Congratulations to Breanna Cleavenger from Grafton High School! After carefully consideration the staff of WVU UB selected Breanna’s entry, Tutelage, as the permanent name for the newsletter. Breanna won a WVU t-shirt and an Upward Bound CD case for her efforts. Tutelage has several meanings; two best represent the purpose and goals of Upward Bound. Webster’s dictionary states that Tutelage is “a guiding influence” or “state of being under a guardian or tutor, especially as an individual.” So how does that relate to Upward Bound? Breanna showed very good insight into the role and purpose of Upward Bound. The staff of Upward Bound strives to be part of the network of people who serves as guardians for your future. Who are your guardians? Who do you trust to help you through those difficult times? WVU UB hopes to provide you with guidance and support as you work towards your future educational and career goals. Let’s talk about the individual part. Upward Bound is a group of students and concerned adults; we do lots of activities together as a group. However we recognize that each student has unique needs and aspirations. The staff of UB is always there to give guidance and support. Congratulations again Breanna. The staff would also like to thank all of the participants who made submissions, the decision was a difficult one.

Anne Crum Leadership Award

During the April Saturday Program, Fran presented Alicia Long of Clay-Battelle High School with the Anne Crum Leadership Award. This award is given to students in West Virginia TRiO programs that show promise as future leaders. Alicia started a TAP (Teens As Parents) club at her school. Each month members gather to discuss parenting issues and provide support to each other. Alicia hopes to lead by example, and help other young parents complete high school and enter college. Alicia plans to enter a nursing program upon graduation.

Introducing Heather Summers

UB’s new Administrative Assistant

WVU UB would like to introduce the newest member of our team, Heather Summers. Heather is a graduate of Clay-Battelle High School, and is excited to be working with students from her alma mater. Prior to coming to UB, Heather worked in Residential Life at WVU.

Are You Doing Something Special?

What are you doing this summer? Are you going on vacation or service trip? Are you entering an animal or project in the fair? What about competitions or races? Send us photos and a brief description of something you are proud of and would like to share with other UBers. We will include it in the newsletter. Photos can be submitted at Upwardbound@mail.wvu.edu, or you can mail them to our P.O. Box. Laurel will scan your original photo and return it. Please write your name on the back of the photo.
April Saturday Program

ACT Practice Testing and the WVU Craft Center

On April 5, WVU UB held the Saturday Program in the newly remodeled Oglebay Hall. April’s activity focused on the ACT. All participants completed a full length practice test. Taking a practice ACT gives UB participants an opportunity to familiarize themselves with the test format, and practice test taking skills. The practice ACT also identifies a participant’s strengths and growth areas. UB will use the results of the ACT to assist participants in their preparation for both regular high school classes and success on the ACT.

After two long hours of ACT induced focus, participants took a well deserved break. During the lunch break participants had the opportunity to screen the Power Point presentation created at the Student Leadership Conference by Jessica Dye and Shirlee Francis. Fran also presented Alicia Long with the Anne Crum Leadership Award.

After lunch the group split up so participants could rotate through the remaining sections of the ACT and a trip to the craft center. For a uniquely WVU experience, each group traveled on the PRT (Personal Rapid Transit) to the Evansdale campus. While on the Evansdale campus, participants had the opportunity to create Tie Dye t-shirts at the Craft Center. The tie dye project was a learning experience for all. UBers showed their true colors.

Have You Heard?
Laurel has a new, local, Upward Bound cell phone. If you need to speak with Upward Bound’s Educational Counselor you can call (304) 276-3714.

WVU UB Summer Program

The staff of WVU Upward Bound will be holding informational meetings about the 6-week residential program on the following dates and times:

- Clay-Battelle High School- Monday, May 12th at 6pm in the Clay-Battelle Commons Area
- Grafton High School- Thursday, May 15th at 6pm at the Taylor County Library Conference Room
- Preston High School- Monday, May 19th at 6pm in the Preston High School Library

Please mark your calendar and plan on attending.

ACT Registration Dates

<table>
<thead>
<tr>
<th>Test Date</th>
<th>Registration Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>September 13, 2008</td>
<td>August 12, 2008</td>
</tr>
<tr>
<td>October 25, 2008</td>
<td>September 19, 2008</td>
</tr>
<tr>
<td>December 13, 2008</td>
<td>November 7, 2008</td>
</tr>
</tbody>
</table>

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.
Many students say that the college visitation experience was essential before the tour discussing your interests and concerns. Here are some helpful guidelines for planning an effective college visitation:

- Do your research first- learn as much as you can about the colleges you are interested in. Request informational brochures and create a file so you can easily compare schools.
- Go on a virtual tour- many colleges offer videos, slideshows, and student blogs that provide a close-up of campus from home.
- Make the most of your time- prepare a list of “must know” questions. You may want to consider asking about campus security, visitation policies, sports, clubs, religious services, dining options, and public transportation.
- Call ahead- schedule a guided tour and meetings with financial aid and admission representatives.
- Combine a campus visit with a family event or vacation. A trip to Kennywood could be the gateway to over 15 colleges and universities in the Pittsburgh area.
- Carpool- share rides with other students interested in the same college. Bonus: You can divide up and attend extra information sessions and share the information later.
- Walk around the campus and talk to students; many students will offer you an honest info about the pros and cons of the campus.
- Be prepared- wear comfortable shoes, bring a note pad, sun block, and a good attitude. You may want to take photos. Many students say that the college visitation experience was essential to making a final college selection.

