A Message from the Upward Bound Staff

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

The Summer Program (Upward Bound’s Summer Toward Academic Excellence) is fast approaching and we are putting plans into place for another six weeks of academic rigor (and fun, of course!). We’ll have applications available at the Saturday program on April 16 for you to complete and return. Remember: we only have room for fifty students, so please get your summer applications back to us quickly!

Parents and guardians: you, too, are invited to the April program to learn all about what Upward Bound students have been accomplishing this year. Spend the day with us, have a meal in the dining commons, join us as we celebrate with our graduating seniors, and attend the annual Blue-White game! Limited bus transportation will be available.

Wishing you all a happy, healthy spring!
Mickey, Jennifer, and Dawn
Welcome New Students!
Upward Bound has completed another successful fall of recruiting and welcomes thirty new students into our U. B. family!

Clearfield
Amber Hainsley
Leah Lundberg
Jacob Ryan
Devan Sponsler

Indian Valley
Molly Bitner
Kelsey Henry
Cassidi Hetrick
Michael McLaughlin
Briana Rhodes
Maura Simonetti
Rachel Stimeling
Breanna Sunderland
Shane Whalen
Courtney Yoder

Lewistown
Chelsea Bratton
Alexandra Kohler

Moshannon Valley
Michelle Irwin
Katelynn Luzier
Emily Mahlon

Mount Union
Abigail Grove
Dustin McBeth
Kaitlyn Querry
Monica Steel

Steelton-Highspire
Sy-Heed Johnson
Roy Long
Broderick Simmons-Settles
David Yellock

West Branch
Brittany Heichel
Drew Moore
John Cantolina
Haley Rivera

Introducing New Faces in the Upward Bound Office!

Priscilla Moreno, Graduate Intern
Class of 2012 M.Ed.
Candidate, College Student Affairs Program

Porsche High, Work Study
Class of 2012 HRIM

Paula Sitek, Work Study
Class of 2014 Undecided

Chan Mao, Work Study
Class of 2012 HRIM
Information for the Class of 2011:  
*Staving off senioritis!*

Source: *OnYourWay* magazine

A good prevention method is to learn how your actions this year can affect the plans you have for your future. For example:

⇒ Taking courses you know you can sail through can dull your mind.
   - That can affect your scores on entrance exams and force you to take remedial courses in college or other postsecondary schools.

⇒ A lot of postsecondary schools want your grades from the first, and even the second-half of senior year.
   - This could make or break your acceptance.

⇒ Waiting until after high school to think about what you want to do can make later schooling drag out.

⇒ 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.

What is FAFSA?

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

**Apply for the FAFSA annually after January 1 of any year.**

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.

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.

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.
Defining Your College Priorities

Source: www.cappex.com

Regardless of how prestigious a college is or how much it costs, college success is all about finding the right college fit. It won't matter if your parents graduated from there, or if all of your high school friends plan to enroll there in the fall if the college isn't a good fit for you. This means finding a college that offers what you need in terms of academics, location, campus, and social life. If these factors don't fit you, then little else will matter.

The chart below contains many college fit factors. Select the five that are the most important to you. What do you need most to be comfortable and succeed? Then, select five that are the least important to you. These are factors that, for you, don’t matter as much if your other needs are met. Prioritizing what matters to you will help you add or eliminate potential schools from your college search.

### Location
- Distance from home
- Weather
- Off-campus setting
- Geography: beaches, mountains, etc.

### Academics
- Major offered
- Academic reputation
- Teaching style and class size
- Classes outside your major

### Campus
- Size
- Atmosphere
- Dorms
- Diversity
- Cost (tuition, room, board, fees)
- Financial Aid

### Social Life
- Clubs, sports, and recreational opportunities
- Art Scene
- Greek Life
- Sports
- Going to college with friends from high school

Need to know more about Financial Aid and the FAFSA, you say? As we all know, there is rarely a day when Facebook is not in use by a large number of you. With that said, be sure to “like” the FAFSA site to aid in answering all those burning questions you have about your financial future and education at www.facebook.com/college.gov.
Where Are They Now?  Class of 2010

