On March 7th UB went to the WVU Coliseum to view a filming of ESPN College GameDay Live. The college experience is more than your classroom experience; sports and socializing play important roles in many students’ college experiences. Few events offer the excitement, passion, and volume of a WVU sporting event, and ESPN College GameDay was no exception. From our seats above the band, UB participants had the opportunity to see the Mountaineer action, listen to their favorite ESPN personalities, and witness Jerry West’s surprise appearance. Our group joined thousands of fans in cheers, chants, and a heart-warming rendition of “Country Roads.”

After ESPN concluded filming College GameDay, UB participants stayed at the Coliseum and took the English and Math portions of a practice ACT. It is important for UB participants to maximize their experiences with college entrance exams- before they are taking them officially for college admissions and scholarship qualifications. By taking practice ACT or SAT tests, participants increase their comfort with the test question formats, reduce test anxiety, and develop an awareness of their strength and growth areas. All of these things can result in significant point increases on the ACT and the SAT!
WVU Upward Bound would like to acknowledge Sheetz, our Partner in Education. Sheetz has generously donated subs, chips, cookies, and soda for our Saturday programs. Upward Bound would like to thank the staff and management of Sheetz for their dedication to education.

Meet The Tutors

All UB participants are required to attend two hours of tutoring per month. UB tutoring is provided by a group of dedicated and accomplished WVU students who travel with Fran and Laurel to provide tutoring at each home high school. Upward Bound tutors are selected for their high academic achievement, strong study skills, and great personalities. This is the first in a series of feature articles highlighting these important members of the UB community.

Abimbola “Abi” Akintounde is working on his masters degree in Agricultural Extension Education. Abi attended the Wesley College of Science, in Nigeria. At this high school all of the students majored in science (physics, chemistry, biology and math). In the last decade he has earned a bachelors degree in Agricultural and Rural Development from the University of Ibadan, Nigeria and masters degree in Rural Economics at Ghent University, Belgium. Abi loves to laugh, and enjoys watching comedies, singing, and playing the guitar. Abi is so math-minded that he solves Algebraic equations in his dreams.

Abi’s greatest influence is his widowed mother, who made great sacrifices to ensure that her four children went to college. Abi states, “As a first generation student, the motivation and impetus to go to college was not natural. Since it was neither a trend nor a societal expectation in my country that every high school pupil will proceed to college, it took the determination, strong will and the courage of a single mom to defy the cost and attain those heights… her zeal enabled me to be conscientious, earning grades that fetched me local and international scholarships in Nigeria, Belgium, the United Kingdom, and WV.”

Abi’s goal is to contribute all of his knowledge and skills to promote human development. Ultimately, he would like to become a teacher in a high-needs country school. Abi encourages all students to take a “three-pronged” approach to success. 1. Analyze yourself and estimate your capabilities and weaknesses, 2. Develop a workable study plan and stick to it, 3. Seek additional help from a teacher or friend who is skillful in the subject. Abi says, “Be consistent and never give up, you will win.”

“As a first generation student, the motivation and impetus to go to college was not natural. Since it was neither a trend nor a societal expectation in my country (Nigeria) that every high school pupil will proceed to college, it took the determination, strong will and the courage of a single mom to defy the cost and attain those heights…”

Caitlyn Peters  Sara Lewis  Abi Akintoude

2008—2009 Upward Bound Tutors
**College Corner**

**Housing Options**

**Residence Halls.** These buildings come in many shapes and sizes, from buildings housing 1,000 students, to small buildings like the Gaskins House which houses under 70 students. Residence halls are supervised living facilities where older students serve as Residential Advisors. Some colleges require that only freshmen stay in a residence hall, other schools require all students to live in one. Residents purchase a campus meal plan and are often required to participate in hall events.

**Living-Learning Communities.** These are wings or floors within a residence hall or separate buildings. These housing arrangements focus on a specific group at the college such as: scholar-athletes or different majors.

**On-campus suites or apartments.** Students are required to take more responsibility for the care of their apartment, but do not have the additional expenses of paying utilities. Some provide kitchen access, you may not need a full meal plan.

**Off-Campus Apartments and Houses.** These properties offer the greatest freedom to a student, but it is at a cost. You are responsible for caring for your home, and securing food. The safety and quality of off-campus housing, along with the cost can vary greatly. Some college housing departments provide a list of approved landlords in the area. Typically, off-campus housing is available to students with sophomore standing.

**Living at home.** For those of you attending a local college, this is an option. Always consider factors such as the availability of resources (labs, computers, libraries, etc), the reliability of your vehicle, and local weather conditions. On big campuses parking can be costly and time consuming.

