



# The U. B. Chronicle/ Family Focus

A Newsletter for Students Enrolled in Penn State's TRIO Upward Bound Program and Their Families

## A MESSAGE FROM THE UB STAFF

Happy Fall to all Upward Bounders!

We were so sad to see this year's summer program end on July 23. The halls of Grange Building are depressingly quiet—no students stopping in to print personal statements or drop off calculators or pick up supplies for TM group events or just say “hey”! We certainly enjoyed a full summer of both mental and social stimulation! None of us will forget the haunted tour of historic Philadelphia, the novels we read in English class, the owls at Shaver's Creek, “skit in a bag,” driving cars at Tussey Mountain, or Mario and Luiggi at the talent show. So many friendships were made among the staff, students, and our incredible RC/TMs team. As a staff, we all agree that U. B. students are awesome and we thank you for being such a wonderful part of our summer!

And now it's on to Saturday program planning and helping to prepare our wonderful class of 2010—and all of you—for college and beyond. Enjoy the rest of your summer, be safe, and we'll see you in October!

Mickey, Nicole, Jennifer, and Dawn



Upward Bound Summer Program - 2009



Clearfield  
Indian Valley  
Lewistown  
Moshannon Valley  
Mount Union  
Steelton-Highspire  
West Branch



## WHAT'S INSIDE?

Class of 2009.....	2
Contact Information .....	2
Core Courses for College .....	3
Summer/Fall Things to Do... ..	4
Why Volunteer? .....	4
Finding Work.....	5
Class of 2010 Information....	6
Summer Objectives.....	7
U. B. Provides .....	8

## 2009—10 SATURDAY PROGRAM DATES

- October 3, 2009
- October 31, 2009
- December 12, 2009
- February 13, 2010
- March 13, 2010
- April 24, 2010

## 2010 SUMMER PROGRAM

June 13 to July 23, 2010

# UPWARD BOUND'S CLASS OF 2009



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This newsletter was created with assistance from Nick Sisti and Amanda Shore. Many thanks to you both!

*Where will they be this fall?*

**Tasha Baranchak** - Lock Haven

**Ethan Bratton** - Mercyhurst College

**Kimberly Breon** - South Hills

**Josh Brown** - Abilene Christian University

**Josh Coudriet** - Penn State DuBois

**Katie Davis** - Penn College

**Briana English** - Allegheny College

**Dylan Guthridge** - Art Institute of York

**Rachel Harrop** - Penn State Altoona

**Chelsea Hoar** - Penn State Altoona

**Rebecca Isenberg** - Mount Aloysius

**Chellcey Jones** - Juniata College

**Megan Jones** - Elizabethtown College

**Heather Lehigh** - Coastal Carolina University

**Ryan Lehigh** - Penn State University Park

**Jordan Lyons** - Penn State University Park

**Brandi Moore** - Juniata College

**Joe Penzo** - Juniata College

**Michael Perna** - Penn State Altoona

**La'Keesha Porter** - Howard University

**Brittine Queen** - Lock Haven/Clearfield Campus

**Brandon Reams** - Penn Highlands

**Alycia Reed** - Slippery Rock University

**Kayla Ritter** - Clarion University

**Lauren Roddy** - Mount Aloysius College

**Aquoya Royal** - North Carolina State University

**Kimberly Stuter** - Clarion University

**Takenya Watson-Early** - Lincoln University

**Spencer Weaver** - Penn State Altoona





# DO YOU KNOW

## *THE CORE COURSES NECESSARY FOR COLLEGE ADMISSION?*

According to *Education Planner*, there are a number of classes that students must take in order to graduate from high school. However, you should always check with your guidance counselor to make sure that the classes you plan to take are the ones you need in order to continue with your education after high school. The following classes are a must if you want to continue your education past high school.