Joshua Bumbarger - U.S. Marine Corps
Tyler Bumbarger - Penn College
Keya Burket - Allegany College of Maryland
Jennifer Cowfer - Penn State DuBois
Baillie Davis - Cleveland Institute of Art
Chelsy Fyock - Penn State DuBois
Mashia Grove - South Hills Business School
Jessica Hammill - Paul Mitchell Beauty School
Danielle Howard - Penn State DuBois
Shaun Kanouff - Penn State DuBois
Claire Kovach - Saint Francis University
Alyssa Kyper - New Mexico University
Antwaun Loner - Mount Aloysius College
Kayleigh McCartle - Art Institute of Pittsburgh
Levi Miller - Penn State University Park
Matthew Modzel - Penn College
Katrina Mosley - Penn State DuBois
Joshalyn Porter - Indiana University of Pennsylvania
Brandon Selepack - Lock Haven/Clearfield Campus
April Sperfslage - Penn State DuBois
Melanie Swartz - Penn State Altoona
Dana Thompson - Penn State Altoona
Joshua Wales - Lock Haven
Shawna Williams - Penn State DuBois
Summer Program 2010 Highlights
If this looks fun, prepare yourself for summer 2011!

Applications will be available at April’s Saturday program.

At the White House in Washington, DC.

The women of U. B. bond during facial night in the dorms.

Shaver’s Creek benefitted from enthusiastic students volunteering to rebuild trails.

Pirates!

A culminating trip to Washington, DC, featured visits to Georgetown, American, George Washington, and Howard Universities.

Seniors enjoyed team- and confidence-building activities at a ropes course.
Saturday Programs: Fall 2010

Activities

October and November were busy months for U. B. students. Our first Saturday program on October 3 was held at Shaver’s Creek Environmental Center (www.outreach.psu.edu/shaverscreek/) so that we could combine a community service project with our normal programming.

October also featured teambuilding activities including pumpkin carving and drumming. We learned about our personal learning styles and college majors through first-hand experiences of Penn State students.

For a special treat in November, students attended a production of *Peter Pan*, featuring students from Penn State’s musical theatre program.

Tutoring

Upward Bound works to provide its students with numerous opportunities that contribute to their academic success and support U. B.’s mission to prepare its participants for college. Each Saturday, college tutors from Penn State Learning (http://pennstatelearning.psu.edu/) are on hand to work with students in math, the sciences, and English. They review homework assignments, discuss literature, and practice study skills. Tutoring will be offered at every Saturday program this academic year.
According to the Administration on Aging, the number of Americans age 65 or older will more than double by the year 2030. This will mean an increase in demand for workers in health care and geriatrics.

One of the fastest growing occupations today is home health care aides. The U.S. Department of Labor estimates that jobs in home health care will increase by 50 percent over the next ten years. Workers average $10 per hour.

Ecotourism is responsible travel to fragile, pristine, and usually protected natural areas. According to the International Ecotourism Society, Ecotourism and other forms of nature travel are increasing annually up to 30 percent.

With the recent release of the movie The Social Network, more people may be considering one of these social media careers:

- **Social media strategist**: creates social media marketing campaigns
- **Community manager**: oversees company blogs and forums
- **Blogger**: posts short articles with links to related websites
- **Online customer service representative**: watches social sites for customer complaints

According to the U.S. Census Bureau, a person with a bachelor’s degree will earn nearly twice as much over a lifetime as someone who simply completes high school. Remember: the more you learn, the more you earn!

<table>
<thead>
<tr>
<th>Education</th>
<th>Average Lifetime Earnings</th>
</tr>
</thead>
<tbody>
<tr>
<td>High school</td>
<td>$1.2 million</td>
</tr>
<tr>
<td>Bachelor’s degree</td>
<td>$2.1 million</td>
</tr>
<tr>
<td>Master’s degree</td>
<td>$2.5 million</td>
</tr>
<tr>
<td>Doctoral degree</td>
<td>$3.4 million</td>
</tr>
<tr>
<td>Professional degree</td>
<td>$4.4 million</td>
</tr>
</tbody>
</table>

Discover a Career That’s Right for You!

Below are three steps to help you choose the career path that will be perfect for your personality, skill set, and past history:

1. Know yourself.
2. Match your strengths to career options.
3. Spend time exploring and researching your career options.

Today’s Number?  

0.08333%  

Approximately 300,000 high school seniors played football last fall. The NCAA estimates that approximately 250 of these athletes will play professional football.
Your High School Courses Matter:
The Importance of Math for Students

Don’t feel like taking another math class in high school? Here are some reasons why you might want to reconsider:

⇒ Math leads to career success. It is the gateway to financial comfort and good jobs in the twenty-first century.

⇒ Higher math is a civil right. According to educator Robert P. Moses, author of Radical Equations: Civil Rights from Mississippi to the Algebra Project, “in the shift from an industrial economy to one focused on digital technologies, those who don’t know algebra won’t be able to participate as a citizen.”

