A MESSAGE FROM THE U. B. STAFF

Dear U. B. Students, Families, and Friends:

Following an extremely busy fall, we have returned in 2010 excited and ready to take on the challenges and opportunities the new year has to offer. We are very proud of the U. B. seniors who are on target to graduate and currently receiving acceptances to their post-high school destinations. All the students this year are amazing! We are also thrilled to welcome thirty-eight ninth- and tenth-graders into our program and can only imagine the gains they will see as U. B. enhances their academic potential.

During this stressful time, be sure to take time to notice (and marvel at) the “wows” in your life. Celebrate your many accomplishments, both big and small. Learn from your mistakes and remember that they really are opportunities to grow—nothing was ever discovered, created, or invented without trial and error.

Wishing you all a happy, healthy 2010!

Mickey, Nicole, Jennifer, and Dawn
WELCOME NEW STUDENTS!

Upward Bound has completed another successful fall of recruiting and welcomes thirty-eight new students into our program.

Clearfield  
- Johnathan Bumbarger  
- Vincent Kovach

Indian Valley  
- Krista Fisher  
- Andrew Hoy  
- Stevie Young

Lewistown  
- Tricia Bratton  
- Kayla Bratton  
- Harley Weaver  
- Harry Lauber  
- Harley Mohr  
- Brooke Walters

Moshannon Valley  
- Kasey Daisher  
- Samantha Heinrich  
- Randy Reams  
- Hannah Runyan

Mount Union  
- Chevelle Atherton

Steelton-Highspire  
- Steawna Runk  
- Paul Breon  
- Avery Green  
- Jamal Smith  
- Briana Kumpf  
- James Nicastro  
- Kevin McCallum  
- Kenney Simmons

West Branch  
- Amber Wales  
- David McCool  
- Samantha Ostrofsky  
- Justin Martin
Are you experiencing a less than moderate interest in school activities, especially in academics? Could it be senioritis? Symptoms include lack of attention to studies and extracurricular activities, making up excuses not to attend class, and sleeping during class.

Remember: colleges can revoke their offer of admission and your college performance can be affected!

There are things you can do to help reduce senioritis while continuing to set academic goals for yourself. Try to make your school work more interesting by studying in groups. If possible, take a college course in the evening at a local college. Remember, just a few more months until you graduate and then you’re off to college.

Visit FAFSA.ed.gov or FAFSA.gov

- Upward Bound will provide up to two fee waivers for the SAT and up to two fee waivers for the SAT subject tests.
- Practice with College Board Resources at www.collegeboard.com/practice.
- Answer a different SAT practice question every day for FREE with The Official SAT Question for the Day.
- Take The Official SAT Practice Test for FREE. See how you score and get detailed answer explanations to help you better understand where you need to improve.

INFORMATION FOR THE CLASS OF 2010

What is FAFSA?

The Free Application for Federal Student Aid is the financial aid application that’s completed by the student and the student’s parents, which collects household and financial information used to determine financial need.

Apply for the FAFSA on January 1, 2010.
Before starting the FAFSA students and parents should go to PIN.ed.gov to receive an assigned pin or to choose their own.

The best time to apply for a PIN is shortly before completing the FAFSA online.

How to apply: FAFSA-on-the-web is the preferred method to submit an application. These applications are processed more quickly and with fewer mistakes.

Click on “Fill out a FAFSA” and choose the correct award year (2010–2011 school year).

Those who are unable to complete their tax forms early should estimate as accurately as possible and fill out the FAFSA using the estimated amount. Once tax forms are finally completed, the estimated information on the processed FAFSA should be corrected.

Upcoming SAT Dates

May 1, 2010
June 5, 2010
Saturday programming began this year on October 3 as students reconnected with friends from the summer program. The summer video and yearbook were unveiled following Stanford Achievement testing, college application polishing, and personal statement editing.

Most new students began participation with the October 31 Saturday program. Held at Penn State University Park, programming began at 10:00 a.m. with a pumpkin carving teambuilding activity. Completed pumpkins were judged by the group and prizes were awarded to team members who created the best design. Following a pizza lunch, students enjoyed an opportunity to improvise during a public speaking class. Students also learned about how to be safe while on Facebook. Free time activities included attending a Penn State field hockey game, visiting a number of art exhibits at the Palmer Museum of Art, or computer time in the lab.
At the December 12 program, community members representing various educational backgrounds and career paths spoke to all U. B. members about their potential professional choices. Following the morning presentation and lunch in the dining hall, seventy-seven Upward Bounders spent two hours wrapping presents for Toys for Tots at The Penn Stater Conference Center Hotel in the afternoon.
New this year to Upward Bound is the Ambassador program. What is that you ask? Upward Bound Ambassadors are student volunteers who work with the U. B. staff to channel information to fellow Bounders, communicate students’ ideas and interests to the staff, act as role models within the program, and help develop program activities and workshops. In its infancy, the Ambassador program will continue to grow as the ideas begin to flow. For this issue of the *U. B. Chronicle*, the Ambassadors took a few moments to talk with the school coordinators who help keep it all together!

