



▶ NEW PROGRAM SPECIALIST  
(ACADEMIC COORDINATOR)  
JOINS UPWARD BOUND..... 1

○ SPRING ○ 2007



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# Upward Bound

"THROUGH LEARNING WE CREATE OURSELVES.  
THROUGH LEARNING WE BECOME ABLE TO DO  
SOMETHING WE WERE NEVER ABLE TO DO."  
PETER SENGE

## Hud Takes Interim Coordinator Position

*A note to the UB students from Hud*

As most of you know, there is a new Interim Academic Coordinator. Hopefully, by now I have had the opportunity to meet all of you. If not, I am sure I will meet you soon. I started on February 20<sup>th</sup>. From what I have seen so far, I am excited about the program and look forward to sharing my skills and knowledge with each of you.

You may be asking yourself what skills and knowledge I have that may benefit you. Let me take a moment and discuss what I have been doing and how it may help you. For the last 8+ years I have assisted people in earning their GED or achieving their other educational goals. I have also assisted job seekers in taking the necessary steps to obtain employment. It was a very rewarding career and something I am proud of.

Hopefully, my skills will be of use to you and I encourage you to ask questions of me and see in what ways I can help you. I also encourage you to participate as much

as possible during your time in Upward Bound. Attend all meetings, workshops, tutoring sessions. Complete all your stipend assignments and communicate with staff as much as possible. Your participation is the best way to ensure your success.

I want to congratulate you on being a part of the Upward Bound Program. I look forward to meeting each of you. Keep up your good work and take care.

"Education enables people and societies to be what they can be."

*Bill Richardson*

Take care,  
Hud Oates, Interim Academic Coordinator  
College of the Siskiyous



## College Tour Scheduled

April 12th thru 15th

This April 20 students and 3 parents will be attending this year's spring college tour. This year we decided to head over to the coast and visit College of the Redwoods on Friday and Humboldt State University for the "Preview Day" on Saturday. The weekend's itinerary is packed! The students, UB staff and parents will be visiting any combination of the following adventures; Walk to the Arts Arcata, the Humboldt Natural History Museum, Arcata Marsh and Wildlife Sanctuary, Humboldt State Marine Lab and if time will have it, the Eureka Mall. This trip promises to be educational, informational and fun!

# Coping With Stress

By: Christine, Your UB Tutor

Stress has been a constant factor in human life since the dawn of time. Imagine a sudden, unexpected meeting between an early hunter and a saber-toothed tiger. Fear triggers an adrenaline surge as the hunter prepares for one of two options: run away or fight. Fortunately, the experienced hunter knows the odds are against survival if he runs. Conquering his fear, he uses a spear to end this stressful situation.

Although the saber-toothed tiger is history, modern humans still experience less dramatic but still stressful situations from a variety of sources. Young adults are in the process of physical, mental, and emotional growth, while coping with family life, school, work, sports schedules, a social life, transportation issues and rising gas prices.

Short term stress isn't necessarily bad. The desire to achieve or even a temporary fear of failure can generate energy for positive coping actions, such as extra final exam study or a record-breaking sports' effort. Unresolved or long term stress, however, isn't healthy. Significant stress sources include moving, changes in family or boyfriend/girlfriend relationships, the sudden death



of a relative, close friend, or even a beloved pet, a health condition, or personal safety fears. We may not be able to avoid these life events, but how we cope with loss, sorrow, or fear can make a real difference to our health. Too much stress can negatively affect sleep patterns, appetite, memory, focus, the ability to complete tasks, appearance, and relationships.

The inner wounds of loss take time to heal, but if you feel overwhelmed by grief, negative thoughts, feelings, or fears that keep you from dealing effectively with the demands of your daily life for long periods, it's time to take action. Don't keep things bottled up. Talk with parents, teachers, or school counselors. Upward Bound students have the additional support of their counselors, who are always ready to listen and work on positive coping strategies. We'll help you face your tigers, whatever they may be.

