS ON SUCCESS

90% of the students we serve...

Enroll into college in the fall, directly after high school. Just by participating in Upward Bound a student not only greatly increases their chances of going to college, but also of graduating from a college or university. Our goal is to help students graduate high school, and enroll in and graduate from a college or university. Applying and attending is not enough, students must complete their programs of post-secondary education within 6 years of graduating high school.

WHAT IS UPWARD BOUND?

Upward Bound is a federal TRIO program, funded by the U.S. Department of Education. Founded in 1964, Upward Bound provides fundamental support to participants in their preparation for college. The program provides opportunities for participants to succeed in their precollege performance and ultimately in their high education pursuits. Upward Bound serves: high school students from families in which neither parent holds a bachelor's degree, students who meet the income guidelines, and first generation/qualifying income U.S. Armed Forces veterans who are preparing to enter post-secondary education. The goal of Upward Bound is to increase the rate at which participants complete high school, and enroll in / complete programs of post secondary education at two or four year colleges and universities.

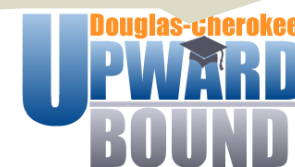
UPWARD BOUND AT DCEA

Appalachian Upward Bound was started at Douglas-Cherokee in 1995 in Morgan and Scott Counties, serving several local high schools. Four years later, in 1999, Douglas-Cherokee received a new grant, starting the Upward Bound Programs in Grainger and Hawkins County, serving Grainger High School and Cherokee High School. Over the years, thousands of students have been exposed to the Appalachian Upward Bound program through Douglas-Cherokee.

Not only is the Upward Bound program free to all students, but students get paid to participate. Students receive a stipend each month for participating and successful completion of program requirements.

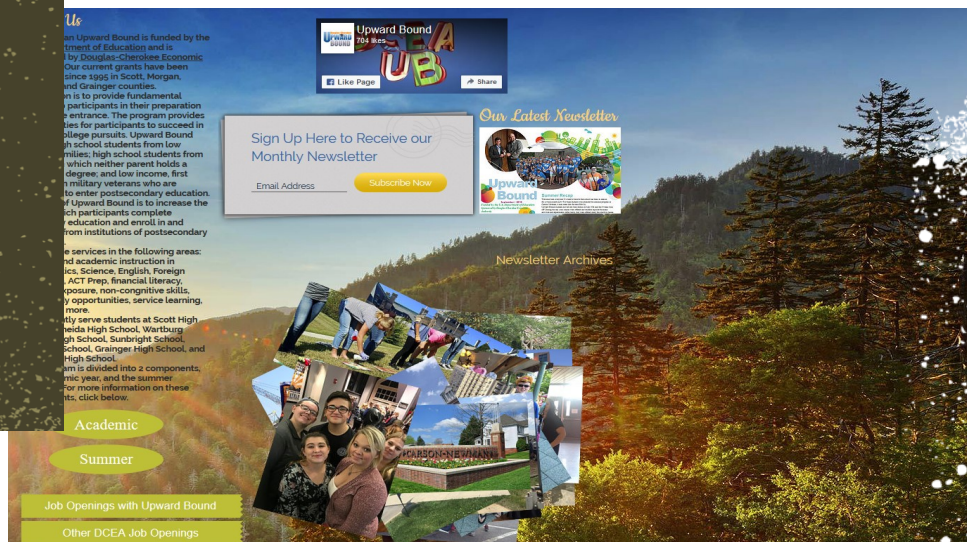
QUICK FACTS

- Douglas-Cherokee is the ONLY non-profit in the state of Tennessee with an Upward Bound Program
- There are 814 other Upward Bound programs in the United States
- 59,143 students are served by Upward Bound each year
- Students are 5 times more likely to get an associates or bachelor's degree if they participate in Appalachian Upward Bound
- Oprah Winfrey was an Upward Bound student in high school and is TRIO's most famous alumni



HOW DOES IT WORK?

GET PROGRAM INFORMATION & APPLY ONLINE



Check out our new website!!