**CLEARFIELD**

**Ambassador: Heather Krouse, Junior**

I am excited to be an ambassador because it allows me to help people and be a leader.

**Coordinator: Glenna Woodring**

What was your major in college and where did you attend? *I attended IUP for math in Secondary Education.*

What do you think most influenced you to be a math teacher? *My ninth grade math teacher.*

What do you believe is the most important thing for high school students to think about in preparing for their future? *Get everything you can out of high school. Those who say, “Oh, I’ll study in college” won’t know how to study.*

How long have you been a coordinator and is there anything you would like to share about your experience? *Seven years full-time, about ten all together. It’s very rewarding to watch everyone grow up and see how they turn out.*
Indian Valley

**Ambassador:** Alyssa Kyper, Senior

I want to be an ambassador because Upward Bound has been critical to my education thus far. I’m glad that I can give a little back to the program that has given me so much.

**Coordinator:** Aimee Hubley

What was your major in college and where did you attend? I attended Penn State for Art Education. In high school my favorite classes were always art classes—they were the best part of my day. Also, I believe my high school art teacher had a big influence on the decision as well.

What do you believe is the most important thing for high school students to think about in preparing for their future? Students need to be realistic and think about what school is going to really be the truest fit for them. Whether it’s a college, university, or trade school, a student needs to feel comfortable.

How long have you been a coordinator and is there anything you would like to share about your experience? This is my third year as a coordinator and I get a lot more comfortable as time goes by. I have a good group of kids.

Lewistown

**Ambassador:** Morgan Miller, Junior

I am not afraid to go out of my way to help others and make them feel welcome. I have benefited from the program tremendously and I would love to see others benefit the way that I have.

**Coordinator:** Liz Sperlich

What was your major in college and where did you attend? I went to Messiah as an English Secondary Education major.

What do you believe most influenced you to be an English teacher? I had quite a few teachers in high school who I absolutely loved and who really made a difference in my life. I always enjoyed high school-aged people, and I wanted to make a difference in someone else’s life as well.

What do you believe is the most important thing for high school students to think about in preparing for their future? Set short-term and long-term goals for yourself and follow through. Take high school seriously, study hard, and apply to college early. Take advantage of student scholarships and take out the smallest loans possible.

How long have you been a coordinator and is there anything you would like to share about your experience? This is my second full year, though I started in 2007–08. I did this for the same reason I teach: I want to make a difference and encourage students to take charge of their future.
Ambassador: Katrina Mosley, Senior

I chose to be an ambassador because I feel that I can do a great job with whatever needs to be done. I think it has shown that I have grown because of the Upward Bound program and I would like to give back with my help and support.

Coordinator: Amy Shetrom

What was your major in college? Biology and Environmental Science with Secondary Education. My experience in Girl Scouts, camping with the family, and volunteering at the nature/recycling center pushed me in the direction of teaching.

What do you believe is the most important thing for high school students to think about in preparing for their future? Students need to find a way to form a career around something they are passionate about. Also, they need to remember that learning is for a lifetime. Set goals (write them down), get as many different experiences as you can, and volunteer.

What are your favorite things about being a coordinator? I believe in the goal of the program: it helps the students keep focused on the goal to attend college. Students can support each other by sharing experiences. I enjoy seeing each person grow and mature each year. Great group of kids!

Ambassador: Jessica Kehler, Junior

I decided to be an ambassador because I have always enjoyed being a leader. I like being responsible for helping others along.

Coordinator: Kim Haney

What was your major in college? Chemistry with a minor in math. Later, I went on to earn a masters in teaching. I was a chemist for eight years and loved it, and decided I wanted to be able to help kids enjoy chemistry as much as I have.

What do you believe is the most important thing for high school students to think about in preparing for their future? Students need to set goals for themselves. They need to work to accomplish these goals to get into the right path. A student's future starts in high school.

How long have you been a coordinator and is there anything you would like to share about your experience? This is my second year as coordinator. I enjoy hearing all the Upward Bound students’ stories and sharing the fun they all have together.
Ambassador: Laura Long, Senior

I wanted to be an ambassador after the first Tutor-Mentor group I was in during the summer program. I want to be able to get students in my school as excited about U. B. as I am!

Coordinator: Casey Hanlon

What was your major in college and where did you attend? I attended the University of Pittsburgh at Johnstown and majored in chemistry first then switched to education. I have always enjoyed science and sports, so when I thought about teaching and coaching it just fit together.

What do you believe is the most important thing for high school students to think about in preparing for their future? Students should really try new subjects and new ideas to see what they may like. There is so much out there that you may not even know what you are good at. Try to have as many experiences, do as many things, and go to as many places as you can.