*Christine, Upward Bound Tutor*

## SUMMER BRIDGE: Hit the Ground Running



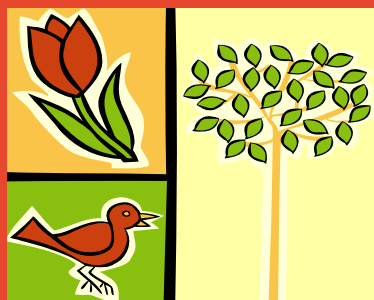
This year Upward Bound graduating seniors will have the opportunity to apply for the Summer Bridge Program. This means that 4 students from class of 2007 are eligible to live in the College of the Siskiyous Dorms, take up to 3 college courses and work for Upward Bound. They will acquire invaluable leadership experience, gain college credits, get a jumpstart on their college career, all under the guidance of the capable and caring Upward Bound staff.

Packets will be mailed out to all seniors before April 15th. If you have any questions or concerns you can contact Rhonda Daws at the Upward Bound Office, (530) 841-5319

## UB Students...Are you ready for some SUMMER FUN 2007

Are you ready for all of the important summer questions to get answered?

- Danielle Chandler is coming back and she is the head RA
- Tyler Morrison is coming back as an RA
- Angela White (Leiha's sister) is going to be an RA this year
- Latisha Ross, head RA 2005 is coming back this year
- Yreka Grad 2007 Ross Richards will be a new RA this year
- Most all of your favorite instructors will be back
- Josh Oates, Weed UB tutor, will be teaching Health & Fitness
- College tour will be Southern Oregon University and Oregon Institute of Technology
- We will hit the swimming pool at least once a week
- Last week of summer program will offer a computer camp
  - Create and Design a Computer Game
  - Create, Edit and Burn Digital Videos
  - Design and Create T-shirts and Buttons to Wear
  - Download, Burn and Attach Digital Photos



### Your Upward Bound Team

Jennifer Malone, Director  
Hud Oates, Academic Coordinator  
Rhonda Daws, Senior Advisor  
Dodi Dickson, Administrative Secretary

<http://www.siskiyous.edu/upwardbound/>

### Contact Information

College of the Siskiyous  
800 College Avenue  
Weed, California, 96094  
(530) 841-5278  
(888) 397-4339x5278



## NEW UPWARD BOUND TUTORS WARMLY WELCOMED

### JOSH OATES

The Upward Bound staff would like to introduce Josh Oates. Josh became a new tutor for Weed, Mt. Shasta and Dunsmuir in February. He brings a wide range of skills and abilities to Upward Bound. He is very knowledgeable and patient.

Josh is a Weed High and College of the Siskiyou graduate. He played baseball at both Weed High and College of the Siskiyou. After C.O.S., Josh transferred to California State University, Sacramento. At Sac State, he earned his Bachelors Degree in Sociology.

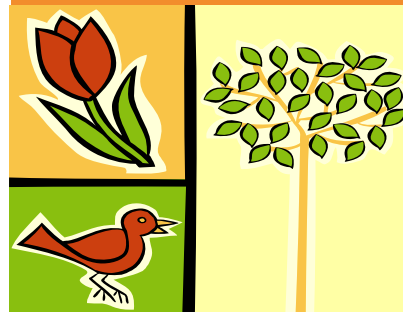
Josh is an assistant baseball coach at Weed High School. He will be the instructor for the Health and Fitness course during the 2007 Summer Program.

### A.J. IDROGO

The Upward Bound staff would like to introduce Anthony "A.J." Idrogo. A.J. was recently brought on board to be the tutor for our students in Butte Valley and Tulelake. A.J. brings a wide range of skills and a passion for helping others to his position as a tutor.

A.J. is a graduate of Tulelake High School and California State University, Chico. At Chico, A.J. earned a Bachelors of Arts in Sociology and was an active member of Epsilon Sigma Rho fraternity.

## DATES TO REMEMBER



April 12th thru 15th  
Humboldt State & College of  
the Redwoods Tour

Current Stipend Assignments  
due by April 13th

April 26th  
College Options Presents  
"Life After High School" for all  
Siskiyou County Seniors  
Call 938-5374 for info

Next Stipend Assignment will  
be available on  
April 9th

TBA in May  
New Student & Parent  
Orientation Night

June 18th thru July 27th  
SUMMER PROGRAM

July 9th thru August 24  
SUMMER BRIDGE

## Jason Freitas Takes Counseling Position at Yreka High School

Dear Students and Parents:

Unfortunately, as of January 31, 2007, I was no longer an official part of the Upward Bound team. I have taken a counseling position at Yreka High School.

