



## Upward Bound Program at University of South Florida

### Senior ePortfolio Checklist

Below is a listing of the pages that should be included in your ePortfolio. Check off each item as you complete them. Final portfolios are judged by a panel as to valid content, aesthetics, and organization. Sample: [ubpseniorportfolio.weebly.com](http://ubpseniorportfolio.weebly.com) . Login at [students.weebly.com](http://students.weebly.com) Username: firstnamelastname and Password: MM/DD/YYYY or MM/DD/YY

#### Professional Introduction

Write a brief paragraph telling your name, grade level, school at ended, strengths you possess and/or other positive character traits, and your future goals. Include a photo of yourself or something that symbolizes who you are.

#### Academics

Information you can include: grade point average, class ranking, ACT/SAT scores, AP and Honors courses taken, teacher recommendations, academic awards and recognition.

**Achievements** (mainly academic achievements, extracurricular can be in other section)

**Individual Action Plan** (how to finish strong senior year and set goals and actions for college; consider college plan and improvement plan from last year)

#### College and Career Planning

##### Resume

Include any work experience you have had to date, education, volunteer experience, interests and hobbies, computer skills and any certifications you may hold.

**Personal Statement** (Ms. Curry will help you develop for college/scholarship applications)

**College** Explain details about the three college(s) you are interested in. Include location, college size, yearly tuition, other aspects that make the college appealing to you.

**Scholarships** (financing college and managing money)

**Career Goals and Internship** Do research on a career or specific field of study you are interested in. Explain what the career entails as far as duties, educational background required, schools which offer the degree or program, what types of positions can you pursue within the field. Share information about your senior internship with Upward Bound and how it has informed and influenced your career aspirations

#### Extracurricular

**Upward Bound** (see page two for questions to consider for developing three or four paragraphs on your experience with Upward Bound)

**Community Service** (list all volunteer work you have done, where, how many hours, tasks performed)

**Clubs and Organizations** (list school, church, and other organizations you have joined)

**Awards**

This is your chance to brag about all of your accomplishments! Include sports you have participated in, include awards for competitions, special recognition, school and outside clubs, student government, volunteer and community service, science fair, yearbook, etc. Remember to include civic and religious organizations as well. Share positions of leadership you have held for each of these organizations.

**❑ Contact** (USF email or personal email address that is professional, LinkedIn account, other professional accounts)

### **❑ Upward Bound Questions to Consider**

This section is specifically designed for you to reflect on how the Upward Bound Program has impacted your high school experience. Please show thought in your responses.

#### **General**

1. What is your favorite Upward Bound memory and why?
2. Which Upward Bound activity had the most positive impact on you? Explain why.
3. Who in Upward Bound has impacted you most and why (teacher, counselor, classmate, residential counselor, etc.)
4. What would you change about your experience in Upward Bound (could be something you did in the program or what someone else did or did not do.)

#### **Academic**

1. How have you improved your academic performance while in the Upward Bound Program?
2. What Upward Bound activities have helped you most with improving your grades?
3. How did Upward Bound prepare you for standardized testing?

#### **College and Career**

1. How did the college visits help you decide on the college you will be attending?
2. How did the summer career internships help you decide on your chosen major or career?
3. How did Upward Bound help you work through the college application and financial aid process?
4. If you were in an elevator with an admissions officer or recruiter, how would you present yourself to convince them to admit you or hire you?

#### **Extracurricular**

1. What effect did the cultural outings help you open up to new experiences?
2. If you were going to plan a cultural activity for future students, what would the activity be and why? What you want them to learn?
3. How have you developed your leadership skills as a result of being in Upward Bound?
4. How was Upward Bound provided you opportunities to get involved at your school?
5. What extracurricular activity are you most proud of?

#### **Sample Work**

1. How did Upward Bound help you develop your collaboration skills?
2. Explain how one of your projects showcases your presentation skills?
3. A company has offered you an internship in an area you are not familiar with. How would you research the area to determine if it is right for you?

### **❑ Letters of Recommendation (can post later)**

Post if you have strong letters of recommendation that you feel comfortable sharing.

### **CONGRATULATIONS!**

You have completed your Senior ePortfolio. You are now ready for college and beyond.