

The UB Buzz

2020-2021 Academic Year, Issue 4, Published 7.30.2021

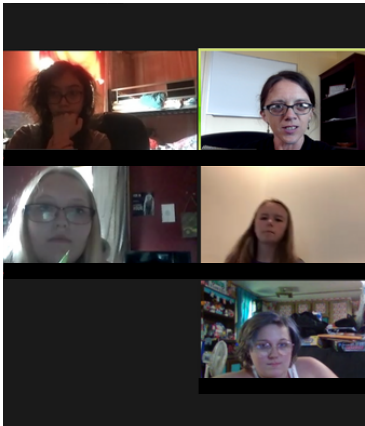


THIS ISSUE PRESENTS

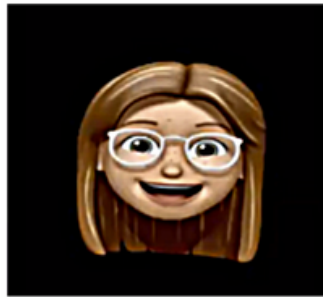
Rising Senior Academy | 3-Week Summer
Experience | In-Person Activities | College
Exploration Week | Summer Bridge

RISING SENIOR ACADEMY

The incoming senior class spent two weeks in our college prep boot camp, Rising Senior Academy, to kickstart our summer program. Students researched admissions requirements, developed a 5-year plan, learned the basics of financial aid, wrote personal narrative essays for college admissions and scholarships, made goals for the upcoming year, and created unforgettable memories with their Upward Bound friends.



RISING SENIOR ACADEMY



S.M.A.R.T. Goals

Specific

- What Exactly Am I Doing?

Measurable

- How Will I Know I Succeeded?

Attainable

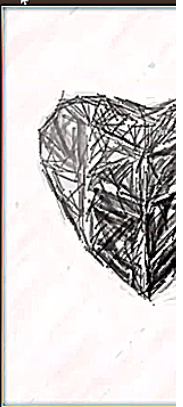
- What Are the 3+ Steps to Get there?

Relevant

- How Important Is It?

Time-Bound

- When Will I Finish?



The theme for this year's Rising Senior Academy was Adventure. Students created avatars, leveled up their characters through their active participation, and worked as a team to defeat a dragon, score loot, and save a bakery. While in-person, students faced other challenges as a group with Adventure West Virginia.



State Financial Aid

Could Receive Up to \$4,750 Annually for Tuition/Fees
WV Residents Attending WV Institutions
Must Fill out FAFSA & PROMISE Applications