### **English/Language Arts (4 years)**

- American Literature
- Writing Composition
- English Literature
- World Literature

### **Mathematics (3 to 4 years)**

- Algebra I and Algebra II
- Calculus
- Geometry
- Trigonometry

### **Sciences (2 to 4 years)**

- Biology
- Chemistry
- Earth/Space Sciences
- Physics

### **Social Studies/History and Geography (3 years)**

- US History
- US Government
- Geography
- World History or World Cultures
- Civics or Economics

### **OTHER COURSES NEEDED**

- Foreign Language (2 to 3 years of the same language)
- Visual or Performing Arts (1 year)
- Challenging Electives
- Computers
- Communications



[www.educationplanner.com](http://www.educationplanner.com)

# SUMMER/FALL 2009

## 5 THINGS TO DO

### Why Volunteer?

- Admissions will be impressed.
- You'll learn about YOU!
- You'll meet people who will be great contacts later.
- You'll get a close-up look at what a job entails.
- You might get a lead on scholarships, internships or a summer job.
- You'll add to your people skills.

### What Can I Do?

If you like:	Then:
Architecture	Build a house with Habitat for Humanity
Forestry	Be a guide at a state park
Social Work	Work at a soup kitchen
Vet Medicine	Volunteer at an animal shelter
Ecology	Work at a wildlife sanctuary
Medicine	Volunteer at a hospital
Music	Work at a radio station's charity event
Education	Help with an after school program
Computers	Set up e-mail accounts for seniors in retirement centers
Politics	Work on a cause or campaign

All quotes on this page were taken from *Countdown to College: 21 'To Do' Lists for High School*, by Pierce and Rilly.

# 1

### Attend the Upward Bound Summer Program

It'll be the summer of your life! Enough said....

# 2

### Volunteer

"Okay, so maybe it is because you're such a caring person and not that your high school has a community service requirement or you need N.H.S. points. But don't pat yourself on the back too hard because chances are you'll get as much or more out of volunteering as the people you're helping (13)."

# 4

### Map out a Plan

Summertime provides free time for you to prepare for college and explore your own personal and career interests no matter what grade level you are in. Get a job, volunteer, travel, explore careers, job shadow, read. Make your summer count!

# 3

### Create Your Résumé

"There's a bonus to putting a résumé together now. If you have any weak spots, you'll be able to see where they are while there's still time to do something about them. A résumé is a place to show off your hard work. It can speak volumes for you, especially when you're not there to do it yourself (10)."

# 5

### Develop a Hobby

"Check out hobby shops, craft stores, and the internet for something interesting." Go to [listofhobbies.net](http://listofhobbies.net) or [notsoboringlife.com](http://notsoboringlife.com) for a list of hobby ideas. "Already have one? Search the internet for related organizations and activities (12)."

# FINDING WORK WITH LESS JOBS

**Y**es, the economy is in bad shape. Yes, there is something you can do about it. Companies are cutting labor costs to maximize profits. There are 5.1 million fewer jobs available and 13.2 million people unemployed. However, just because open jobs are more difficult to find does not mean that good jobs are not out there. There are several key measures you can take to help yourself while you are searching for a job, temporary or full-time, in today's market.

**Actuate yourself.** Your finding a paying position is dependent on your actions alone. So, put yourself out there. Post your résumé on several of the many job listing Web sites available—Monster, Career Builder, etc. Scan the job listings in the local paper. Actively search for jobs that require the skills and experience you have to offer and apply to these positions. Remember that persistence is important. Even if you do not acquire an immediate position, most companies will keep your résumé on file for up to one year.

**Sell yourself.** Everyone has valuable skills and experience to offer. If you have volunteered in the Scouts, held a class office in school, worked the grill at McDonalds, or been involved in any number of activities and events, you have learned something useful. Create a unique résumé for each perspective position that directly relates your skills and experience to that job. Be creative and show employers that you will exceed their expectations if given the opportunity.

**Educate yourself.** As employers become more stringent about perspective employees, it is more important than ever to have a technical certification or degree. There are many schools to choose from, and financial aid is available for those who seek it. Some certifications can be completed online or through campus schools in less than two years. Higher degrees can be obtained, and four years down the road the economy may be very different. We all know that a bachelor's degree is worth around \$1 million in earning potential. It is an invaluable tool when searching for a job.

