



# **The Rock, The River, The Tree TRiO Upward Bound**

## **Student and Parent/Guardian Handbook**





## *The Rock, The River, The Tree*

### **TRiO Upward Bound**



Dear Upward Bound participants, parents, and guardians,

Welcome to the University of San Diego's Upward Bound program! This experience was created by skilled professional staff over the past ten years with you and your educational goals in mind – and it will be filled with learning, opportunities, challenges, expectations, surprises, fun, and hard work.

You are here because you want to prepare for a college education. We commit to helping you achieve your goals. We cannot do it alone: You must also commit to these same goals. We work with you, so that you will succeed.

What will USD Upward Bound require of you? To study hard, complete your assignments, spend time in the program, listen to our feedback, follow all rules and regulations, be willing to try new activities, show your respect to the staff and fellow participants, and always try your best.

We truly care about your success. We are committed to your academic future, and we are always available for you. Parents, we need your support and assistance to help your student achieve success.

Yes! If you know of another Kearny High School student who is interested in participating in USD Upward Bound, please give us his or her name and contact information.

Let's work and have fun together! We're glad that you're here.

Sincerely,

Cynthia Villis, PhD  
Director, Institute of College Initiatives

Cristina Aguirre  
Assistant Director

# On the Pulse of Morning

Dr. Maya Angelou

A Rock, A River, A Tree  
Hosts of species long since departed,  
Marked the mastodon,  
The dinosaur, who left dried tokens  
Of their sojourn here  
On our planet floor,  
Any broad alarm of their hastening doom  
Is lost in the gloom of dust and ages.

But today, the Rock cries out to us, clearly,  
forcefully,  
Come, you may stand upon my  
Back and face your distant destiny,  
But seek no haven in my shadow,  
I will give you no hiding place down here.

You, created only a little lower than  
The angels, have crouched too long in  
The bruising darkness  
Have lain too long  
Facedown in ignorance,  
Your mouths spilling words.

Armed for slaughter,  
The Rock cries out to us today,  
You may stand upon me;  
But do not hide your face.

Across the wall of the world,  
A River sings a beautiful song. Its says,  
Come, rest here by my side.

Each of you, a bordered country  
Delicate and strangely made proud,  
Yet thrusting perpetually under siege.  
Your armed struggles for profit  
Have left collars of waste upon  
My shore, currents of debris upon my breast.  
Yet today I call you to my riverside,  
If you will study war no more.

Come, clad in peace,  
And I will sing the songs  
The Creator gave to me when I and the  
Tree and the Rock were one.  
Before cynicism was a bloody sear across your brow  
And when you yet knew you still knew nothing.  
The River sang and sings on.

There is a true yearning to respond to  
The singing River and the wise Rock,  
So say the Asian, the Hispanic, the Jew,  
The African, the Native American, the Sioux,  
The Catholic, the Muslim, the French, the Greek,  
The Irish, the Rabbi, the Priest, the Sheik,  
The Gay, the Straight, the Preacher,  
The Privileged, the Homeless, the Teacher  
They hear. They all hear  
The speaking of the Tree.

They hear the first and last of every Tree  
Speak to humankind today.  
Come to me,  
Here beside the River.

Plant yourself beside the River.  
Each of you, descendant of some passed  
On traveler, has been paid for.  
You, who gave me my first name, you,  
Pawnee, Apache, Seneca, you  
Cherokee Nation, who rested with me, then  
Forced on bloody feet,  
Left me to the employment of  
Other seekers -- desperate for gain,  
Starving for gold.

You, the Turk, the Arab, the Swede,  
The German, the Eskimo, the Scot,  
The Italian, the Hungarian, the Pole,  
You, the Ashanti, the Yoruba, the Kru, bought  
Sold, stolen, arriving on a nightmare  
Praying for a dream.

Hear, root yourselves beside me.  
I am that Tree planted by the River,  
Which will not be moved.  
I, the Rock, I, the River, I, the Tree  
I am yours -- your passages have been paid.  
Lift up your faces, you have piercing need  
For this bright morning dawning for you.  
History, despite its wrenching pain,  
Cannot be unlived, but if faced  
With Courage, need not be lived again.