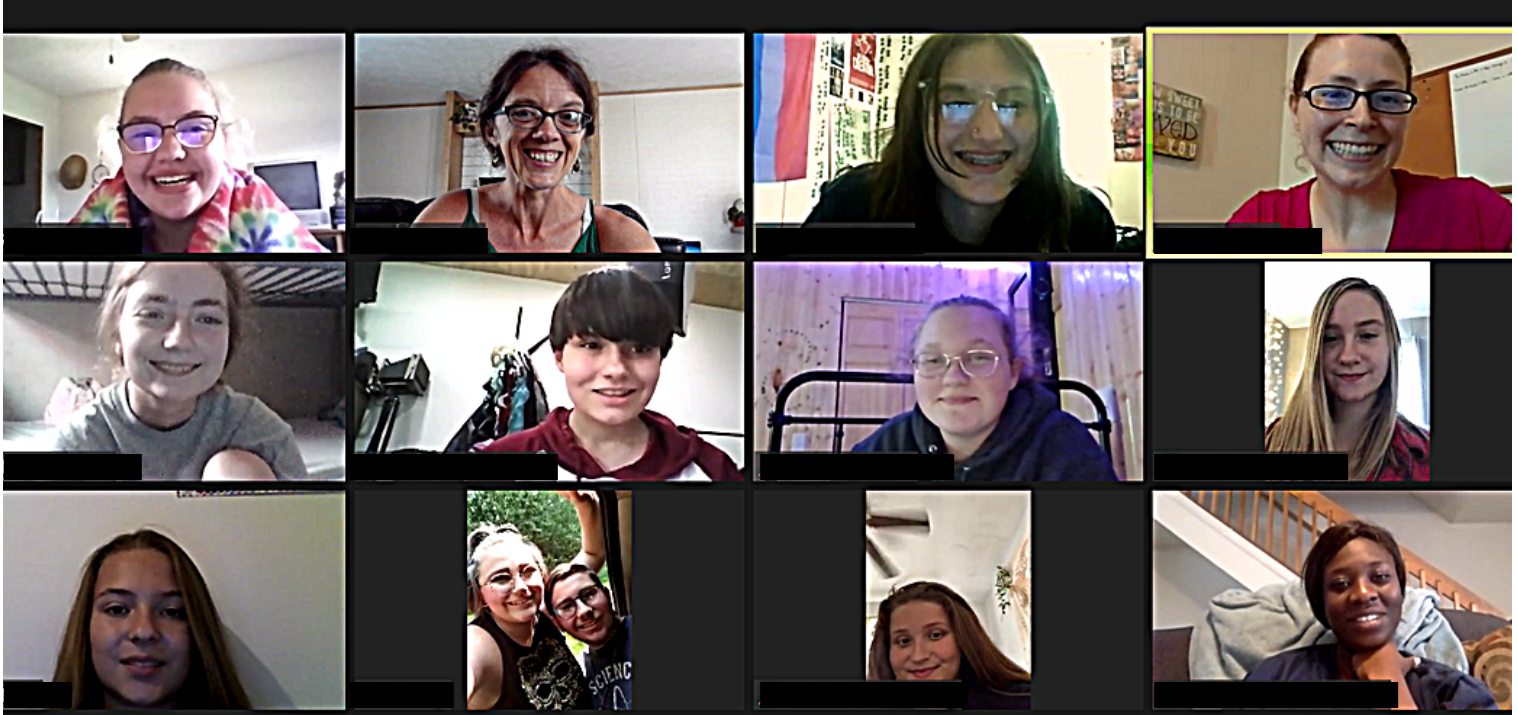


Eligibility

3.0 High School Cumulative GPA
3.0 High School Core GPA
• https://content.xap.com/media/13018/promise_core_course_list_classes_of_2021.pdf
Meet Required ACT or SAT Test Scores



3-Week Summer Experience

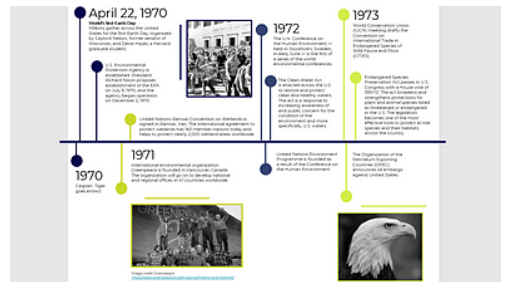
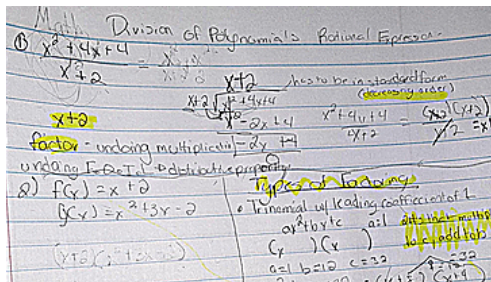
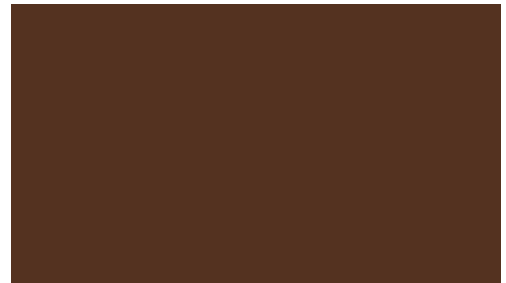
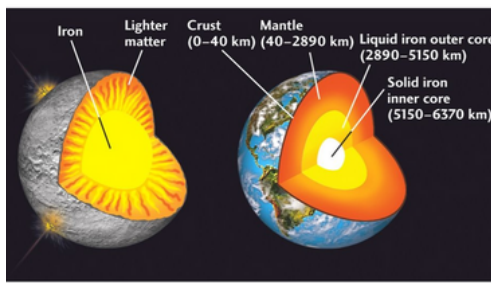