⇒ Math trains students for academic endurance. “Math is to learning what endurance and strength training is to sports: the basis that enables you to excel in the specialty of your choice,” writes Espen Andersen, editor of the international information technology website Ubiquity.

⇒ Math remediation increases college costs. The Seattle Post-Intelligencer (PI) found, “Nearly half of the high school graduates who enrolled in a state community or technical college immediately after 12th grade had to take precollege courses such as Algebra I before they could enroll in classes needed to earn a degree.”

⇒ Because of college remediation issues, high schools are establishing stiffer math requirements for graduation.

www.ehow.com

What is a Weighted GPA?

Some high schools weight grades. Others don’t, and colleges may calculate a grade-point average (GPA) that is different from a student’s weighted or unweighted GPA. What do you need to know?

| A weighted GPA is based on the simple idea that some high school classes are much harder than others, and these hard classes should carry more weight. |
| In an attempt to acknowledge the effort that goes into challenging courses, many high schools weight the grades for AP, honors, and accelerated courses. The weighting isn’t always the same from school to school, but a typical model on a 4-point grade scale might look like this: |
| AP, Honors, Advanced Courses: ‘A’ (5 points); ‘B’ (4 points); ‘C’ (3 points); ‘D’ (1 point); ‘F’ (0 points) |

| Regular Courses: ‘A’ (4 points); ‘B’ (3 points); ‘C’ (2 points); ‘D’ (1 point); ‘F’ (0 points) |
| A student who got straight ‘A’s’ and took only AP classes would have a higher GPA than a student who took only regular academic classes. Additionally, weighted GPAs are often used to determine class rank. |
| Colleges want to see that a student has taken challenging courses, but they need to compare all applicants using the same 4-point grade scale. Most high schools that use weighted GPAs will also include unweighted grades on a student’s transcript, and colleges will usually use the unweighted number. |
| Colleges also want to make sure that a student’s GPA reflects grades in core academic courses, not a bunch of padding. Thus, a lot of colleges will calculate a GPA that is different from a student’s weighted or unweighted GPA. Many colleges will look just at English, math, social studies, foreign language, and science grades. Grades in gym, wood working, cooking, music, health, theatre, and other areas will not be given nearly as much consideration in the admissions process. |

http://collegeapps.about.com
What Can A. P. Courses Do for You?

Advanced Placement (AP) high school courses are becoming more popular in this tight economy, especially for those students looking to broaden their scholastic knowledge.

Advanced Placement high school courses help prepare a student for the rigor of college coursework in a few key areas:

- AP classes generally have a higher reading level—similar to the level of reading a college freshman would encounter.
- AP classes often require supplemental reading outside of class, another similarity to what a student can expect in college.
- AP classes may help a student save time and money in college by waiving courses and credits after taking an AP exam.
- Earning a 3, 4, or 5 on a particular exam could give you credits toward graduation.
- Check with your college or university to see what their AP policies are before enrolling.
- AP courses can help you to boost your grade-point average (GPA).
- Depending on your school, AP classes are weighted higher than all other courses and can have a positive effect on your GPA.


A. P. Course Offerings at Upward Bound High Schools

**Clearfield**
- English
- U. S. Cultures
- Calculus
- Statistics

**Mifflin County School District**
- Biology
- Calculus (AB)
- Chemistry
- Computer Science A
- Economics
- English Literature
- Physics C: Mechanics
- U. S. Government and Politics

**Moshannon Valley**
- No AP classes offered

**Mount Union**
- English
- Calculus
- Chemistry

**Steelton-Highspire**
- Chemistry

**West Branch**
- No AP classes offered
- Look instead for dual degree options
The U.S. News - Best Colleges 2011 issue has been released. The number one ranked college is Harvard: tuition and fees: $38,416, fall acceptance rate: 7 percent. Nine out of the twenty top colleges on the list have tuition and fees of more than $40,000 per year.

On average, colleges accept seven out of ten applicants.

For 2009—10, the average yearly college tuition in the United States was $26,273 for private four-year institutions and $7,020 for public four-year institutions, according to the College Board.

College students typically graduate with a debt of more than $23,000.