Summer is approaching fast, and there are plans to be made. Summer Planning a College Roadtrip

College Corner

College Roadtrip

Summer is approaching fast, and there are plans to be made. Summer is a great time to complete your college research and visit colleges. Parents and students often have very different concepts of what is important to see/learn on a college visit. Spend some time together before the tour discussing your interests and concerns. Here are some helpful guidelines for planning an effective college visitation:

- Do your research first- learn as much as you can about the colleges you are interested in. Request informational brochures and create a file so you can easily compare schools.
- Go on a virtual tour- many colleges offer videos, slideshows, and student blogs that provide a close-up of campus from home.
- Make the most of your time- prepare a list of “must know” questions. You may want to consider asking about campus security, visitation policies, sports, clubs, religious services, dining options, and public transportation.
- Call ahead- schedule a guided tour and meetings with financial aid and admission representatives.
- Combine a campus visit with a family event or vacation. A trip to Kennywood could be the gateway to over 15 colleges and universities in the Pittsburgh area.
- Carpool- share rides with other students interested in the same college. Bonus: You can divide up and attend extra information sessions and share the information later.
- Walk around the campus and talk to students; many students will offer you an honest info about the pros and cons of the campus.
- Be prepared- wear comfortable shoes, bring a note pad, sun block, and a good attitude. You may want to take photos. Many students say that the college visitation experience was essential to making a final college selection.

Summer is approaching fast, and there are plans to be made. Summer is a great time to complete your college research and visit colleges. Parents and students often have very different concepts of what is important to see/learn on a college visit. Spend some time together before the tour discussing your interests and concerns. Here are some helpful guidelines for planning an effective college visitation:

- Do your research first- learn as much as you can about the colleges you are interested in. Request informational brochures and create a file so you can easily compare schools.
- Go on a virtual tour- many colleges offer videos, slideshows, and student blogs that provide a close-up of campus from home.
- Make the most of your time- prepare a list of “must know” questions. You may want to consider asking about campus security, visitation policies, sports, clubs, religious services, dining options, and public transportation.
- Call ahead- schedule a guided tour and meetings with financial aid and admission representatives.
- Combine a campus visit with a family event or vacation. A trip to Kennywood could be the gateway to over 15 colleges and universities in the Pittsburgh area.
- Carpool- share rides with other students interested in the same college. Bonus: You can divide up and attend extra information sessions and share the information later.
- Walk around the campus and talk to students; many students will offer you an honest info about the pros and cons of the campus.
- Be prepared- wear comfortable shoes, bring a note pad, sun block, and a good attitude. You may want to take photos. Many students say that the college visitation experience was essential to making a final college selection.

Benefits of Lifestyle Benefits

- Increased energy.
- Decreased depression and anxiety.
- Decreased likelihood of injury.
- Improved alertness and focus.
- Improved self-esteem and confidence.
- Reduced stress and anxiety.
- You will be more prepared for band camp or the start of fall sports.
- Being physically active now will help you stay fit and healthy later in life.

Easy Ways to Stay Active

- Walk the dog, both you and your pal will benefit.
- Ride your bike to a friend’s house- stay fit and save on gas!
- Dance (like nobody is watching)
- Go swimming or wading- Cool off while your burn calories.
- Walk a 100 miles in 100 days
- Vacuum or mow the lawn- exercise and help out around the house.
- Go hiking- get exercise and learn about flora and fauna in WV.
- Stretch everyday- it will help improve your flexibility and posture.

For Math Tests:

- Write down what information is given; then find out what is being asked for.
- Think of equations that include these values.
- Solve for the variable before plugging in the numbers.

For Essay Tests:

- Outline important information, dates, thoughts before you start.
- Keep track of the time, leave enough time to proofread.
- Make sure you write complete sentences and paragraphs.

For Multiple Choice and True/False Tests:

- Read all of the answer options before picking one.
- Complete the questions you know first, then return to the harder ones. If you get stuck move on!
- When you are unsure- eliminate as many answers as possible. You can go from a 25% chance guessing correctly to a 50% chance by eliminating two options.

Fill in the Blank Tests:

- Look for hints in other sentences, they may jog your memory or help you eliminate an option.
- Use the word bank- cross out the words you used.

BELIEVE IN YOUSELF!

Health and Wellness

Healthy Living

School’s almost out! This means no more gym class or locker rooms for most of you. It is easy to get out of the habit being physically active when it isn’t required for a grade or team. This is especially true for those of us with summer jobs that keep us busy. Summer is a great time to start or restart a healthy lifestyle.