Students, parents, and alumni can now find program information online. Find the answers to any questions you may have or if you can't find the answer, contact a staff member who can help you. Find our Eagle Day schedule, summer program dates, or even apply to be a student, all in one place! Easy to navigate and user friendly!

FIND US ONLINE AT WWW.UB-DCEA.ORG

THE TWO COMPONENTS OF UPWARD BOUND

Academic Year Component

Meeting with your adviser each week is crucial to succeeding in the program. Students get one-on-one attention and their adviser helps them choose classes, be tutored if needed and deal with any problem he or she might have. Upward Bound advisers truly care about the students they serve.

WEEKLY MEETINGS

During the academic year, (September through May) students meet with their advisers each week in the area high schools. During these meetings, students are exposed to a vast array of curriculum enhancements, educational material, tutoring, one-on-one counseling, non-cognitive exercises, ACT Prep, the FAFSA completion, college application assistance and a host of other things.

EAGLE DAY SATURDAYS

One Saturday per month, (September through May) students travel to Carson Newman University. On these days students participate in workshops. These workshops include ACT Prep, Financial and Economic Literacy, non-cognitive skills, Senior Seminar, Junior Seminar, and a host of electives. Some past electives have included Calligraphy, Acting, Theatre Design, History, Origami, Physical Therapy, Nursing etc..

Also, twice per year Upward Bound takes students on a cultural excursion somewhere locally. Past destinations include Dollywood, Chattanooga, Cincinnati, Pigeon Forge, Gatlinburg, Biltmore etc. Students are encouraged and required to attend Eagle Day Saturdays as a lot of information is covered on these days.

CARSON-NEWMAN
UNIVERSITY

ACTUAL COLLEGE CREDIT HOURS

During summer program, students have the opportunity to participate in our dual enrollment and bridge courses. These courses are offered by Carson Newman University and enable students earn actual college credit hours that will transfer to their college of choice. Students participating in these courses are in class Monday through Friday from 9am until noon.

During the evening, students merge back into the Upward Bound program and join other students for regular Upward Bound activities.

Some past dual enrollment and bridge courses have included: Political Science 102, Biology 101, or Music Appreciation. Again, these classes transfer as elective credits to any college or university.

CLASSES OFFERED FOR NON DUAL ENROLLMENT OR BRIDGE STUDENTS

Gaining exposure to core classes is a very important aspect of the Upward Bound program.

During the day, students take classes in core subjects: These classes are very important, as they expose students to the courses they will be taking in the fall of the next high school year. This gives them a head start. These classes include: Algebra 2, Geometry, Trig and Pre-Cal, English 10,11,12, and Literature, Spanish 1 and 2, French 1 and 2, Chemistry 1 and 2, and Biology 1 and 2, as well as Human Anatomy and Physiology. These classes are taught by licensed Tennessee teachers.



SUMMER PROGRAM COMPONENT



To fully immerse into the Upward Bound program and reap all the rewards and benefits, students attend a 6 week summer program at Carson Newman University. For 5 of those 6 weeks, students live on the campus of Carson Newman University with Upward Bound staff. During the day students take classes and in the evening they participate in a host of fun activities and exercises.

Do you have what it takes?

For those students who attend summer program, we promise a fun and exciting summer full of learning and new experiences. Most students who attend once, come back year after year to do it all over again. We know the program is fun, but summer program is the most fun and exciting!

What's the average day like during summer program?

For most students, the days start out by waking up and being in line for breakfast at 7:30AM. Students eat breakfast then head off to their academic classes in the Ted Russell building on the west side of campus. Classes are about an hour long

and each student takes four academic classes per day. After lunch, students take their last academic class of the day, then go to their U.S. History course and elective course. In the evening, students have free time usually starting around 4:30pm each

day. Free time usually lasts an hour or so, and afterwards students eat dinner and then line up for families. Families is a group oriented daily activity. Students compete with each other, play board games, and participate in rec.

Each day, rec includes activities like swimming, tennis, walking, basketball, gaga ball, frisbee etc. There is literally something for everyone to do!! On top of all this, tutoring is offered twice daily. So if a student is having trouble in any core class or elective, we have got it covered! We will help you understand the material and be more confident in your future coursework! That's what we're here for!!!!!!!!!!!!!!!!!!!!!!

