Upward Bound Summer Program

This year, 15 students participated in the Upward Bound Summer Program at WVU. These participants had the opportunity to spend six weeks living in the Gaskins House residence hall, attending classes, completing service learning, and traveling to exciting destinations around WV. The Program’s theme was “Food and Water” and activities included: food analysis, water testing, and trips to a fish hatchery and organic farm. The Summer Program participants had the opportunity to explore journalism and created a newsletter around their personal experiences at the Gaskins House. Look for a copy of the student newsletter in your mailbox soon! Please take some time to talk to your fellow UBers about the Summer Program experience, we hope to see you all next summer at the Gaskins House.

1st Annual Upward Bound Banquet

During the final week of the summer program the first annual UB banquet was held at the Erickson Alumni Center. Over 90 participants, family members, and staff members attended the celebration. Highlights of the evening included an acknowledgement ceremony, slide show, and a full buffet. Poetess Jessica Helmenstein of Grafton wrote and presented the poem below, “Together,” for the evening’s invocation. Members of the Summer Program acknowledged the hard work of the staff, instructors, and tutors who support Upward Bound. Thank you to everyone in attendance.

Together

A poem by Jessica Helmenstein about Upward Bound’s Summer Program 2008.

Look around,
Everyone is sitting.
Together.
Different fingerprints,
Riddle everything, overlapping,
Together.
Eager, Concentrated, Sad, Happy faces look at me,
Right now,
Together.
Our pasts are so different,
But we accept it,
Together.
Though we’re all close,
Each and every one of us is clutching secrets to their hearts,
Once again, Together.
And it’s okay.
Cause it’s not your past that makes you who you are,
It’s something that we can realize only on our own.

But it helps to be…
Together.
Students in West Virginia have the opportunity to qualify for several types of state-funded financial aid. The WV Common Application is your link to two of the most important aid programs offered; the PROMISE Scholarship and the West Virginia Higher Education Grant (WVHEG).

The PROMISE scholarship provides qualifying students with full tuition and mandatory fees at public institutions, or the equivalent ($4,372 for 2008-2009) at private institutions within WV. All Upward Bound participants are encouraged to strive for the PROMISE’s eligibility requirements. Even Freshman can make choices toward achieving academic success and the PROMISE. These choices including taking college prep courses, maintaining a GPA of 3.0 or above, and earning a score of 22 on the ACT or 1020 on the SAT. Specific classes are required for the PROMISE- choose your classes wisely and always challenge yourself. Information about specific requirements is available at www.wvapply.com.

In the 2007-2008 academic year the WVHEG provided eligible students with awards ranging from a minimum of $1,300 to a maximum of $3,000. A grant is like a gift, this is money you never have to repay! This grant is given to students who demonstrate financial need and have graduated from high school (or the equivalent).

To learn more ask your guidance counselor, UB counselor, or follow the links at www.wvapply.com to learn about the specific requirements, and to complete the Common Application. Remember, without the Common Application you will not be considered for state-funded aid. Requirements change annually so do not be caught unprepared!

SAT and ACT Registration Information

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<tr>
<th>ACT</th>
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<tr>
<td>Test Date</td>
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<td>October 25th</td>
<td>September 19th</td>
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<td>December 13th</td>
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The ACT costs $31.00 or if you take the optional writing assessment the cost is $46.00. The SAT costs $45.00, additional SAT subject tests are available for $20.00 per test.

ACT fee waivers are available for eligible participants in the Upward Bound Program. In order to receive a fee waiver participants must meet income eligibility requirements as established by the ACT. Contact Laurel for more information. Please contact your high school guidance counselor for SAT waivers and eligibility requirements.

For students trying to decide which test to take Kaplan has created a unique test, it combines both the SAT and the ACT into one shortened 90 sample test. After completing the exam you can compare how you did on each test and make an educated exam choice. The combine ACT/SAT practice test is available for free at http://www.kaptest.com/satactpractice.
High School Hints
School has started for everyone, it is time to set your personal goals for the year. It is important to set goals to keep yourself focused, interested, and on-task. Here are some things to think about as you start the school year.
• Get involved- It may be too late to try out for fall sports, but there are many other school and community activities to get involved in. Considering joining organizations related to future job interests, hobbies, or causes you believe in. This can be a great place to meet new friends.
• Set personal goals- Think about what you want to achieve this academic year. Write down all of your classes and the grade or percentage you would like to receive in that class. You may also want to look at how close you are to achieving the right GPA and test scores to receive the PROMISE scholarship. Other goals you may want to write down are attendance, fitness, or a hobby or sport related achievement.
• Make positive friends- Does this mean all of your friends have to be 4.0 students planning to attend Yale? Absolutely not! However, you need to surround yourself with people who will support you and your personal goals. If someone puts you down, discounts your efforts and abilities, or is involved in drugs or alcohol, seriously consider the value of this friendship.
• Connect– with your community.

