

## Director's Letter

A recent article on CNN.com stated that High School diplomas are losing their meaning. A coalition of education groups has found what educators and employers have been telling students for the last few years, "Once considered a springboard to success, the high school diploma now has little meaning in determining whether students are ready for college or work." The coalition's report is based on comments from more than 300 educators and employers and an analysis of employment trends.

Michael Cohen, a former advisor for the Clinton administration and the current president of Achieve (a nonprofit dedicated to helping states raise academic standards and one of the groups who participated in this two year review) stated, "Whether, as a parent, you think your kid is going to college or the workplace, those kids face the same rigorous demands, and they need to leave with the same core set of skills." The "core set of skills" that Cohen is referring to includes: geometry, data analysis, statistics, advanced algebra, as well as strong written and oral communication skills, and analytic and reasoning abilities. These are the skills that are taught in college preparatory and particularly honors (i.e. Advanced Placement or AP) courses. Therefore, students need to be enrolled in as many of these courses as possible – while still maintaining a high grade point average (GPA).

High achievement is becoming more necessary as admittance to colleges becomes more competitive, scholarships become merit rather than need based, and employers have many qualified applicants to choose from. Students will need to stand out as, "in the eyes of many of those hiring and higher education, the diploma is little more than a certificate of attendance." In short, a high school diploma does not carry the same weight that it once did. It is up to students to work hard and find ways to "fatten up" that diploma.

Students can do that in a variety of ways:

1. Take Advanced Placement courses – These courses are, in essence, college level classes. Not only will you be asked to learn, for example, higher level literature, composition, psychology, biology, chemistry, calculus, and history – you will also be developing the strong written and oral communication skills and analytic and reasoning abilities that colleges and employers are looking for. You are also earning college credit for free!
2. Postsecondary Enrollment Act – Commonly called "dual enrollment", these classes offer all of the benefits of A.P. classes and also give you a taste of the college environment because they are generally held at a college, rather than at your high school.
3. Read – Nothing can improve those all important written and oral communication skills and analytic and reasoning abilities like reading. You'll learn new words and ideas that will help you in all of your classes and interactions with people. Get involved in the Classic Upward Bound Book Club and get started reading.

4. Extra-Curricular Activities – Getting involved is great, but not so much that it leaves you stressed out and without the time to do your homework. Colleges want to see that you are involved, but it is better to be involved in a few activities for a long period of time than every activity your school offers.
5. Volunteer – Scholarship and admissions committees are asking more and more for volunteer experience on applications. Find a group that you believe in and give them some of your time.

Doing all of these things will allow students to make the most of their high school years when – believe it or not – they have the most time to devote to all of these areas. While high schools are deciding how to better prepare students for a world in which their diploma is no longer a golden ticket, students need to make the most of the time and resources that are available to them during their high school years. The University of Northern Iowa Classic Upward Bound Program is here to assist students in that process.

## **Test Anxiety**

### *What is it?*

Test anxiety is worry or fear caused by having to take tests.

### *How Do You Know if You Have It?*

- Mental Distraction: unable to concentrate, easily distracted by noise, temperature, other people, etc.
- Physical Symptoms: fidgeting, “butterflies” in stomach, quick heart rate or breathing, nausea, sweaty palms, headache, etc.
- Mental Block: can’t remember the material you studied/learned

Everyone feels anxiety when taking a test at some point, but for some people the above reactions are so intense that they consistently effect their performance on tests. If this describes you, here are some steps you can take:

- Adequately prepare: spread out studying, study at the same time/in the same place, take breaks when tired, use learning aids (flashcards, charts, outlines, etc.)
- Learn good test taking techniques: manage your time well, do the easy questions first and come back to the more difficult ones, use all of the time you are given, double check your answers, read all questions thoroughly
- Control your anxiety deliberately: think positive, imagine yourself in a calm place, eat right, get enough sleep, talk deep breaths, relax your muscles

Tests don’t have to send you into a frenzy or drag down your course grades. See an Upward Bound staff member if you would like more information on overcoming test anxiety.

## **“Who Are You?” How it Relates to Your Future Career**

If you are in the University of Northern Iowa Classic Upward Bound Program, Mickye has most likely asked you “Who are you? at least a time or two. Working on finding an answer to this question will not only help you in your search for identity, but your future career search.

Circle one answer in each section that is true of you. If more than one statement is true about you choose the one that is *most* true.

### Section One

- A. I like to mess around with tools and mechanical things.
- B. I like math and science.
- C. I like to be creative and I enjoy music and art.
- D. I like to help people and I care about others.
- E. I like to be in charge and I speak up when I disagree with something.
- F. I like things to be neat and orderly.

### Section Two

- A. I'm a very practical and down-to-earth person.
- B. I'm very precise and accurate in what I do and say.
- C. I'm an expressive and independent person who doesn't care what others think.
- D. I'm very likeable and friendly.
- E. I'm a confident person and someone others consider a leader.
- F. I'm a planner and I like to decide the best way to do something before doing it.

### Section Three

- A. I don't feel comfortable in a big group.
- B. I don't like to talk people into doing things.
- C. I don't like doing the same thing over and over.
- D. I don't really care how things work, just so they do.
- E. I don't like to spend a lot of time thinking about a decision, I just decide to do something and then I do it.
- F. I don't like being in a situation where I don't know what's going to happen next.

