Summer Skill Building 1
Birthdays 1
Upcoming Events 1
Saturday Program 2
College Corner 3
Health & Wellness 3
High School Hints 3
Parent's Corner 3
Student Spotlight 4

Whoops! WVU UB would like to make the following corrections to April and May’s birthdays:

Happy Belated Birthday to Jessica Dye (April, 2nd)

Happy Birthday again to Brittany Clark (June, 30th)

Getting Prepared: Developing Active Reading Skills
Summer provides a break from routine school work. This means you can focus on improving general academic skills in your free time. This article focuses on readings skills which can be applied to any type of academic or pleasure reading. Being an active reader is more than staying awake while you read, it is about developing personal understanding of the material. Take advantage of the break from homework and practice these active reading skills before your next English or History class:

Pre-reading
• Think about what the title and cover illustrations tell you say about the book? Do they indicate a mood or central theme?
• Do you have additional information about the subject matter? Are you reading this for pleasure or a specific reason? Does the book relate to any discussions or groups you are involved in?
• What comments or feedback have you heard about the book? How does this effect your perception of the book. Don’t let a poor book critique turn your literary escape into a chore.
• Create a list of general concepts or specific questions you would like to focus on in your reading.

While reading
• Look-up words you don’t know. Keep a notebook and track the improvements to your vocabulary. For extra practice try using these words correctly in conversation.
• Customize your reading experience. Everyone reads at a unique rate, and utilizes a unique set of techniques and tools. Set a pace which is comfortable for you- retention is more important than speed records.
• Select a comfortable and focusing environment- avoid distractions and maximize your comfort without making yourself sleepy.
• Take notes- write down questions you have or connections you make. Refer back to your list of questions and concepts, add new ones as you go.
• Make a map- try using this visual aid to organize important information. There are many uses for visual diagrams including: charting relationships, families, and time lines.
• If a specific section is confusing try reading it out loud to yourself or a friend.
• Take a break. If you find that you are re-reading the same page again and again, relax- take a break and come back to it.

Post-reading
• Have a “critical” discussion with a friend or classmate. Topics you may want to discuss include: writing styles, how the book relates to yourself or your community, interesting or thought provoking sections.
• Review your list of questions and concepts; can you answer all of them? Did all of your questions apply to the story?
• Is there anything you would like to learn more about? Are there other books related to this topic available?
• Can you find connections between this book and other books, movies, or experiences you have had?

Check out a college prep reading list by visiting the AES webpage: http://www.petersons.com. Click on “College Prep” on the left hand side. When the new page opens up click on “College Bound Reading List” for a list of great books to help you get ahead for college. Remember, the tips above can be used for any type of reading from AP History to the AP Press.
**May Saturday Program**

**Coopers Rock State Park and the Challenge Course**

In celebration of the end of the school year, the staff of WVU UB planned a special Saturday Program for May. After a stop at the Mountainlair to pick up the tie dye shirts from April’s Saturday Program, WVU UB participants departed for the wilderness traveling to Coopers Rock State Park and the WVU Challenge Course. While at Coopers Rock the group enjoyed a picnic lunch and a visit to the Overlook. For several participants it was their first opportunity to visit this West Virginian gem. Unfortunately, time was limited and soon the group was whisked by bus to the WVU Challenge Course.

The Challenge Course is a unique facility that challenges both the individual and the group to step out of normal comfort zones. In many ways it is a classroom without walls or books. There is a common theme for lessons at the Challenge Course—personal growth. The staff of the Challenge Course began the visit with some ice breakers and fun activities to get the group physically and mentally warmed up. These activities really energized the group, and soon we divided up to take on the Challenge Course. The course consists of organized challenges and obstacles that require teamwork and focus to complete. Throughout the day UBers demonstrated their problem solving skills, improved communication within the group, and achieved both personal and group-wide goals.

WVU UB at the Coopers Rock Overlook. Check out the web page to see a full sized and full color version of this photograph!

Like so many other things in life we need the support of other people. The Challenge Course activity proves that united we stand, and divided we fall.

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.
**College Corner**

Free money— we all want some. On the internet there are numerous scholarship or scholarship matching services promising instant free money. Here are some tips to avoid being scammed by fake scholarship offers and expensive, ineffective scholarship matching services. Remember, more can be at stake than a $500 award, information from scholarship applications can be used for ID theft. Here are some tips for avoiding scholarship scams:

- If an “opportunity” seems too good to be true, it probably is. Avoid scholarships which “guarantee” you will receive money, claim everyone is eligible, or have amazingly easy applications.
- Avoid offers which promise to reduce your workload by searching or and/or completing scholarship applications on your behalf. Most legitimate scholarships require a personalized statement and the signature of the applicant.
- As a rule don’t spend more money than it costs to mail in the application materials. Most scholarships are awarded by a committee and do not ask for application or administrative fees.
- Avoid unrealistic claims. Avoid scholarship matching services which promise unrealistically high success rates, first come– first served, or access to millions of dollars in unclaimed aid.
- Be a private investigator- if you are unsure of the legitimacy of scholarship or grant opportunity contact the BBB, directory assistance, or your prospective college’s financial aid office to verify the opportunity.
- Be cautious of scholarships who ask for too much information such as SSN, bank routing numbers or PIN numbers. For a list of scholarship resources please contact the UB office or look under our resources heading on our web page.

