

COLLEGE OF
THE SISKIYOU

WINTER 2006

UPWARD BOUND NEWS



*Brrrrrr, winter is upon us. Oh, wait that is
Kidder Creek during the Summer
Program 2006*

UPWARD BOUND WELCOMES 2 NEW TUTORS

Molly Mande has joined UB this year to lend her expertise in Math, Science and English to our Mt. Shasta, Weed, Tulelake and Butte Valley students.

Molly is a graduate from College of the Siskiyous and Humboldt State University.

We happily announce our next new addition to the tutoring family, Sharon Moroney from Hornbrook. Sharon will serve our Etna students and several of our Yreka students. Sharon has extensive experience in tutoring Math and Science. WELCOME ABOARD!!!

PARENTS ARE A VERY IMPORTANT PART OF STUDENT ACADEMIC SUCCESS

The Upward Bound Staff is committed to supporting parents in any way that we can to help promote student academic success. We are very aware of how difficult it is in our remote and mountainous region for parents and students to attend all of our support workshops. So, as to address this, we have decided that it will be beneficial to supplement our workshops with a variety of mailings that are designed to give parents information and resources that will help them support their student. (This is not, however, to suggest that these mailings can take the place of an actual workshop, they only serve as a supplement if you cannot attend).

Our first parent participation and awareness mailing will be an informational booklet. Our freshman and sophomore parents will be receiving a "High School Parent Guidebook" that will cover areas such as; transition to high school, academic records, success tips, information for the parents of athletes and much more. Our junior and senior parents will receive a booklet titled; "An Instruction Booklet for the Parents of College Bound Students". This publication will cover areas such as; the academic record, high school year by year, money for college and a section of additional resources.



Upward Bound, College of the Siskiyous, 800 College Avenue, Weed CA. 96094. Call (530) 938-5278
Upward Bound Office is located at 2001 Campus Drive, Yreka, CA. 96097. Call (530) 841-5278



Announcing Saturday Tutoring Opportunity

Every Saturday from 9:00 AM until 12:00 PM Tutor Christine will be at the Upward Bound Office located at the Yreka College of the Siskiyou Campus!

Any Upward Bound Student is welcome and can stay for 1/2 hour or for the entire 4 hours.

If you don't live close to Yreka, arrange to be dropped off when your friend or parent goes shopping!

You will be able to use the Upward Bound computers and school supplies.



TEST TAKING PITFALLS - BE AWARE!!!



Not getting help.

Find out all the resources that are available to help you with test anxiety and test preparation. If you are experiencing severe anxiety, speak with a counselor or academic advisor at your school. See your instructor or go to the learning skills center for help. Seek out other students and form a study group. **Find a tutor.**

Not being prepared.

Do your homework and go to class prepared. Start studying from the first day of class. If you keep up with the homework and reading assignments, you will be surprised at how much of the material you know when you start studying for the test!

Not going to class.

Some students feel overwhelmed and stop going to class. Don't make this mistake! Speak with your instructor when you start to feel this way. If you go to every class, preview your chapters, review your notes, and study the material in small chunks each day, you will reduce your test anxiety and be prepared.

Cramming.

Don't do it! Do review your material the night before the test, but don't attempt to learn new information. Squeezing several weeks of studying into one night will increase your anxiety. Start preparing at the very first class.

Not practicing.

Practice taking sample tests. Check with your instructor to see if he or she has a file of old tests to review. Athletes, actors, and musicians rehearse for hours. Work with other students and time yourself when taking a sample test. This will increase your comfort level when answering different kinds of test questions such as essay, multiple choice, and completion.

A negative attitude.

The attitude you bring to a test has a lot to do with your performance. Replace negative self-talk with affirmations. Practice saying to yourself: "I am well prepared and will do well on this test." Approach tests with a positive attitude and focus on doing your best!



THE UPWARD BOUND GPA REWARDS SYSTEM

"BUILDING ACADEMIC GROWTH AND PERSONAL RESPONSIBILITY"

The Upward Bound program has begun the 2006-07 academic school year with something new and exciting for our participants. We have developed a system that will teach our students responsibility, determination, goal setting, and most of all, the feeling of success.

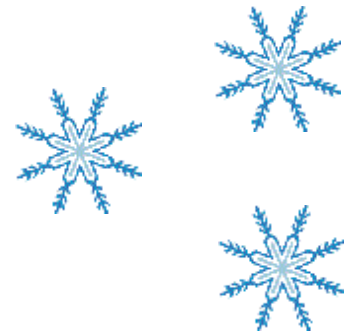
We have developed the Upward Bound GPA. This is a program that will help our students reach their long term goals, and in the process, be rewarded for their efforts. The UB GPA is designed to put more responsibility on the student to assist in their academic success.

