On October 2, the WVU Upward Bound program welcomed Upward Bound students from Davis & Elkins College in WV, and Washington State Community College (WSCC) in Ohio, for a Saturday program focused on Health and Wellness.

More than 120 Upward Bound students attended the program, featuring former “Biggest Loser” contestant and WVU alum Jenn Widder.

Students began the day with a tour of WVU’s campus, including both downtown and Evansdale buildings. Following the tour, participants from all three programs ate lunch together at the Towers dining hall. There were plenty of healthy options, as well as an all-you-can-eat ice cream bar that many students enjoyed!

After lunch, Jenn provided students with a motivating presentation focused on her struggles with self-esteem and body image, her experience on the reality show “The Biggest Loser,” and her journey to a healthy lifestyle.

The highlight of the day for many students was the workout Jenn led at the WVU Student Rec Center. Students participated in fitness relays, an abdominal workout, and relaxing stretching.

In addition to the health and wellness activities, Senior Upward Bound students had the opportunity to meet with WVU admissions counselors for application evaluations. Several seniors found out they have already been accepted to WVU. Congratulations!

Overall, UB participants reported they had a wonderful time working out, touring campus, and meeting new friends from Davis & Elkins and WSCC.
Upward Bound kicked off the 2010-2011 school year with September’s Saturday program: “Touchdown, WV! Keeping Your Eyes on the College Prize.” Participants gathered at the Gaskins House for a day of fun, including meeting the newest members of UB, setting personal goals, exploring colleges, and enjoying lunch from Sheetz.

The program began with plenty of icebreakers and games, allowing new UB members to get acquainted with the other participants. Afterwards, students broke into groups by grade, and explored the “College Prep To-Do List” for their grade. UB staff and interns worked with participants to set academic and college prep goals for this semester, and students shared with the group their action plans for goal completion.

Social Work Intern Carrie Zickefoose led students in a game of “Jeopardy!” with questions focused on PROMISE scholarship requirements. If you missed the September program, you can get info on the PROMISE, and complete your application, by visiting http://cfwv.com. Click on the “Financial Aid Planning” tab, then the “Scholarships” tab, and search for “WV PROMISE.”

Finally, the day closed with the “Wild, Wonderful WV College Challenge.” Each small group of UB students was assigned a WV college to explore. Acting as the “Marketing and Recruitment” teams for their colleges, UB students created posters to sell their college to other students, as well as mock TV commercials that would attract WV teens to their university. Participants explored more than 10 public and private colleges in West Virginia.

TRIO-Quest Update

Congratulations to all of the UBers who submitted entries to the TRIO-Quest competition! The “Stone Man” photo essay created by Katie H., Megan A., and Michalea B. made it to the finals! Other group submissions included:

• “Across the Divide”
• “The Other Family”
• “Moundsville”
• “Reflection”
• “Fun at the Challenge Course”
• “Marshall”
• “TRIO Upward Bound 2010”
• “WV: Unseen & Un-living”
• “WV and Its Black Gold”
• “Morgantown Theaters”

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. The students and staff at Upward Bound are grateful for the staff and management at Sheetz and their dedication to education.

Be Scholarship Savvy This Year

Obtaining money for your college education is hard work, but the time and effort you put into your scholarship applications will pay off in the end. Use the following websites to search for scholarships that you qualify for. Many scholarships require essays; bring the essay prompts to UB tutoring, and the UB staff will be happy to help you brainstorm ideas, outline, edit, and proofread your writing.

- http://cfwv.com (The College Foundation of WV)
- http://www.fastweb.com
- http://www.scholarships.com
- http://www.fafsa.ed.gov (Free Application for Federal Student Aid; make sure you complete this by March 1, 2011 to qualify for loans and grants!)
Meet the Tutors

Upward Bound welcomes a new team of tutors to our after-school tutoring program this year. These ladies are hard-working, motivated, and ready to help you with all of your homework needs!

Anna White
Senior International Studies Major
Tutor Topics: Spanish, English, History, French
Where: Clay-Battelle on Tuesdays and Grafton on Thursdays

Kylie Ford
Sophomore Biology Major
Tutor Topics: All Math and Science
Where: Clay-Battelle on Tuesdays and Grafton on Thursdays

Patricia Michael
Junior Exercise Physiology Major
Tutor Topics: English, Spanish, History
Where: Preston on Wednesdays

Andrea Graham
Junior Biology Major
Tutor Topics: All Math and Science
Where: Preston on Wednesdays
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

Sarah Feather
Preston High School
12th Grade
Favorite Part of UB:
Saturday programs. I get to see all my friends from other schools and I learn all I need to do for college.

When I graduate high school:
I want to attend college and become a Biology Teacher.

Kayla Guttiep
Grafton High School
10th Grade
Favorite Part of UB:
The friendships you form and the trust everyone has in each other.

When I graduate high school:
I want to go on to college for a degree in Psychology.

Timmy Gamble
Home-School
12th Grade
Favorite Part of UB:
Meeting new people and all of the fun activities.

When I graduate high school:
I want to go to college and have a job working with computers.