Each statement A-F is more common to be true for a certain personality type:

A=Practical

D=Social

B=Logical

E=Front-runner

C=Artistic

F=Conservative

Now look at the career paths that correspond to your dominant personality type. Most people have combination personalities – while one trait is probably dominant, chances are that your answers reveal that you are a complex person who would enjoy a

variety of career paths. Look at the careers for your dominant personality first and then look at the corresponding careers for your less dominant traits.

**Practical**

Construction Manager      Urban Planner  
Mechanic                      Plumber  
Architect                      Veterinarian

**Artistic**

Anthropologist              Musician  
Actor                              Designer  
Athlete                           Historian

**Logical**

Computer Programmer      Chiropractor  
Accountant                      Dentist  
Engineer                         Nurse

**Social**

Lawyer                              Teacher  
Preacher                           Psychologist  
Counselor                         Dietitian

**Conservative**

Air Traffic Controller      Airline Pilot  
Scientist                         Chemist  
Librarian                         Pharmacist

**Front-runner**

Police Officer                 Politician  
Entrepreneur                   Military  
Office Manager                 Travel Agent

It's time to start exploring the careers you find interesting. Ask a Classic Upward Bound staff member what classes you should take to prepare, what colleges are good for that field, who you can talk to that works in that professions, etc. Start planning now for a bright future!

**New UNI Classic Upward Bound Website Look/Features**

During the fall of 2003, the UNI CUB program loaded a new and updated version of their website. It is complete with student pictures, newsletters past and present, student and staff applications, staff biographies, and much more. The web address is:

<http://fp.uni.edu/eop/cub/index.htm>

Be sure to bookmark us and check back frequently because we will be updating the site with new pictures and information frequently.

**Important Dates for Summer 2004**

Mark the following dates on your calendars now:

- Sunday June 6 – Students Check-in for Summer Program
- Monday June 7 – First Day of Class
- Friday June 25 – Upward Bound Olympics
- Friday July 9 – Last Day of Class and Final Check-out of Summer Program
- Sunday July 11 – Upward Bound Variety Show
- Tuesday July 13 – Classic Upward Bound Graduation, Reception, and Banquet
- Thursday July 15 – Saturday July 17 – Upward Bound End-of-the-Year Trip

## UNI CUB Blood Drive Follow-up

A big “Thank You” to all the donators and volunteers that made the first blood drive hosted by the UNI Classic Upward Bound Program such a success.

We plan on making this an annual event and holding one blood drive each winter at UNI-CUE. However, especially to all you first-time donors, don’t forget to donate blood between now and then. You can donate again eight weeks after giving blood. **For those of you that donated at our blood drive that means that you are eligible to donate again on April 2, 2004.**

Call the American Red Cross at 319.234.6831 for more information or to set up a time to donate. Give the gift of life!

## Words of Wisdom

“Injustice anywhere is a threat to justice everywhere.” – Martin Luther King Jr.

“If you do not stand for something, you’ll fall for anything.” – Alexander Hamilton

“When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has opened for us.” – Helen Keller

## Alphabet Soup: Types of Degrees

B.A., M.A. PhD Having a hard time keeping all those degree abbreviations straight? Here is what all those letters really mean – and what you have to do to get them.

### Associate’s Degree

- Awarded by Community Colleges and Technical Institutes
- Completion of 2 years (62 or more hours) of required and elective coursework
- Prepares graduates for entrance to the workforce or to transfer to a four-year bachelor’s degree program
- Abbreviation: A.D.

### Bachelor’s Degree

- Awarded by Colleges and Universities
- Completion of 4 years (120 or more hours) of required and elective coursework
- Prepares graduates for entrance to the workforce or to work toward an advanced degree
- Abbreviations: B.A. (Bachelor of Arts), B.S. (Bachelor of Sciences)

### Master’s Degree

- Award by Colleges and Universities

- Follows the Bachelor's Degree
- Completion of two years (30 or more hours) of study
- Prepares graduates for entrance into the workforce or for terminal (doctorate) degree study
- Abbreviations: M.A. (Master of Arts), M.S. (Master of Sciences), M.F.A. (Master of Fine Arts – terminal degree in that field)

### Doctorate

- Awarded by Colleges and Universities
- Follows the Master's Degree
- Completion of two years of study (60 or more semester hours)
- Prepares graduates for specialized careers in fields such as law, medicine, academia, ministry, etc.
- Abbreviations: EdD (Doctor of Education), PhD (Doctor of Philosophy), MD (Doctor of Medicine), DD (Doctor of Divinity), DDS (Doctor of Dentistry), JD (Doctor of Jurisprudence – Law)

For more information on the steps to attaining any of these degrees, see a Classic Upward Bound staff member.

## **Happy Birthday!**

### **April**

- 1 Leana Montgomery
- 3 Andrea Morgan  
Laura Quam
- 7 LaCoia Green
- 9 Rocio Ayard
- 12 Mandy Fauser
- 17 Gabrielle Shirley
- 21 Dionte Byrd
- 27 William Watson  
Janina Polk

### **May**

- 11 Jesse Meyer
- 19 Corey Alexander
- 20 Enjolique Holmes
- 30 Maria Maldonado

### **June**

- 2 Elvert "Andy" Wise  
Shavina Caston
- 9 Leundre Williams
- 11 Jessica Reed
- 19 Anthony Weekley
- 26 Habie Timbo