Recommended High School Courses List for Most Four-Year Colleges

*Penn State’s Requirements

- 4 Years of English
  * Including one each in composition and literature
- 3-4 years of math
  * Four are recommended and should include a combination of algebra, geometry, and trigonometry
  * Some programs may require additional math
- 3 years of science
- 2-3 years of the same foreign language
- 3 years of social studies
- 1 year of fine or performing arts
* Penn State requires five units (years) in any combination of foreign language, social studies, arts and humanities
  * Two years of the same foreign language are recommended
For Parents/Guardians

As a parent or guardian of an Upward Bound high school student, it is important that you continue to take an active interest in your child’s planning and preparation for college. Together, we will work to bring out the potential in your child—and support him or her through high school and into college.

Academics
* Create a schedule with your teen to keep track of homework and tests.
* Create a quiet study area.
* Talk about stress. Make sure your teen takes regular study breaks.
* Make sure your teen eats healthy foods and gets enough sleep.

Social Changes
* Share your values. Teach ways to not give in to negative peer pressure.
* Explain the dangers of alcohol and other drugs.
* Discuss ways to deal with conflicts peacefully.
* Talk about dating and choosing friends wisely.

New Opportunities
* Encourage your teen to take challenging courses.
* Show your support for extracurricular activities, such as sports, music, and community service.
* Talk with your teen about setting goals for high school and beyond.

What is a Rigorous Secondary School Program of Study?
A question on FAFSA asks that you “select the rigorous high school program of study that you completed.” To clarify, rigorous course of study includes:

- A program for a student who completes at least two courses in the International Baccalaureate (IB) Diploma Program with a score of four or higher on the course examinations or at least two Advanced Placement (AP) courses with a score of three or higher on the College Board’s exams for those courses.

- A secondary school program in which a student completes, at minimum:
  1. Four years of English
  2. Three years of math, including algebra I and a higher level class such as algebra II, geometry, or data analysis and statistics
  3. Three years of science, including one year each of at least two of the following courses: biology, chemistry, and physics
  4. Three years of social studies
  5. One year of a language other than English

Remember: It is NEVER too early to begin the financial planning process for your student and higher education. The U.S. Department of Education has developed a valuable tool to assist parents in doing just that. Visit to learn more: http://studentaid.ed.gov/PORTALSWebApp/students/english/preparing.jsp

* 2011 Channing Bete Company, Inc.
Speaking the Language: Financial Assistance
Source: www.cappex.com

*When it comes to money, you don’t need any misunderstandings. To help you navigate the waters of paying for college, here is a list of commonly used terms and what they mean.*

- **Award Letter**: Official notification of the type and amount of financial aid a college is offering you.
- **Demonstrated Need**: The difference between what your family can contribute toward college expenses and the actual cost of attending college.
- **Expected Family Contribution (EFC)**: How much money you and your family are expected to contribute toward college expenses. EFC is based on your FAFSA application and a calculation by the federal government.
- **Free Application for Federal Student Aid (FAFSA)**: The federal application every student must submit in order to be eligible for federal financial aid. For more information and to complete the FAFSA visit www.fafsa.ed.gov.
- **Grants**: Money for college that does not have to be repaid. Most grants are need-based and are awarded by the state or federal government.
- **Institutional Aid (or Campus-Based Aid)**: Financial assistance given by a college, typically either need-based or merit-based aid.
- **Loans**: Money given to a student that must be paid back. There are several types of loans, including low to zero interest student loans given out by the federal government, like the Perkins and Stafford loans. These are the best options since you don’t have to pay back the money until you graduate. Private loans, offered through banks and credit unions, typically have higher interest rates.
- **Merit Aid**: Financial aid awarded to you from a college based on your individual achievements and talents. For a full listing of what’s available, visit www.meritaid.com.
- **Need-Based Aid**: Financial aid given based on the ability of you and your family to pay for college.
- **Scholarship**: Money for college that does not have to be paid back. Usually awarded based on specific criteria, such as your academic performance, extracurricular activities, ethnic heritage, or religious affiliation. Scholarships may be awarded by colleges, private groups, or states.
- **Student Aid Report (SAR)**: After you file the Free Application for Federal Student Aid (FAFSA), you will receive a SAR stating your EFC (expected family contribution) and eligibility for financial aid. This report is also sent to the colleges you indicate on the FAFSA.
- **Student Loan**: Financial aid that must be repaid. Student loan programs are available through the federal government and private lenders.
- **Work-Study**: Financial aid given in exchange for work (typically at a job on campus). To qualify for the Federal Work Study (FWS) program, you must complete the FAFSA.
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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TRIO Upward Bound Program
The Pennsylvania State University
203 Grange Building
University Park, PA 16802-6701