

February 2004

UB/WI Newsletter

Berea College TRIO Programs

DANGER!! SENIORS WITHOUT ACT SCORES CAN BE HAZARDOUS TO YOUR STIPEND!!

As you know by now, ALL program seniors must have ACT scores in our office. The goal of Upward Bound is to help you with your college preparations and help get you off to a good start in your post-secondary life. One of the requirements for current seniors staying in the program is taking the ACT and getting accepted into a college for the fall. We do NOT have ACT scores on the following Seniors:

*Ashley Gilbert

*Derek Inman

*Brittney Mason

*Jason Purcell

*Chris Reynolds

*Joshua Outsey

While I know some of you have taken the test, we have not received your scores for some reason. If you have already taken the test—please bring a copy of your results with you to the February Reunion. As the letter you received in the fall stated, you will no longer be able to get stipend money until we get your ACT scores on file in our office.

In fact we weren't supposed to give out the January Reunion money without your scores but we slipped up. We will hold the rest of your semester money until we get a copy of your ACT results—sort of like putting your money in the bank with no withdrawal until you get the scores to us. In other words—your money will still be there for attending the UB activities.

Another reminder to Seniors— Along with the ACT, you must show us a copy of your **acceptance letter** to a college for the fall and **your SAR**, (from filling for Financial Aid) in order to attend as a Bridge Student this summer. If you have ANY questions about these requirements please call the office and talk to Rodney, Mary or myself (Vicki that is).

1-877-987-9273

CONGRATULATIONS!!

Well we hate to say goodbye to Emily Robinson as our TC for Whitley County and Laurel County this semester but we are happy to congratulate her on her graduation!! That's right Emily is now an official graduate of Berea College. YEA EMILY!!!

Now we can welcome Dara Evans as she takes over the TC role for us. Most of you will remember Dara from the summer but this will be her first time as a TC during the Academic Year.

GETTING MOTIVATED

Eight Tips To Help Get You Motivated to Do Your Homework!!

What do you do when you just can't get yourself to do homework? You know it has to be done, but it is the last thing you want to spend your time doing. How are you going to get yourself motivated? Here are eight tips to improve your motivation to study:

Set goals for yourself. They don't have to be big ones, in fact, the smaller the better. Start by setting goals you know you can attain easily. For instance, a goal such as getting straight A's on your next report card would be nice, but it is a major goal. An easier one would be taking a page of notes for your report on inuksuks.

Set a schedule for studying and write it down. Why write it down? Something about the written word makes it harder to ignore. Once you've written that you'll do it, it's harder to not do it.

Arrange to get together with a friend to do homework. Meet a study buddy in a chat room to work through material you

are both studying. They're counting on you as much as you're counting on them, so you can't let them down.

Do the homework you dislike the most first. Also, if there is homework you find most difficult, do it first while your mind is still fresh. However, if you have a number of small assignments and one major assignment to work on, doing the small ones first will make it seem like you are making progress quicker.

Ask for help from your parents. If you don't ask, they will assume you either don't need help or don't want help.

Use rewards to mark your progress. You could "allow" yourself to go to a movie on Friday night if you get your History project completed by then, or you could take a snack break once you get the first thirty Algebra questions completed.

Think positive. Moaning about how many upcoming exams you have or how hard it is learn to

speaking Spanish won't get your homework done. Likewise, focus on what you are doing well (the speech you did so impressively on the U.S. flag) rather than on what is impeding your progress (the math teacher you don't like).

Find a way to turn your homework assignments into something that interests you. If you have a choice of topics, choose something you've always wanted to learn about. If you have to do geometry homework, think about how you could use it when you want to become an interior designer. If you are researching Russia and your interest is in wildlife, find out what species you would find there (would you believe about 65% of the world's brown bears?).

