



The U.B. Chronicle

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

A MESSAGE FROM THE DIRECTOR

Hello, and welcome to another edition of *The U. B. Chronicle!* We hope that you find the information in this newsletter to be informative and especially hope that the pictures in this edition will bring back good memories for those of you who attended this year's summer program.

Upward Bound has set the dates for the upcoming Saturday programs and the 2009 summer program, so be sure to jot those down and plan accordingly. As a reminder, everyone is allowed only one unexcused absence from Saturday programs each year. For an absence to be considered excused you will need to submit a signed excuse form to the office. Of course, we hope we'll see you at every Saturday program this year!

There are some important things to remember as we settle into this school year. First, you've been accepted to participate in a program that sees a great deal of potential in you. As a result, we hope you will work toward your goals, understanding that the program can't help you get anywhere without a little hard work by you. Second, there are important timelines that we will remind you of as you plan for college, but it's up to you to meet the deadlines. We want to see you get in to the college of your choice and get the most financial aid possible, but ultimately it's up to you to follow through on making your plan a reality.

Best wishes for a successful school year!

John Kula



UPWARD BOUND Summer 2008



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



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2008-09 SATURDAY PROGRAMS

- September 13, 2008
- October 11, 2008
- December 13, 2008
- February 14, 2009
- March 21, 2009
- April 25, 2009

U. B. SUMMER PROGRAM: A NONSTOP FUN FEST!

Between classes, organized activities, and free time, Upward Bound summer participants were busy from dawn until well after dark in June and July. Students enjoyed a cross-campus scavenger hunt, nightly Rock Band® competitions, an egg drop in physics class, the summer team-building Olympics, college visits to Juniata, Lock Haven, and Penn College, “jailbreak,” the academic decathlon, a poetry slam, the college fair, a tour of the cow barns, volleyball, penny wars for PAWS, the talent show, “brain wars,” the periodic table of elements, biomes, senior interviews, bug identification, and field trips to Niagara Falls and Pittsburgh.



“I actually enjoyed learning. I feel confident for school next year. I enjoyed eating at Pollock Dining Commons.”

- U. B. summer 2008
participant





“Most of all, I enjoyed meeting the new students and staff. I enjoyed interacting with them.”

- U. B. summer 2008 participant



In future newsletters, "U. B.'s Words of Wisdom" will include those lessons we learn in life that could be helpful to others. Please e-mail any words you have for your fellow Upward Bounders to ncw100@psu.edu. The authors will not be listed, just the helpful tips. To start off this month, a similar example from "Chicken Soup for the Teenage Soul II" is included.

What I Wish I'd Known Sooner

By: Meredith Rowe

For the past year or two, I have devoted a section of my home page on the internet to a list entitled "What I Wish I'd Known Sooner." Since I am seventeen, there are a lot of stupid things I do that make me wish I had already known not to do them! Anyone can add to this list. I have received additions from all over the world, by people of all ages. I often add to it myself (after the fact)! Some are lighthearted, some are serious, all are very true. Here are a few of the gems:



- Don't drink grape juice while wearing a white shirt and driving to school.
- Don't let your life wait for other people.
- Dropping a cell phone into the bathtub or water kind of kills the phone.
- Your mother will find out if you dye your hair purple.
- You haven't really lived until you've gotten a 48 on an Advanced Placement U. S. History test.
- Don't ever fall in love with someone who is more than a thousand miles away from you. It usually doesn't work.
- If it hurts, DON'T DO IT AGAIN!
- That which does not kill you will ultimately make you stronger.
- Speaking in public gets easier with practice.
- Ten years from now most of what you freak out about won't make any difference.
- All that's gold doesn't glisten.
- Always stay after class because that's where connections are made.
- While driving a car through a gate, always, ALWAYS make sure the gate is open! The consequences might be fatal to your car.
- Never pierce your belly button in the dark.
- Just because someone flirts with you incessantly doesn't necessarily mean he or she likes you.
- If your calculus teacher tells you to quit talking after a test or he'll give you a zero for your test grade, he means it. Really.
- Sometimes smart people can do very, very stupid things.
- Being nice to people will get you far.
- Never, ever, EVER let a member of the opposite sex make you compromise your standards. Never.
- Nothing is ever too good to be true.
- If you start to like a girl, her roommate will immediately start liking you.
- Parents are not around forever, and you need to treasure them while they are.
- Don't take the SAT twice if you already have a good score in the first place. (Melissa disagrees with this one!)
- Never do something if the risk is greater than the reward.
- Think carefully before you act.
- Dreaming and doing go hand in hand.
- If your intuition is telling you not to do something, then don't. Your intuition is not stupid!
- If he doesn't respect you, then he's not worth any of your time.
- Learn to play an electric guitar: young women really dig it.
- Don't juggle knives unless you're really, really good at it.
- If at first you don't succeed, try again. Then give up. No sense being ridiculous about it.
- You can't light fireworks in the basement and not get caught.
- Hair is flammable. *Very* flammable.
- Never ever trust your friend with a pair of scissors against your hair.
- White dogs and black pants don't mix.
- God doesn't make junk!
- Someday you will look back on this and it will all seem funny.
- You never know when you're making a memory.

