Our Mission
The SDSU Pre-College Institute promotes college access and completion for underserved students through excellence and innovation in education.

What We Believe
The Upward Bound/HCOP pre-college programs’ staff and teachers believe that students can achieve their potential in a harmonious, multicultural, educational community of students who demonstrate a strong desire to acquire a higher education. We believe that student academic, social, and spiritual development is enhanced through building a sense of belonging, self-pride, and an ethos of personal responsibility with a deep commitment to give back to the larger community.

The Commitments
Our programs are committed to:
• **Realization**: The pursuit of learning and high academic and personal goals.
• **Respect**: For self, for other individuals, other cultures, and the environment.
• **Role-Modeling**: High standards of behavior, trustworthiness, and the ability to resolve conflicts peacefully.
• **Responsibility**: Taking personal responsibility and taking responsibility for the well being of the community.

Participating Schools
UB Classic and HCOP
• Castle Park High School
• Mar Vista High School
• Morse High School
• Mt. Miguel High School
• Southwest High School

UB STAR and HCOP
• Crawford High School
• El Cajon Valley High School
• Hoover High School
• San Diego Educational Complex

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Our Purpose
The Upward Bound/HCOP, summer residential programs administered by the Pre-College Institute, offer participants a motivational experiential curriculum that values cross-cultural understanding and global awareness through intensive language development, computer technology, social science and mathematics instruction. The summer residential component provides a nurturing learning environment that stresses a holistic concern for the social, emotional, intellectual, and spiritual well being of the students. Our learning environment provides curriculum opportunities for academic accomplishment, self-governance; individual and group empowerment; and personal and cultural growth.

Eligibility
Students are selected to participate in SDSU summer residential programs based on a competitive recruitment, application and interview process year. Specific criteria for eligible students are:

- Enrollment at one of the nine participating high schools.
- Low-income based on the annual federal low-income guidelines and/or first generation in family to complete a four-year college education in the United States
- US Citizen or national; a permanent resident or can provide evidence from the Customs and Immigration Services of intent to become a permanent resident
- Identified need for academic support in order to successfully pursue a program of postsecondary education
- Completed 8th grade, but not yet having entered the 12th grade
- Between the ages of 13 and 19
- English Language Learner (UB STAR Program)

The USDA and the CDE are equal opportunity providers and employers.

ACA Accreditation
The SDSU Upward Bound Programs are ACA accredited. This means that our programs submitted to a thorough (over 300 standards) review of its operation by the American Camp Association (ACA) - from staff qualifications and training to emergency management.

Health Careers Opportunity Program (HCOP)
Eligible students demonstrating high interest and commitment to a career in health or allied health have the opportunity to participate in our HCOP pre-mentorship or mentorship program during the six-week summer residential program. Students in the mentorship program are assigned to work as a protégé with a professional or research scientist in their area of interest.

Academic Year Component
During the school year program, counselors work with students weekly at their school sites. They provide academic support and information. Students must also participate in monthly “Saturday Sessions” from September to May. Saturday Sessions include:

- Assistance with college and financial aid (FAFSA) applications, scholarship searches and applications.
- Preparation for college entrance exams (SAT & ACT).
- Career assessment and exploration.
- Visits to colleges/universities throughout California.
- Motivational workshops.
- Leadership Conferences.
- Study skills development.

Summer Residential Component
The six-week summer residential program is an integral part of both Upward Bound and the HCOP programs. Students are selected to take part and live with a roommate in a college residence hall on the beautiful, sunny campus of San Diego State University. Important elements of the program are:

- Full-time supervision: a professional staff member serves as Head Resident Advisor and oversees all residential activities; college-going Resident Advisors live in the residence halls to guide, counsel and tutor students.
- Superior summer coursework: students take courses taught by credentialed high school teachers or university instructors with completed doctoral degrees in an integrated, hands-on curriculum.
- Field Experiences: students participate in educational, cultural and recreational field experiences and activities.
- Summer stipend: students receive a $60 stipend for their participation in the program.
- Students selected to participate in the HCOP mentorship or pre-mentorship program receive additional support and information on careers in the health and/or science fields.
- Participation in the CA Department of Education’s Summer Food Service Program. Students get three free, buffet style meals a day.

“UB is a great program to experience in school and life; it helps you take charge of what you have and use it!”

TK, Crawford High

“Upward Bound has increased my knowledge about college and helped me develop into a more confident and better student.”

Eddie, San Diego High