**Health and Wellness**

**Nutritional Labels 101**

Use this information to decode the nutritional information next time you find yourself digging through the cabinets or stopping at the store for a snack:

**Servings size.** Don’t let a small bag or size fool you. Most pre-packaged foods contain more than one serving.

**Total Calories and Total Calories from Fat per serving.** Where are the total calories coming from? Fat contains nine calories/gram verses four calories/gram for Proteins and Carbs.

**Fats.** Total fat is the total of all of the types of fat in your food. Saturated fat is the a dietary cause of high cholesterol. It is found in foods from animals and some plants. Unsaturated fats are found mainly in many fish, nuts, seeds and oils from plants. Trans-fats are formed by hydrogenation. When unsaturated fatty acids are hydrogenated, they become saturated fats.

**Sodium.** Sodium is salt; many prepackaged foods and snacks contain high levels of sodium. A healthy pre-packaged food contains between 300 and 350 mg per serving.

**Carbohydrates.** Are our main source of energy. They come in two forms complex and simple. Complex carbohydrates contain fiber and nutrients, they take a longer to breakdown and are fuel for your body. Simple carbohydrates are sugars, often refined sugar like you find in cakes and candy. They are broken down easily and are low in nutrients and fiber.

**Sugar.** Less is more. Sugar is a simple carbohydrate, it is easily digested by the body. It does not keep you full or give you long term energy.

**Fiber.** Fills you up and helps keep your digestive track in tip-top shape.

**High School Hints**

**Being Extra-careful about Extracurricular Activities**

Select extracurricular activities you are interested in. You are more likely to stay committed and focused on an activity if you enjoy it. Don’t pick a club because that cutie from Algebra is in it, or because you don’t want to go to Math class.

**Colleges and universities value quality involvement.** Being active and involved with the same activities for long periods of time says something about your dedication and ability. Admissions counselors may be turned off by a long list of activities you were only in for a few weeks.

**Think about your abilities, then develop your skills.** What are your natural strengths? What activities or organizations will best suit you? From FFA to Student Council, most schools have something for everyone. Focus on learning what you can from the experience and improving your skills.

**Remember, school is your job.** While you are a student, learning and improving your grades should be your first priority. At the college level there are strict controls on student-athlete’s academic performance, so it is good to develop strong study habits during high school.

**Working and Volunteering Count.** Always keep track of your volunteer or work experiences. This is particularly important for individuals who may not participate in extracurricular because they are working to support themselves.

**Caregiver’s Corner**

**Important Factors in College Admissions**

Understanding the college admission decision process can be complicated for families. Particularly when decisions must be made regarding your student’s class selections, extracurricular activities, and employment. Here are some the most important factors colleges look at:

**High School Courses and Grades.** Each college has unique entrance criteria. It is advisable to take academically challenging classes, because it demonstrates better preparation for college, and willingness to work hard.

**Class Rank.** Some colleges weigh this heavily, other schools are leaning away from it. A student ranked 1st in a class of 2000 may be very different from one ranked 1st in class of 20.

**Test Scores.** ACT and SAT scores are important. They allow colleges to compare students across the nation.

**Essays or Personal Statements.** This is a unique way for students to show their “real” voice to the admissions board. A good statement shows that the student is more than a number or test score. The essay is more than a list of activities.

**Recommendations.** Recommendations are not required at many large public institutions, however they are an important part of the admissions process at many small, private colleges and universities.

**Extracurricular activities.** Extracurricular activities can look very good on a college application, if your academics are strong as well. Colleges do not like to see a student who is involved in 50 activities, but can only maintain a 1.9 GPA.

- adapted from http://www.collegeboard.com
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

**Shelby H.**
Clay-Battelle High School
9th Grade
What is your favorite/least favorite class?
Favorite: Health
Least: Math
What is your all time favorite book?
Twilight
What is your favorite thing about being a participant in Upward Bound?
Going on the cool trips and trying out new activities.

**Markitta M.**
Preston High School
9th Grade
What is your favorite/least favorite class?
Favorite: World History
Least: Spanish
What is your all time favorite book?
Freedom Writers
What is your favorite thing about being a participant in Upward Bound?
Meeting new people.

**Kameron F.**
Grafton High School
10th Grade
What is your favorite/least favorite class?
Favorite: Gym Class
Least: English
What is your all time favorite book?
Twilight
What is your favorite thing about being a participant in Upward Bound?
Getting to hang out with everyone, and going on the Saturday trips.