

## Happy Birthday!

### April

- 2 Leana Montgomery
- 4 Laura Quam
- 7 LaCoia Green
- 13 Kei-Che Randle
- 17 Gabrielle Shirley
- 18 Trameka Kelly
- 25 Cierra Speller
- 27 William Watson
- 27 Janina Polk

### May

- 2 Aunamesha Henley
- 19 Corey Alexander
- 21 Enjolique Holmes
- 30 Maria Maldonado

### June

- 1 Shequennce Sanders
- 3 Elvert "Andy" Wise
- 9 Leundre Williams
- 11 Jessica Reed
- 19 Anthony Weekley
- 19 Kountiss Johnson
- 26 Habie Timbo

## Words of Wisdom

"No one can make you feel inferior without your consent."  
*Eleanor Roosevelt*

"You are not judged by the height you have risen, but from the depth you have climbed." *Frederick Douglas*

"By failing to prepare you are preparing to fail."  
*Benjamin Franklin*

"You must be the change you wish to see in the world."  
*Mahatma Gandhi*

## Director's Letter

As many of you have heard, President Bush's 2006 Federal Year budget is proposing the elimination of Educational Talent Search, Classic Upward Bound, Upward Bound Math/Science, and Gear Up and level funding for Educational Opportunity Center, McNair Scholars, and Student Support Services following the 2005-2006 year.

The following is a breakdown of federal funds allocated to the above TRIO programs in 2004 and 2005 and what has been proposed for 2006 in millions:

	2004	2005	2006 Request
Student Support Services	\$263.0	\$274.9	\$274.9
Upward Bound	279.7	279.7	— <sup>1</sup>
Upward Bound Math/Science	32.8	32.8	— <sup>1</sup>
Talent Search	144.2	144.9	— <sup>1</sup>
Educational Opportunity Centers	49.0	49.0	49.0
McNair Postbaccalaureate Achievement	42.1	41.9	41.9
Staff Training	5.3	5.3	2.5
Dissemination Partnership Projects	4.4	4.4	—
Other Grant Adjustments	8.7 <sup>2</sup>	—	—
Evaluation	0.7	0.5	—
Administration/Peer Review	2.7	3.1	1.1
Total	832.6	836.5	369.4

<sup>1</sup>Funds for continuing projects are available under the request for the High School Intervention initiative in the Education for the Disadvantaged account.

<sup>2</sup> Includes funds to reinstate suspended grants and to align project start dates in Upward Bound.

As you can see, the proposed budget for TRIO in the 2006 Federal Year has been cut by 56%.

The University of Northern Iowa is one of only forty-seven postsecondary institutions nationwide with at least five TRIO programs on campus. The elimination and level funding of the above programs will have a great effect on this community as they spend more than one million dollars annually on more than 3,500 people in Waterloo, Cedar Falls, and the surrounding areas.

However, it is not only the University of Northern Iowa programs that will be affected. All of the more than 2,600 programs at over 1,200 postsecondary institutions and 100 community agencies will be touched by these cuts. These 2,600 programs serve over 823,000 low-income students from the age of eleven and up all over the country!

The 56% cut in TRIO funds has been explained as follows, "The reduced request for 2006 reflects the decision to shift high-school-related TRIO resources to the proposed High School Intervention initiative (i.e. No Child Left Behind), which would provide a more flexible, comprehensive, and accountable approach to addressing the college preparation needs of high school students." Dr. Arnold Mitchem, President of the Council for Opportunity in Education, had the following to say regarding the cuts, "In many communities throughout America, the TRIO Programs are the only programs that help low-income American to enter college, graduate and move on to participate more fully in America's economic and social life."

Congress established TRIO over thirty years ago to increase access and retention in post-secondary education for all Americans, regardless of class, social, and cultural barriers. For more information on the proposed 2006 Federal Year budget cuts in TRIO, contact Congressman Jim Nussle at (319) 235 – 1109, Senator Chuck Grassley at (319) 232-6657, or Senator Tom Harkin at (319) 365-4504.

## **Gearing Up for Summer 2005**

Summer is getting close and that means that it is time to start thinking about the 2005 University of Northern Iowa Classic Upward Bound Summer Residential Program!

Students who have submitted a participation form for this summer need to pay close attention to the following dates:

**Thursday May 19**

Summer Orientation for Current Students

**Thursday May 26**

Summer Orientation for New Students

It is mandatory that both student and parent/guardian attend this orientation in order to participate in the summer program!

