

## Happy Birthday!

### January

- 2 Tyrone Smith Jr.
- 2 Samantha Pickard
- 4 Charles King
- 5 Jose Becerra
- 7 Amber Shields
- 8 Jamesia Gary
- 10 Aysha Davis
- 19 Ashley Samington
- 29 Kiedra Stuelke

### February

- 1 Robert Abben
- 11 Saturno Hechavarria
- 12 Kurtis Foley
- 18 Dominique Starks
- 22 Darius Phillips
- 23 Aunamesha Henley
- 28 Jasmine Smith

### March

- 24 Andrea Ford
- 29 Charles Tims
- 29 Christopher Tims
- 30 DeCarlos Carey

## Did You Know?

- Americans eat nearly 100 acres of pizza every day.
- An elephant can smell water as far as three miles away.
- Minnows have teeth in their throat.
- An iceberg contains more heat than a lit match.
- The average human grows 590 miles of hair in their lifetime.
- You share your birthday with at least 9 million other people in the world.
- Snails breathe through their feet.
- A blue whale's tongue weighs more than an elephant.
- Bats always exit a cave to the left.
- Ants don't sleep.
- Emus and kangaroos can't walk backwards.
- Frozen lobsters can come back to life when thawed.

- The pupil of an octopus' eye is rectangular.
- If you yelled for 8 years, 7 months, and 6 days you would have produced enough sound energy to heat one cup of coffee.

## Words of Wisdom

“I am not discouraged because every wrong attempt discarded is a step forward.”  
- Thomas Edison

“Always laugh when you can, it is cheap medicine.” - Lord Byron

“It's time to start living the life you've imagined.” -Henry James

“We've removed the ceiling above our dreams. There are no more impossible dreams.”  
- Jesse Jackson

## Ten Ways to Manage Stress

1. Think positively and surround yourself with others who think the same.
2. Avoid the trap of demanding too much of yourself. Get help if tasks are too big for you.
3. Accept that you can't control every situation and learn to be flexible.
4. At the start of each day, write down your list of things to do, then set reasonable goals.
5. Divide big tasks into smaller, more manageable ones.
6. Eat a well-balanced diet, full of whole grains, fruits, and vegetables. Limit sugar.
7. Include moderate exercise into each day to boost your energy level and improve your mood.
8. Make time for relaxation. Try listening to soothing music, meditation, gardening, playing with a pet, reading a good book, or doing whatever helps you relax.
9. Use mistakes and setbacks as opportunities to learn.
10. Laugh! Look for the humor in life and take time to have fun.

Source: Allen Hospital EAPWorks. Third Quarter 2004.

## Upcoming Blood Drive at UNI-CUE

The University of Northern Iowa Classic Upward Bound Program will be holding its second annual American Red Cross Blood Drive at UNI-CUE on **Friday February 11, 2004 from 1-4 p.m.** If you are interested in donating or volunteering please contact Amanda Graeber at 433-1252.

### Profile of a Classic Upward Bound Instructor: Dexter Hyde

Dexter Hyde is a veteran teacher who has taught science for twenty-seven years. Dexter began teaching in 1964. He then took some years off to be a private pilot and returned to teaching in 1990. He is married to Sandy and has two daughters, Julie and Michelle, who are both married and each have two children. His four grandchildren are Thomas, Margaret, Elizabeth, and Matthew. His favorite thing about teaching is working with children. Dexter said, "I like to see children enjoy learning. I really like what I do."

He first got involved with the University of Northern Iowa Classic Upward Bound Program about fifteen years ago when he was told by a colleague that it would be a positive experience and he has enjoyed it ever since. Dexter said he, "always looks forward to Upward Bound as it is a good way to spend his summer months." Dexter teaches a fun, interactive Physical Science course during the summer. His favorite Upward Bound memory came from an experience in that class when he was firing off a student's rocket one summer and it came down through a nearby basketball hoop! Dexter has assisted many students reach their goals through his creative and student centered teaching during his career. Thank you for all you have done and continue to do, Dexter!

### ACT: Are You Ready?

The ACT Assessment is a part of life for the college-bound high school student; therefore, it affects all students in the University of Northern Iowa Classic Upward Bound Program at some point. Colleges and universities use the ACT to evaluate a prospective student's college readiness when deciding whether or not to admit that student. The ACT is scored on a scale of 1 to 36, with 36 being the highest possible score. Students are tested and scored on the 1 to 36 scale in English, Mathematics, Reading, and Science. They are also given a composite score, an average of the four scores they earned. Although the national composite average increased (from 20.8 to 20.9) last year for the first time in seven years, an alarming number of high school seniors are not performing at the level necessary for college science and math courses.

