

Upward Bound

Winter 2008-2009

Elaine

Hello Upward Bounders! Hope you all had a really good Christmas and are humming right along into the New Year. We have been keeping busy here at our UND TRIO/Upward Bound offices, planning great activities for all kinds of students. It was good to have the seniors come in

for the Senior Seminar, some of the speakers and presentations they had will really help them when they come for the summer Bridge Program and then go on to college next fall. We have been happily planning the UB summer program and it promises

to be a great one - we look forward to everyone of you coming to campus, both new and returning Upward Bound students! Meanwhile, keep after your schoolwork and live up to your great potential!

November, December, January, & February Birthdays

Scott Bull
Laurie Counts
Rhea Counts
Larissa Craig
Brandi Davis
Jessica Gladue
Jerrica Guy
Jessica Hale
Brandon Houle
RJ Smith
Maressa Red Fox
Jennae Martinson
Amanda O'Keefe
Michael Polendo
Curtis Lenoir
Morgan Lone Bear
Jessica Ibanez
Casey Johnson
Ashley Kom
Dylan LaVallie
Bethany York
Ashley Young
Josh Zaste



A Little from Lori

Happy 2009! I returned to work full time on January 1st. I had a great time on maternity leave. During my time off I did get to attend the Senior Seminar and am looking forward to seeing all those seniors here for Bridge this summer! It is great to have Ben and Cara back after their month off, Adria's

last day with Upward Bound was on January 9th and she began student teaching on January 12th. We wish her well!

Some things that are happening this spring are an Educational Trip, ACT for juniors, financial aid for seniors, and a trip for the Advisory Board (if you are on this you will

be notified.)

Summer is coming fast and many plans are being made. The dates for the summer program are May 25th to July 2nd.

Have a great spring and keep up your grades! Good luck to all students in extra curricular activities!

Senior Seminar Trip 2008

On Friday, December 5th, the senior Upward Bound students came to University of North Dakota campus in Grand Forks for the Senior Seminar weekend. It was an action-packed few days with many helpful activities for the seniors to better prepare for success in the Bridge Program this summer and for college in the fall. Below, some of the senior students share what they gained from attending Senior Seminar.



This weekend we were able to talk to Bridge professors about the summer program. We got to see a Madrigal dinner on Friday, which had great food. Saturday we talked to the professors, had an etiquette lunch with Elaine, and we also talked to Financial Aid. We went to St. Anne's and played board games and then we went to the play, Hairspray.

This weekend I learned that reading as much as you can, can help you in your communicating. I also learned how to set, serve, and take dinner from people (etiquette). I also learned lots about Financial Aid, which was very helpful.

~ Jessica Shambaugh, Grafton HS

This weekend I attended a Madrigal dinner at UND. It was set in the Medieval era. There was feasting and great entertainment. The next day we had the pleasure of listening to the wise words of professors Seidel and Rand. They gave us a good perspective of what college life is about. After that we attended an etiquette luncheon held by Elaine Metcalfe. Later in the day we had pizza and then we went to the St Anne's guest home and played games. Later we attended Hairspray at the Chester Fritz Auditorium.

This weekend I learned that age comes responsibility. I learned that in college, you can't always rely on your parents to help you, you need to physically do it yourself. I've learned that you need to have manners in order to communicate with others. I've learned a lot of beneficial and vital information by attending this seminar. I enjoyed it!

~ Danielle Legg, Grafton HS

This weekend we went to a Madrigal dinner. They had a feast and people walking around singing. We also met with our future professors. They had much wisdom to offer us. Then we played board games with elderly people at the old folks home. In the end we attended a musical play, "Hair Spray", which was pretty cool.

During this weekend I've learned that there are people who really care about the future of young adults like us. There are so many opportunities out there, and we have to work hard to achieve our goals in life.

~ Jessica Pacheco, Devils Lake HS

I learned more about table manners like pass to the left and receive from the right, and more. I learned more about financial aid and that I need to read as much as possible for college and to think about what I'm actually doing in class.

~ Morgan Lone Bear, New Town HS



I learned that no matter what everyone deserves respect. Treat others as you want to be treated. I also learned if you think you can succeed then you will with the right attitude.

~ Matt Mesa, East Grand Forks HS

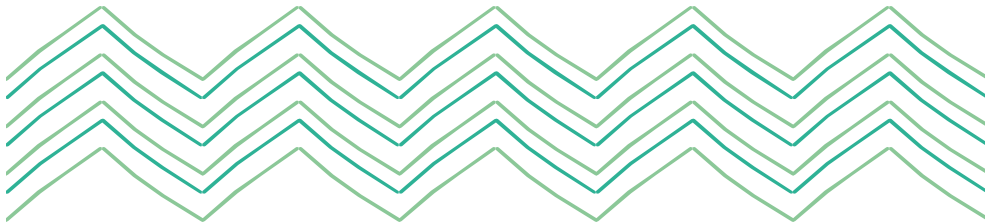


A Bit from Ben

Greetings Upward Bound Students, Parents, and School Administration. The Upward Bound Program has been hard at work lately planning what should be a very educational and exciting trip for all our students coming up on the first weekend of April, the 3rd and 4th to be exact. We

have also been hard at work planning what promises to be an incredible Summer Program this June, including plenty of great activities sure to stimulate the mind, and let all of our students have plenty of good experiences at the same time. We look forward to seeing all the students again as we

get back into the schools for the spring and we especially look forward to seeing all the students both new, and returning students, for the Summer Program.



Cara's Corner

Greetings Upward Bounders! I hope that you had a wonderful Christmas break and that you're feeling refreshed and ready to go for the semester. This year really has been flying by, it is hard to believe that we're into the second semester of the school year already. Ben and I have had a month-long break and now we're back into full swing with school visits and recruiting. I have really enjoyed getting out into my newly assigned schools and

getting to know each and every one of you better.

I have been working on stipends for the last couple of months and I've noticed that many of you are not getting your Progress Report (green grade sheet) completed and signed by your teachers. It is important that you are getting this done and turned in on time. Also, be sure that all assignments are turned in on the date your advisor tells you they are due. Many

students have been submitting late assignments, which we will no longer be able to count if we don't receive them on time. To your credit, those assignments I have been receiving are of a high standard, so keep up the good work!

Continue to work hard this spring and I look forward to spending more time with you all in the months ahead!

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WHAT CAN I DO ABOUT TEST ANXIETY?

Here are some things you can do before, during, and after a test to reduce your test anxiety.

1. Use good study techniques to gain mastery of the material that will be covered on the test. This mastery will help you to approach the test with confidence rather than have excessive anxiety.
2. Maintain a positive attitude as you study. Think about doing well, not failing. Think of the test as an opportunity to show how much you have learned.
3. Go into the test well rested and well fed. Get enough sleep the night before the test. Eat a light and nutritious meal before the test. Stay away from junk foods.
4. Stay relaxed during the test. Taking slow, deep breaths can help. Focus on positive self-statements such as "I can do this."
5. Follow a plan for taking the test. Don't panic even if you find the test difficult. Stay with your plan!
6. Don't worry about other students finishing the test before you do. Take the time that you need to do your best.
7. Once you finish the test and hand it in, forget about it temporarily. There is nothing more you can do until the graded test is returned to you. Turn your attention and effort to new assignments and tests.
8. When the graded test is returned to you, analyze it to see how you could have done better. Learn from your mistakes and from what you did well. Apply this knowledge when you take the next test.

You have to know the material to do well on a test. You have to control test anxiety to show what you know.

The above information is from: <http://www.how-to-study.com/testanxiety.htm>