The February Saturday Program was extremely interesting for the UB participants. In the Morning the Seniors completed their FAFSA, while the remainder of the group learned how to exercise and study.

After lunch, the UB participants spent the afternoon learning more about their Body Mass Index (BMI) and Blood Pressure. They also had the opportunity to make their own Troche (tro-kee). The students were able to color and flavor their Troche to their liking.

The Students listen to the Health Sciences Panel.

Zoe is preparing her Troche to settle in its mold.

Morgan & Monica stretch it out during AM exercise session.

The UB participants finished out the morning with a panel of college students from the Health Sciences Campus. This included students from occupational therapy, nursing, and pharmacy.

Mark your calendars!!

UB Summer Program!

June 29 - July 18

SUMMER

SSS Reminder

SENIORS: Don’t forget to look into whether the college/university you’re going to has a Student Support Services program! If so, don’t forget to apply! SSS can provide students with academic, social, and cultural support throughout college.

WVU’s SSS Website: http://sss.wvu.edu

Apply now!
Berea College is located in Berea, Kentucky. They were nationally recognized for The Labor Program which provides financial support for students in the form of a grant and an hourly rate of pay. The labor grant is awarded equally to every student regardless of need, and covers a portion of the Cost of Education (Tuition). Berea has the best collection of resources that has been gathered for over a century that document the Southern Appalachian region.

Berea has approximately 1,613 undergraduate students and ALL students receive a full-tuition scholarship worth $20,900 or $83,600 for four years. This means that each student can potentially graduate with no student loans!

**Berea Fast Facts:**
- 45 Majors/Minors
- 1,613 Undergraduate Students
- The school mascot is a Pirate.
- Located in Berea, Kentucky.
- Student/Faculty ratio is 11:1

**CONGRATULATIONS UB CLASS OF 2014!**

- LaDonna Adams
- Bryan Asbury
- Michaela Bolyard
- Chelsey Carlyle
- Bridget Durr
- Amy Engels
- Kaylee Flohr
- Renee Greathouse
- Nicole Grow
- Katie Headley
- Salena Kelly
- Trinity King
- Alex Lewis
- McKenzie Miller
- Nathan Sigley
- Meredith Stemple
- Blaze Tate
- Drake Toothman

**Can’t make it to UB tutoring?**

**Need to bring up your ACT or SAT score?**

**STUDY ISLAND IS THE ANSWER!**

⇒ Get your login info from UB staff
⇒ Login at www.studyisland.com
⇒ Get started!
⇒ Successfully pass TWO tests on Study Island and receive $10 and credit for one UB tutoring session.

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.
Favorite Quote?
This is a tough one. I’ve been listening to a lot of 311 (my favorite band) lately, so I’ll go with a quote that I keep coming back to when I listen to them:
“It’s alright to feel good, it’s alright for nothing to be wrong. The deepest dream that we have could be tomorrow’s song.” –311, “1, 2, 3”

If you could meet anyone, living or deceased, who would it be?
Roberto Clemente
Not only is he my favorite baseball player of all time, but he was a humanitarian who was committed to making the world a better place. I know he would teach me a lot about a lot of things if he was still alive and I was able to meet him.

Which celebrity are you mostly mistaken for?
My former students used to say I look like the comedian Daniel Tosh from “Tosh.O” on Comedy Central. I’ve never watched the show, but I’ll take their word for it.

If you’ve ever seen me shoot a basketball, you might say Larry Bird...haha just kidding
If you could be any fictional character, who would it be?
Captain Planet. Not only did he save the planet from pollution and weird looking bad guys, but his hair is absolutely perfect. Who wouldn’t want that? If Captain Planet is unavailable, I’d have to go with Solid Snake from the video game Metal Gear Solid. Nothing fazes that man, and it’s still my favorite video game of all time.

Where’s Waldo?
Right in front of you! I’ve always thought looking for Waldo could be used as a metaphor for life: sometimes we look too far ahead or try to do too much and miss the important little things right in front of us.

What song has to be included in the soundtrack of your life?
Not to sound cheesy here, but it probably has to include “Take Me Home, Country Roads” by John Denver. I have an emotional connection with the song, and it bridges several chapters of my life.

I really love math and basketball, and don’t think anyone in UB can beat me in either (haha, I couldn’t go this whole interview without laying down some sort of challenge). Any other thing they’d like to know, please just ask! I’m very open and will share most things about my life.

Dylan Sine
1. It is a step up difficulty wise from even AP/Honors courses, but UB has given all the tools to handle.
2. Attend sporting events, spend time with girlfriend, and relax.
3. WVU was the college I grew up around and always loved being here.
4. N/A
5. Studying for tests and planning weeks in advance.
6. Take notes on what the professors says aloud, begin studying 1 week before exam & READ.
7. Join clubs, talk to students in your classes, try something new.
8. Making a “To-Do” list, cross out things completed from syllabus.
9. Mountaineer Maniacs, Sports Management Club, & Young Life
10. Thinking about what I want to do

1. What advice do you have about college coursework?
2. What do you do in your free time?
3. How did you choose the college you are at now?
4. What is the hardest thing about being away from home?
5. What is the biggest adjustment you have had to make?
6. What are good study tips?
7. How do you make friends?
8. How do you manage your time?
9. Do you participate in extracurricular activities?
10. How did you choose your major?

Ethan Marshall
1. Don’t put off your work & try a class you are interested in.
2. Relaxing, playing games and attending Intervarsity Christian Group’s meetings.
3. Only In-State College with Engineering Program.
4. Not being able to be with my family or friends
5. Work load, College is a lot more work than High School.
6. Do not put studying off until the day before!
7. Working on projects together and extracurricular activities.
8. Get work done ahead of time, and work on homework in the afternoon (like UB tutoring)
10. Good at math & I like to improve how things work!
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

**ABBY SINE**
Clay-Battelle High School  
9th Grade

Favorite part of UB: Getting to hang out with kids from other schools.

When I graduate HS: I am going to go to WVU to become a Math teacher.

**LEAH STRAHIN**
Preston High School  
9th Grade

Favorite part of UB: Saturday Programs

When I graduate HS: I want to be a Nurse Practitioner and possibly attend WV Junior College.

**ROSEMARY BEAVERS**
Grafton High School  
10th Grade

Favorite part of UB: Completing homework at tutoring.

When I graduate HS: Go to Fairmont State and major in English.