Lift up your eyes  
Upon this day breaking for you.  
Give birth again  
To the dream.  
Women, children, men  
Take it into the palms of your hands,  
Mold it into shape of your most  
Private need. Sculpt it into  
The image of your most public self.  
Lift up your hearts  
Each new hour holds new chances  
For a new beginning.  
Do not be wedded forever  
To fear, yoked eternally  
To brutishness.

The horizon leans forward,  
Offering you space  
To place new steps of change  
Here, on the pulse of this fine day  
You may have the courage  
To look up and out and upon me,  
The Rock, the River, the Tree, your country.  
No less to Midas than the mendicant.  
No less to you now than the mastodon then.

Here on the pulse of this new day  
You may have the grace to look up and out  
And into your sister's eyes,  
And into your brother's face,  
Your country,  
And say simply  
Very simply  
With hope ---  
Good morning.

## Reflection on *The Rock, The River, The Tree*

Frank Lazarus, PhD, President, University of Dallas (USD Provost, 1996-2004)

*The Rock, The River, The Tree*: Images of nature, images of life. Each image evokes from us an elemental response, for it touches us in the places where we make contact with the physical world. Each of us is placed, like a rock; is rooted, like a tree; and is moving, flowing, changing, like a river.

Learning, values, families: Images of society, images of culture. Each image evokes from us a communal response, for it touches us in the places where we touch one another. Each of us is seeking to discover, each believes, and each loves in a manner which reflects our own distinctive self, but which also connects us with every other person on earth.

TRiO: Upward Bound at the University of San Diego seeks to bring together these strands of human experience into a program which integrates our physical being in the universe with our human aspirations for the transcendent, the divine. For the young men and women who participate in USD's *The Rock, The River, The Tree*: Upward Bound, this process of understanding and integration is a personal challenge, a vocation, a calling to bring their hopes to reality and their dreams to fulfillment. From them "upward bound" is more than just a name of a program. It is the trajectory of their lives and the description of how they have chosen to use their talents and skills.

For those of us who support these young people, Upward Bound is our hope of where they are headed as individuals and where our community and our society are headed as a group. Learning, values and family are the fundamental building blocks of our planet, Earth. And, if it is true, as they say, that it takes an entire village to educate a child, we earnestly hope that this program can demonstrate that the children themselves can educate the village, so that in our schools, in our homes, in our churches, in our civic associations, and in our hearts we all can be "upward bound."

There are no secrets to how this is done; there is no magic involved. It is a process of hard work; studying, asking questions, doing research; it is a process of reinforcing values; respect, integrity, tolerance, and courage, and it is a process of striving together; supporting, encouraging, depending on one another and holding each other accountable. These are the lessons of *The Rock, The River, and The Tree*, and we thank each of you for helping us teach these lessons to the students who participate in this program. They will soon transform our community and our world.



## *The Rock, The River, The Tree*

### **The History of USD Upward Bound**



The University of San Diego Upward Bound (USD UB) program began in October 1998. Dr. Cynthia Villis, then an Associate Provost in the office of Provost Frank Lazarus, submitted a funding proposal to the US Department of Education. USD UB is the first known Upward Bound program to take the risk of incorporating a powerful literary theme in its name at its proposal stage. But the name so embodied the program's elements for each participant's success that Drs. Villis and Lazarus decided to take the risk:

Rock: Academic foundation  
River: Nutritive and sustaining values  
Tree: Family, peer, and community support

In May 1999, the first USD *The Rock, The River, The Tree*: TRIO Upward Bound program received an award of \$800,000 to provide academic instruction, advising, counseling, tutoring, and mentoring to 50 eligible students at Kearny High School (1999-2003). In May 2003, the program was refunded with an award of \$938,496 for another four years (2003-07; to serve 65 students). And in 2007, the program was funded for \$1 million to begin its third cycle (2007-2012).

USD Upward Bound is the first program of the USD Institute of College Initiatives, founded in 2002. USD ICI also includes TRiO Student Support Services, TRiO McNair Scholars, Expanding Your Horizons, Summer Transition Program, Global Youth Leadership Connection, Botball and a liaison to Rotary International ([www.sandiego.edu/ici](http://www.sandiego.edu/ici))

Since 2003 USD UB has graduated five successful classes of seniors who have entered colleges all over California and the US. Three of them have now completed their university educations. USD UB alumni are actively engaged with current participants in the program. We find that our alumni have sincere, respectful, and penetrating ways of advising "I once stood where you now stand. Here is what I've experienced on the road that lies before you."

