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Why are "snow days"
so awesome?

Go to page 2 for next
clue!

Daws Hired as UB Academic Coordinator

You all know her as Rhonda, the UB Senior Advisor! Well, now it is Rhonda, our new Academic Coordinator! Rhonda started her new position on January 1st, 2008 and hit the ground running. She is in full swing with the 2008 recruitment, developing exciting stipend assignments, planning our summer college tour, making sure our seniors are on track to graduate...plus much, much more.

Rhonda comes to this position with over 3 yrs. experience working in Upward Bound.

She started the program as a tutor in Etna, quickly advanced to the Senior Advisor position and then applied for



the position she now holds, the Academic Coordinator.

Along with her fast and furious advancement within UB, she is also progressing through her academic endeavors with much success. She completed her bachelors of Science degree in Liberal Arts and now is completing her Master's degree and obtaining her Pupil, Personnel Services (PPS). Credential.

One of the interesting tid-bits concerning Rhonda is that her parents actually met when they were Upward Bound participants.

Recruitment for UB Has Started...

This year the Upward Bound program will accept 32 new area students into our UB family. All the UB staff are excited to get everyone on board and prepared for the exciting summer program we have planned. As part of the recruitment process this year, Upward Bound Director, Jen Malone will meet with all new

UB parents to inform them in person about all of the great benefits the program has to offer. She will travel to all school locations to meet with parents in their local area. All UB parents (not only our new ones) are encouraged to attend so that they can learn about new and exciting developments as well as meet

the new parents and share experiences they have had with the Upward Bound Program. After recruitment is finished and students are accepted into the program a special notice will be sent to all parents inviting them to our UB orientation 2008.



TIME MANAGEMENT...REVISITED



"Time is but the stream I go a-fishin' in."

Henry David Thoreau

Clues to Success
Clue # 2

What is so great about short winter days and long stormy nights?

Go to page 3 for next UB clue!!!

"Time is free, but it's priceless. You can't own it, but you can use it. You can't keep it, but you can spend it. Once you've lost it you can never get it back."

Harvey MacKay

"The time is always right to do what is right"

Martin Luther King Jr.



Does it seem like there is never enough time in the day to get everything done? Feel like you are always running late for class and behind on homework deadlines? If so, you are not alone. Like most high school students, I am sure you have noticed an increase in independent time and in school work. So how can you manage and even thrive in your high school career? Below is a list of tips that will help you take control of your time, and have a more enjoyable high school experience.

Remember, time management is a practice—even

for those who tend to be naturally organized. And the sooner you start this practice, the more confident you will feel in your college career.

Make a "To Do" List Every Day

Do you make a "To Do" list every day? If not, this is the first place to start. You are asking too much of yourself to remember all the important details of your life without a written reminder. Starting at the top of your list, add the items in order of importance. I recommend a day planner to help you start and stick with a "To Do" list practice.

Use the day planner from UB, do you still have it?

Remember, the key to a successful "To Do" list practice is to make it accessible and review it at the beginning and end of each class throughout your school day. Then review it when you get home and create a new list for the next day. Take tasks that did not get done and add it to the list for the next day.

Make a Time Log

Take the time to make notes in a journal of where and when in school you lose track of time, run behind, or get unorganized. This will help you identify the areas that need attention.

"Much may be done in those little shreds and patches of time which every day produces, and which most people throw away." Caleb Colter

It's Okay to Say "No"

If your boss asks you to work on a Thursday night, or a friend invites you to hang out after school and you have a final exam the next morning, realize that it is okay to say no. Keep your short and long term priorities in mind. Covering an extra shift at work or hanging out with a friend after school might meet your short term goals for earning extra income or having fun. That is fine, but what is the impact on your long term educational goal to go to college?

Find the Right Time

Take the time to figure out when you do your best work. For example, if your brain handles math better during the day, then do your math homework right after school, rather than waiting until late at night when you are tired. If you are tired after school, and get a second wind after dinner, do your homework then. We each have our own mental rhythm, and it is important to be aware of how yours works.

Get Enough Sleep

Your body, especially your brain needs enough sleep to recharge. It is difficult to stay organized and manage time when you are sleep deprived.

Communicate Your Schedule to Others

If the email and text messages or phone calls are proving to be a distraction, tell your friends and family that you take social calls at a designated time. This practice will save time and reduce stress.

"Don't count every hour in the day, make every hour in the day count."

Be the Master of Your Time

Based on how much time you need for school work, extracurricular activities and work, figure out how much free time you have each week, and

budget and plan your activities accordingly.

Set Doable Goals

Setting unrealistic goals can be stressful and set you up for failure. It is wise to set high goals for yourself and you do not want to over do it. Set goals that feel like a challenge, yet are reachable. Remember to reward yourself when you

achieve a goal and always let Upward Bound know when you do so.