**Sunday June 12**

Students Check-in to Rider Hall

**Thursday June 16**

Picnic at Rotary Reserve

**Friday June 24**

Olympics in Ames, IA

**Monday June 27-Friday July 1**

Parent's Week

**Monday July 4**

Holiday, Students return from long weekend between 7-9 p.m.

**Friday July 8**

Fundraiser Food Delivered

**Friday July 15**

Last Day of Classes

**Sunday July 17**

Variety Show in Lang Hall

**Monday July 18**

Horseback Riding

**Tuesday July 19**

Graduation and Banquet

**Wednesday July 20-Friday July 22**

End of the Year Trip

Our staff is looking forward to another great summer!

## **Recognizing a Gambling Problem**

The popularity of shows such as *Celebrity Poker Showdown* and *World Poker Tour* have in turn increased the popularity of playing poker for both teens and adults. However, teens are two to three times more likely to develop a gambling problem when compared to adults! Therefore, knowing how to recognize a gambling problem has become even more important.

Asking the following questions and answering them honestly may help in recognizing/avoiding a gambling problem:

1. Do you think poker is the most exciting activity you do?
2. Do you often spend your free time involved in poker?
3. Do you try to prevent your family and friends from knowing how much you gamble?
4. Do your friends gamble? Are you considered to be part of the "gambling crowd"?

5. Do you often daydream about playing poker?
6. Do you often play poker during lunch breaks, after-school hours, or on weekends?
7. Do you miss school or other important events due to gambling?
8. Do you often dream of solving your problems by making a big win?
9. Do you ever lie about whether you play poker or how much you lose?
10. Is gambling the main source of what you do to feel good about yourself?
11. Do you play poker with money that is supposed to be used for other reasons like lunch, clothes, or car insurance?
12. Have you ever borrowed money to gamble?
13. Have you ever stolen money or property in order to play poker or pay gambling debts?
14. Do you get upset or irritable if you are unable to play poker?
15. Do you most want to play poker when you are upset?
16. Do you get upset or guilty because you lost money at the poker table?
17. Is it hard for you to stop gambling after you lose money?
18. Do you often gamble longer than you wanted to and lose more money than you intended?
19. When gambling, do you tend to lose track of time or forget about everything else?
20. Do you find that thinking about gambling makes it hard for you to do schoolwork?

If you, or a loved one, answer “yes” to a lot of these questions, it may be time to look for help. Calling 1-800-Bets-Off is a good first start.

Source: Allen Hospital. EAP Works. First Quarter, 2005.

## **How to Control Your Paper!**

Sometime schoolwork can feel like you’re drowning in a sea of paper. Organizing all of those notes, handouts, homework assignments, and old quizzes and tests can be a challenge. Here are a few tips to get organized:

- At home, keep a file for each of your classes. Put old handouts, quizzes, and tests, homework, reports, etc. from each class in the file for that class. Use these papers when it’s time to review for a test. Old three-ring binders work great for this.
- Use a large three-ring binder separated into sections for each class – or use color-coded folders or notebooks for each class. Keep your class notes here. Date each day’s notes, and if you miss a day, leave space to get the notes from a friend. The important thing is NOT to mix your notes from different classes in the same place. And remember – loose papers given out in class can go in your files or binders at home when you’re done with them.
- Do a five-minute book bag cleanup right before you start your homework. Then, get your book bag ready for the next day before you go to bed – not in the morning!

Use these pointers and stay ahead of the paper tide!

Source: What’s Up with Study Skills. “Control Paper Pollution.”  
South Deerfield, MA: Channing L. Bete Company, 2000.

## How to Take Better Notes

### Know What to Record

- Write the speaker's main points in your own words. Don't try to write down everything that is said.
- Listen for key words that tell you what is important. (i.e. "The major cause was..." or "The four main steps...")
- Copy all information written on the board or overhead

### Know How to Record It

- Use as few words as possible. Devise your own symbols or abbreviations.
- Leave a wide left margin so you can add your own thoughts and questions.
- Take notes in outline form, if possible, so the information is organized.

### Review Your Notes as Soon as You Can After Class

- Highlight the points that seem most important.
- Go over your notes at least once a week. This helps keep information fresh in your mind.

### Attend Every Class

- You can't take notes if you're not present. It's not a good idea to rely on someone else's notes, unless you absolutely have to.

Source: Study Skills for Academic Success. "Tips for Taking Notes in Class."  
South Deerfield, MA: Channing L. Bete Company, 1998.