



## Stress Management

Some teens can acquire too much stress as a result of many different factors:

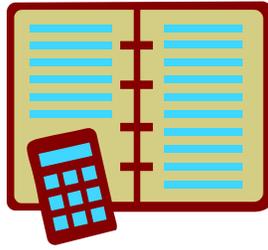
- School
- Negative thoughts and feelings about themselves
- Changes in their bodies
- Problems regarding friends
- Unsafe living environment/neighborhood
- Separated/Divorced Parents
- Chronic illness or severe problems in the family
- Death of a loved one
- Moving to a new community
- Taking on too many activities or having too high expectations
- Family financial problems

When these issues occur, as they will for everyone at one time or another, it is important that they are properly managed. Teens tend to feel more stressed when they stumble upon a situation that is dangerous, difficult, or painful and they do not have the resources to manage it. If it is not handled in an appropriate way it can lead to anxiety, aggression, withdrawal, and sometimes physical illness. However, the minute we decide the situation is no longer a threat we can start to calm down. This is called the “relaxation response” and it includes decreasing your heart rate and respiration rate. Teens who utilize the “relaxation response” feel better about coping with stress because they have more resources to deal with it.

Teens can decrease stress with the following behaviors and techniques:

- Exercise regularly.
- Avoid excess caffeine intake, which can increase feelings of anxiety and agitation.
- Don't use illegal drugs, alcohol and tobacco.
- Learn relaxation exercises (abdominal breathing and muscle relaxation techniques).
- Develop assertiveness training skills.
- Rehearse and practice situations that cause stress.
- Learn practical coping skills.
- Decrease negative self-talk.
- Learn to feel good about doing a competent job rather than always demanding perfection from yourself and others.
- Take a break from stressful situations. Activities like listening to music, talking to a friend, drawing, writing, or spending time with a pet can reduce stress.
- Build a network of friends who help you cope in a positive way.

If you would like more information on this topic, see an Upward Bound staff member.



## Calculating GPAs

GPA stands for grade point average, and it is essential to have a good GPA to get into the college of your choice and qualify for academic scholarships. Therefore, students and parents should consistently be monitoring grades and GPA. GPA is calculated by dividing the sum total of grade points by the number of classes. Grade points are assigned in the following way:

|    |   |      |    |   |      |
|----|---|------|----|---|------|
| A  | = | 4.00 | C  | = | 2.00 |
| A- | = | 3.67 | C- | = | 1.67 |
| B+ | = | 3.33 | D+ | = | 1.33 |
| B  | = | 3.00 | D  | = | 1.00 |
| B- | = | 2.67 | D- | = | 0.67 |
| C+ | = | 2.33 | F  | = | 0.00 |

Let's say a student received 3 B+, 1 A-, 2 C, and a B- in the seven classes they took one semester:

3.33+  
3.33+  
3.33+  
3.67+  
2.00+  
2.00+  
2.67=

20.33 divided by 7 classes = 2.9. Therefore, 2.9 is the student's GPA for that semester.

Knowing how to calculate a GPA is a handy tool to use to stay on track and set goals. If you have any questions about calculating a GPA or its importance, see an Upward Bound staff member.



## 2006 Summer Food Service Program

The University of Northern Iowa Classic and Math/Science Upward Bound TRiO Programs will again be participating in the Iowa Department of Education's Summer Food Service Program. This program encourages healthful eating during the summer months and, as a participant, our programs are partially reimbursed for the meals our eligible students enjoy this summer. Student eligibility is determined by family size and income. We look forward to another great summer with this program.



## Words of Wisdom

"It is not the mountain we conquer, but ourselves."

*Edmund Hillary*

"To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment."

*Ralph Waldo Emerson*

"Our greatest glory is not in never falling, but in rising every time we fall."

*Confucius*



Happy Birthday!

### April

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

### May

- 15 Lonnisha Robinson

### June

- 1 Shequennce Sanders
- 1 Breonté Brooks
- 14 Kashaunda Anderson
- 19 Anthony Weekley
- 19 Kountiss Johnson
- 26 Habie Timbo



## Director's Letter

"Education is the passport to the future, for tomorrow belongs to those who prepare for it today."  
-Malcolm X

This quote from Malcolm X will be our theme for the 2006 University of Northern Iowa Classic Upward Bound TRiO Summer Residential Program. It expresses not only the importance of education, but the importance of preparing now for the future. As colleges and universities become more and more selective, students will need to begin getting ready for college as early as possible in order to be competitive for admission and scholarships. Students in our program have taken a tremendous first step in working toward their futures, but there is always more to do.

Some high school seniors have a rude awakening if they choose to not take academics seriously until they are ready to go to college. They find that they have dropped courses they need to be accepted to the school of their choice, their GPA is too low for admission, or financial aid is less than they expected because they waited too long. All these students can do at that point is make a different plan for the future and resolve to do better. We do not want this to happen to our students.

CNN Anchor Anderson Cooper has stated, "Hope is not a plan." It is not enough for students to hope they will get that good grade, hope they will go to college, hope they will be able to pay for college, etc. The *work* of college begins far before the first day of freshman year. Developing personal responsibility and study and communication skills must begin early in order for students to succeed now and in the future. Upward Bound Programs are an excellent resource for students in improving in these areas in order to meet their goals. However, students must be willing to meet us halfway. We have the information and experience they need in order to succeed, but in order to tap into that they must make the commitment to be at meetings, keep us informed, and participate. This is why active participation is something that our staff has been stressing so much this past academic year. Our program has helped many students do great things and it can do the same for you if you are willing to invest in yourself and do the hard work that is required to succeed.