Between making cookies, “traveling” to Bermuda, and getting slimed in a WVU Chemistry lab, UB participants definitely stayed busy during the February 5 Saturday program!

Participants spent the morning rotating between stations which focused on a variety of topics—community service, cultural awareness, money habits, and ACT test prep. Mandy Webster, an AmeriCorps VISTA working for the Shack Neighborhood House, led students in the “Money Habitudes” card game, while Anthalyce, the UB Psychology Intern, kept participants busy with a rousing game of “ACT Prep Musical Chairs.”

Meanwhile, UB Social Work Intern Edmeiko provided students with a fascinating virtual tour of his home country, Bermuda. Participants got to sample fish cakes, a food native to Bermuda, and everyone went home with a new backpack and Bermuda guidebook. Participants also tested their cooking skills by preparing no-bake cookies and making greeting cards for Sundale Nursing Home residents.

The highlight of the February Program was a Chemistry Magic Show, led by Dr. Jeffrey Peterson of the WVU Chemistry Department. Students learned how to make nylon, watched a fireworks demonstration, and got “slimed,” among other activities. Dr. Peterson also talked to participants about several Science-related majors at WVU, as well as opportunities for student involvement in on-campus programs.
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.

Leslea T., Shaina P., Robbie S., and Nicole L. work on their resumes during the November Saturday program. To create your own resume using a step-by-step guide and easy-to-use template, login to the College Foundation of WV at www.cfwv.com

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www.studyisland.com

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STUDY ISLAND is designed to prepare WV students for the WEST-Test state assessment. Remember—UB strives to help all participants achieve mastery on the WEST-Test, so take advantage of Study Island today!

Contact the UB office if you forgot your username or password.

Study Skills for Success

• Flashcards: When you’re short on time and have lots of material to memorize, make flashcards. You can study anywhere you go!

• Turn off distractions: Close down Facebook and turn off your cell phone during homework time—you’ll get your work done faster and stay focused longer.

• Talk to your teachers: Your teachers are the best source of help when it comes to the classes they’re teaching. Not sure what to expect on the next History test? Stay after class and ask your teacher if he/she would mind reviewing with you.

• Get organized: Remember that agenda/planner your school gave you that you crammed in the back of your locker? Get it out and use it! Write down upcoming assignments, tests, daily to-do lists, and weekly goals. Schedule study time each night. To make a personalized electronic calendar, create an account at www.gmail.com or www.yahoo.com
December Saturday Program

During the December 11 Saturday program, UB students took their imaginations around the world to Saudi Arabia. Dr. Vivien Exartier, Director of the WVU Office of Multicultural Programs, spoke to participants about the opportunities to travel abroad and learn about other cultures and countries while in college. Students participated in an interactive presentation led by Eunice, the president of the WVU Saudi Arabian Student Association. Eunice shared with UB students about his life growing up in Saudi Arabia, including the education, governmental structure, leisure activities, and the country’s primary religion, Islam.

UB students also got busy with a community service project: making decorations for a domestic violence shelter. Participants used their creative skills and holiday spirit to make wreath decorations that would brighten the walls of the shelter.

The day concluded with a Science activity led by members of the WVU Biology Honor Society, Beta Beta Beta. UB participants used their scientific know-how to construct boats from aluminum foil. Students tested the boat’s strength by seeing how many pennies their structures could hold. Team “Floaters” was able to fit 52 pennies in their boat before it began to sink! “Green Scorpius” was a close second with 50.
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.

The Upwardly Mobile Student Spotlight

Bethany Trickett
Preston High School
10th Grade
Favorite Part of UB: My favorite part of UB is learning about different cultures.
When I graduate high school: I want to work on a Nursing degree and become a Nurse.

Brittany Boyce
Grafton High School
12th Grade
Favorite Part of UB: The experience I get out of it and spending time with the UB staff.
When I graduate high school: I am going to Pierpont Community College to become an Ultrasound Technician.

Ashley Pride
Clay-Battelle High School
11th Grade
Favorite Part of UB: Saturday programs because we get to see everyone and do fun activities.
When I graduate high school: I want to go to college and become a Pharmacist.