The University of Maryland Pre-College Programs in Undergraduate Studies is comprised of two federally and state supported TRIO-Upward Bound programs, as well as, the Lift Academy.

- Two Upward Bound Programs (UB)
- Lift Academy

These programs generate the skills and motivation necessary for success in post-secondary education. They immerse high school participants in rigorous academic instruction, tutoring, counseling, and innovative educational experiences throughout the school year and during a summer residential program. Pre-College Programs are part of the Federal TRIO Programs that provide educational opportunity outreach programs designed to motivate and support students from disadvantaged backgrounds.

The UB Programs are open to low-income and/or first-generation college bound high school students in grades 9 through 12, who demonstrate an academic need and want to pursue a four-year post-secondary education. Eligible students must attend target high schools in Prince George’s and Montgomery Counties. High school principals, teachers, and counselors recommend students to the program.

Eligibility for the Upward Bound Programs require that students attend Northwood High School in Montgomery County; Bladensburg, Central, High Point, Parkdale, or Northwestern High Schools in Prince George’s County.

For students not eligible for Upward Bound's programs, the Lift Academy’s summer and academic year programs serve as a supplement to all students' high school experiences by providing opportunities for students to become college ready by building their academic and social skills.