In 2005 Ms. Cristina Aguirre inaugurated the USD Upward Bound Student Inspirational award; the plaque bearing the names of honorees is located on the wall opposite the Institute for College Initiatives' front door. In 2006 Dr. Cynthia Villis introduced the Eleanore M. Villis Scholarship, awarded to Upward Bound participants who enroll in the University of San Diego.

We are located at 5384 Linda Vista Road, Suite 301. Our mailing address:

University of San Diego Upward Bound  
Barcelona Suite 301  
5998 Alcalá Park,  
San Diego, CA 92110

(619) 260-7580 (telephone)  
(619) 260-7620 (fax)

Since USD Upward Bound began in November 1999, dedicated and enthusiastic groups of people have worked diligently to implement the program's objectives. The current USD UB Core Team is Dr. Cynthia Villis, Director, Institute of College Initiatives and Director, USD Upward Bound; Ms. Cristina Aguirre, Assistant Director, Upward Bound.



*The Rock, The River, The Tree*

**TRiO Upward Bound**



## **To our Upward Bound parents and guardians:**

### **We believe that parents and guardians**

- ❖ are the most influential people in the lives of their students.
- ❖ have invaluable knowledge and understanding of their students.
- ❖ can and must directly impact their student's academic achievement.
- ❖ have the power! Use your power to steer your student to success!
- ❖ are the premier role models.
- ❖ have numerous resources that enrich Upward Bound and assist students in academic and social growth.

### **Parent and Guardian Responsibilities**

To help your student succeed in the USD Upward Bound Program, please help us to help your student by committing to the following responsibilities:

- ❖ Offer respect and support to Upward Bound goals, mission, rules and regulations.
- ❖ Help your student to embrace and respect Upward Bound, and to take advantage of its resources.
- ❖ Support your student and other Upward Bound participants by attending the required student, parent, and related program activities.
- ❖ Provide transportation for your children to Upward Bound events.
- ❖ Speak highly of Upward Bound.
- ❖ Promote unity in Upward Bound.



## *The Rock, The River, The Tree* TRiO Upward Bound



### Academic Policies & Requirements

USD Upward Bound prepares you to attend a four-year college or university. All UB participants are required to enroll in a college prep course of study while in high school. During the UB Summer program, we provide you with appropriate classes to enhance your academic skills during the school year. As a UB participant, you must meet with our Academic Advisor at least once in the Fall and Spring to review your courses, and other academic concerns that you may have.

#### ACADEMIC PROGRESS

1. While making progress in any semester, you must **MAINTAIN** at least 2.5 GPA and receive grades of C or higher during any given grading period. Otherwise:
  - a. If your GPA falls below a 2.5 and/or you receive D or F grades in a grading period, you may be placed on **ACADEMIC PROBATION**. While on academic probation, you will cooperatively work with UB staff to develop and implement a plan to improve your grades.
  - b. After 2 consecutive grading periods on academic probation, you will have a parent conference with the UB core staff and will be placed on **SUBJECT TO DISMISSAL**.
  - c. After 3 consecutive grading periods, if your GPA is still below 2.5 and/or you receive D or F grades, you will be **DROPPED** from Upward Bound.

#### ACADEMIC ATTENDANCE POLICY

**You must maintain at least 8 contact hours each month** with UB tutors and/or staff through tutoring, Saturday programs, educational/cultural field trips, or any other approved UB activity. The following will also count for hours:

1. If your GPA is 3.5 and above, you will receive 4 hours of credit per month – IF you provide progress reports and final grades to get credit for each month.
2. If your GPA is 3.0 - 3.49, you will receive 3 hours of credit per month – IF you provide progress reports and final grades to get credit for each month.
3. If your GPA is 2.5 – 2.99, you will receive 2 hours of credit per month – IF you provide progress reports and final grades to get credit for each month.
4. If you have a GPA of 2.49 and below, you will receive 1 hour of credit per month – IF you provide progress reports and final grades to get credit for each month.
5. You may also get hours for attending other tutoring sessions after school. You must fill out a blue form, have instructor sign it and return to UB staff no later than the last Thursday of each month.
6. When you participate in a sport, you will receive 4 hours of credit per month – IF a blue form is completed and returned to UB staff no later than the last Thursday of each month.
7. When you participate in a club, you will receive 1 hour per club, per month – IF a blue form is completed and returned to UB staff no later than the last Thursday of each month.
  - a. If you do not make your hours of contact the first term, you will be placed on **ATTENDANCE PROBATION**. While on attendance probation, you will cooperatively work with UB personnel to develop and implement a plan to improve your attendance.
  - b. After 2 consecutive terms of attendance probation, you will be **DROPPED** from UB program.



