The Contest Goes On!

The staff of WVU UB received several reports that the first issue of the newsletter was late or never arrived. Due these circumstances we are extending the “Name the Newsletter Contest” to April 25, 2008. Please send your submission to UpwardBound@mail.wvu.edu or to PO Box 6891, G-4 Mountainlair, Morgantown, WV 26506. The winning contestant will see their title on the newsletter every month, receive a WVU T-shirt, and an extra mystery prize. Good luck to everyone!

February Saturday Program: Financial Aid

Who knew learning about financial aid could be fun? On February 2nd WVU UB participants came together for the first Saturday Program on WVU’s campus. The event was held in the Moutainlair. The day kicked off with a challenging icebreaker, and a few rounds of “You’ve Got Mail.” Students had the opportunity to learn about important terms and concepts in financial aid by participating in an interactive matching game and group discussion. Students said this really helped them “put together the pieces of the financial aid puzzle.”

Lunch was provided by Sheetz, whose generosity filled our bellies. After digesting we headed to the Mountainlair Games Area for bowling and billiards. After bowling the Juniors traveled to White Hall’s computer lab to look for scholarships and learn how to calculate college costs and potential incoming financial aid.

Everyone is an expert! UB participants interview each other for solutions to common problems students face when pursuing college dreams.

Check Us Out!

Did you know that UB has a web page? The UB web page includes information about our program and links to useful web-pages.

Check out: http://upwardbound.wvu.edu

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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.

**Student Leadership Conference**

**Turning Responsibility into Opportunity**

On February 22nd Jessica Dye, Shirlee Francis, Richael Saxon and Joe White from Clay-Battelle H.S. traveled to Charleston for the 8th annual WVEAOPP Student Leadership Conference. Each year, participants from Trio programs across the state gather for a three day conference filled with opportunities to learn, meet new people, and have fun. This year’s theme was “Turning Responsibility into Opportunity.”

After a rainy early morning drive the group spent the day at the Capitol. Highlights included: attending a senate session, visiting with Supreme Court Chief Justice Maynard, and receiving a private tour of the Governor’s Mansion and Capitol complex. After checking into the conference the group headed to West Virginia State University for the opening ceremonies and Banner (flag) and Power Point competitions.

On Saturday the conference offered a variety of workshops for students to select from. Each student attended three workshops of their choice, and a town-hall meeting. Workshops varied from relaxation training to how to hold an effective business meeting. All participants sewed blankets for donation to a local organization supporting adults with disabilities. Saturday evening’s activities included a banquet and late night Guitar Hero and Dance Dance Revolution on jumbo video projection screens.

Sunday’s events concluded the conference. After breakfast students engaged in a discussion about diversity and the power of words. The final event of the conference was the much anticipated declaration of the winners of the Banner and Power Point competitions. WVU UB’s representatives were happy to bring home the trophy for the group in the pre-college Power Point competition. The conference was a wonderful experience that UB hopes to share with more students in the future.

**WVU UB Summer Program**

As part of our academic and social programming, UB hosts a FREE six-week summer residential program on the campus of WVU. The purpose of this program is to provide a safe and supportive environment for UB participants to learn about the college experience. Participants will live on-campus in a supervised dorm, attend classes, and learn about the college experience in a safe and exciting ways. Students will be on campus from Sunday night through Friday afternoon, they will return home for the weekend.

**Have You Heard?**

Alicia Long from Clay-Battelle received the Anne P. Crum Leadership Award.

Jessica Dye and Shirlee Francis designed the 1st place Power Point presentation at the SLC. Thank you for bringing home the prize for all of us in WVU UB!

Laurel Spigler is now the Educational Counselor for Upward Bound.
**College Corner**

Below are questions the UB staff has been recently asked. If you have any questions about your college search or financial aid contact us.

**Why should I be involved in extracurricular or service learning activities? Do colleges really look at that stuff?**

As many of you who are currently volunteering know, service learning provides: valuable work experience, positive relationships (with individuals and your community-at-large), and a chance to have fun. Participating in service learning and extracurricular activities speaks volumes to the college admissions committee. It demonstrates that you are more than just a student, you are an active citizen. It demonstrates responsibility and dedication to pursue activities and sports you enjoy. Involvement in extracurricular and other service learning activities may also increase your eligibility for scholarships and other monetary rewards. Your school or community may offer a variety of athletic, social, and academic activities to choose from—get involved.

**What is a “good” score on the SAT or ACT?**

That depends… on the school, the year, and your intended major. Your first step is to investigate the entrance requirements for the colleges you are interested in. This can be done through the college’s admissions page. Often, specific majors have different requirements, this information can be found on the department’s web page. Look at the information for new students. Often, specific majors have different requirements, this information can be found on the department’s web page. Look at the information for new students. Often, the entrance requirements for a pre-med student are different than the requirements for a Spanish major. Many schools also offer information about the average test scores earned by the current freshman class so you can see how people from the “real world” are doing.

