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Your amazing UB summer starts on Wednesday, June 17th from 1:00pm - 4:00pm when you move into Eagle Hall (map inside).

Kate Noelke, Paul Krause, and Lisa Yang along with the great teachers, tutors, office aids and graduate assistants will make sure that you get a solid head start on next year's classes and absorb important skills for your future in college.

This summer’s classes, activities, field trips, electives, programs, parties, and special events will be the best ever! Be sure to check out the summer calendar inside and be ready for some surprises!

All those that meet the requirements will spend the last week of the summer in CHICAGO, staying at the Hostel International, visiting colleges, businesses, museums, a Broadway show, great restaurants, and much more.

Many students spend thousands of dollars to attend college prep summer camps because they know it will help them get into college and be successful. For UB students, that invaluable experience is free!

This whole summer is just for YOU because we think you have a lot of potential and we want to help you get ready to be your best in college.

It won’t be easy, it should be FUN, it WILL be one of your most memorable experiences!

IMPORTANT FACT NO. 1

Schedule doctor, dentist, and other appointments on Friday afternoons if possible. That way you won’t miss class.
Plan to unload from the Eagle Hall lot (R-6) just off La Crosse St. When you arrive, UB staff will be waiting to direct you, show you around, and help you get settled.

Please be sure to bring:
- Towels and washcloths
- Toothbrush, floss, paste
- Soap, shampoo, deodorant
- Underwear, socks
- Sleepwear
- Jeans, shorts, slacks, skirts
- T-shirts, shirts
- Walking shoes, tennis shoes
- Sandals, flip flops
- Sweater and/or jacket
- Swimming suit
- You will have a chance to swim!
- Alarm clock
- Umbrella
- Book bag or backpack

You may consider bringing:
- Radio, ipod, personal music device
- Camera
- Bicycle, helmet and sturdy lock
- Bedding and towels (if you want your own, these are provided by the hall)
- Laundry basket/supplies
- Sports equipment
- Musical instrument
- Hair dryer
- Books
- Padlock (there is a drawer in your dresser that can be locked with a padlock if you have one)
- Snacks and drinks for your room

Please arrive at your designated time:
- La Crosse Students: 1:00-2:00pm
- Tomah Students: 2:00-3:00pm
- Holmen, Sparta & Onalaska Students: 3:00-4:00pm

*** UB prohibits clothing promoting use of alcohol, tobacco or other drugs; containing profanity, obscenity, violence or sexual expressions; or that is disrespectful, disruptive or distracts from the educational process. Standard body coverage is required. If you’re not sure, ask Kate, Paul, Lisa, or your tutor.
DO NOT BRING:
computers, xbox, play station, Wii, stereos, television, weapons, pets of any kind, candles, fireworks, halogen lamps, or anything illegal.

WHEN IN DOUBT, ASK!

2 STUDENTS WILL BE ASSIGNED TO EACH ROOM. EACH PERSON WILL HAVE A BED, DRESSER, CLOSET, DESK, CHAIR AND BOOKSHELF.

EACH ROOM WILL HAVE A SMALL REFRIGERATOR, WASTE BASKETS AND A BATHROOM SHARED WITH ONE OTHER ROOM (4 PEOPLE)

UB PROVIDES ALL OF THE FOLLOWING:
• all necessary school supplies
• food during the week
• access to computers
• air conditioned residence hall and class rooms
• transportation (during the week)
• safe storage for medications
• PLUS we pay YOU $10 per full week of participation

IMPORTANT FACT NO. 2

PLAN TO EAT EVERY MEAL WITH UB

UB must order all meals ahead of time, so if you miss a meal without giving adequate notice, we will have to pay for it.

We expect every student to eat every meal with UB. If you are going to miss a meal due to an appointment, family event, or other approved absence, you MUST let us know at least 48 hours in advance.

Missing a meal without giving notice will result in a stipend deduction
Most students will end their summer with an all-expense paid trip to Chicago from July 27-30. We will stay at the Hostel International in downtown, just blocks from Millennium Park and Lake Michigan.

While in Chicago, students will visit colleges, meet and interact with professionals in many different fields of interest, visit museums, restaurants, Chinatown, Navy Pier, take a shoreline boat ride, see "Pippin", a Broadway show, and get really good at riding the subway and buses.

Students who invest themselves fully into the experience of summer, giving it their all and challenging themselves to improve, will be awarded the opportunity to attend this trip. We will communicate with parents throughout the summer if a student’s attendance is in question.