TESTING, TESTING, 1, 2, 3...

In addition to the standard classroom tests, there are various other tests students will be expected to take throughout their high school years. For each test listed below, Upward Bound students are given a fee waiver to cover the cost of each one. What are these tests and what do they mean? Below is a brief explanation of each test and its purpose:



Upward Bound students in twelfth grade are required to take the SAT in October.

SAT Dates

November 1, 2008
December 6, 2008
January 24, 2009

March 14, 2009
May 2, 2009
June 6, 2009

PSAT

- Students in eleventh grade take the PSAT in October (for 2008 the PSAT will be administered on October 13th or October 15th, depending on your school)
- A great way to prepare for the SAT. PSAT literally stands for Preliminary SAT
- Takes a little over two hours to complete and measures critical reading skills, math problem-solving skills, and writing skills
- Scores are given on a scale of 20-80
- Top scorers have a chance to be recognized as a National Merit Scholar and receive scholarship moneys for college
- The fee for this test is \$13.

SAT

- Students take the SAT in eleventh and twelfth grades
- Measures the same areas as the PSAT, but is more comprehensive and also includes an essay section
- One of the many things that college admissions look at when selecting students
- Takes approximately four hours to complete and is scored on a scale of 200-800 for each section
- Students in eleventh grade are encouraged to take the test more than once to increase their scores. Also,

Upward Bound students in twelfth grade are required to take the SAT in October

- The fee for the SAT is \$45.

ACT

- Students take the ACT in eleventh or twelfth grade
- This test is not required but is an additional test that measures English, reading, math, and science skills
- The main difference between the ACT and the SAT is that the ACT is an achievement test (which measures what a student learned in school) and the SAT is an aptitude test (which measures reasoning and verbal abilities)
- This test is also recognized by all four-year colleges when considering selection for admission
- Consists of 250 questions and takes about three and one half hours to complete
- Also provides an Interest Inventory to test takers, which then links them to valuable information for career and educational planning
- The cost of the ACT is \$31 or \$46 if also taking the writing portion.

2008 PSAT Dates

Wednesday, October 15

OR

Saturday, October 18

Register with your guidance counselor!



ACT Dates

September 13, 2008
October 25, 2008
December 13, 2008
February 7, 2009
April 4, 2009
June 13, 2009

**UPCOMING
2008
COLLEGE FAIRS**

Tuesday, September 16
Central Dauphin High
School



Sunday, September 28
Pennsylvania
Convention Center,
Philadelphia (National
College Fair)



Tuesday, September 30
Juniata East
High School



Wednesday, October 1
Harrisburg Area
Community College



Thursday, October 2
Clearfield County
Fairgrounds



Tuesday, October 7
Altoona Area
High School



Tuesday, October 7
Indian Valley
High School



Wednesday, October 8
Altoona Area
High School

TIPS FOR ATTENDING A COLLEGE FAIR

Before attending a college fair, write down some questions that you may want to ask, such as admission requirements, financial aid, college majors, etc.

- Locate the schools you want to visit and plan to visit those colleges first.
- Bring a pen, notebook, and bag to hold all of the college brochures and information you will receive.
- Print out labels with your address, contact information, and graduation date to stick on college information cards at the college fair.
- Pick up business cards from college representatives that you meet, just in case you need to contact them with additional questions.