Some of these tips could work for you. Try them out. Its time to get motivated

REUNION

DATES

February 14

March 13

April 17

May 8

UB BEGINS

June 13

Counselor's Corner

CAREER SPOTLIGHT: SPECIAL EDUCATION TEACHERS

Special education teachers work with children and adolescents who have a variety of disabilities. A small number of teachers work with severely mentally retarded or autistic children primarily teaching them life skills and basic literacy. However, the majority of special education teachers work with children who have mild or moderate disabilities. They use the general education curriculum sometimes modifying it to meet the child's individual needs. A career as a special education teacher is demanding yet very rewarding. Teachers must be able to use various techniques to promote learning. Special education teachers are involved in the students emotional/behavioral development as well as academic development. They must be able to communicate effectively and work as a team with parents, other teachers, social workers, therapists, school administrators etc.

Training and Qualifications:

All 50 States require special education teachers to be licensed. All States require a bachelor's degree and completion of an approved teacher preparation program with a prescribed number of subject and education credits and supervised practice teaching. Many States require special Education teachers to obtain a master's degree in special education.

Earnings:

Median annual earnings of preschool, kindergarten and elementary school special education teachers in 2000 were \$40,880. The median annual earnings for middle school were \$38,600. High school special education teachers median annual salaries were \$41,290. In most schools teachers can earn extra pay for coaching sports and working with students in extracurricular activities. Some teachers earn an extra income during the summer as well.

Employment/ Job Outlook:

Special education teachers held about 453,000 jobs in 2000. The majority 234,000 taught preschool, kindergarten, and elementary school students. Most taught in public or private schools, but a few taught in homebound, hospital environments, residential facilities, and specialized education facilities. Employment for this occupation is expected to increase faster than the average for all occupations through 2010. Additional openings will be available due to teachers who change to general education or switch careers. Many school districts are reporting a shortage of qualified teachers. Therefore, special education teachers should have excellent prospects.

(Information from Occupational Outlook Handbook)

Important Reminders!

Juniors: All juniors must take the ACT and have scores sent to our office before attending summer session.

Seniors: In order to participate in the Bridge Program this summer you must be accepted and enrolled to attend college in the fall. Please, send to our office copies of your acceptance letters. If you are having any difficulties with the admission process give us a call.

ACT

FEB 7 Test Date

FEB 27 Reg. Deadline for APR 3

MAR 12 Late Reg. Deadline

APR 3 Test Date

Did You Know?

Tobacco is the leading preventable cause of death in the United States, resulting in 400,000 deaths per year from diseases such as lung cancer, heart disease, and emphysema. Exposure to environmental tobacco smoke causes an additional 3,000 deaths from lung cancer each year.

(Centers for Disease Control and Prevention)

UB Alumni Biography: Frances Watts

My name is Frances Watts and I am currently a senior at Berea College majoring in Family Studies. I am from the small town of Berea and I graduate high school from Berea Community High School. In high school I played basketball, softball and was part of various clubs as well as holding a part time job.

During high school my cousin was part of Upward Bound and thought that it would be beneficial if I joined too. I attended Upward Bound during the summers of 97 through 99. Before Upward Bound I did not believe that I would go to college because no one in my family had. I figured that college was just something that I would like to do and not something that I could do. Being part of UB help me realize that I could do anything that I put my mind to.

The staff was very supportive in aiding and encouraging me in accomplishing my dream of going to college. UB has been such a big part of my life while in the program as a student and now as staff. While being part of UB staff I have taught a class about Diversity and am currently a tutor counselor.

When I graduate I want to pursue a career in helping aid children from low-income families in achieving the goal of going to college, because of the UB experience. As UB students just remember there is nothing that you cannot accomplish if you put your mind and heart to it you can do or be anything

COLLEGE GOAL SUNDAY

Hey UB Seniors, if you and your parents are having trouble filling out the Free Application for Federal Student Aid (FAFSA), you may want to check this out:

On Sunday, February 8, 2004 at 2p.m. ,College Goal Sunday kicks off. At seventeen sites across the state of Kentucky, financial aid professionals will be offering their help to families who need assistance filling out the FAFSA. College Goal Sunday is a statewide charitable program set up by the Kentucky Association of Student Financial Aid Administrators (KASFAA) and funded by Kentucky Higher Education Assistance Authority (KHEAA) and Lumina Foundation for Education.

