UB is holding a competition to design the 2009—2010 group shirt. The winning design will be printed in black ink on the back of white T-shirts. These shirts will be tie-dyed during an upcoming Saturday Program. This year’s Summer Program theme is “Country Roads.” The following rules apply:

- Designs must be submitted on unfolded white paper, no larger than 11 x 17, be sure to include your name(s) on the back
- The design CANNOT feature the Flying WV logo or other trademarked images
- Designs may include original art work or text
- Students may work independently or as a team on a design submission
- Changes may be made to a participants’ designs to improve the printing process

T-Shirt design submissions will be accepted until February 15th at Saturday Programs, Club Hours, Tutoring, or by mail.

We had no correct submissions for last issue’s brainteaser: The sun bakes them, The hand breaks them, The foot treads on them, and the mouth tastes them. What are they? The correct answer is: Grapes

Monthly Brainteaser
Do you know the answer to this brain teaser? If so, submit your answer 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.

There are 2 ducks in front of 2 other ducks. There are 2 ducks behind 2 other ducks. There are 2 ducks beside 2 other ducks. How many ducks are there?
November Saturday Program

UB was happy to welcome presenter, Dr. Richard (Dick) Walls, from WVU’s College of Human Resources and Education. Dr. Walls is a professor in the Educational Psychology Program in the Technology, Learning and Culture Department. Dr. Walls provided an exciting and humorous look at memory and how it impacts our daily lives, academic success, and ability to relate to our world. Participants learned about short and long term memory, and how information shifts between these two types of memory. According to Dr. Walls, “the main reason people don’t remember information is because they never got it in the first place.” Two other common reasons people forget information are a lack of understanding or interest in the material. In a display of teamwork, our group successfully remembered the parts of a small engine using a rehearsal technique Dr. Walls showed the group. After Dr. Wall’s presentation participants had the opportunity to test several different memory devices in a series of challenges.

After lunch, UB traveled to the Mountainlair to enjoy Mountaineer Week activities and a visit to the Games Area. Participants had a great time bowling under the backlights and playing billiards. Highlights of Mountaineer Week included a craft show, traditional dance demonstrations, exhibitions of model trains, quilts, and environmentally friendly clothing. The Arthurdale Heritage Incorporation shared photographs, documents, and information about Eleanor Roosevelt’s New Deal Homestead Community, Arthurdale, for its 75th anniversary. There were also booths presenting information about the achievements of West Virginia natives including authors, artists, and philanthropists.

Meet the Expert—Dr. Holmberg

This month’s expert is career services counselor, Dr. Rachel Holmberg, from WVU’s Career Services Center. Dr. Holmberg received a Bachelor of Arts from University of Michigan-Dearborn in English and History, a Master of Arts in Literature from Eastern Michigan University, and a Doctorate in English Literature from WVU.

What is your favorite part of your job at WVU Career Services?
I get to listen to one student at a time and try to help that person with their needs. Advising students is an interesting process: some need support and confidence, others need information, and still others need to take stock and be more realistic about their situation.

What is your tip for academic success in high school and beyond?
“Focus on one thing at a time—there are expectations that we should be always multitasking. Recent studies have shown how ineffective this is: you can't text and drive at the same time; you can't listen to music, do homework, IM online all at once. Well, you can, but you'll do them all poorly. People who multitask more, don't retain information well at all and may train themselves to be unfocused thinkers. When something is important, slow down and give it all your attention!”
Ask The Expert- Careers and Majors

November’s Question: How do you know if you will enjoy a type of work later in life, or is it better to prepare to do everything? - Dylan S. from CBHS

Some people are good at knowing what they like and dislike. Other people struggle to figure out what they want to do. To help the undecided, there are “personality inventories” like the Myers-Briggs and the Holland Interest tests. I recommend these two because they were developed by respected psychologists and they continue to be researched and improved. The Myers-Briggs is particularly useful for finding out your personality type and what kind of work you may enjoy. Type “Myers-Briggs” or “Holland Interest Inventory” into a search engine, like Google, to find a free test to take. You can find web sites that will explain your test results as well— keep in mind that most web sites on these tests tend to simplify their descriptions. You might learn more (and find a better matching career) if you look up a book on the subject or talk to your UB counselor.

Some people don’t like tests and research. They may understand work much better by job shadowing. Job shadowing involves following someone around for a day, or a week, to see what it is like in their workplace. Consider talking to family, friends, and teachers about finding appropriate people to job shadow. Spending time in an office, lab, or other workplace can teach you things about a profession that nothing else can. It might seem a little strange to approach someone about shadowing him or her, but don’t hesitate: it’s actually very complimentary and people often welcome the chance to talk about work.

I’m not sure if the heart of your question is about how to find work that will make you happy or how prepared you should be for the future. If the question is really, “is it better to prepare to do everything,” the answer is: it wouldn’t hurt your chances if you did. Over-preparing is better than being underprepared.

Some people know that they want to be a doctor or a computer programmer early on. Most people don’t know what they want to do when they enter college (polls typically say about 70% of freshmen are undecided). My advice is to push yourself, and take the hardest classes you can handle. Prepare for everything until you know what you want to do—then specialize. Why is this a good idea? Taking hard classes looks better on your transcripts when you apply to college. Also, while in college, taking harder classes during your freshman and sophomore years makes you a better candidate for getting into a major. If you switch majors (which a lot of people do), having taken the more difficult math class (for example), means that it is unlikely you would need to take an extra math class to qualify for your new major.

In short, try to prepare for anything and everything within reason. This is the time in your life to push yourself and see what you can do. People who can find a way to be good at calculus or chemistry often get a great payoff later in life when they easily find a good job and make great money. But don’t just put your nose to the proverbial grindstone, take classes and evaluate. Take a personality inventory and see what might suit you. Question your teachers about what kind of work are in those fields, and consider what kinds of work you would be good at and fit your values. Don’t wait for someone else to figure out your future for you: set your own goals and decide what will make you happy.

- Dr. Rachel Holmberg
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

Dylan S.
Clay-Battelle High School
9th Grade
What is your best study tip? Always look over your notes once or twice a day, starting a few days ahead of the test.
What is your favorite book or magazine? Heat by Mike Lupica
What is your favorite thing about being a participant in Upward Bound? How it will help me prepare for what to do in college and in certain situations.

Britttany L.
Preston High School
10th Grade
What is your favorite study tip? Stay on task, don’t get distracted.
What is your favorite book or magazine? Everlost by Neal Shusterman
What is your favorite thing about being a participant in Upward Bound? College-preparedness!

Amber B.
Grafton High School
10th Grade
What is your favorite study tip? Before the test take a quick glance at your notes.
What is your favorite book or magazine? I have too many favorite books. Right now my favorite is Trickster’s Choice by Tamora Pierce.
What is your favorite thing about being a participant in Upward Bound? All of the different experiences we get to have, they help with figuring out what to do with college.