

Scholarship Opportunities

Check with an Upward Bound staff member, your guidance counselor, or one of these web sites for more scholarship information. The most reliable web sites are recommended by the Federal Family Education Loan Program and can be found at www.mapping-your-future.org. If you do not have internet access, there are computers available for your use at UNI-Cue. Here are a few examples of websites with scholarship information:

- Srnexpress.com: Scholarship Resource Network Express offers a listing of more than 8,000 scholarship programs. You must sign in with a member name and password, and provide personal information and career goals. The information is used to screen out scholarships you may not be interested in or eligible for.
- Fastweb.com: Fastweb offers both scholarship and school searches, so you can find your dream school and the money to pay for it on the same site. You must sign in with a member name and password, but the personalized searches are free.
- Freschinfo.com: This site offers a wide variety of information on finding a college, preparing for college, and scholarships and loans. It even has a few games you can play when you want to take a break from your scholarship search.
- College-scholarships.com: This is a huge web site offering students and parents information on financial aid and choosing a college.

Here are some scholarships that may be of interest to you. They have various requirements and deadlines so be sure to read each entry carefully.

- *American Chemical Society Scholars Program*: Approximately 100 scholarships of up to \$2,500 available to African-American, Hispanic/Latino, and American Indian high school seniors with 3.0 GPA in science who demonstrate financial need and are planning to major in chemistry, biochemistry, chemical engineering, or other chemically-related fields such as environmental science, materials science, or toxicology.
-Deadline: **March 1**
- *McDonald's National Employee Scholarship Program*: \$1,000 scholarship available for a high school senior employed by McDonalds for at least four months who works a minimum of fifteen hours a week and is planning to attend an accredited institution offering post-secondary education and/or career training and instruction.
-Deadline: **March 1**
- *National Alliance for Scholastic Achievement*: Five merit-based scholarships from \$5,000 to \$15,000 for students with a minimum 2.75 GPA planning to attend a full-time college or university.
-Deadline: **March 4**
- *Waterloo Community Schools Scholarships*: Nineteen various scholarships can be applied for by filling out one application. Each scholarship has different awards and eligibility criteria.
-Deadline: **March 8**
- *Cedar Falls Community Schools Scholarships*: Seven various scholarships can be applied for by filling out one application. Each scholarship has different awards and eligibility criteria.
-Deadline: **March 8**

- *Black Hawk County Schools Scholarships*: Five various scholarships can be applied for by filling out one application. Each scholarship has different awards and eligibility criteria.
-Deadline: **March 8**
- *Jackie Robinson Scholar*: Four-year scholarship awards of up to \$6,000 annually available for minority high school seniors with ACT scores of 23 or above who have been accepted to a four-year accredited college or university.
-Deadline: **April 1**
- *National Alliance for Excellence*: Merit-based scholarships from \$1,000-5,000 in academics, technological innovation, visual arts, and performing arts for students planning to attend a full-time college or university for the advancement of academics and/or the arts.
-Deadline: **None**

Happy Birthday

January

- 4 Charles King
- 10 Aysha Davis
- 26 Breanna Cain

February

- 1 Genna Fox
- 2 Robert Abben
- 11 Saturno Hechavarria
- 23 Aunamesha Henley
- 27 James Johnson

March

- 2 Teanna Smart
- 4 Brittany Rideout
- 15 Enye-Hisani King
- 29 Nora Niederhauser
- 30 DeCarlos Carey

Stress Management Techniques

The following are several things that you can change in your everyday routine to make your life less stressful:

Get Enough Sleep

Everyone needs a different amount of sleep to feel refreshed. Find out how much sleep per night makes you feel best and try to get that much each night. This personalized, regular sleep cycle will help ensure that you meet each day's challenges with energy and alertness.

Eat Right

The saying you are what you eat is not too far from the truth. When you eat right you feel better and have more energy. Cut down on sugar, sodium, and fatty foods. Work on eating more fruits, vegetables, and whole-grain foods.