The 3-Week Summer Experience was the next component of our program. Participants met virtually for four days each week to study the core curriculum and SAT mastery test prep. On the fifth day, they did in-person activities with their "pod" group and Adventure West Virginia.



CORE CURRICULUM

Positive Words to Describe WV



The UB summer core curriculum consisted of the following subjects: English, foreign language (Armenian and Yoruba cultures), math, and science. Students worked on their skills and competency in each area, measuring their progress in each class with pre- and post-assessments. We have included some of the lesson content and student work, including an original poem about growing up in West Virginia, from the 3-Week Summer Experience on the next two pages.



CORE CURRICULUM



Periodic Table of the Elements

1 H 1.008																	18 Ar 39.948
2 He 4.003																	36 Kr 83.80
3 Li 6.941	4 Be 9.012							5 B 10.81	6 C 12.011	7 N 14.007	8 O 15.999	9 F 18.998	10 Ne 20.180				
11 Na 22.990	12 Mg 24.305							13 Al 26.982	14 Si 28.086	15 P 30.974	16 S 32.06	17 Cl 35.45	18 Ar 39.948				
19 K 39.098	20 Ca 40.078	21 Sc	22 Ti 47.88	23 V 50.942	24 Cr 51.996	25 Mn 54.938	26 Fe 55.845	27 Co 58.933	28 Ni 58.693	29 Cu 63.546	30 Zn 65.38	31 Ga 69.723	32 Ge 72.64	33 As 74.922	34 Se 78.96	35 Br 79.904	36 Kr 83.80
37 Rb 85.468	38 Sr 87.62	39 Y	40 Zr 91.224	41 Nb 92.906	42 Mo 95.94	43 Tc	44 Ru 101.07	45 Rh 101.07	46 Pd 106.36	47 Ag 107.868	48 Cd 112.411	49 In 114.818	50 Sn 118.710	51 Sb 121.757	52 Te 127.6	53 I 126.905	54 Xe 131.29
55 Cs 132.905	56 Ba 137.327	57 La	58 Ce	59 Pr	60 Nd	61 Pm	62 Sm	63 Eu	64 Gd	65 Tb	66 Dy	67 Ho	68 Er	69 Tm	70 Yb	71 Lu	
87 Fr	88 Ra	89 Ac	90 Th	91 Pa	92 U	93 Np	94 Pu	95 Am	96 Cm	97 Bk	98 Cf	99 Es	100 Fm	101 Md	102 No	103 Lr	

