On April 4th, WVU Upward Bound participants completed three additional sections of a practice ACT. This month the participants tested their knowledge of Science, Reading, and Writing. Science and Reading are 35-minute sections, which include 40 questions testing a range of concepts a typical student learns up to grade 12. The Writing test is optional in a real-life ACT test; Upward Bound encourages participants to prepare for the writing exam in case a college or scholarship requires it.

After completing the ACT and sharing lunch generously donated from Sheetz, the participants took a ride on the Personal Rapid Transportation system (PRT) from the Downtown Campus to the Evansdale Campus to visit the Craft Center. The Craft Center is a unique feature of the Evansdale Residential Complex (ERC) because it provides WVU students with the opportunity to engage in creative activities, including throwing pottery and making custom jewelry, at low costs. While visiting the Craft Center students had the opportunity to tie dye their 2008-2009 UB t-shirts.

ACT Fun Facts– 2008

How many students took the ACT?
1.4 million students

How many students received a perfect composite score of 36?
1 out of every 3,300

What was the average composite score?
21.1

Does it help to take the ACT more than once?
55% increased their composite score
22% experienced no change to their composite score
23% decreased their composite score


Shirlee F. is Valedictorian of the Clay-Battelle Class of 2009!
Jessica D. won a $500 scholarship from Quota International!
Congrats to our Promise Scholars:
Shirlee F.
Michael H.
Richael S.

UBer Tiffany T. would love to hear from you! Email her at: wvchallenge@wvchallenge.org
Subject line: Cadet Tonkin
Or send a letter to:
MCA
Attn: Cadet Tonkin
PO Box 586
Kingwood, WV 26537

Shirlee F. is Valedictorian of the Clay-Battelle Class of 2009!
Shepherd University Trip

On March 29th and 30th, UB took an overnight trip to the Eastern Panhandle of WV to visit Shepherd University and Harpers Ferry National Historic Park. On Sunday evening, the group ate dinner at Ryan's and celebrated the birthdays of Ryan W. and Jessica D. We enjoyed cupcakes, games, and the hotel pool. On Monday morning, the group headed to Shepherd for a presentation from the admissions office. Participants learned about academic programs, student organizations, and campus safety. The students then split into two groups for a tour of campus and of a residential hall room. UB ended their visit by enjoying lunch provided by Sheetz in one of the dining halls.

“This school is really cool, I didn't know about Shepherd and I think I could be happy on this campus. I like it because the campus is small and I want small classes,” said UB participant Kim B. After visiting Shepherd, the group traveled to Harpers Ferry National Historic Park for an afternoon of exploration and learning about the region's history. Harper's Ferry is most famous for John Brown's Raid, but its history also includes stories of industrial revolution and natural heritage. After a brief presentation from a park ranger, the group set off to explore the park independently by completing an historical fact scavenger hunt. KoAnna M., Timmy G., Jessica H., and Joya D., all tied for first place, and were given a USB thumb drive.

Meet the Tutors: Part 2

Caitlin Peters is a 3rd year Senior; she studies Foreign Languages (Spanish and French) with a minor in Communication Studies. Caitlin graduated from Nitro High School, Kanawha County, in 2006, and plans on graduating from WVU in December of 2009. She hopes to attend graduate school at WVU. In her free time Caitlin enjoys playing guitar, playing soccer, and cooking for her friends.

Caitlin’s high school Spanish teacher, Senorita Megvesi, had a strong impact on her educational goals. Caitlin states, “She was very influential in my choice to study Foreign Languages. She always pushed me, even when I didn’t want her to. In the end she gave me the head start for my major in college, and taught me to never say never.”

Caitlin’s current career goal is to pursue a Masters Degree, possibly in Communications or Education, in preparation for a career in foreign language education or in the government. Her best tip for success is to never stop trying, even if you think you can’t do something. Caitlin thinks that all UBers should remember that, “People tend to sell themselves short. Putting a little more effort behind something can mean the difference between getting through it, and failing at it.” Caitlin will be returning as a Summer Program 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.
Caregiver’s Corner

Talking about the “S-Word”

It may be uncomfortable to talk about SEX, but it is a fact of life. Whether you want to admit it or not, your son or daughter is thinking about sex, and may already be actively participating in it. The teenage years are a time of change and growth and new experiences, and they are bombarded with sexual images and content on TV, the internet, at school, in magazines, etc. Talking about sex should be more than a one-time “how-to” birds and the bees lecture. Most students learn the physical mechanics in school. Discussing sex should be an ongoing dialogue between you and your kids. Focus your conversations on their questions, feelings, fears, and consequences (both physical and emotional) of having sex. You want to be sure that they know where you stand on the issues of sex and birth control, but just as importantly, you need to know where THEY stand on the issues. Listen in a non-judgmental way so they feel safe opening up to you. Ask open-ended questions that require more than a yes, no, or head-nod. You can express your values, but be sure that you stop to hear what they are thinking and feeling. Use personal situations, movies, or TV shows to open the door to the conversation. And by all means, openly acknowledge the fact that it can be an uncomfortable topic to discuss for both of you! For More tips, visit: www.parentingteensonline.com