The greatest benefit of the Upward Bound program is that it is entirely free to its participants. The only thing we ask is that they try to improve and do the best they can. The UB GPA will help them to fulfill their individual responsibility to the Upward Bound program and prepare them for life after high school.

The UB GPA is calculated just like an academic GPA. There are five components of the program that the students are responsible to complete. Each area has a scoring system that ranges from 0-20. Depending on how many points the student earns in each area will give them their grade for that area (ex: 16/20 points = B). We then take the five grades and calculate them into a GPA form. This will give us the students UB GPA and will determine what level of reward they will receive. Students will be rewarded twice a year at the end of each semester.

The Five Academic Components

1. Improved academic GPA (or stay the same if your above a 3.75)
2. Complete assigned stipend assignments.
3. Make 10 contacts per semester with Upward Bound staff members.
4. Attend workshops, college tour, or tests that UB feels is are important.
5. Sit down with a UB staff member and complete a semester academic plan.



GPA Levels:

Platinum: 3.5 – 4.0, Gold: 3.0 – 3.49, Silver: 2.5 – 2.99, Bronze: 2.0 – 2.49

**If a student falls below the Bronze level they are put on probation for the next semester.*

STUDENTS VOTE FOR GPA REWARDS

CURRENT UPWARD BOUND GPA STANDINGS

There are currently 20 students that have turned in all of their assignments and met with staff and tutors when required.

KEEP UP THE GOOD WORK!!

1. CASH
2. GALLERIA
3. SIX FLAGS
4. SKIING
5. KINGS BASKET BALL GAME
6. DAVEON BB GAME
7. GIFT CERTIFICATE
8. MEDFORD FUN PARK
9. DINNER AND MOVIE
10. PIZZA PARTY





Students in two freshman level courses were asked to describe the transitional issues they faced in their first semester and to give advice to incoming students. Here's a sample of what they had to say.

Top Ten Issues For Incoming College Freshmen Identified by Students (In order of importance)

1. **Personal responsibility** "In college you have freedom to do as you please...to go where you wish...to do as you wish. Unfortunately, this freedom is easily abused. The student carries 98% of the responsibility and control."
2. **Class attendance** "As a college student, you will decide whether you want to go to class or not. Being absent will hurt you in the long run."
3. **Teacher attitudes** "Your instructors will not hound you to do your work. It's entirely up to you." "Get to know your teachers. If your teachers know you, it will be easier for them to look out for you and help you if you're having trouble."
4. **Types of assignments** "In high school we were given a homework assignment every day. Now we have a large task assigned to be done at a certain time. No one tells when to start or what to do each day. Once you get an assignment, start working on it right away. It takes a daily effort to keep up."
5. **Importance of performance** "Don't take your courses or studies lightly. The decisions you make in college will decide your future, in some respects. Remember that you are here for an education."
6. **Time management** "The amount of free time you have in college is much more than in high school. Always have a weekly study schedule to go by. Otherwise, time slips away and you will not be able to account for it."
7. **Amount of study** "In high school I was a B student without studying. In college I was a C/D student without studying. To succeed, you have to study!"
8. **Size of institution/classes** "Lecture classes are much larger than high school classes. This can be scary for a new student."
9. **Difficulty of college work** "College is probably going to be tougher than high school. Don't let that stop you!"
10. **Social life** "Sometimes it seems harder to make friends because of the size of the school. But there are a variety of organizations and activities. Get involved and meet the people!"



Scholarship Opportunity for Upward Bound Seniors



The Dell Scholars Program is now open. The Dell Scholars Program is a need-based scholarship that recognizes academic potential in lower-income and under served students. The scholarship helps

students who have worked hard to prepare themselves for higher education yet may have lower GPA's and test scores because of adverse personal situations. Dell Scholars are students who have the drive and potential of academic success when provided with the necessary financial assistance. Visit www.DellScholars.org to view current Dell Scholars and learn more about the types of students who have received the scholarship.

To apply, seniors should be in an eligible college readiness program (Upward Bound qualifies as a college readiness program) and meet the criteria listed on www.DellScholars.org.

This is a **\$20,000** scholarship and the foundation will award approximately 250 Dell Scholarships for 2007.

SENIORS! CONTACT RHONDA AS SOON AS POSSIBLE TO GET HELP WITH THIS OPPORTUNITY!!!



THE SCOOP...