Lanthanide Series

Actinide Series

Alkali Metals

Alkaline Earth Metals

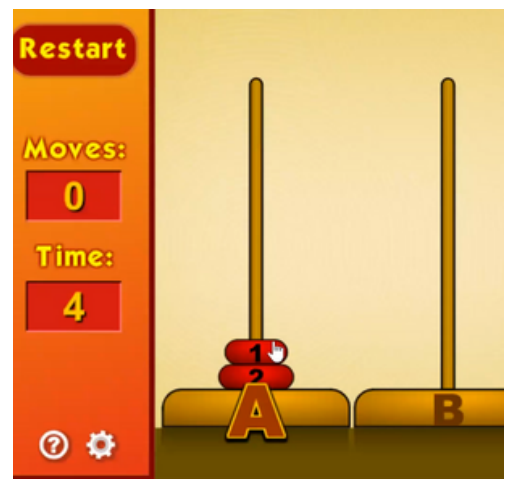
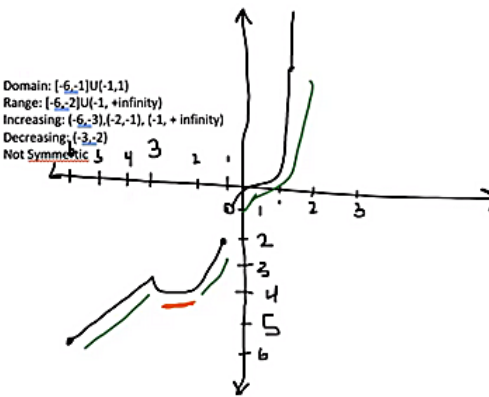
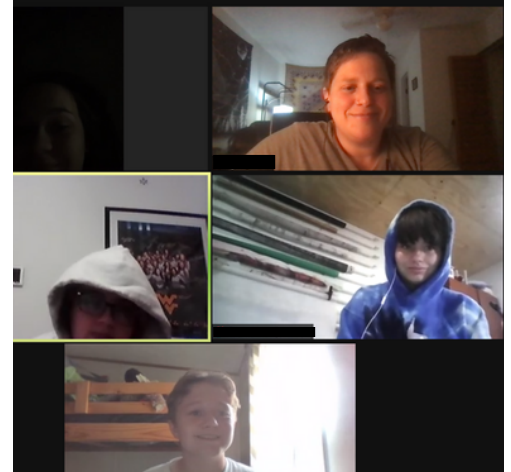
Transition Metals

Post-Transition Metals

Nonmetals

Halogens

Noble Gases



STUDENT SHOWCASE

"Reminisce" by Ariana, Rising Sophomore

I remember The Creek flowing freely behind our parents' rusted animal pens with the bright afternoon sun beating down on us.

The heat burning our heads, shoulders, and tips of our noses.

And us children running down a dirt road dragging frayed towels along,

Leaping over tadpole-filled mud puddles, kicking up dust, and scattering pebbles as we race along.

Slowing as we almost miss the narrow opening between the heavy foliage of vibrant green hues,

But we just laugh and yank each other by the back of our shirts and step down onto a large, platform-like rock sitting just above the gentle water.

Hurrying to slip off battered flip-flops before plopping down onto the edge of the rock,

Swinging our feet as we watch white-and-pink Rhododendron blossoms and water bugs flow downstream,

Listening to the sounds of croaking frogs and roaring water.

My younger sister begins to smirk as she watches us dip our feet into the cool water,

Before suddenly shoving my older sister, laughing as she tilts forward, arms pin-wheeling,

Letting out a gasp of surprise before finding herself covered head-to-toe in the cold water,

Shaking and shivering after accidentally inhaling a mouthful of the liquid.

Now, my little sister and I also get into The Creek before she trips over a slippery rock, yanking me underwater as we both struggle to stay afloat.

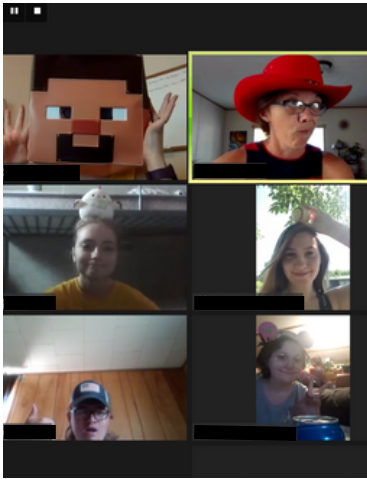
The grainy sand and muck rising to the surface as we thrash around. The previously clear water, now turning cloudy.

But- now thoroughly soaked, all three of us begin a game of chase,

Dunking each other whenever we get a chance, the echoes of laughter and splashing mingling with the heat of a summer afternoon.