## The Rock, The River, The Tree TRiO Upward Bound



### Behavioral Policies & Expectations

#### BEHAVIORAL POLICIES AND EXPECTATIONS

Participation in USD UB is a privilege. As a participant, you must conduct yourself in a respectful, friendly, and courteous manner. USD UB places great significance on individual honesty and integrity so that all participants may benefit from the program. UB participants benefit by receiving personal attention and not by spending too much time with disciplinary matters!

As an Upward Bound Student, you must demonstrate ethical and moral behavior:

- Follow the UB rules and regulations.
- Respect yourself and others by being kind, considerate, and helpful.
- Exhibit a resilient and positive attitude.
- Make an effort to be your best in all you do.
- Be friendly and help others who need your services.
- Participate enthusiastically in UB activities.

#### PARTICIPATION REQUIREMENT

You are expected to attend ALL prescribed activities as appropriate. This means that your attendance in classes, tutorial, counseling, summer program, and special activities as scheduled is required. **NOTE: The summer residential program is MANDATORY for all new students, unless your absence is because of grave emergency. NO EXCEPTIONS. Inability to participate in summer residential program is cause for immediate disqualification from the program.**

In addition to academic support, USD UB students participate in educational field trips to enhance their values and experiences. Field trips include college visits, Birch Aquarium, San Diego Zoo, Balboa Park, Sea World, Simon Wiesenthal Museum of Tolerance, J. Paul Getty Museum, and sporting events (Toreros, Padres, Aztecs, or Chargers). Attending field trips is a privilege to be earned. If you are on program probation, you may not be eligible to attend.

#### UB Community Meeting / Workshops

USD Upward Bound students are required and are **mandatory** to attend monthly community meetings / Workshops during the academic year. Community Meetings / Workshops take place once a month. **Attendance is mandatory.** It is your responsibility to inform UB staff if you are unable to attend and make up the meeting.

#### Academic Advising

All UB students must meet with their Academic advisor once every two quarters to review progress in school and UB. Student must update their four year plan and continue to set goals. If you do not meet with your academic advisor you will be put on probation.



## The Rock, The River, The Tree TRiO Upward Bound



### Behavioral Policies & Expectations

#### STUDENT RULES

USD Upward Bound is supportive, cooperative, and respectful. Participation in Upward Bound is a privilege. This program is for you, and it requires your full commitment, dedication, and willingness to learn. You are expected to maintain your commitment to the program. Violation of any rule is subject to disciplinary action.

**The following actions warrant immediate conference with the Core Team and possible dismissal from the program:**

- **WEAPONS:** Possession and/or use of a weapon (gun, knife, fireworks, similar items) is prohibited.
- **ALCOHOL:** Possession, use and/or distribution of alcoholic beverages at the UB office or any activity are prohibited.
- **TOBACCO & DRUGS:** Possession, use and/or distribution of tobacco, illegal or non-prescription drugs is prohibited.
- **SEXUAL MISCONDUCT:** Sexual cohabitation and/or sexual misconduct are prohibited. Public displays of affection are also prohibited. UB students are not allowed to date one another. UB students and staff not allowed to date one another, grounds for immediate dismissal.
- **STEALING, DESTROYING or DEFACING PERSONAL OR SCHOOL PROPERTY** is prohibited.
- **FIGHTING/PROVOCATION:** Threatening and/or causing physical injury to a fellow student, staff member, or any person encountered in UB activities is prohibited. Intentionally inflicting severe mental or emotional distress upon a person through a course of conduct involving repeated abuse or disparagement is prohibited.
- **DISRUPTION OF PROGRAM ACTIVITIES AND/OR DEFYING AUTHORITY OF A UB STAFF MEMBER** is prohibited.
- **HARASSMENT:** Any form of racial or cultural slur or sexual harassment is prohibited.
- Any student convicted of a **crime** is subject to dismissal from the program and will be reported to the appropriate authorities.