CHICO STATE PREVIEW DAY



ROLLING IN OUR VAN... WE HEADED DOWN SOUTH IN OUR FANCY SUV. THE VEHICLE WAS PRETTY QUIET ON THE WAY DOWN TO CHICO, BUT LOOK OUT ON THE WAY BACK. THE GROUP WAS SMALL, RHONDA, KATIE FYLER, TERISA CASTLE, AMANDA CONNOR, AND OUR SENIOR AVERY SHEPHERD. WE GOT DOWN TO CHICO BY 9:00 AND WE WERE READY TO TAKE ON THE INFORMATIONAL BOOTHS. THE REPS WERE VERY HELPFUL AND INFORMATIVE.

OUR FIRST STOP WAS A WELCOME FROM THE PRESIDENT AT CHICO STATE. FROM THERE WE SPLIT INTO TWO GROUPS. OUR SENIOR HEADED TO THE BUSINESS DEPARTMENT TO GET HER QUESTIONS ANSWERED. THE JUNIORS DECIDED TO TAKE A TOUR OF THE SCIENCE DEPARTMENT. AVERY FOUND THE BUSINESS DEPARTMENT WORKSHOPS TO BE VERY HELPFUL. THE PROFESSORS GAVE HER A GREAT PERSPECTIVE OF WHERE HER MAJOR CAN TAKE HER.

AVERY AND I MET UP WITH THE JUNIORS AND THE FIVE OF US WALKED DOWN TOWN AND ATE A VERY YUMMY LUNCH. WE DID SOME SHOPPING ON OUR WALK BACK TO THE CAMPUS. WE DID A LITTLE CAMPUS TOUR AND THEN WE CONCLUDED THE PREVIEW DAY AT THE FINANCIAL AID AND SCHOLARSHIP WORKSHOP.

WE DEPARTED CHICO THAT AFTERNOON AND SANG OUR WAY DOWN I-5. WE FELT WE EARNED A PIT STOP IN REDDING TO FILL UP OUR STOMACHS ONE LAST TIME. OUR HEADS WERE CRAMMED FULL OF GREAT INFORMATION AND THE DAY CONCLUDED SUCCESSFULLY. IT WAS A BLAST!

Rhonda





2006-2007 Upward Bound Tutor Schedule

Christine:

Monday

YHS: 12:15 - 1:00

YHS: 3:00 - 4:00

Tuesday

YHS: 12:15 - 1:00

YHS: 3:00 - 4:00

Wednesday

EHS: 8:30 - 12:30

Thursday

YHS: 12:15 - 1:00

Saturday at the Yreka Campus from 9:00am-12:00pm.

Donna:

Monday

Tuesday

DHS: 12:30 - 1:15

Wednesday

Molly:

Monday

Tuesday

WHS: 10:45 - 12:15

WHS: 3:00 - 4:00

Wednesday

BVHS: 10:50 - 12:20

THS: 1:30 - 2:15

WHS 3:00 - 4:00

Thursday

WHS 10:45 - 12:15

DHS 12:30 - 1:15

Sharon:

Monday

Tuesday

EHS: 12:00 - 3:00

SVH: 4:00-5:00

or YHS: 3:00-4:00

Wednesday

Thursday

EHS: 12:00 - 3:00

SVH: 4:00-5:00

or YHS: 3:00-4:00

A WORD OR TWO ON THE IMPORTANCE OF TIME MANAGEMENT



Effective time management is a major factor in the success equation. Faced with multiple assignments and deadlines, every student has to decide how best to invest her/his available time. Sometimes that choice isn't an easy one, as students struggle to achieve a balance among home responsibilities, school work, jobs, a social life, and down time. Think about how you choose to invest your academic time. What influences your choices? Do you invest more time in one subject than another? Do you put off your least favorite subject assignments until the last possible moment, or do you turn them in late?

Start a semester plan now to improve your chances of academic success with an organizer. Write down assignment dates on your calendar; so you don't forget or lose points because of late work. Organize your available working time. Break up assigned work into manageable units. Consistently investing twenty minutes per day focused on a reading, writing, or math assignment can produce more effective end results than trying to deal with everything at the last moment. Pretty much like your stomach, your brain also can't take in too much at one time. It needs time to absorb, digest, and retain information, especially if it's new. Don't limit your idea of working time just to after school or weekends. You can find those amazing twenty minutes before school or even during lunch. If you need help with organization and time management, talk with your UB counselor or tutor soon. It can make a real difference.

We must use time as a tool, not as a couch.

--John F. Kennedy



Christine, Upward Bound Tutor

Organizers are available for all UB students, just ask us!

Upward Bound Staff

Jennifer Malone, Director
Jason Freitas, Academic Coordinator
Rhonda Daws, Senior Advisor
Dodi Dickson, Administrative Secretary

Tutors:

Christine Niezabitowska
Donna Boyd
Molly Mande
Sharon Moroney