Richard L. Ferguson, ACT's chief executive officer had this to say about the current situation, "It is encouraging to see national ACT scores rise after several years of relative stability. We still have a long way to go, however, in making sure students graduate from high school with the skills they need to succeed in college, particularly in science and math." This truth in this statement becomes apparent when examining scoring results on the math and science test in particular. Only one fourth (26%) of 2004 graduates earned a score of 24 or higher on the ACT Science Test and only four in ten earned a score of 22 or higher on the ACT Math Test. Students who reach these score levels or higher in Math and Science have a high probability (75%) of earning a grade of C or higher and a 50/50 chance of earning a B or higher in a college level course.

ACT research has also suggested that students who don't meet these "college-ready benchmark scores" are less likely to stay in school and earn their degree than those who meet the benchmarks. These students will be struggling when they enter college and that may have a large bearing on whether they choose to stay enrolled. Students need to be as prepared as possible when entering college as these statistics show, "One fourth of first-year students at four-year colleges don't return for their second year of school, while half don't graduate from college within five years of entry." These statistics are shocking, but there are many things students and parents can do to avoid the above outcomes.

Involvement in the University of Northern Iowa Classic Upward Bound Program is an excellent way to increase college preparedness. However, involvement is not enough; students need to actively participate in order to reap the full benefits of the program. Attending tutorials regularly will help students succeed in the subject areas the ACT will test on. The program also has a Math Club for students that meets on Wednesdays from 2:00 – 3:00 p.m. Students can receive one-on-one help and/or work on self-guided math tutorials on the computer. The program also has specific ACT study guides and videos for use at UNI-CUE. If you need more information on any of these excellent ways to prepare for the ACT, and therefore college, contact a Classic Upward Bound staff member.

Source: *Activity*. 42.3. Autumn 2004.

## Director's Letter

The University of Northern Iowa Classic Upward Bound Program can do amazing things for high schools students. However, we cannot do them alone. We realize this and are continually working to strengthen the crucial relationships that allow us to do what we do well, to the benefit of our students. I often use the metaphor of a wheel with five spokes when describing the major stakeholders in preparing a student to succeed in high school and college. Each individual/group is as

necessary as the next to ensure that wheel keeps its shape and stays moving in the right direction.

**The student** ultimately determines what direction his/her life is going to take. It is, in the end, up to him/her to make the correct choices and put the amount of time and work in that it takes to successfully complete high school and college.

**The parent(s)** is (are) the number one influence on the student. Their involvement, time, interest, availability, and guidance can greatly affect a student's attitude and effort in school.

**The school**, including teachers, administrators, and staff, plays an obvious, but sometimes underestimated role, in student's education. Their positive involvement can make all the difference in motivating students.

**The community**, including community groups, churches, and concerned citizens, play a less recognized role in the direction of youth. The positive alternatives and encouragement they provide allow students the environment and mindset they need to achieve.

**The Program** develops collaborative relationships with the above individuals/groups while providing services and support which will enhance the academic skills and motivation low income and first-generation students need to complete high school, enter a post-secondary institution, and ultimately obtain at least a Baccalaureate degree.

It takes all of these individuals and groups working together to assist students in making the right choices about their future. Our program is always developing new and better ways to make these partnerships more dynamic and fruitful for our students in order to keep this wheel turning well into the future.

## **Tips for Interview Success**

A part-time job can be an excellent, and sometimes necessary, way for students to earn extra money, take more personal responsibility, and learn about the working world. Interviews are often a part of applying for a job and, sometimes, scholarships. Here are some suggestions for increasing your chances of having a successful interview:

- **Be Early:** Be sure you know how to get to the interview so that is not an issue on that day. Arrive ten to fifteen minutes early.
- **Dress Properly:** Dress nicely no matter what type of position you are applying for. Avoid trendy or flashy clothing and jewelry. Stick with professional, modest attire.
- **Be Friendly:** Greet the interviewer by name. Smile and give a firm handshake. Treat everyone you talk with in a polite, professional manner.

- Show Your Enthusiasm: This and a (work-appropriate) sense of humor can help create a good first impression.
- Be Positive: Keep the atmosphere of the interview friendly and pleasant. Do not put others down to make yourself look good.
- Maintain Eye Contact: Good eye contact is a key to building trust in a relationship – and in an interview.
- Express Yourself: Speak clearly. Use complete sentences and avoid one-word answers. Do not use slang and do not ramble; Answer each question fully, but succinctly.
- Be Aware of Body Language: Your tone of voice, posture, etc. all give clues about your feelings and attitudes. Be sensitive to these signals in yourself and others. Face the interviewer in a relaxed, open manner.
- Be a Good Listener: Be alert to nonverbal cues indicating when you should start or stop talking. Don't be thinking of your response while the interviewer is still talking.
- Be Yourself: Do not try to change your personality. Give the interviewer a chance to find out who you are.

If you come to the interview prepared and follow these guidelines, you will have an excellent chance at getting the job/scholarship!

Source: Channing L. Bete Company. *Job Interview Skills: How to Get the Job You Want*. 1995.