College Corner
Many high schoolers are unsure of the difference in the ACT and the SAT. Both tests are widely used to make selections for college admissions, scholarship eligibility, and even qualifications for special programming (like honors colleges or special classes). Here is a brief outline of the differences.
The ACT is an achievement test; it measures your mastery of subjects and material covered in school. The ACT includes five subject areas: English, Math, Reading, Science, and an optional writing section. The ACT is scored on the number of questions you answer correctly; there is no penalty for guessing. You should always make an educated guess after you have eliminated the answers you know are incorrect.
The SAT is an aptitude test, it measures how well you can analyze and solve problems. The SAT includes three subject areas: Critical Thinking, Math, and Writing. The SAT has a correction for guessing. This means you lose .25 points for each question you answer incorrectly. Blank questions do not impact your score either way. However, blanks lower the total possible points. If you can eliminate one or two responses try to answer. Statistically speaking you will come out ahead.
For students trying to decide which test to take Kaplan has created a unique test that combines the SAT and the ACT into a shortened 90 minute test. After completing the exam you can compare how you did on both ACT and SAT style questions and make an educated choice. The combine ACT/SAT practice test is free at: http://www.kaptest.com/satactpractice.

Health and Wellness
Research indicates that sleep deprivation can reduce or impair: focus, creativity, problem solving, decision making, mood, energy levels, and motivation. It is also linked to severe mental health problems including depression and suicide in teens. Poor sleeping may increase the chance of weight gain by interfering with hormones that keep you feeling full. Many teens think 6 hours of sleep is enough, but it is far less than needed to reach your full potential. Teens function best on 8.5 to 9.5 hours of sleep. What time do you need to go to bed to receive this much sleep?
• Our bodies can catch up on sleep, but we cannot save sleep for the future. When sleeping in, do not sleep more than 2-3 hours later than normal.
• Avoid pulling all nighters- being exhausted cancels out information you learned while cramming, and your reasoning skills are impaired.
• Avoid caffeinated drinks, energy drinks, and excessive sugar after lunch.
• Keep your bed and waking times consistent.
Challenge yourself to try sleeping 8.5 to 9.5 hours per night for 7 consecutive nights. Pay attention for changes in your school performance, energy level, and ability to handle stressful or unexpected situations. You may spend an extra hour or two in bed- but will find yourself much happier, healthier and productive during the day.
-Adapted from information found at the National Sleep Foundation and the Center for Disease Control

Caregiver’s Corner
The start of the school year means there are many choices to be made. Chores, school, friends, and dating are common areas where difficult choices must be made. Helping your student become a responsible decision maker is essential to academic, personal, and professional growth. Developing good decision making skills promotes self-discipline, responsibility, and personal accountability.
• Never give a choice you truly do not agree with. Teach your student to do the same.
• Provide boundaries and help your student develop their own boundaries. When making a decision it is helpful to establish personal limitations. These may include family obligations, personal or religious beliefs, financial restrictions, or time constraints. Let these help boundaries simplify things.
• Help your student explore the consequences. If your student is struggling to make a decision, help them think through the possible consequence(s) of each option. It may help to write these down for big decisions.
• Help your student learn to prioritize. Help them establish the most important tasks and concepts.
• Is this your final answer? If the answer is, “Yes, final answer… “ let it go. Even if you disagree with the decision. Part of the journey to becoming self-disciplined and responsible is experiencing the consequences of your choices. This can be difficult to watch, but as long as there are no safety concerns, live and learn.
• Provide opportunities to practice good decision making.
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

**Shirlee F.**
Clay-Battelle High School
12th Grade

What is the best thing you did this summer?

**Going to Rock on the Range Concert in Ohio**

What class are you looking forward to the most?

**Dual Credit History**

What is your favorite thing about being a participant in Upward Bound?

Attending the Turning Responsibility Into Opportunity workshop weekend in Charleston, it was so motivational.

**Timmy D.**

Preston High School
10th Grade

What is the best thing you did this summer?

**Hanging out with my friends at Upward Bound camp.**

What class are you looking forward to the most?

**Advanced Biology**

What is your favorite thing about being a participant in Upward Bound?

Getting to hang out with my friends and to do the awesome Saturday Events!!

**Cody H.**

Grafton High School
11th Grade

What is the best thing you did this summer?

**Staying at my farm with my best friends.**

What class are you looking forward to the most?

**Biology (and playing baseball)**

What is your favorite thing about being a participant in Upward Bound?

Making friends at other schools.