On Thursday, February 4, Upward Bound took a bus of students to visit California University of Pennsylvania and the Pittsburgh College Fair. Upon first arriving at Cal U, students and staff enjoyed a buffet-style lunch at a dining hall.

After lunch, participants interacted with some Cal U students that were former members of UB. These students discussed the advantages of Student Support Services at Cal U, and some of the differences between SSS and UB. They also talked about their first college experiences and adjustments. UB students then had an opportunity to ask questions about Cal U and college life.

UB next enjoyed a tour of the Cal U campus. This included seeing spacious dorm rooms, the recreational center, the famous Vulcan, and other numerous sights.

Once back inside, UB students had some more questions about Cal U’s academics, sports, expenses, and application procedures. Some students even began the application process to Cal U. One attraction of Cal U was the cooperation they put in for applications. Instead of throwing away those that do not meet the requirements, they work with applicants to meet the requirements.

Next, UB headed to Pittsburgh to dine at the famous Primanti Brothers Restaurant. Many agreed the food was delicious, and the environment welcoming. Stuffed and satisfied, UB directed the bus towards the Pittsburgh National College Fair, one of the largest fairs in the nation. The fair hosted over 200 colleges and universities. Though some UB students are still a couple years away from attending college, everyone actively participated and collected information from colleges and universities around the country.

Though it was a long trip, it was well worth it for UB participants to see and experience university life and to gather information about so many colleges and universities across the country.
Snowfall this year in West Virginia, and other parts of the country, has been quite extraordinary. For most of January and February, it felt as if we were living in a snow globe! Terra Alta saw more than 100 inches of snow, just in February. Many schools lost weeks of class time due to the accumulation of snow and poor road conditions.

At first, many may have found the snow exciting. No one hates a snow day! But after weeks of being stuck at home with just your parents and annoying siblings? Undoubtedly not many were complaining when they got to go back to school. Not to mention much time has been lost in the classroom!

The snow truly affected everyone, including UB. We had to cancel many events and work around new restrictions placed on meeting with students during school. UB staff are here for the students, but have been scrambling and struggling to catch up to those they haven't seen since the snowfall began. We know you students were cooped up for a long time, and are excited to get back to school and get your lives back. So, make sure you sign up for all the activities we have planned for you!

In the fall, the WVU UB students submitted a grant proposal to the State Farm Youth Advisory Board (YAB). The grant was designed to increase safe teen driving behaviors, and was titled: S.A.I.D- Students Against Ignorant Driving. The YAB chose not to fund the WVU program, but did fund four Driver Safety projects. To see a list of the funded programs, go to: [http://www.statefarmyab.com/projects.php](http://www.statefarmyab.com/projects.php)

The UB students put together a creative project, complete with a video submission, and should be proud of their efforts. The YAB should be releasing the 2011 competition guidelines soon. Be thinking of ideas- the five topic areas include: Driver Safety, Increasing Postsecondary Enrollment, Financial Literacy, Natural & Societal Disaster Preparedness, and Environmental Responsibility.

**Ask the Expert: Volunteering**

*Kim Liston: Program Coordinator for the WVU Center for Civic Engagement*

What type of [work] would look best on job applications and for college? -Brittany T.

While ANY volunteer work on a job application or resume looks good, If you have the opportunity, I would recommend working with a non-profit agency. You will observe how a non-profit agency runs and gain good hands-on experience that allows you to give back to your community. It is important to let a potential employer know you've volunteered because it may be the only "experience" you've had and it's important to showcase that. Remember, those that you've volunteered with may also be great references on your resume or individuals to write a letter of recommendation for you.

Thank you to our Partner in Education Sheetz for their continued generous support of the UB program!
Once everyone arrived at the Gaskin House for the March Saturday Program, students were asked to remove their shoes and enter the classroom. There, Adam Wolf from the WVU African Drum Ensemble lead a session about African drumming. He explained the different kinds of drums, and how they are used by tribes in Africa, mostly in the Ghana area. He explained that some tribes actually speak with their drums.

After the lesson on the kinds and uses of drums, Adam passed out some drums and bells for the participants to play. He explained the patterns and eventually everyone was rocking out together. After the players learned the songs, he proceeded to teach those without instruments how to do the dance that went along with the song. After this was learned, UB participants were playing and dancing an African song. Next, everyone learned a second song and dance, and the session ended once again with everyone either playing an instrument or dancing along with the song.

Once everyone filled themselves up on the lunch provided by Sheetz, they headed to the Evansdale Residential Complex (ERC, also known as ‘Towers’) to tie dye the new UB t-shirts, and to Percival Hall to listen to some design students talk about their program. The design students talked about the different majors available in their department, such as Interior Design, Design Studies, and Fashion Design and Merchandising. They also showed everyone examples of their work, and discussed reasons someone might enjoy the different majors available.

At the ERC Craft Center, everyone got to tie dye their UB t-shirts. It may have gotten messy at times, but, as usual, everyone enjoyed picking out the colors and design of their choice for their t-shirts. Don’t worry; if you weren’t able to attend on Saturday, someone dyed your t-shirt for you!

Summer is right around the corner! Be watching your mail for forms to sign up for the 2010 Six-Week Summer Program scheduled for June 27 – August 6. This is your sneak peak into what college life is like and its completely FREE! Don’t miss this outstanding opportunity!

- Live on the WVU campus, and develop stronger study skills.
- All seniors, and sophomores and juniors with a 3.0 cumulative GPA or above, may be able to take college courses for credit.
- Make friends that will last a lifetime.
- Meet other UB students from across the state of WV.
- Climb the Alpine Tower at the Challenge Course.
- Go backstage at the Theatre
- Meet Jenn Widders, former contestant on The Biggest Loser, and WVU graduate.

Questions? Call (304) 293-6199 or email UpwardBound@mail.wvu.edu
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

Joya D.
Preston High School
12th Grade
What is your favorite thing to do when spring weather starts to come around?
Walk, because there are actually sidewalks and you can go places.

What is something that has inspires you?
Watching TV and making my own ideas out of the ideas of other people.

What will you miss most about Upward Bound?
All my friends. I have made the best friend I have ever had in UB.

Susan L.
Clay-Battelle High School
12th Grade
What is your favorite thing to do when spring weather starts to come around?
Go outside.

Who has recently inspired you?
Fran inspired me to try my hardest at everything.

What has been your favorite part of Upward Bound?
My favorite part was meeting so many people.

Kendra U.
Grafton High School
9th Grade
What is your favorite thing to do when spring weather starts to come around?
4-Wheeler riding

Who has recently inspired you?
My dad inspires me by encouraging me.

What has been your favorite part of Upward Bound?
Experiences and meeting with new people.