**Health and Wellness**

Summer time is a great time to experience the world of work. A part-time or summer job can provide the opportunity to learn more about what you want (or really don’t want) to do as an adult. A summer job can also provide the opportunity for financial independence and the chance to develop a strong work ethic.

- Weigh out the pros and cons. Consider the following: how will working impact your school work? Can you balance work with relationships with friends and family? Is there a chance you could be injured on the job? Remember, life will change when you begin to work. Change can be uncomfortable as we stretch out of our comfort zones and accept responsibility.
- Keep a budget. Figure out how much you can expect to earn during the summer. You may need to save extra money over the summer if work is not available during the school year.
- Be a safe worker. Take time to learn about safety and the hidden dangers in your workplace. If someone tells you not to worry, be careful anyways! It is your future. Inform your parents or guardians of your work schedule and your plans for getting home to and from work.
- Know your rights. Specific rules control the teenage work environment. This includes time limits on the working day and mandatory breaks. It also limits the type of work you can do (eg. 14 and 15 year olds cannot use a ladder at work or operate a chainsaw). You also have the right to work in a location free of harassment of any kind.

There are several good sources of information available for both students and adults interested in learning more about the rights and responsibilities of teen workers. Please take time to visit the following sites for additional information www.dol.gov (U.S. Department of Labor) and www.cdc.gov/noish/homepage.html (National Institute for Occupational Safety and Health.)

**High School Hints**

The school year is over, and report cards have arrived in the mail, so take a moment to reflect. Did your report card carry any surprises (good or bad) inside of it? Were your grades solid, or were you just points from the next grade up or down? Could you have done anything differently? If you think you worked hard, pat yourself on the back for doing as well as you did! If you did not receive the grades you want use the summer to regroup and refocus.

Are you on schedule for graduation? An incoming college freshman at WVU needs the following courses to be eligible for acceptance: 4 units of English, 3 units of social studies, 4 units of college prep math, 3 units of lab science, 2 units of the same foreign language, and 1 unit of fine arts. Don’t forget, not all colleges have the same entry requirements so check with your schools’ admission offices.

Now, reflect on the schedule you made for next year, does it still seem to work for you? Did your report card make you reconsider anything? Consider challenging yourself to a harder class, perhaps your report card will highlight a previously hidden strength. Do you need to double up on math or science to fulfill a prerequisite for an advanced class? Do you need extra assistance or tutoring in a subject to improve for next year?

Summer is a great time to make changes to your schedule because you miss the rush at the guidance office. More importantly, you won’t miss out on the first few classes because you were trying to make a schedule change.

**Caregiver’s Corner**

The process of applying for scholarships and financial assistance can be a stressful period for both parents and students. It is important to remember that there is no substitution for hard work when trying to obtain scholarship money. Below are some helpful tips for the adults in the UB community:

- Help your student identify scholarship eligibility by identifying characteristics and professional/personal affiliations. (eg. Specific character strengths, achievements, family membership in professional, volunteer, military, religious, or social organizations, even obstacles the student has faced.)
- Encourage your student to participate in community and school activities. Encouragement can take on many shapes from signing paperwork, to providing rides, or making community service a family affair.
- Don’t do the work for your student. They need to write their own applications and essays, it is good preparation for entering the world of work. Parents can be supportive by providing proofreading services or obtaining fresh copies of applications in the event of a typo or spill.
- It is never too early to start your scholarship research. Early research helps you plan ahead and set goals. You may learn that you meet all of the criteria of a $2000 scholarship except that you only have 8 of the 75 hours of community service required. Maybe you will find out that you only need to raise your GPA .2 to qualify for a scholar-athlete award; finding out a year in advance can make a big difference. Just remember requirements may change from year to year. There are a limited number of scholarships available for underclassmen. Remember scholarship information is always changing. For more information on scholarships contact the UB office. The UB staff is always available to assist in the scholarship research and application process.
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 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

Joe W.
Clay-Battelle High School
11th Grade
What is your favorite thing to do over summer vacation?
Playing Football!
What is your favorite thing about being a participant in Upward Bound?
Meeting students from other schools and having great snacks.

Robbie S.
Preston High School
9th Grade
What is your favorite thing to do over summer vacation?
My favorite thing to do over my summer vacation is swimming.
What is your favorite thing about Upward Bound?
My favorite part of upward bound is getting to meet new people and going to new places.

Jessica H.
Grafton High School
9th Grade
What is your favorite thing to do over summer vacation?
I usually end up playing outside with my brother and we go to the pool all of the time. It is always fun!
What is your favorite thing about Upward Bound?
Meeting new people and learning new things.