

UBMS {Insider}

Spring 2011

Upward Bound Math and Science Center

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Upward Bound Math and Science Center Summer Academy 2010

Greetings UBMS Scholars!

It is finally spring, and the warmth of summer is on its way.

Spring time is a season of change and preparation for the summer. This is also the case for students. Seniors, you will be graduating in a few short months. Let the countdown begin! Make sure you check out your college acceptances and financial aid packages in order to make the best decision for you.

Juniors, it's test time! SAT's, ACT's, and PSSA's! Do your best!

Sophomores, get your paperwork into our office ASAP. We can't wait to see you this summer.

We hope all is going well! Let us know if you need any assistance.

Ms. Jody, Ms. Joanne, and Mr. James

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Office of the Vice Provost for Educational Equity

Financial Aid: Things You Should Know!

Deadlines: They change and they vary, but whatever they are, stick to them. If you must, keep these dates on your calendar, in your phone, in your planner, on the family calendar, etc. Many schools operate on a first-come, first-served basis, so if you are a procrastinator, get it done now.

Keep copies of all material you send, especially if you send it via internet. If your information gets lost, you'll have a backup copy.

If possible, file your tax forms (guardian's taxes) as early as possible. This means file your taxes before the Financial Aid deadline in order to complete your FAFSA on time. If you do not complete your taxes, you will have to make accurate estimates.



Go to a local Financial Aid night with your parents for help in completing your FAFSA. If you have questions, you will have an expert in the room with you.

Be sure you know your Social Security number, and make sure it is on every form that requires it. Also, if you and your parents have different last names, make sure the relationship is listed clearly on all correspondence.

Don't wait until you receive your admission decision to apply for financial aid. If you think you will need aid, fill it out on time.

Work-study jobs are a good thing. They help put money in your pocket for many of the educational expenses that you will need long after your school bills are paid.

Make sure you apply to a "financial safety school." This is a school that you are

certain will admit you, and that you can afford to attend, even if you receive little or no aid.

There are other sources of financial aid such as your church, fraternal organizations, local businesses, school districts, etc.

Follow all of the directions carefully. If you apply online, make sure you follow all of the steps needed to complete the FAFSA accurately.

TIPS ABOUT THE FINANCIAL AID OFFICE

Your financial aid package is negotiable. First-year students who have a better aid package from school B, but would like to attend school A, may be able to get school A to match the funds from school B. You could also speak with a financial aid counselor at the college if you feel you need more money because of medical bills, for example.

Financial aid may be increased over the duration of your years in college. Schools want to invest in students who stay until graduation.

Don't bite the hand that feeds you. Be nice to the financial aid staff! Be polite, they work extremely hard for you to be successful.

Emergencies happen. The financial aid office may be able to point you to emergency funds that can help prevent a financial issue from causing you to withdraw.



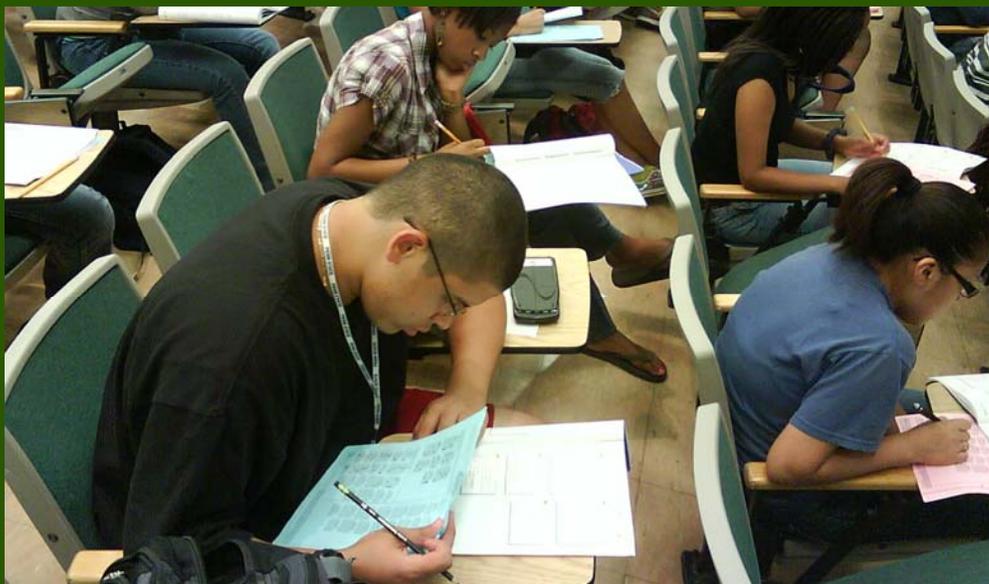
Good Health Takes Good Habits!