Consider these tips and personalize your time management practice to fit your lifestyle and natural rhythms; you will have a better chance of achieving your goals.

(Adapted from the Teenadvisor.com website)

Important Senior Info from Rhonda

I hope all of you enjoyed your winter break. It is time to kick into financial aid gear. The FAFSA deadline is March 2!! Did you know you can put up to 10 colleges on your FAFSA. I recommend that you put College of the Siskiyou's on your FAFSA (COS school code: 001187), even if you don't plan to attend there. A lot can happen between now and Fall of 2008! If you haven't applied for a PIN for the FAFSA you need to do so. Don't wait until the last minute to apply for your PIN. You need a PIN and your parents will need their own PIN.

Scholarship Opportunities from Shasta Regional Foundation

Opportunity Scholarship: Deadline: March 31, 2008. At least three scholarships, up to \$10,000 will be awarded to graduating seniors from Lassen, Modoc, Plumas, Shasta, Siskiyou, Tehama and Trinity Counties. The students must have attended a Cash for College Workshop and plan to attend a four-year college in the fall.

Matt Solus Memorial Scholarship: Deadline: April 23, 2008. One \$1,000 scholarship awarded to a graduating senior or community college student in Siskiyou County planning to major in police or fire science.


Applications available online at www.shastarcf.org or contact your school counselor!!!

ATTENTION ALL SENIORS
 Completing your Fafsa is vital to your attending school this fall!!! Please contact Rhonda or Jen immediately if you need any help with the process. We will make individual appointments with you and your PARENTS or Caregiver to help you complete the online form.

We know this can be challenging, but please don't drop the ball...your future depends on it!!!

Both Rhonda and I will be at every school each week for the rest of February and YES we will hunt you down and make sure your Fafsa is complete.

It's what we do...It's who we are...because we care!



Just a quick reminder...we will be sending out PEER ADVISOR packets in April. If you are already a peer advisor you will need to fill out the form and check whether or not you are going to be a peer advisor for the coming year so we can plan for the summer program!! All UB students are encouraged to apply!!!

College of the Siskiyou's Scholarship Opportunity

Calling all High School Seniors!! If you are a high school senior who plans to attend College of the Siskiyou's beginning fall 2008, apply now for a COS Foundation High School Scholarship. The College of the Siskiyou's Foundation offers a number of scholarships to high school students who plan to attend COS. Applications are available from the COS Foundation Office, COS Financial Aid Office, High School counselors, or may be downloaded from the COS Foundation website: www.siskiyou.edu/pio. Applications are due to the COS Financial Aid Office by March 31, 2008. Scholarship awards range from \$200 to \$3,000. For more information or to receive an application contact the COS Foundation Office at 938-5373.

This Season's Birthdays



12/1	Trina Appler	1/18	Matt Minder
12/3	Honee Cristina	1/19	Danielle Houle
12/3	Ashley Vincent	1/23	Shane Broward
12/6	Crystal Rodriguez	1/29	Karanda Hyatt
12/10	Scott Spaulding	2/4	Kile Beck
12/14	Roseann Chiles	2/5	Amanda Conner
12/16	Codie Truex	2/7	Mercedes Rodgers
12/19	Kendall Filice	2/9	Liam Farnell
1/1	Kaytee Smith	2/11	Victoria Hache
1/5	Danine Ravencroft	2/25	Mercedes Machamer
1/8	Alexander De Cair	2/27	Joelle R. Hubble
1/18	Katie Rose Koho		

"Fly free and happy beyond birthdays and across forever, and we'll meet now and then when we wish, in the midst of the one celebration that never can end."

Richard Bach, author of 'Jonathan Livingston Seagull', b.1936)

Clues to SUCCESS
 Clue # 3

What's wonderful about President's Day Weekend or any 3 day weekend for that matter?

Go to page 4 for the answer!



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Thanks for Helping Out



A special and sincere THANK YOU to Justi Hansen for helping out the past 8 months. Justi jumped right in to fill a personnel void in the Upward Bound program and became a valuable team member in a short period of time. It is sad to say but it is time for Justi to move on to work in our communities to help others in achieving

their goals. Justi will be working at the Jefferson Economic Development Institute as well as continuing with her private practice as a "life" coach. Good luck Justi and you will be missed by all!!!

ALL CLUES POINT TO....

Opportunities to do your homework!!! Take advantage of your down time...get ahead of the game and do your studies...it will pay off when the days are sunny and your schedule begins to fill up. Instead of playing "catch up" on past assignments at the end of the semester you will have enough time on your hands to get your work done as well as participate in the end of the year activities!!!

THE UPWARD BOUND TEAM

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