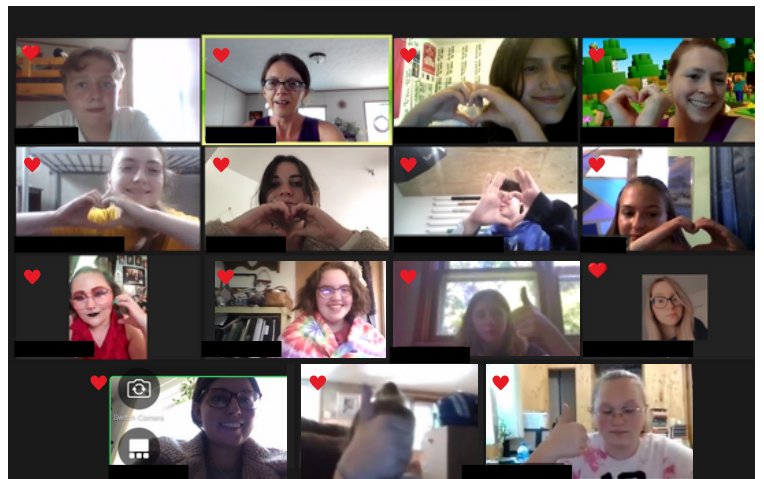
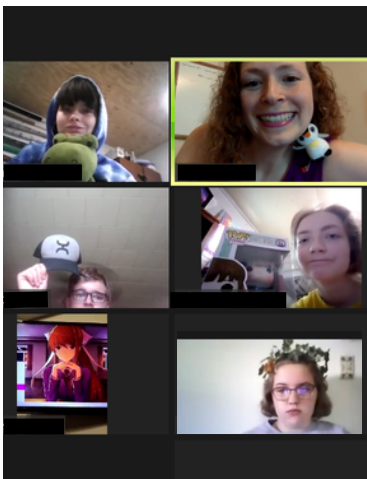
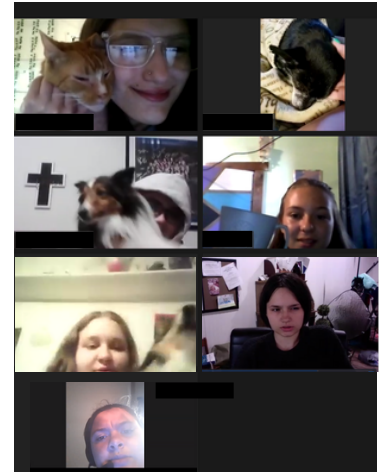


UB CRAFT



An important aspect of the summer program is connecting with peers. Students made new friends and began their college preparations during the morning ice breakers, social-cultural activities, and the counselor-led sessions. The theme? UB Craft!

Name a friend you gained this summer.



IN-PERSON ACTIVITIES: POD 1



Give it up for our rising seniors! These group members supported each other and challenged themselves by hiking at Coopers Rock, completing a high ropes course, and zip lining. They also learned how to navigate using a topographical map and compass.



IN-PERSON ACTIVITIES: POD 2



Our other pods met during the 3-week program and did group team-building challenges, zip lining, and rock climbing.



IN-PERSON ACTIVITIES: POD 3



These live activities helped our students develop important skills like communication, grit, resilience, problem-solving, leadership, and teamwork. Plus, they made new friends!



IN-PERSON ACTIVITIES: POD 4

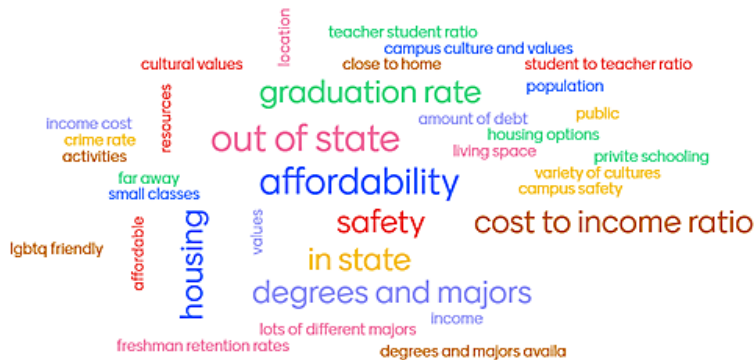


Students also received a few academic lessons from Adventure West Virginia. They learned the science behind the sports, like how to calculate the speed of a zip-lining sock monkey. Science is twice as fun with live experiments!