It is a fact that students who are healthy perform better in school and on tests. Here are some things you can do to be a healthier student.

- Learn portion sizes—it is never ok to eat seven pieces of pizza in one sitting.
- Eat breakfast—start your day off right.
- Don't eat your way out of stress—stress eating won't help your stress go away. Take a break and do something constructive to get your mind off of the stress.
- Drink water—when you are hydrated, you will be less tired and fatigued.
- Eat fruits and veggies—try a few each day. The motto is "strive for five" servings.
- Multivitamins—take the ones specifically designed for you, e.g., One a Day Women's Multivitamin.
- Whenever possible, get a good night's rest.

Exercise

- Stretch first, and stretch often. Stretching helps to avoid injuries and to loosen your muscles.
- Play a sport—even if the sport is bowling, joining the team will get you out of the house and away from the television.
- Join a gym. Take gym class seriously and have fun. When you go to college, use the exercise facilities available to you. Many times, they are free for students.



Test Anxiety and You!

What is Test Anxiety?

Being so afraid of or worried about a test that your performance on the test suffers.

Test anxiety can affect your grade, bringing it down if you score poorly on tests. If you get significantly lower scores on tests than you do on homework, class work, or projects, you may be suffering from test anxiety.

Being Prepared is the Best Way to Fight Test Anxiety!

- Keep up with your assignments.
- Participate in class every day.
- Ask questions **immediately** if you are confused.
- Take good notes and review them **DAILY!**
- Schedule a review session with the teacher or with classmates before a test.
- Find out exactly what the test will cover.
- Ask if practice tests are available.
- Schedule short blocks of study time a week or two before the test—don't cram or wait until the last minute.
- Study in a quiet place where you can really concentrate (call our office for some suggestions if you need them!).
- Review all your materials—notes, textbook, quizzes, homework. Make flashcards or outlines to help you remember key points.
- Be sure to get a good night's sleep before a test.
- If you are experiencing test anxiety, try these tips and see if your performance on tests improves. If you are still having problems, call Mr. James or Ms. Jody and we'll see what we can do to help you!

College Selection Tips

- Develop a selection criteria and base that criteria on the things most important to you and your family.
- VISIT, VISIT, VISIT any schools in which you have an interest.
- When you receive college acceptances and financial aid packages, compare the schools to see what the best choice would be for you financially.
- Many private schools offer very competitive financial aid packages. Don't write them off until you compare the numbers.
- Consider the type of community where the school is located.
- If diversity is important to you, check the numbers.
- Make sure the school has adequate support services.
- Accurately complete any paperwork needed once you make your decision.

Did You Know?

1. Fastweb.com is a great source to look and apply for scholarships.
2. One in twelve people in the world are on FaceBook.com.
3. Of the top fifty liberal arts colleges in the United States, (according to *U.S. News and World Report*), eight are in Pennsylvania: Swarthmore, Haverford, Bryn Mawr, Bucknell University, Lafayette, Franklin and Marshall, Dickinson, and Gettysburg. (<http://colleges.usnews.rankingsandreviews.com/best-colleges/rankings/national-liberal-arts-colleges/spp+50>)
4. Most Ivy League schools will provide full tuition to those who come from a low-income household.



Valuable Websites

SAT Help:

www.kaptest.com/College/SAT/index.html

Planning for College: All Grades!

www.pennsylvaniamentor.org/Planning/

Resources:

www.Pheaa.org

Scholarships:

www.fastweb.com

www.scholarships.com

www.Collegeboard.org

Upcoming Events

- Summer paperwork is due by May 15 in order to attend the Summer Academy.
- Online SAT Prep Class, sign up at www.kaptest.com/enroll/SAT/19121/events
- SAT and ACT tests are extremely important to your college acceptance. Please get all of the support and help you need to do your best on these tests.
- ANGEL assignments are due before the end of every month, check for updates.
- Summer Academy: June 19 through July 29, 2011.

Our Mission

The mission of UBMS is to help participating students recognize and develop their potential to excel in math and science and to encourage them to pursue postsecondary degrees in these fields.

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