Manage Time Wisely

Get a planner and use it. Write down all of your appointments, commitments, important dates and times, and activities. Make a list of things to accomplish each day in order to keep your routine orderly and efficient. Do not overbook yourself, instead be realistic about what you can accomplish each day.

Talk to Someone You Trust

Talking to a friend or relative that you admire and trust can help to put what is going on in your life in perspective. Choose someone who is a good listener and whose opinion you respect.

Exercise

This is a great way to relieve physical and mental tension. The endorphins created through exercise bring a natural high. Exercise allows you to work out anger, stress, and frustration in a healthy way. Try to get thirty minutes or more of moderate physical activity several times a week. Choose an aerobic activity that appeals to you such as: walking, swimming, jogging, bicycling, or basketball. Be sure to consult with your doctor before you begin a vigorous exercise program. Begin with a shorter, less intense workout and build your way up by increasing the time and exertion gradually. Stretch and walk a little bit to warm up before beginning to exercise and do the same to cool down after each workout.

Have a Hobby

Do something that you really enjoy for at least half an hour each day. This time doing something you love and look forward to will reduce your stress level, provide you with a creative outlet, lessen fatigue, and refresh your mind, body, and spirit. Read a book, write poetry, draw, go to church, cook, play a game, or listen to music; do something that you find rewarding.

Breathe

Proper breathing is one of the most effective techniques for reducing stress. Follow these steps to use breathing to your full advantage:

- Take a break from stressful activities and thoughts and think about what is causing you to feel tense.
- Put those thoughts out of your mind for now and find a quiet place where you can be comfortable.
- Relax your arms and shoulders as you slowly exhale through your nose.
- Take a deep breath, letting your abdomen and then your chest fill with air.
- Exhale slowly and repeat until your breathing is regular and steady.
- Concentrate on each breath and allow yourself to feel relaxed and in control.

You can combine other activities with deep breathing exercises. Meditation is one way to reduce stress by using the power of the mind. Meditation is not necessarily tied to any specific religious belief. It can be used by anyone as a way to find a quiet, peaceful moment in a stressful life. Visualization is another technique that can be helpful. While practicing deep breathing, take an imaginary trip to an ideal place. See yourself somewhere else doing something that brings you joy.

Avoid Harmful Stress Management Substitutes

Drugs such as alcohol, caffeine, and nicotine can mask feelings of stress for a short time, but they cannot erase emotional and physical tension. In fact, they often create more tension.

Source: *About Stress Management*. Channing L. Bete Company: Deerfield, MA, 1999. 8-12.

Words of Wisdom

Terrence Wallican provided the words of wisdom for this issue of the Classic Upward Bound Newsletter. Thanks, Terrence!

Is Time Real?

Time consists of the past, the present, and the future. It has been said that we live in all three at the same time. That statement is very true. Time is something that can never be stopped and must always be taken advantage of. Yet, if we never use it wisely, it will slip out of our grasps. Whether we realize it or not, each second that passes is more important than the one before it. It's like money that can never be gained back. Not only is it valuable, but priceless as well. A mind never rests, and therefore, it always thirsts for a drink from the fountain of knowledge. The present turns into the past as the time passes and the future comes nearer. Nothing but time gives us smiles, laughs, and tears. No matter what the situation was, it's what happened in that time that caused it. There are times when people say how much time you have to do something as if time waits for anyone. Time waits for no one, therefore, that statement is not real because it passes very quickly. It stands for more than we could ever know. Time takes us through more than anything else could. Time is real, but it begins within us to make our past, present, and future the most extraordinary thing ever created.

Director's Letter

It is sometimes difficult for busy parents and students to know what to do during each stage of high school to ensure that students are prepared to apply to and attend college. What follows is a four-year plan for students and parents to refer to in order to help them plan for the college application process. Be sure to tuck this newsletter away in a place where both parents and students can refer to it often.