How long have you been a coordinator and is there anything you would like to share about your experience? I've worked for two years as a coordinator and eleven years at the summer program. I love watching students put what they learned over the summer to work in class. It is a joy for me to be involved with students outside the classroom!
Dear Bounders!

We, Chellcey Jones and Brandi Moore, are recent U. B. alum and would love to share with you some helpful tips for your first semester of college. College is a really fun time, but as you all have probably heard countless times, it does take a lot of work and a lot of getting used to. You should all congratulate yourselves for taking the time to be in the Upward Bound program; it is a huge first step to making your college experience better and easier. Take from it everything you can; however, some things can only be prepared for by experiencing them yourself. We hope that these tips will help you with your pending transition from high school to college. We wish success to all of our fellow Bounders!

Chellcey (Jones) and Brandi (Moore)

Our List of First Semester Tips

1. Don’t take classes that are too difficult during your first semester! The first semester is the hardest and you may not do your best (professors, employers, and other college admissions officers realize this as well). So take some easier classes and get settled in. Wait until you are relaxed and in a good schedule to concentrate on those classes that are going to mean something later.

2. Don’t take advantage of the fact that professors realize the first semester is especially difficult— it is not a ticket to slack off. You still have to try your best in every single class. As awful as the late nights and early mornings may be, you are going to be feeling the pain a lot more a few semesters later when you wished you would have tried harder.

3. Don’t think that just because you have done the research, had the interviews, gone on the tours, and sat in on the classes that you will stay at the school you have chosen. You won’t really know until you have spent your first few weeks there during normal school days. And remember, it’s okay to decide that a school is not the right fit for you after you have already gotten in. Don’t force yourself to stay in a place that you hate; if you’re going to be there for four years of your life, you should like it.

4. As a precautionary note, the food is always going to be way better on Parent’s Day than any other day of the year.

5. Don’t sign up for all the clubs that you see. Only choose one or two and then get really involved in them. Those looking at your résumé would rather see that you have done great things for one or two organizations than see a list of fifty clubs that you haven’t done anything for (this goes for high school as well).

6. Shop around for a great adviser. Most of the time you can choose who you want for your adviser if your school doesn’t “advertise” that. Listen to what other students in your major are saying about their advisers. If you get one you don’t like, you probably won’t have a good connection; a strong bond with your adviser is essential because they are going to be the ones to write your letters of recommendation, set up interviews, give advice, etc.

7. College is about friends and having fun, yes, but it is more about your education (obviously). If you aren’t going to do the work and try your best to get good grades, why would you spend thousands of dollars to go there?! Going into major debt to hang out at frat parties is not the way to go.

8. Finally, bring lots of quarters for the laundry machines. You’re going to need them!
Some Scary Teenage Statistics

- Only 20 percent of teens get the recommended eight to nine hours of sleep a night.
- 40 percent of teens have engaged in sexting, which they often don’t realize can lead to federal charges and being listed on Megan’s Law as a sexual offender.
- Every day 3,900 teens begin smoking cigarettes.
- In the next twenty-four hours, 15,006 teens will use drugs for the first time.
- Every four minutes a teen is arrested on alcohol-related charges, every seven minutes for drug-related charges.
- One in three teens have experienced violence in a dating relationship.

Remember, U. B. is here not only to help prepare you for college, but also so you don’t have to be part of these unpleasant statistics.

Warning: How good are those energy drinks, really?

With the surge in energy drinks appearing in stores and the increase in teens consuming them, what are the facts?

- 35 percent of teens consume energy drinks regularly.
- Unlike coffee and soda, caffeine in energy drinks is not federally regulated.
- One 24-ounce can of Monster is equal to the amount of caffeine and sugar in six donuts and three shots of espresso.
- A large portion of marketing is spent specifically to draw in teens.
- Research indicates that teen consumption of these drinks is linked to an increase in risk-taking behaviors referred to as “toxic jock” behavior.
- There have been numerous emergency room visits by teens due to overconsumption causing shortness of breath, irregular heart beat, nausea, and sweating.
- Some other health risks include: increased anxiety, panic attacks, high blood pressure, difficulty with concentration, and sleeping problems.

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We welcome your feedback or suggestions regarding this newsletter. Please e-mail Dawn Feltenberger at dmzl1@psu.edu or call us at 1-800-475-4039.

UPWARD BOUND PROVIDES:

- a six-week residential summer program held at Penn State’s University Park campus, featuring academic classes, field trips, recreational opportunities, and personal development workshops;
- six Saturday programs held annually at Penn State featuring career exploration, study skills workshops, and other opportunities;
- tours of many different colleges and universities;
- academic, career, and personal counseling and advising;
- study skills enrichment;
- assistance in completing admission and financial aid applications;
- SAT/ACT preparation, registration assistance, and fee waivers;
- educational, cultural, and recreational activities;
- tutoring;
- scholarship searches;
- workshops on education planning for students and their parents / guardians;
- college application fee waivers; and
- opportunities to meet other high school students from similar backgrounds.

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