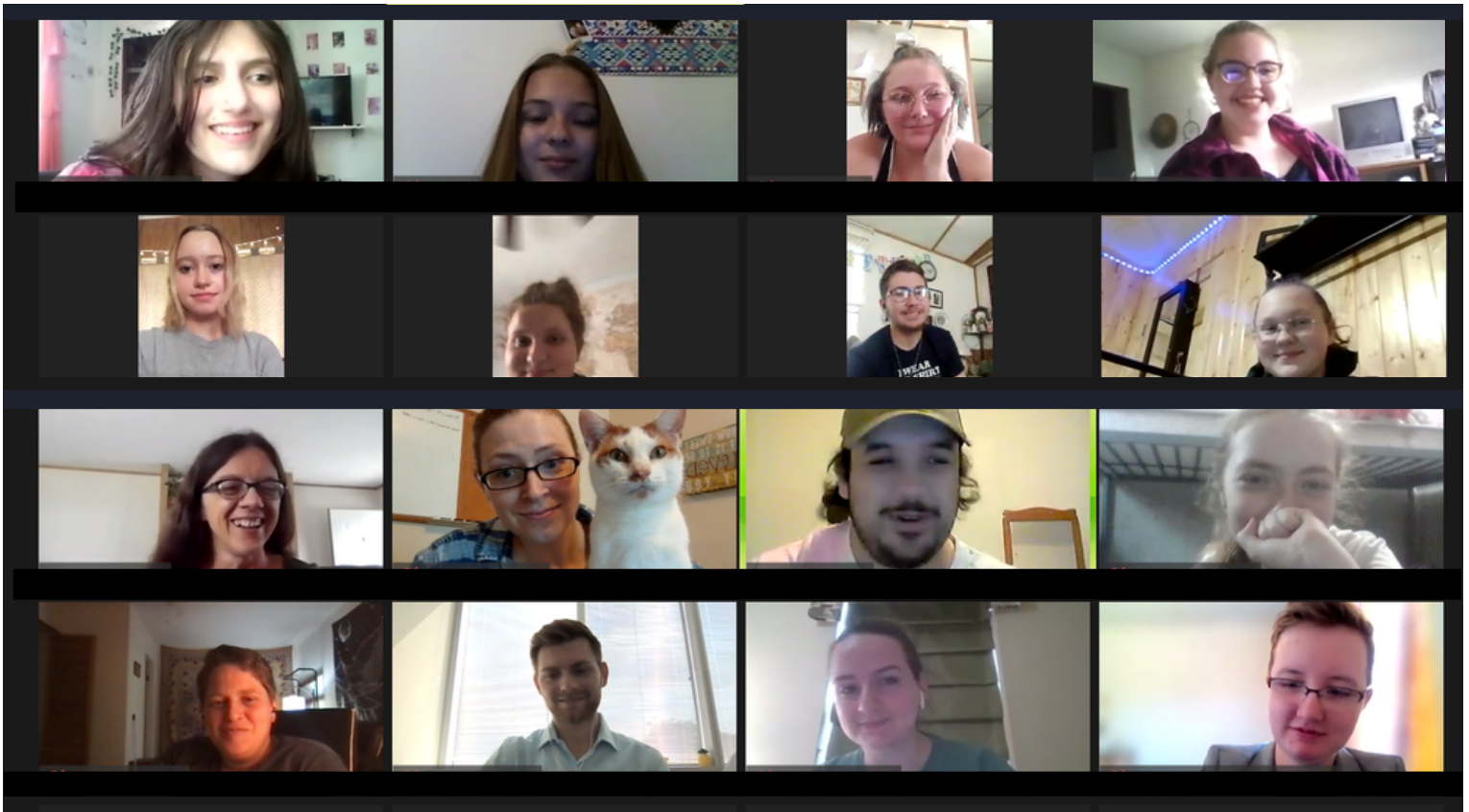
COLLEGE EXPLORATION WEEK

The last add-on summer option for students was College Exploration Week.