**Occupy yourself.** Even if you cannot find a paying job in your area, for temporary or full-time work, you can still keep active and spend your extra time volunteering. Agencies like local food banks, hospitality centers, and care centers are eagerly seeking volunteers. This will fill periods of unemployment on your résumé, and who knows, you may meet someone through volunteering that can help you land a paid position in your area of expertise.

*According to the Bureau of Labor Statistics, 5.1 million jobs have been lost since December of 2007 when the recession is said to have began.*

[www.bls.gov/  
news.release/  
empsit.nr0.htm](http://www.bls.gov/news.release/empsit.nr0.htm)



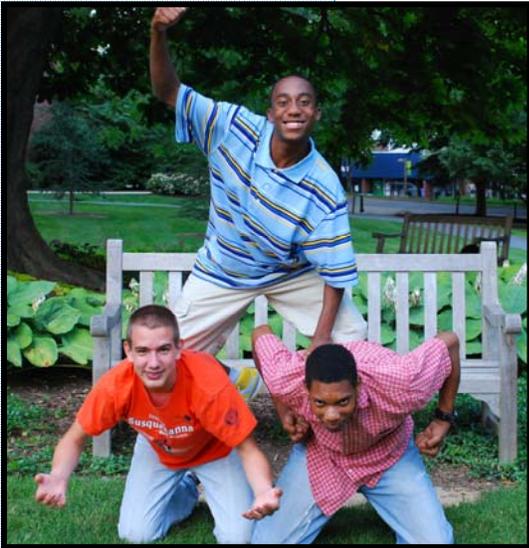
**Employers are seeking:**

- **Recent college graduates**
- **Skilled technical workers**
- **Service-oriented employees**
- **Green technology and engineering employees**

**A recession is an extended period of economic downturn lasting more than two consecutive quarters. It is not, however, permanent.**

# SUMMER INFORMATION FOR THE CLASS OF 2010

## *Accomplishments During U. B.'s Summer 2009 Program:*



- Create a calendar outlining tasks for each month during your senior year to help you prepare for college
- Registration for the fall SAT and ACT
- College visits for a broader understanding of post-secondary opportunities within Pennsylvania
- Assistance with college applications (request applications from schools that you may be interested in, completion of Penn State application, and exploration of college application requirements)
- College fair
- Completion of a personal statement for college applications and scholarships
- Workshops about financial aid and support services in college
- Identification of teachers who will write recommendations for college applications and scholarships
- Participation in community service projects



# TRIO UPWARD BOUND

## SUMMER OBJECTIVES

Did you know that Penn State's Upward Bound program provides a summer component that is educationally innovative, personally enriching, and life changing for its students? We offer small classes, low student-teacher ratios, cutting edge technology, and dedicated teachers and residential staff members who promote and support effective teaching and learning throughout six weeks in June and July. Fifty Upward Bound participants are chosen to attend each summer.

The summer curriculum and courses are hands-on, interactive, individualized, and heavily emphasize the development of effective reading, writing, and critical thinking skills. Besides receiving academic instruction, summer participants learn course-specific study skills, clarify their career and higher education interests, and interact daily with Penn State student mentors who have overcome barriers to enroll in college.

*During the summer component, each student will take **classes in mathematics, science, literature and composition, foreign languages, and a career exploration or senior seminar course.** The literature and composition curriculum will build upon students' performance on the writing and language arts sections of the PSSA in 8<sup>th</sup> grade, while a separate section will be offered exclusively for seniors in order to help prepare them for college writing. Unique opportunities will be provided for students at each grade level. Rising tenth and eleventh graders will have **Career Exploration, Creative Writing, and PSAT / SAT Preparation** courses while seniors visit nearby colleges and universities to learn more about their academic programs. Additionally, both Spanish and French classes will be offered to allow students the opportunity to continue studying French or Spanish.*

[www.ed.gov/programs/trioupbound/index.html](http://www.ed.gov/programs/trioupbound/index.html)



*The TRIO Upward Bound program is funded entirely through a federal grant of \$462,176 for fiscal year 2009–10 from the U.S. Department of Education, with facilities and administrative support provided by The Pennsylvania State University.*

## 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.

**This publication is available in alternative media on request.**

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