UB’s first Saturday Program of the year took place on October 18th. For the UB Summer Program participants it was an exciting reunion. For returning participants who did not attend the Summer Program, and new members, it was their first opportunity to tour UB’s new offices and facilities at the Gaskins House. After touring the new facilities the group got acquainted with each other by participating in several ice-breakers including the UB favorite, “To All My Neighbors.”

The theme for the day was “Love Your Body Day.” Because there is more to each of us than our appearances, the focus of the day was on identifying personal strengths. Participants walked to White Hall’s newly remodeled computer lab to take the VIA Signature Strengths assessment offered by Penn State’s Positive Psychology Center. This assessment provides detailed information about a person’s strengths and outlook on life. After taking the assessment participants discussed their results in small groups with volunteers from WVU’s Feminist Majority Leadership Alliance (FMLA) group. Members were encouraged to embrace their individual strengths and find ways to use these strengths in daily activities.

If you are interested in learning more about yourself, take the free VIA Signature Strengths assessment or one of the other great assessments available at http://www.authentichappiness.org.

Participants review their results from the Signature Strengths assessment. After analyzing their results, participants joined together to discuss how to best utilize their strengths.
November Saturday Program

Citizenship

On November 1st, just before Election Day, members of UB came together to discuss citizenship. We learned citizenship is comprised of more than voting alone. Citizenship is a complex and multi-layered subject which requires critical thinking and a personal effort. The day featured several different activities focused on citizenship and understanding how our government functions. Members were divided into groups to discuss the skills, actions, and knowledge necessary to be effective citizens. These groups were challenged to consider what it would be like to live without the constitutional rights Americans value. Members created flags which represent a new, more global community.

For some members the highlight of day was the “Make a Bill” activity where UBers worked in groups to draft four legislative bills. After drafting the bills members engaged in a lively debate and voted on the bills. Interestingly, the UBers could not come to an agreement and no bills were passed in Gaskins House. After a busy morning, the group relaxed in the afternoon and enjoyed bowling and playing pool at the Mountainlair.

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.

Faith accepts an award for attending every UB event in 2007-2008.

Participants pose for a photo while they prepare for a fun and highly competitive bowling game.

Brianna, Tyler, Kim, and Nicole work together on a new flag design they created to represent a global community.

KoAnna and Tyler are hard at work drafting a new speed limit law. Slow down ladies, what’s the rush?

Who are these mysterious UBers? The camera person thinks it might be Erica and Shelby!
## College Corner

### I Want to Be a _____ When I Grow Up- Choosing a Major

Since we were little kids people ask “What do you want to be when you grow up?” This is a difficult question, even to some adults. Here are some factors to consider when researching majors and careers:

- Assess your strengths. Each person has a unique set of personal and academic strengths. Remember these as you explore majors. Which fields emphasize these traits? If you need more information about your personal strengths you can take (or review) the VIA Signature Strengths assessment at www.authentichappiness.org.
- What are your interests? Are there any hobbies, activities, or academic areas of particular interest? How do these interests relate to each other?
- Remember that things we enjoy and our strengths are not always the same. Many times increased effort can make up for a skill or knowledge deficit. It is also possible that your un-enjoyable strength could be an asset in a major or career you have not considered yet. Explore your options.
- Take an interest inventory or career assessment. There are several paper or internet based tests which measure your interest in a variety of fields. Be sure to discuss your results with your school’s guidance counselor or the UB staff. Interest inventories are available at the UB office.
- Remember no decision is set in stone; you can always change your major. Research says that up to 80% of students change their major at least once.
- Talk to adults who have jobs that are interesting to you, and find out how they started out in their career.

### Tough Talks about College

Many adults have serious concerns regarding their students’ transition to college life. Open and frank discussions are a good way to reduce this anxiety and improve your relationships. One does not need to be an expert on college life or studying, you simply have to care. These discussions are important because:

- Increase trust. Both you and your child have had a wide variety of life experiences. Being able to mutually share some of them encourages open and honest communication.
- Encourages students to ask questions. Students who feel comfortable talking to adults are more likely to ask for help to get through difficult or high-risk situations.
- A chance to educate. You have a wealth of information and experience to share with your child. Provide them with the positive tools that helped you succeed.
- Reassurance. Always show that you care about them and their dreams. Reassure them that help is always available.

Below are serious topics every family should discuss before college:

- Finances- Loans, family contributions, credit cards, and responsible spending habits.
- Drugs and Alcohol- Family values and expectations, safety, high-risk situations, and legal repercussions.
- Healthy Living- Diet, exercise, and medical insurance.
- Safety- Campus and residence hall safety, healthy relationships, and driving.
- Sex- Family values and expectations, abstinence and safer sex, pregnancy and STIs
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

Evelynn C.
Clay-Battelle High School
9th Grade
What is your favorite thing about Thanksgiving?
My Grandma’s mashed potatoes.
What is your best study tip?
Don’t get nervous, try to stay calm.
What is your favorite thing about being a participant in Upward Bound?
Playing games like “To All My Neighbors”

Nicole L.
Preston High School
9th Grade
What is your favorite thing about Thanksgiving?
Mashed potatoes
What is your best study tip?
I have to have it quiet.
What is your favorite thing about being a participant in Upward Bound?
The Saturday Programs

Erika L.
Grafton High School
10th Grade
What is your favorite thing about Thanksgiving?
Saying what you are thankful for.
What is your best study tip?
Repeating things
What is your favorite thing about being a participant in Upward Bound?
Fieldtrips