Your Summer UB snail mail address will be:

Students Name
University of Wisconsin-La Crosse
176 Murphy Library
La Crosse, WI 54601
SENIORS

Senior Year is an exciting and BUSY time, a time that includes a great deal of work to achieve your goals. To help you prepare for this time, upward bound offers a senior seminar course.

Students will begin deeper exploration of college and careers, learn more about how colleges operate and practice good citizenship and networking. Seniors will begin working on their college application personal statements, prepare information for financial aid and scholarship applications, and experience job shadow opportunities.

This is tremendous opportunity to help your senior year be less hectic and stressful as some of your peers.

SPECIAL EVENTS

On Thursday, July 9th we will travel to Winona Minnesota to the Great River Shakespeare Festival to see “Much Ado About Nothing”. A summer UB tradition - this is commonly one of the favorite experiences of many students. We will tour backstage and have a question/answer session with the actors.

On either Sunday, June 28th or July 5th students will have the opportunity to come back to campus a little early to attend the UW-La Crosse Summer Stage Musical Production. This is an optional event and students will be provided an opportunity to vote for which showing they wish to attend and to sign up for the 2:00pm show the first week of summer session.

ARTS & REC

On Tuesdays and Wednesdays after dinner, UB students will be able to expand and explore their creativity and need for physical recreation. This summer students will participate in two separate classes, one from 6:30-7:25 and a second from 7:35-8:30pm. The options, from which students will choose during the first week will likely be: Hip Hop Dance, Photography, cooking, outdoor and Adventure Sports.

S.P.B.

The Student Programming Board (SPB) is a group of students selected by UB staff to help with planning events and serving as leaders among the summer students. In the past, the SPB has chosen the color of the UB t-shirt, planned Spirit Week activities, served as MCs for the talent show, been hosts to 8th graders during visit day and much more. It’s a great way to build your leadership skills (and your resume)! If you are interested but need more information, please get in touch with Kate or Lisa!

UB TALENT SHOW!

On our Final Thursday night on Campus, July 23rd, we will hold our annual Summer Session Talent Show. Students will sign up to participate, Student Planning Board will serve as the Master of Ceremonies, and the show will finish with the traditional Staff performance. This is great fun and we highly encourage students to consider a performance as a solo or group act.
1. **You will be provided a UB ID card.** This is your proof of participation for building access, and your meal card. If lost, the student will be charged a stipend deduction to cover the replacement cost.

2. **School supplies** are supplied and free for the summer session. Most will be waiting for you in your room when you arrive. If you need more, just visit the Eagle Hall UB office.

3. **Transportation:** you do NOT need a car here during the summer. If you do bring one, you will need to purchase a summer permit through the parking department for $66 or park on the streets surrounding UWL. UB staff will collect your keys when you arrive and will return them when you have an excused reason to leave campus. We do recommend that students bring a bike (with a sturdy lock) to get around campus. Long boards or skateboards are permitted, but there is NO riding in any building.

4. **Stipends** will be given out in cash each Friday. A full participation week will result a $10. Students will be deducted for missed meals without proper notice. If students have not completed all that is required, their stipend will be held until the following week.

5. **Schedule:** UBs summer schedule is FULL. Please keep track of your schedule and be where you are supposed to when you are supposed to be there!

6. **Illness or Injury:** UB maintains an infirmary near the UB Eagle office. If students are too ill to attend class they will come to the infirmary for rest. If a non-emergency trip to the doctor is necessary, parents/guardians will be called. Minor injuries will be handled by UB staff, anything more serious will result in a trip to the clinic.

### Summer UB 2015

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<td>Students home @ 5:00 (no dinner at UB) for rest of week</td>
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<td>DEPART FOR CHICAGO at 7:30am</td>
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<td>RETURN FROM CHICAGO GRADUATION 6pm</td>
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FOOD

During the summer session, Upward Bound will provide breakfast, lunch, and dinner on Monday, Tuesday, Wednesday, and Thursday. No dinner will be provided on Fridays. A light snack will be provided on Sunday evenings when students return to campus.

The United States Department of Agriculture (USDA) pays us back part of the costs associated with food so we must guarantee that all meals we serve meet portion and nutrition requirements.

Menus for the week will be posted on the information board. You will always have two options plus a vegetarian option.

Please follow the meal time rules:
1. Show up on time to eat with the group.
2. Make sure to have your ID at every meal.

Breakfast - 7:30 AM served in the Eagle Hall kitchen
Lunch - 12:40 PM served in “The Cellar” of Cartwright Center
Dinner - 5:45 PM served in “The Cellar” of Cartwright Center