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**High School Hints**

Dealing with the Drama! Often, when asked, “what is bothering you?” high school students reply, “It’s just all of this drama!” What is drama to you? Pointless arguments that no body is ever going to win, hurtful rumors that never go away, friends who are not really friends? Everyone defines it slightly differently. One thing everyone agrees on is that drama is the fastest way to ruin an otherwise good day or friendship.

- OMG! Stop. Think! Before you send a text message, IM, or email in anger- walk away for fifteen minutes, think about it, and then see if the message still seems like a good idea. Many times you may decide to revise or delete your message. Remember you can’t accurately show your feelings with emojis :-/
- Healthy friendships are equal partnerships! You should not feel like you are giving or receiving 150% in a relationship. Both parties should have something special to offer to the friendship. This give and take helps your friendships grow as you pass through high school into adulthood.
- Just say no- to rumors. Next time you hear a juicy rumor or a far-fetched tale that just might be true, take a moment and think. Who could be hurt if you spread the story? Is there any benefit beyond saying you were the first to know? How does your involvement reflect on you?
- Your friends at night should be the same friends you have during the day. If you want to get ahead in life, surround yourself with supportive positive people. It is difficult to make good decisions for yourself if you are surrounded by people who are making poor choices.

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**Health and Wellness**

Many people begin to date in high school, and we all dream of romance and happiness. Dating can be a wonderful experience, but for many it is a scary, dangerous time. Research shows that 1 in 3 teens will be involved in an abusive relationship during high school.

**Young women AND men can be the victims of abusive relationships.** So what does an abusive relationship look like?

Signs that a relationship may be abusive:

- Your boyfriend/girlfriend acts jealous and possessive,
- He/She always criticizes or puts you down,
- Tries to control where you go, what you do, and with whom,
- He/She texts, calls, or IM’s you constantly; or reads your messages from others,
- Threatens to hurt you, your friends, or your pets as a way to control you,
- Threatens to hurt or kill themselves if you leave,
- Blame you for the hurtful things they do,
- Forces you to have sex, refuses to have safe sex, or hurts you in a sexual manner,
- He/she physically hits, kicks, slaps, or restrains you.
- If you are in an abusive relationship you may feel…
  - Less confident about yourself,
  - Scared or worried that you may say/do the “wrong thing,”
  - Like you must change your beliefs and actions to avoid a fight,
  - Like you must control your significant other at all times.

If you feel like you are the victim or perpetrator of abuse you can get help before things get worse. Talk to a safe adult or contact the National Teen Dating Abuse Hotline at 1-866-331-9474, 24/7 to speak with someone confidentially.

- information from loveisrespect.org and ndvh.org

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**Caregiver’s Corner**

It is tough being a parent or guardian these days. It is also very difficult to be an adolescent today. If you are raising your first or your fifth teenager it is hard to know what to expect. Here are some early warning signs of potential mental or emotional health problems in your teen. Remember, many teens experience some of these symptoms at one time or another. However three or more ongoing symptoms may indicate a problem.

**Signs that your teen may need extra assistance:**

- Mood disturbances- By definition teens are moody. Are your teens moods changing more than normal? Are the mood swings dramatic and disproportional to the event or trigger?
- Sleep disturbances- is your student sleeping much more or less than normal, waking up frequently, or having nightmares?
- Change in friends- Is your student withdrawing from their old friends? Has he/she made new friends who engage in dangerous activities or use drugs/alcohol? Has there been a recent break-up?
- Changes in school performance- Did you note drops in grades, poor attendance, or increased classroom behavioral problems?
- Isolation- Are they keeping secrets, isolating from friends and family, or avoiding activities they once enjoyed?
- Dietary changes- has there been change in the amount of food your teen eats? Increases and decreases can indicate a problem.
- Drug or Alcohol use- Has your student started using drugs and/or alcohol? Have you noticed any signs of possible use?
- Apathy or low energy- Does your teen seem tired or disengaged?

If you have concerns about your student’s wellbeing you have options. First and foremost be supportive, and express your concern in a calm way. Outside assistance can come in many forms. Assistance is available through school counselors, clergy, and local mental health organizations. The UB staff is also glad to assist you.
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 Upwardly Mobile Student Spotlight

Tamryn Ashcraft
Clay-Battelle High School
10th Grade
What is your dream job?
My dream job would be to be a Math teacher or a pro-softball player.
What is your favorite thing about being a participant in Upward Bound?
Meeting new people and gaining experience for college.

Erica Asbury
Preston High School
10th Grade
What is your dream job?
I want to be chef because I love helping people and I love to cook.
What is your favorite thing about being a participant in Upward Bound?
My favorite part of Upward Bound is traveling to new places and meeting new people.

Marissa Thorn
Grafton High School
9th Grade
What is your dream job?
My dream job is to be an athletic trainer at a big school.
What is your favorite thing about being a participant in Upward Bound?
Having the chance to communicate with other kids about what they want in the future, and having fun while I am learning.