Benefits of Lifestyle Benefits

- Increased energy.
- Decreased depression and anxiety.
- Decreased likelihood of injury.
- Improved alertness and focus.
- Improved self-esteem and confidence.
- Reduced stress and anxiety.
- You will be more prepared for band camp or the start of fall sports.
- Being physically active now will help you stay fit and healthy later in life.

Easy Ways to Stay Active

- Walk the dog, both you and your pal will benefit.
- Ride your bike to a friend’s house- stay fit and save on gas!
- Dance (like nobody is watching)
- Go swimming or wading- Cool off while your burn calories.
- Walk a 100 miles in 100 days
- Vacuum or mow the lawn- exercise and help out around the house.
- Go hiking- get exercise and learn about flora and fauna in WV.
- Stretch everyday- it will help improve your flexibility and posture.

For Math Tests:

- Write down what information is given; then find out what is being asked for.
- Think of equations that include these values.
- Solve for the variable before plugging in the numbers.

For Essay Tests:

- Outline important information, dates, thoughts before you start.
- Keep track of the time, leave enough time to proofread.
- Make sure you write complete sentences and paragraphs.

For Multiple Choice and True/False Tests:

- Read all of the answer options before picking one.
- Complete the questions you know first, then return to the harder ones. If you get stuck move on!
- When you are unsure- eliminate as many answers as possible. You can go from a 25% chance guessing correctly to a 50% chance by eliminating two options.

Fill in the Blank Tests:

- Look for hints in other sentences, they may jog your memory or help you eliminate an option.
- Use the word bank- cross out the words you used.

BELIEVE IN YOUSELF!

Caregiver’s Corner

Summer is approaching fast, and there are plans to be made. Summer is a great time to complete your college research and visit colleges. Parents and students often have very different concepts of what is important to see/learn on a college visit. Spend some time together before the tour discussing your interests and concerns. Here are some helpful guidelines for planning an effective college visitation:

- Do your research first- learn as much as you can about the colleges you are interested in. Request informational brochures and create a file so you can easily compare schools.
- Go on a virtual tour- many colleges offer videos, slideshows, and student blogs that provide a close-up of campus from home.
- Make the most of your time- prepare a list of “must know” questions. You may want to consider asking about campus security, visitation policies, sports, clubs, religious services, dining options, and public transportation.
- Call ahead- schedule a guided tour and meetings with financial aid and admission representatives.
- Combine a campus visit with a family event or vacation. A trip to Kennywood could be the gateway to over 15 colleges and universities in the Pittsburgh area.
- Carpool- share rides with other students interested in the same college. Bonus: You can divide up and attend extra information sessions and share the information later.
- Walk around the campus and talk to students; many students will offer you an honest info about the pros and cons of the campus.
- Be prepared- wear comfortable shoes, bring a note pad, sun block, and a good attitude. You may want to take photos. Many students say that the college visitation experience was essential to making a final college selection.

The final word on finals, brought to you by the UB tutors.

For any type of test it is important to do the following things:

- Ask the teacher about the exam before you study. Is it an essay test? T/F? How long is the test? How much of your grade is it worth? Don’t be shy, this information will help you prepare.
- Make sure you read each question completely before you answer it. Look for important words like NOT, ALWAYS, BEST… these words give you important clues.

For Math Tests:

- Write down what information is given; then find out what is being asked for.
- Think of equations that include these values.
- Solve for the variable before plugging in the numbers.

For Essay Tests:

- Outline important information, dates, thoughts before you start.
- Keep track of the time, leave enough time to proofread.
- Make sure you write complete sentences and paragraphs.

For Multiple Choice and True/False Tests:

- Read all of the answer options before picking one.
- Complete the questions you know first, then return to the harder ones. If you get stuck move on!
- When you are unsure- eliminate as many answers as possible. You can go from a 25% chance guessing correctly to a 50% chance by eliminating two options.

Fill in the Blank Tests:

- Look for hints in other sentences, they may jog your memory or help you eliminate an option.
- Use the word bank- cross out the words you used.

BELIEVE IN YOUSELF!
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 of the basis of age, gender, sexual orientation, religion, race or disability.

The Upwardly Mobile Student Spotlight

**Kim B.**
Clay-Battelle High School
10th Grade
What is most important to you as you look for colleges?
Getting a good job when I am done.
If you could have any major what would it be?
Veterinary Science or Physical Therapy
What is your favorite thing about Upward Bound?
Meeting new people and learning a lot about college.

**Jessica T.**
Preston High School
9th Grade
What is most important to you as you look for colleges?
The size of campus and classes, and the way the professors teach.
If you could have any major what would it be?
Photography or Alternative Equine Medicine
What is your favorite thing about Upward Bound?
The Saturday Programs and getting together with everyone else.

**Courtney M.**
Grafton High School
11th Grade
What is most important to you as you look for colleges?
Finding a small private college.
If you could have any major what would it be?
Pre-med with the hope of dental school.
What is your favorite thing about Upward Bound?
FREE TUTORING!