For the past two years I was fortunate to hold the position as your Upward Bound Academic Coordinator. Throughout this time I was able to make a lot of great relationships and watch a lot of you mature and accelerate in your school work and in your overall life.

I strongly believe that all of you will find the path you want to take and will stop at nothing to accomplish your goals. You all have your own special traits and talents, and with hard work and dedication you will one day be where you want to be, and be the person you dream of becoming. Please remember to not get discouraged no matter what obstacles you come across. There is no such thing as an easy road.

I want to take this last section to thank all the students and parents who made this job very enjoyable for me. Throughout all the experience I had over the past couple of years I believe the interaction with you, the students, was by far the most rewarding. I had a great time during the summer program and all our meetings throughout the year.

Good luck,  
*Jason Freitas*



## NEW WEED, MT. SHASTA, DUNSMUIR & TULE LAKE TUTORING SCHEDULES

### JOSH'S SCHEDULE

Tuesday  
MSHS (10:50-12:10)  
DHS (12:30-1:15)

Wednesday  
WHS (10:45-12:15)  
WHS (3:00-4:00)

Thursday  
WHS (10:50-12:10)  
DHS (12:30-1:15)

### AJ'S SCHEDULE

Tuesday  
THS (1:33 - 2:17)

Thursday  
THS (1:33-2:17)

## Upward Bound

# Parent's Corner

**Get Involved!**

**Help Your Teen Succeed!**

### REMEMBER:

- **Be generous with praise**
- **Set a regular homework schedule**
- **Set up a quiet clean study space**
- **Show an interest in school work**
- **Stay in touch with teachers & UB staff**
- **Eat together & get plenty of sleep**

Studies indicate that it doesn't matter what the parent or caregivers education level is in relation to support for your teen in school and your teens response to that support. What matters is that you show an interest, and that you create a positive learning environment at home.



## Parent Involvement = Student Success

### How can I help my teen succeed in high school?

**Be Generous with Praise-** Try to make five positive comments for each negative one. Consistently look for things that your teen does right, and specifically praise them for what you see. An example would be, "I noticed that you made it to school on time every day this week, I am so proud of you!"

**Encourage Personal Best at Home and at School-** This does not mean being perfect, it means putting forth an honest effort. Ask your teen what "personal best" means to him/her, and use that as a gauge for staying on track. Praise your teen when the teen is putting forth his/her personal best.

**Let Your Priorities Show-** Your attitude about school makes a strong and lasting impression on your teen.

**Show an Interest in School Work-** One of the best ways to let your priorities show, is to express an interest in your teen's school work. At the beginning of the school week, ask to see the homework and make a plan together for getting all of the homework done for the week. ***If you don't know how to create a plan, contact Upward Bound and we can help you create one.***

**Be Available to Help with Homework-** Even if you can't help your teen with the homework material, be available to listen and encourage them to get help from UB tutors or school staff.

**The evidence is clear: Involvement in your teen's education is a very important part of his/her academic success.**



Many teens are “night people.” They might have a hard time falling asleep after doing homework. Suggest that your teen wind down with 20 minutes of reading a favorite book or magazine.



## You Can Create a Positive Learning Environment in Your Home!

- \* **Keep Your Skeletons in the Closet-** If your teen is having a hard time with homework, do not provide excuses such as, “I was never any good at math either.” Those kinds of comments will sabotage his/her motivation.
- \* **Help Set Goals-** At the beginning of each semester, ask your teenager to identify 1-3 realistic goals to achieve. Ask how the goals will be achieved and put the goals where both of you can refer to them often (the refrigerator is a good spot). Make sure the goal is more specific than, “get better grades.” Specific would be, “increase my GPA to 2.8”, or “Turn my homework in on time every week”.
- \* **Set Up a Study Area-** Homework is overwhelming if the study area is disorganized. Set up a study space where your teen keeps everything needed to do homework. This should be a quiet space with no T.V. or video game background distraction.
- \* **Try to Eat at Least Three Meals a Week Together-** Studies indicate that 69% of students who have a 3.0 or higher GPA eat at least 3 meals a week with their families. This can be a time to check in about school, and give lots of praises.
- \* **Make Sure Your Teen Gets Plenty of Rest-** Students need enough rest to be at their learning best. Make sure they get to bed early enough to get at least 8 hours of sleep a night.
- \* **Proper Nutrition-** Remind your teen to eat enough non-sugary foods through out the day. Teens need healthy fuel for their brains to function properly.