## The Rock, The River, The Tree TRiO Upward Bound



### Academic Support

#### TUTORING SERVICES AND ACADEMIC ADVISING

##### *Kearny High Educational Complex tutoring:*

When: Monday-Thursday; 2:00pm – 5:00pm

Location: Library/Student Center

##### *Tutors/Academic Advisors:*

- 4–5 USD college students who tutor in all subjects.
- Academic advising for 9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup> and 12<sup>th</sup> graders. Academic Advisors will meet with assigned students to review and update Personal Success Plan (PSP) once every two quarters.

**Remember:** Bring your textbooks and assignments to tutoring. Make sure you sign in and out of each tutoring session.

#### COMMUNITY MEETINGS / WORKSHOPS

**Community Meetings / Workshops** take place once a month. Updates, upcoming events/activities, reminders and much more reviewed at community meeting. Students can get an update on their hours and points as well. At the start of Fall and Spring, location and days are announced.

### Fieldtrips

Educational and cultural fieldtrips on Saturdays range from 7am to 10pm. We cannot be responsible for students left at the office after the scheduled return time from a field trip. Students must wait in the parking lot nearest the UB office when waiting for their ride.

It is the **student's responsibility to inform UB staff prior to event if they cannot attend** a fieldtrip they signed up for. Failure to inform a UB staff member prior to event will result in 2 hours and 10 points deducted.



# The Rock, The River, The Tree TRiO Upward Bound



## STUDENT CONTRACT

Student's Name: \_\_\_\_\_

Orientation Date: \_\_\_\_\_

### ATTENDANCE. I understand that

1. I must maintain at least **8 hours** of contact per month with UB tutors and/or UB staff through after-school or evening tutoring, Community Meetings/Workshops, or other approved UB activities.
2. If I do not maintain the 8 hour requirement, I am subject to dismissal.
3. I **must** fulfill the program's academic year requirements prior to the summer residential program.
4. As a first year student, it is **mandatory** for me to attend the summer residential program. Failure to attend will result in dismissal from UB program.
5. I understand that as a continuing student, the summer program is by invitation only according to my standing from points accumulated throughout the academic year.
6. My parents/guardians must talk to UB personnel BEFORE I can be excused from participating in **any mandatory** UB activities.
7. I must attend FALL Orientation/Welcome Back with a parent every year. Failure to attend will result in dismissal from UB program.

### ACADEMICS. I understand that

1. I must maintain at least a **2.5 GPA and receive grades of C or higher** in any given grading period to be in good academic standing with UB. I also understand that the program throughout the academic year will monitor my grades by UB staff.
2. If my GPA falls below 2.5 and/or I receive D or F grades in any given grading period, I may be placed on *ACADEMIC PROBATION*. After 2 consecutive grading periods on academic probation, my participation will be *SUBJECT TO DISMISSAL* and my parents/guardians will be contacted. After 3 consecutive grading periods, if my GPA is still below 2.5 and/or I'm receiving D or F grades, I will be *DISMISSED* from UB.
3. If I am on *ACADEMIC PROBATION*, I will cooperatively work with UB staff to develop and implement a plan to improve my grades.
4. I am responsible for my own academic performance. I am required to inform UB tutors, instructors, and/or staff of classes with which I am having difficulties.
5. I am required to bring textbooks and other materials to all tutoring/workshops, and my attendance hours will **NOT** be counted towards my 8 hour requirement if I am not working during those times.

### CITIZENSHIP

I understand that positive attitude and team spirit are essential to being an Upward Bound student. Any deviations from this, or any other rules set forth by the Upward Bound program, may affect my status and/or participation in the program.

\*\*\*\*\*

**Upward Bound is an opportunity for me to develop my potential; I fully intend to engage in that opportunity. When I work with the UB team to enhance my talents and strengths, I will succeed. I will participate in all activities and events required by Upward Bound. My signature is a commitment to the spirit of Upward Bound, and to my respect for growth through learning, self-improvement, and dedication.**

\_\_\_\_\_  
Student's Signature Date

\_\_\_\_\_  
Parent/Guardian's Signature Date

\_\_\_\_\_  
Cynthia Villis, PhD  
Director, Institute of College Initiatives and Upward Bound

\_\_\_\_\_  
Cristina Aguirre  
Assistant Director, Upward Bound