Things to bring with you: Parents, and their completed 2003 IRS 1040 tax return or other 2003 income and benefits information.

Nearby Locations: Eastern Kentucky University, Student Services Building, Park Drive, Richmond KY

And Somerset Community College, 808 Monticello Street, Somerset KY.

For more information call toll free, 1-888-4-KASFAA (1-888-452-7322)

Pass it on . . .Pass it on . . .Pass it on . . .Pass it on . . .

THE WOODSON WORD

SENIOR STUFF Rejection.

It's a cold word, even if a college tells you that it had a record number of applications and that it could have filled its class three times with qualified applicants. But while you may not want to hear this, it can actually be good to get rejected. Some students do get into all of the colleges they apply to, but what that often means is that they underapplied - meaning that they could have been more

ambitious in their choice of colleges. Additionally, the earlier you learn of a school's decision, the better your other options. College students across America have the time of their life at school's that weren't their first choice.

AFTER FAFSA . . . SAR

In response to filing the FAFSA you will receive a Student Aid Report (SAR). This SAR is printed on yellow paper and summarizes the information you provided on the FAFSA. This is a very important document and should be checked for errors as soon as you receive it. Should you find mistakes, there are instructions about what you must do to make corrections. Don't dismiss this request for corrected information. Your college financial assistance is based on the information reported on the SAR. The SAR reports the amount of money that you and your folks are expected to pay toward your college expense. This amount is labeled Expected Family Contribution (EFC) and can be found in the right corner of the paper, below the date.

Each school listed on your FAFSA will receive a copy of the SAR and will determine the amount of aid you will be awarded. More than likely your award package will include a Federal Pell Grant, and a state grant of some kind—College Access Program (CAP) or Kentucky Tuition Grant (KTG) are examples of state awards. Once the school has determined the financial aid package, an "award letter" will be sent to you. This award letter describes the sources of aid, the types of aid and the amount of aid you are being offered. When you receive this letter, read it carefully and respond as soon as possible. (Because financial aid is limited, schools can—and often do—CANCEL awards made to students who fail to return their signed copies on time.) Even though award letters differ from school to school, some basic information will be included in all. This will include the cost of attendance, your financial need and how it was determined, the types and amount of aid you will be receiving, and how and when you will get your award. Also, pay particular attention to any *conditions* that may be attached to the offer such as academic requirements, minimum course load required and satisfactory *academic* progress.

The ACT Writing Test—What Students Need To Know

ACT will add a 30-minute Writing Test as an optional component to the ACT Assessment beginning in February 2005 for students applying to college for the fall semester of 2006 or later.

The ACT Writing Test will provide information to complement that already provided by the ACT English Test. The combined results from both tests will provide information about students' understanding of the conventions of standard written English and their ability to produce a direct sample of writing.

Some colleges will require the Writing Test; others will not. Most colleges will accept scores from the Writing Test even if they do not require the test.

Students who take the ACT Assessment will decide whether to include the Writing Test based on the requirements of the institutions to which they are applying.

Shout outs— kudos— way to go

We would love to print the great things Woodson Students do in your home-towns and at your local schools. Please feel free to email me (Sara_White@berea.edu) and I will be sure to include it here. I am especially interested in the Senior's College Acceptance. Here's what I know for sure:

Jessica Belcher is accepted to Berea

Aquila Buchanan is accepted to Berea

Alex Gibson is accepted to Berea

Jeremy McQueen is accepted to Berea

Renee Spain is accepted to Lincoln Memorial University in TN and also University of Cincinnati

Vincent Stevens is accepted at Berea

Rachel Thompson is accepted to Berea

I know there is a lot more going on that this so PASS IT ON !