**Call Upward  
Bound to help  
you help your  
teen succeed!**  
1-888-397-4339  
ext 5278

### How to Praise Your Teen’s Good Work

Effective praise needs to be specific to have meaning. It must follow real effort on your teen’s part. Otherwise the praise may not be believable.

- 1) “I see that you are really tried to get to school on time this week, I am so proud of you!”
- 2) “Nice work in getting tutor help with your math this week, it shows that you are putting forth your best effort. Keep up the good work!”
- 3) “I love you.”
- 4) “Wow, nice work on getting your homework in on time this week! I am really proud of you!”
- 5) “I know that the homework you were working on was challenging, way to stick with it. I am so impressed, you’re a smart cookie!”

# COLLEGE TRANSITION WORKSHOP A SUCCESS

*The Upward Bound College Transition Workshop is designed to give seniors and their parents valuable information to help in preparation for their transition into college life. This year's workshop hosted several scholastic experts that offered guidance in areas of interest such as financial aid, housing, and academic counseling.*

UB seniors and their parents showed up for a full day of interaction, communication, connection and information. The morning started off with speaker Joann Hoy, College of the Siskiyou EOPS/CARE Coordinator, explaining the benefits of being involved with EOPS and SSS. Joann did a great job of letting the seniors know that they have options of being involved in one of the amazing support systems that are offered in college and the process of applying to each of them.

Eric Yerkes, COS Resident Halls/Campus Safety Specialist, was the speaker for the next session. Eric talked about the different housing options that college students have and the benefits of living on campus.

The last morning session featured information about the new and exciting Summer Bridge opportunity. This program will host four of the Upward Bound graduating seniors during this year's summer program.

Lunch Break: Upward Bound then provided a delicious lunch cooked by our own Dodi Dickson and Hud Oates. Everyone was able to fill their stomachs and soak up the sun.

The last session of the day was presented by Regina Hanna, Southern Oregon University Associate Director of Success. Regina's session was directed towards Financial Aid. Students and parents were able to see examples of award letters and the many financial aid options they could receive. Regina was also able to give them information about counseling and the necessary steps that will help them be successful in college. Regina then met with each student and their parent individually. She was able to answer financial aid questions and give them a realistic perspective of the financial expectations of their post secondary education.

The workshop ended with the students who attended putting their name into a drawing for the \$100 scholarship. Nicole Morris from Mount Shasta High School was the lucky winner.

Thank you to everyone who took time out of their Saturday to attend the workshop and a big thank you to the guest speakers for sharing their expertise with our Upward Bound students and parents. All of you helped to make this workshop a huge success.

Rhonda Daws  
Upward Bound  
Senior Advisor



## UPWARD BOUND CLASS 2007

Butte Valley HS  
CHRIS DODD

Etna HS  
BETHAN ELKIN  
BRITTANY GILBERT  
AVERY SHEPHERD

Dunsmuir HS  
PATRICK SHIRLEY

Mt. Shasta HS  
NICHOLE MORRIS

Weed HS  
CRYSTAL COHEN  
KAYLEE PIMENTEL  
BREANNE VEGA  
JEFFERY WILLIAMS

Yreka HS  
ROSEANN CHILES  
TEONA MORA  
STEPHANIE ROKES  
MICHAEL WRIGHT

Discovery HS  
CRYSTAL RODRIGUEZ

Charter School  
JESSICA CAITLIN

Of the 16 graduating seniors, 15 will be attending college the Fall of 2007. One of the seniors will be starting college in the Fall of 2008. All seniors are on track to graduate high school this June!!!

CONGRADULATIONS UPWARD  
BOUND CLASS OF 2007!!!