UPCOMING SATURDAY PROGRAMS

September 13, 2008

October 11, 2008

December 13, 2008

February 14, 2009

March 21, 2009

April 25, 2009

*Remember: You are permitted one **UNEXCUSED** absence during the year. To be excused for school-related events, send in your signed Saturday program excuse form within one week following the program date.*





U. B. CLASS OF 2008: WHERE ARE THEY NOW?

Caleb Ball - Lock Haven

Miles Buckelew - Lock Haven

Liberty Clark - Misericordia

Jasmine Ellis - Penn State Altoona

Tereasa Estep - Lock Haven

Joshua Hudson - Penn State Altoona

Chris Kyler - Lock Haven/
Clearfield Campus

Chris Litzinger - Lock Haven/
Clearfield Campus

Kyle Lockrouit - Penn State University Park

Harley Moore - Penn State Altoona

Denton Oburn - Penn College

Eric Pelka - Penn State University Park

Jessica Price - Carnegie Mellon

Michael Russell - Penn State University Park

Lindsay Shore - Penn State Mont Alto

Jessica Sisti - Kutztown

Kenny Snell - Lock Haven

John Sosnowski - Lock Haven

Melissa Valentine - Mount Aloysius

Chris Welker - Lock Haven/
Clearfield Campus



Jessica Price, a 2008 graduate of Mount Union Area High School who is now attending Carnegie Mellon University, was awarded the John S. Morrison scholarship, which is a "full academic scholarship." Applicants must be a graduate of Mount Union Area High School who will major in engineering, computer science, or physical sciences at one of six selected schools.

Congratulations, Jessica!

Kenny Snell, a 2008 graduate of Indian Valley High School who is attending Lock Haven University, has won a \$20,000 scholarship from the Horatio Alger National Scholarship Program, one of the nation's largest scholarship programs in the country. This scholarship assists high school students who have faced and overcome great obstacles and seeks students who have a commitment to use their college degrees in service to others. **Kenny** was also named a Dell Scholar for 2008. The Dell Scholars Program provides funds for a significant percentage of college expenses and provides educational tools and support. The program places greater emphasis on a student's determination to succeed rather than just academic record and test scores.

Congratulations, Kenny!

For more information about these and other scholarships, visit

www.dellscholars.org
www.horatioalger.org
www.fastweb.com

SUMMER PROGRAM ENDS WITH AWARDS

12th English	Mazzant	Ethan Bratton	Dylan Guthridge
12th English	Smith	Megan Jones	La'Keesha Porter
11th/10th English	Stoicheff	Sarah Babick	Matt Griffith
Algebra I	Farber	Matt Griffith	
Algebra II	Matunis	Liz Rhodes	Shawna Williams
Geometry	Matunis	Emily Peters	Lucia Priselac
Precalculus/ Trigonometry	Rose	Nick Geyer	Tyler Bumbarger
Calculus	Rose	Brandi Moore	Chellcey Jones
Biology	McGonigal	Sarah Babick	Alisha English
Environmental Science	Peterson	Briana English	Tasha Baranchak
Chemistry	O'Brien	Josh Wales	Emily Peters
Physics	Baughman	Nick Geyer	Chellcey Jones
Introductory Spanish	Ramsey	Kim Breon	Brittine Queen
Conversational Spanish	Paredes	La'Keesha Porter Ethan Bratton	Megan Jones Rebecca Isenberg
Conversational French	Grey	Emily Peters	Kayleigh McCartle
Election 2008	Stoicheff	Shawn Kanouff	Dana Thompson

Summer Honor Roll

All A's or Above

Sarah Babick (C)
Emily Peters (L)
Heather Lehigh (SH)
Chellcey Jones (WB)
Brandi Moore (WB)
Dana Thompson (WB)
Nick Geyer (WB)

All B's or Above

Briana English (C)

Tasha Baranchak (C)
Dylan Guthridge (IV)
Kimberly Stuter (IV)
Chelsea Hoar (L)
Brittine Queen (MV)
Katie Davis (MV)
Mike Perna (MV)
Lucia Priselac (MV)
Shawna Williams (MV)

Kim Breon (MV)
Lauren Roddy (MV)

Ryan Lehigh (SH)
La'Keesha Porter
(SciTech)
Megan Jones (SH)
Jessica Kehler (SH)
Elizabeth Rhodes (SH)
Allen Albright (WB)
Ethan Bratton (WB)
Josh Bumbarger (WB)
Shaun Kanouff (WB)
Josh Wales (WB)

The TRiO Upward Bound program is funded entirely through a federal grant of \$462,176 for fiscal year 2008–09 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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PLACE
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We welcome your feedback or suggestions regarding this newsletter. Please e-mail John Kula at jwk19@psu.edu or give us a call at 1-800-475-4039.