College Corner

ACT/ SAT Fee Waivers Available

Did you know that just by being a student in UB you can have your registration fees waived for the ACT and SAT? The UB office can give you a code that you can use to register online, or through the mail. Fee waivers do not cover late registration charges, so it is important to register by the deadline. The ACT only allows you to waive the fee TWICE, so plan ahead. The ACT registration fee is $31 per test, and the SAT is $45 per test. Taking advantage of the waivers can save you up to $62 for the ACT, and an unlimited amount for the SAT! SAT test dates for 09-10 have not been announced yet, but below are the registration dates for the ACT.

<table>
<thead>
<tr>
<th>ACT Test Date</th>
<th>Registration Deadline</th>
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<tbody>
<tr>
<td>September 12, 2009</td>
<td>August 7, 2009</td>
</tr>
<tr>
<td>October 24, 2009</td>
<td>September 18, 2009</td>
</tr>
<tr>
<td>December 12, 2009</td>
<td>November 6, 2009</td>
</tr>
<tr>
<td>February 6, 2010</td>
<td>January 5, 2010</td>
</tr>
<tr>
<td>April 10, 2010</td>
<td>March 5, 2010</td>
</tr>
<tr>
<td>June 12, 2010</td>
<td>May 7, 2010</td>
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www.act.org
www.sat.org

High School Hints

Staying Engaged Over the Summer

Did you know that most high school students lose up to two months worth of academic skills and knowledge over summer vacation? There are many steps you can take to make sure you are still actively learning during break.

Attend an enriching summer program, like the UB Summer Program. These programs challenge you to develop both academic and social skills.

Go to the library. Reading is a great way to keep your brain challenged. Libraries offer a wide variety of reading materials from magazines to novels to comics. Libraries often offer a variety of other free services such as internet access, reading groups, and volunteer opportunities.

Watch TV. Watching TV is not always bad. Choose your shows wisely, shows like “How the Earth Was Made,” PBS’s “Nova,” and your nightly news can keep you updated on facts, both past and present.

Get a job. At a summer job or internship you can learn new job skills, explore a potential career, build relationships, and stay active.

Brain-games. There are many online and paper based games that help stimulate your brain. Sudoku, riddles, and word games can increase your math skills, vocabulary, and confidence.

Health and Wellness

The Dirt on Acne

Most of us get it, but we’re usually too embarrassed to talk about it. What causes pimples and break-outs? And is there anything we can do to prevent it? The bad news—there is no way to completely guarantee you’ll never get a zit. The good news—there are things you can do to help:

1. Wash your skin—especially after exercise. This can reduce sweat and dirt that can clog pores. But don't wash too much, it can over-dry the skin.

2. Use noncomedogenic or nonacnegenic products—this means that your make-up or lotion won’t clog your pores.

3. Keep your gels and hair products away from your face—the oils in some products can cause problems.

4. Avoid tight clothes—tight clothes can irritate the skin.

5. Try an over the counter (OTC) product—some do find help with OTC products—especially those containing benzoyl peroxide, or salicylic acid.

6. Resist the urge to squeeze!- popping can actually make it worse and can push the infection further into the skin.

7. Nourish your skin—eating health foods has definite benefits for you skin.

8. Talk to your doctor—your doctor may be able to give you medication to help clear up the problem.

For more information, go to www.teanshealth.org
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 UB Helpers Spotlight

Erin Higgenbotham
What career did you want to pursue when you were in high school?
Therapist, teacher, Broadway actress, journalist
What do you do for fun when you aren't studying?
Read, watch movies, sing, hang out with friends
What do you like best about being involved with Upward Bound?
Getting to work with such an amazing group of students!

UB relies on many people to make the program a success—the students, guidance counselors and school staff, tutors, university faculty and staff, parents, and many, many more. We'd like to highlight and thank two of our UB helpers: Erin and Pamela. Both are Doctoral students in Counseling Psychology at WVU, and we're glad to have them as part of our UB family. Erin is new to the UB staff and we're excited to welcome her aboard to help with the Summer Program as a Graduate Assistant. We're looking forward to her energy and vision!

Pamela Jackson
What career did you want to pursue when you were in high school?
I wanted to be a child psychologist.
What do you do for fun when you aren't studying?
I read mystery novels.
What do you like best about being involved with Upward Bound?
The energy of the students and the opportunity to learn.