On September 19th, UB kicked off the academic year with the first Saturday Program. Saturday Programs are a special part of UB’s curriculum. These monthly, all-day workshops allow participants from Grafton, Preston, and Clay-Battelle high schools to come together and focus on a specific topic. The September Saturday Program focused on two topics relevant to citizenship—military service and community service.

WVU’s Veterans Advocate, Terry Miller, spoke to participants about the benefits and challenges of being both a soldier and student. Mr. Miller helps both enlisted and veteran students adjust to life in classroom. Lieutenant Smith, from the Army ROTC program spoke to participants about the leadership opportunities and financial assistance offered through ROTC. Mr. Miller and Lieutenant Smith provided useful information for participants to use as they make decisions about their futures.

In the afternoon participants switched gears and developed a plan of action for improving community safety. Each year, the State Farm Youth Advisory Board accepts grant applications for youth driven, year-long, service projects. Participants identified drivers safety, and the problems faced by rural drivers, as the focus of UB’s grant proposal. With driver safety in mind, participants jumped to action dividing into teams to accomplish their goals—selecting a name, producing a video clip, and brainstorming on ideas for how to implement a safe driving campaign. By the end of the day, video footage was completed, a list of ideas was compiled to be submitted with the grant application, and the proposed program was given its name, SAID—Students Against Ignorant Driving. UB staff completed the application, using the ideas and materials generated by participants. Grant award notification is anticipated for January.

Have You Seen It?

The SAID Safe Driving video written by Joya D., edited by Nick S., and starring September Saturday Program attendees available on YouTube.

Visit: http://www.youtube.com/watch?v=b6s3Q7Qtgz8

Jessica H. and Erica A. present a list of SAID implementation ideas suggested by UB participants. Ideas range from safe driving text messages to billboard advertisements and concert events.
October Saturday Program

On October 10th, participants gathered for a study skills themed Saturday Program. Study skills are essential to success in high school and beyond. Developing effective study skills does more than improve grades; it reduces stress, increases free time, and sets a strong foundation for future learning. Participants completed a study skills assessment which evaluated their performance in key areas including: concentration, note-taking, and time management. Teams of students worked together to come up with solutions to common homework problems like poor study environment, a lack of example problems, and intimidating teachers. A creative challenge gave students a unique way to share personal homework/study skill challenges.

Participants attending the October Saturday Program had an unique opportunity to attend a special screening of The Dawn of the Space Age at WVU’s Tomchin Planetarium. Events like this help participants learn about science and technology outside of the traditional classroom setting. Participants found that The Dawn of the Space Age provided them with a deeper understanding of the American and Russian race to space. Some participants likened this sharing of information between space programs to the way students share information each day. Those who are competing for the same goal can learn and benefit from others’ progress.

Study skills resources are available through the UB office and at tutoring. The 2009-2010 tutoring schedule is: CBHS –Tues. @ 2:10 in Room 145, Preston– Wed. @ 3:30 in Room 123, and Grafton– Thurs. @ 3:15 in Room 110. Several helpful resources are highlighted on the next page.

Ask the Expert

October’s question: How do you understand math when what your teacher explains does not make sense? Faith S. from Preston H.S.

To begin, ask the teacher questions and see if they could try to explain it in a different way. If that doesn't work, look back at the section in your book. Most math books are broken up into sections within the chapter. These sections have a lot of good information, and that's the reason they take the time to type it all out for you! If reading the chapter doesn't help, try using other resources. If you have a friend in the class who understands the material, you can ask them for help. Everyone has strengths and weaknesses, and building on someone else's strengths will help you in the long run. Who knows, they might be able to help you with math, and you might be able to help them with another subject. Lastly, if you have internet access, go online and look up the particular concept or just type “math websites for high school students” into google and you will find that there are around 676,000 hits! There is a lot of good information out there, just waiting for you to find it.

—Caitlyn Peters, UB Tutor

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.

Have You Heard?

Congratulations to the Summer Program participants who completed the ThinkQuest Trio competition.

Three WVU UB teams received recognition for their web designs in the New Program Recognition Category.

2nd Place– Thrills, Spills, and the Occasional Kills (Dallas H., Susan L., Faith S., and Timmy G.)

3rd Place– The Grene Scene (Jessica H., Megan A., and Paul S.)

Commendation: Gone But Not Forgotten (KoAnna M., Jessica T., and Sammy L.)

Meet the Intern

UB would like to introduce James Bolyard, our intern for the fall semester. James is a Social Work student at WVU, and he will be graduating this year. He is a 2003 graduate of Preston High School. While in high school James’ favorite class was Webpage Publishing. When James is not in the classroom or working at one of his two internship sites, he enjoys playing basketball and football.

James’ favorite courses in college are his Social Work classes because, “every class that I take better prepares me for my career.” James’ advice for students trying to go to college is, “WORK HARD and NEVER GIVE UP!” Working with Preston’s UB participants has given him the opportunity to give back in his community.

Monthly Brainteaser

Do you know the answer to this month’s brain teaser? If so, you may submit it to be entered into a prize drawing at the next Saturday Program. Answer submissions must be in writing, and will be accepted at all UB events, or by email at: UpwardBound@mail.wvu.edu. A winner will be selected randomly from all correct entries.

The sun bakes them, the hand breaks them, the foot treads on them, and the mouth tastes them. What are they?

Have you noticed changes to the Tutelage? Many UB participants, family members, advisory council members, and others responded to last spring’s newsletter survey. The results are reflected in changes you will see in the Tutelege this year. Thank you for your input.

H2 Homework Help by West Virginia Public Broadcasting. This is a live homework help show. You can call in or submit your homework questions Monday through Thursday starting after 4:30 pm at 1-800-278-1290 or online at http://wvpubcast.org/h2.aspx. Your question may be demonstrated on air when the show starts at 5pm (on WV PBS).

WV InfoDepot. This resource is sponsored by the WV Library Commission. Homework help, SAT/ACT prep, language arts skill builders, and career exploration tools bundled into one handy location. Visit: http://www.wvinfodepot.org and use the following information when prompted: Username: west Password: virginia

Hippocampus. This resource features information on almost every subject you may encounter in high school. There are also lessons sorted by text book. Simply select your book and the page numbers which correspond to the concept will appear. www.hippocampus.org

Mathways. Mathways is an interactive site where you can enter in problems from basic math through calculus, and see both the solution and the steps it took to get there. Double check your work, or see the steps you need to complete other problems. www.mathways.com
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.

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The Upwardly Mobile Student Spotlight

Kassandra H.
Clay-Battelle High School
10th Grade
In elementary school what did you want to be when you grew up?
A Poet.
Today, what do you want to be?
A Lawyer.
What is your favorite thing about being a participant in Upward Bound?
The extra help that you get in school.

Samantha L.
Preston High School
11th Grade
In elementary school what did you want to be when you grew up?
A Veterinarian
Today, what do you want to be?
I still want to be a Veterinarian.
What is your favorite thing about being a participant in Upward Bound?
Learning what it is like to be on college campus.

Nick S.
Grafton High School
11th Grade
In elementary school what did you want to be when you grew up?
A Professional Football Player.
Today, what do you want to be?
A Psychologist or Physical Therapist.
What is your favorite thing about being a participant in Upward Bound?
All of the people I get to meet and the awesome activities we do.