We covered the following:

- Virtual College Visits
- Q&A with WVU S.U.R.E. College Student Panel
- Finding Your College Fit
- The Admissions Process
- How to Earn Scholarships
- Student Life
- Housing & Residence Life



COLLEGE EXPLORATION WEEK



PennState



**FAIRMONT STATE
UNIVERSITY™**

Shepherd
UNIVERSITY



Throughout the week, students had the opportunity to virtually visit colleges and universities across the nation. In addition to the schools listed here, each student was asked to visit two other colleges of interest. Students met with admissions reps and assessed their fit with each school in a reflection assignment.

Davis & Elkins College™



Bethany



SUMMER BRIDGE

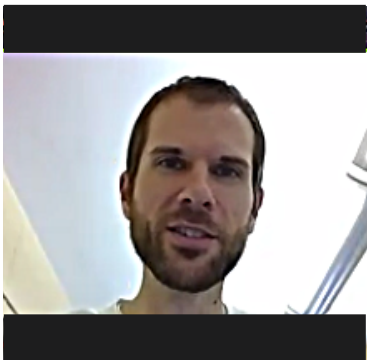
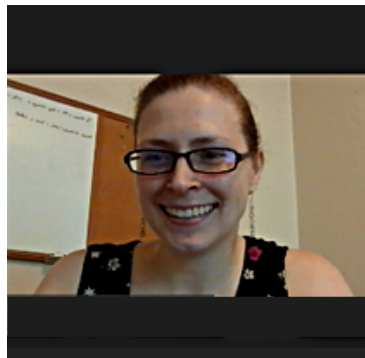
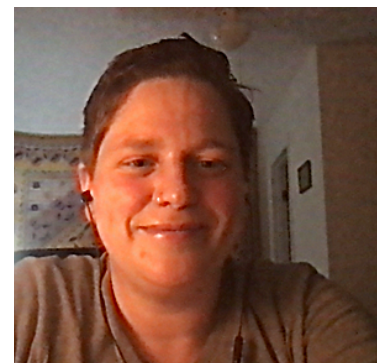
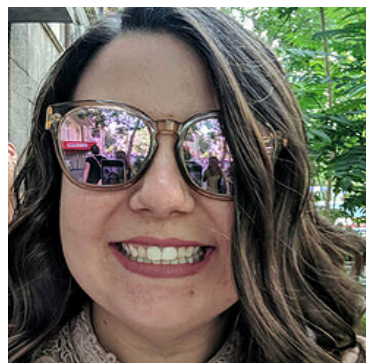
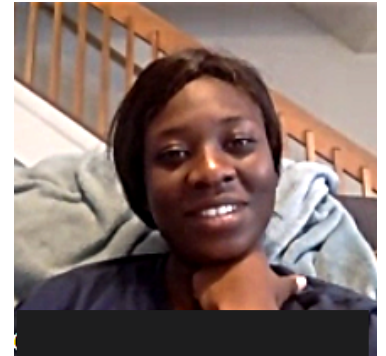


For Summer Bridge, new graduates met with UB staff regularly to discuss final admissions tasks, make sure their financial aid was ready, and mentally prepare for the transition to college. We have listed the schools that these students will be attending this year. We want to recognize their hard work and wish them luck! You can do this!



SUMMER STAFF

Summer is one of the busiest times of the year for the UB staff. Fortunately, we are able to get extra help from amazing seasonal hires! We would like to recognize all of our summer staff members, especially those who are only here for the season. We could not have created such a unique student experience without you. Thank you for working so hard and being part of the team!



Name a staff member you really connected with this summer.

kimmy and tori
kimmy
mayo
tori
kayla
amelia
noah
becca
feagin
london
all

