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College Spotlight: Fairmont State University

Apply online to Fairmont State at http://www.fairmontstate.edu/
Twitter: @FairmontState

Fairmont State University is a small public university located in Fairmont, WV. With only 7,450 students, Fairmont State has a student to faculty ratio of only 18 to 1 and an average class size of 21 students. The small class size allows the institution to provide individual attention for every student! There are over 80 Baccalaureate, 6 Associate, and 5 Graduate Degree programs at Fairmont State. There is a variety of on-campus housing options, including residence halls, apartment complexes for upper-class students, and even on-campus houses. Fairmont State also offers 15 NCAA Division II sports for both men and women. To learn more about Fairmont State and/or to apply, visit http://www.fairmontstate.edu/

Fairmont State Fast Facts
- 57% female, 43% male
- Over 85 clubs, organizations, student publications, honoraries, sororities and fraternities
- The Associates Degree in Nursing Program started in 1964
- Freshman are allowed to have cars on campus.
- The school mascot is a Falcon.

CONGRATULATIONS UB CLASS OF 2013!

- Megan Asbury
- Jonathan Berry
- Cassandra Collins
- Hope Clark
- Jessie Feather
- Aubrey Hall
- Jenna Hawkins
- Sandra Lipscomb
- Ethan Marshall
- Amber Neyman
- Adam Ondo
- Shaina Price
- Jenny Roach
- Dylan Sine
- Kayla Sisler
- Jackie Smith
- Randi Thompson
- Brittany Tennant
- Bethany Trickett
- Kendra Urtso

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.
Dear UB Participants,

Hi! I’m the new Educational Counselor at Upward Bound! I’ve met some wonderful students so far and look forward to meeting everyone else soon! A little about me…I graduated from Campbellsville University in Kentucky with a Bachelor of Science degree (B.S.) in Psychology with a minor in Biology in 2001. I then moved to West Virginia and earned a Master of Arts degree (M.A.) in Counseling from West Virginia University in 2004. I returned to WVU in 2007-2008 and attained my certification to do school counseling for grades K-12.

I have 12+ years of experience doing counseling and providing therapy for kids ages 5 to 18 and their families. I have worked in residential placement, in-home services, conducted court-ordered assessments, and provided outpatient therapy. I have a great deal of experience with treating numerous areas of mental health, including depression, anxiety, family issues, substance abuse, behavioral issues, school issues, grief, ADHD, and Post-Traumatic Stress Disorder (PTSD). I am a Licensed Professional Counselor (LPC) and National Certified Counselor (NCC), and I’m at the end of the process of becoming a certified Trauma-Focused Cognitive-Behavioral Therapist. I’ve also taught as an Adjunct Instructor in Psychology at Fairmont State University, so I have a pretty good idea what your future college professors might expect from you down the road!

As your Educational Counselor, I hope to use my experience and training to assist you with achieving your personal and academic goals, as well as offer a listening ear when you need it. If we haven’t had the chance to meet yet, I hope to soon!

Stacy

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Stacy G. posing with Rylee R. and Logan S., with Avery M. photo-bombing from behind.

Tips from the Seniors...

- **How do you survive high school?**
  - “Be myself and help where I can.” (Jonathan B., CBHS)
  - “Friends and band help with survival.” (Jenna H., PHS)
  - “Surviving high school for me, was keeping my priorities straight and remembering that this was the first step to the rest of my life.” (Kayla S., PHS)

- **What advice do you have for incoming freshman?**
  - “Your first year of high school sets your reputation for the next four years!” (Kayla S., PHS)
  - “Take the harder classes.” (Bethany T., PHS)
  - “Don’t screw around through your high school career starting now.” (Ethan M., PHS)
  - “Keep cool and don’t worry so much. Pick classes that you’ll like that aren’t too easy, but be careful.” (Jenna H., PHS)

- **What are some good study tips for high school students?**
  - “Never procrastinate. Also, practice with friends and family.” (Jenna H., PHS)
  - “Read, quiz yourself on the info, and then go back.” (Jonathan B., CBHS)
  - “Study a little every night, at least 20 minutes.” (Bethany T., PHS)
  - “Do homework and pay attention the first time.” (Ethan M., PHS)

- **What would you tell underclassmen NOT to do?**
  - “Do not just take easy classes. You need to challenge yourself.” (Jonathan B., CBHS)
  - (Not to) “Give in to peer pressure.” (Bethany T., PHS)
  - “Don’t be afraid to be honest and don’t be afraid a class is too difficult or that you can’t handle it. Challenge yourself.” (Jenna H., PHS)

- **Any advice for the other Upward Bound students?**
  - “Challenge yourself in high school so that way you can be academically ready for college. Also enjoy your high school career because you only get one.” (Ethan M., PHS)
  - “Don’t give up. It is all worth it in the end, no matter how bad it gets.” (Jonathan B., CBHS)
  - “Don’t be scared to break out of your shell. It’s okay to be different!” (Bethany T., PHS)
  - “…High School is what you make it. The only opinions that count are your own because it is you living your life and no one else.” (Kayla S., PHS)
  - “Try to attend (Upward Bound events) as much as possible and talk to people.” (Jenna H., PHS)
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

Shaina Price
Clay-Battelle High School
12th grade
Favorite Part of UB:
It's being around all the great people & all the help that is given to me when I need it.
When I graduate high school:
I want to go to college for Pharmacy Tech.

Jenna Hawkins
Preston High School
12th grade
Favorite Part of UB:
All the help it's getting me with college.
When I graduate high school:
I'm going to WVU. I want to go into the medical field.

LaDonna Adams
Grafton High School
11th grade
Favorite Part of UB:
I love the feeling of family and that no matter what, I always have someone to ask for help.
When I graduate high school:
I want to become a photo-journalist and travel the world.