UBers Get Moving!
African Drum & Dance Workshop featured at October Saturday Program

UB participants enjoyed an active afternoon of music and dancing during the October 15 Saturday program.

WVU percussionist Ryan Frost taught UB participants a variety of traditional African dances and drumming songs. Musically-inclined UB students used authentic African instruments to make music, while the remaining UB participants showed off their creative dance skills, following Ryan’s lead to mimic dances from the West African nation of Ghana.

As a Doctoral candidate at WVU, Ryan traveled to Ghana in 2010 to study at four of the country’s cultural centers. He currently works with WVU music students, serving as both a percussion instructor and an active participant in several of the university’s global music ensembles.

For UB participants who are interested in participating in a musical group in college, WVU offers countless opportunities. For singers, there are several choral groups, including the jazz, women’s, and university choirs. For band folks, students can join the pep band, a concert band group, or march at football games with the Pride of WV marching band.

There are also several ensembles with global influence, including the African Drum and Dance Ensemble.

For more information on WVU’s music programs, check out the website at: http://music.wvu.edu

Focus on Financial Aid at January Program

UB’s Saturday program on January 21, 2012 will feature a financial aid workshop for seniors and their families. WVU’s Assistant Director of Financial Aid, Steve Riffon, will provide seniors and their families with hands-on assistance completing their Free Application for Federal Student Aid (FAFSA) form. Steve will also be presenting information about types of financial aid and important deadlines.

Not a senior? Not a problem! All of our under-class UB participants will attend a separate financial aid workshop with games and activities focused on the types of financial aid available, and how you can make wise decisions when financing your education.

Important Deadlines

All Seniors: complete the 2012 FAFSA between January 1 and March 1, 2012 (February 15 for priority consideration)

Juniors and Seniors taking summer classes in 2012: complete a 2011 FAFSA before March 1, 2012.

For more details: http://www.fafsa.ed.gov/
College Spotlight: Shepherd University

Apply online to Shepherd University at http://shepherd.edu

Shepherd is public university in WV which offers over 75 academic programs. Shepherd is ideal for students who are looking for small class sizes, an affordable education, and a beautiful campus. Professors pride themselves on providing personal attention to their students, with the average class size being only 20—25 students. Because it is a public school, Shepherd’s cost of attendance is low (around $5,500). Students who earn the PROMISE scholarship can cover the majority of their tuition with this annual scholarship, and can supplement the remaining cost with additional scholarships and financial aid. Plus, Shepherd is only an hour from Washington, D.C. and Baltimore, MD, granting students access to a modern cultural scene, complete with art, music, theater, and more.

What does it cost to apply to college?
Most colleges charge a fee to submit an application to their school—anywhere from $25—$60. College entrance exams (ACT and SAT) also charge a fee of $40—$50 per test. These hidden costs can add up quickly.

What is a fee waiver?
Students who come from families with financial hardship and/or participate in Upward Bound qualify to have their application fees and ACT/SAT fees waived (meaning, you don’t have to pay to apply to college, or take the tests!).

How can I get a college application fee waived?
For college applications: Ask a UB staff member for a NACAC application fee waiver form for each college you apply to. Mail the completed form in with your applications.

For the ACT/SAT: Ask a UB staff member for a fee waiver code; when you register for the ACT or SAT online, you will enter this code when asked for a payment.

College Majors

When you go to college you can choose from hundreds of majors to specialize in—from Art to Zoology, there’s something for everyone! With careful planning, you can even double-major in two different subjects. If you missed the November Saturday program, check out these websites for help selecting a college major:

- http://www.mymajors.com
- http://www.cfwv.com

WVU Upward Bound would like to acknowledge Sheetz, our Partner in Education. Sheetz generously donates subs, chips, cookies, and soda for our Saturday programs. The students and staff at Upward Bound are grateful for the staff and management at Sheetz and their dedication to education.
UB Summer Program 2012
July 1—August 10, 2012

Join us for another fun-filled summer of learning, growing, and friendship!

Successfully pass 2 tests on Study Island and you will earn $10 towards your monthly stipend.
Raise your ACT and SAT scores!
Get extra help with Math!
Use AP Exam Study Guides!
Master those tricky Biology and Chemistry concepts!

Login to http://www.studyisland.com
(Contact UB staff to get your username and password)

New participants Nicole G. and Morgan S. pause for a picture during a 2011 Summer Program picnic and scavenger hunt.

UB College Field Trip: POTOMAC STATE COLLEGE
Saturday, March 17, 2012

Potomac State is a division of WVU located in Keyser, WV. PSC is a great option for students looking for a smaller school in a rural setting.

- 56 majors and academic programs
- Average class size: 20 students
- 1,800 students

UB Participants Fly High With Physics

UB students participated in an unconventional Physics lesson during the November 19 Saturday program. Under the guidance of WVU Curriculum and Instruction Graduate students, UBers created and tested a variety of paper airplane designs. After crafting their “perfect planes” using principles of Physics, students then competed to determine which airplane design would fly the farthest and the highest.

Hands-on learning activities such as this are made possible by a partnership formed between WVU’s UB program and the WVU Department of Curriculum and Instruction (C & I). C & I graduate students volunteer their time and energy each month to teach UB students about topics such as Forensic Science, Journalism, Intercultural Communication, and Physics. The students and staff at UB are grateful for their contributions to our program!

New participants Nicole G. and Morgan S. pause for a picture during a 2011 Summer Program picnic and scavenger hunt.

Questions? UB Can Help!
Contact UB staff members for answers to all of your high school, college, and financial aid questions. If we don’t know the answer, we’ll find someone who does!

Office Phone: (304) 293-6199
Email: upwardbound@mail.wvu.edu

JOIN OUR FACEBOOK GROUP
for program updates and pictures
(“WVU Upward Bound”)

New participant Cassie C. hits a power pose with her winning airplane design. Cassie’s plane flew over 25 feet. Way to go!

Jon B. flies high with UB!

Brittany L. and LaDonna A. test their team’s airplane design.

Jon B. flies high with UB!
Upward Bound is a federally-funded grant program. Funded by the Title IV TRIO grant from the US Department of Education, the project services are free to eligible students. Upward Bound is an Equal Opportunity in Education project, and therefore, does not discriminate on the basis of age, gender, sexual orientation, religion, race or disability. The contents of this newsletter were developed under a grant from the Department of Education. However, those contents do not necessarily represent the policy of the Department of Education and you should not assume it is endorsed by the Federal Government.

The Upwardly Mobile Student Spotlight

**Sandy L.**
Clay-Battelle High School
11th Grade

**Favorite Part of UB:**
Everything—from meeting great people to learning things I wouldn’t learn at home or even school.

**When I graduate high school:**
I want to go to a good college. I’m not sure where yet, but probably somewhere in WV like WVU or Fairmont State.

**Megan A.**
Preston High School
11th Grade

**Favorite Part of UB:**
Meeting new people and having new experiences

**When I graduate high school:**
I want to go to Concord University and become a Social Worker.

**Tyler H.**
Grafton High School
12th Grade

**Favorite Part of UB:**
The awesome people and the help I get so I can go to college and get my school work done.

**When I graduate high school:**
I want to major in Forest Management or Wildlife Management at WVU.