- During the summer before ninth grade enroll in and attend the Classic Upward Bound Summer Enrichment Program.
- In ninth grade, attend Upward Bound tutorials, classification meetings, and activities. Sign up for as many advanced courses as you can manage. For example, take Algebra I instead of Pre-Algebra. Taking tough high school courses is a key to acceptance into a selective college. Of course, you have to make good grades too. Take a foreign language and stick through at least four years of this language. Join extracurricular activities, such as playing a sport or musical instrument, which you can stay with

throughout high school. Participate in community service and volunteering. Start creating a résumé listing your experiences and achievements.

- During the summer before tenth grade, enroll in the Classic Upward Bound Summer Enrichment Program. Volunteer when you can and participate in the Upward Bound work-study program. If you have a strong academic record, take a college course through Classic Upward Bound. Continue building your résumé.
- In tenth grade, attend Upward Bound tutorials, classification meetings, and activities. Take an Advanced Placement (AP) class if you can. Concentrate on getting good grades. Take the PSAT and PLAN preliminary college admission tests. Continue extracurricular activities and community service. Attend a college fair. Run for a school office.
- During the summer before eleventh grade, enroll in the Classic Upward Bound Summer Enrichment Program. Take advantage of Upward Bound's SAT and ACT preparation courses. Continue building your résumé.
- In eleventh grade, attend Upward Bound tutorials, classification meetings, and activities. Enroll in a dual enrollment program at UNI. Take AP courses. Try for a leadership position in student government or an extracurricular activity, or both. Study, study, study to get your GPA up. Talk to your Upward Bound advisor or a school counselor about your preliminary college choices and obtain a realistic assessment of your chances of admission. Line up two people who will write recommendations for you. If you want to play a sport in college, register with the NCAA Clearinghouse and have your ACT scores and school transcripts sent there.
Take the ACT or SAT. The ACT is administered nationally in October, December, February, April, and June. It is suggested that juniors take the ACT by April so if they choose to retake it, they have time to do that in their senior year. The SAT I is administered in November, December, January, April, May, and June. Some colleges require either the SAT or ACT when students are applying to their schools. Students can also take the SAT-II tests in writing and other subjects in which they feel strong; check registration dates with an Upward Bound or high school counselor. Get help preparing from the Classic Upward Bound Program.
- During the summer before twelfth grade, enroll in the Classic Upward Bound Summer Enrichment Program. Get applications for colleges you are interested in attending from your Upward Bound advisor. Narrow your choices to no more than eight colleges. As soon as your applications arrive, mail in Part I to open your file at the admissions office and start composing your essays. Dual enroll at UNI. Continue building your résumé.
- During twelfth grade, attend Upward Bound tutorials, classification meetings, and activities. Make a chart of your applications detailing what is due when. Take the recommendation forms and stamped, addressed envelopes to your counselors, Upward Bound advisor, and chosen teachers. If your eleventh grade scores will not suffice, take the ACT, SAT I, or SAT-II in October. Write your essays and fill out your application forms. If you can, take the CLEP or AP exams to test out of freshman classes. Here are some important deadlines to remember during your senior year:

November 1

Deadline for sending in early admission applications.

December

Last chance to take SAT. Notification of acceptance for early admission. Those not admitted are reconsidered as regular applicants. Secure financial aid forms. Check with

your Upward Bound advisor or guidance counselor for scholarships that fit your achievements.

December 31

Deadline for sending in regular admission applications to many schools, although less competitive schools have rolling deadlines.

January and February

Obtain a Free Application for Federal Student Aid (FAFSA) from your Upward Bound advisor, complete it, and file it. Make sure your midyear grades get sent to the colleges where you applied. Make sure your parents are working on their tax returns, because copies (or estimated taxes) will have to be sent with your requests for financial aid.

March-May

Notices of acceptance or rejection arrive. Reply to the colleges where you were accepted. Mail the required deposit to the college you decide on and decline the others in writing. Send notes to the people who wrote recommendations, telling them of your decision and thanking them for their help.

- During the summer before freshman year, participate in the Classic Upward Bound Summer Bridge Program to earn some college credits. Continue building your résumé.

Attempting to stay on this schedule will alleviate a lot of last minute shuffling and will allow parents and students to keep one step ahead in the college admissions game.