



Words of Wisdom

“My mother drew a distinction between achievement and success. She said that 'achievement is the knowledge that you have studied and worked hard and done the best that is in you. Success is being praised by others, and that's nice, too, but not as important or satisfying. Always aim for achievement and forget about success.’”

Helen Hayes

“I was always looking outside myself for strength and confidence, but it comes from within. It is there all the time.”

Anna Freud

"Someone's opinion of you does not have to become your reality."

Les Brown



January

- 2 Tyrone Smith Jr.
- 2 Samantha Pickard
- 5 José Becerra
- 7 Amber Shields
- 8 Jamesia Gary
- 10 Brent Brooks Jr.
- 10 Aysha Davis
- 15 Jesse Ohrt
- 19 Ashley Samington
- 20 Tyler Clark
- 22 Kiri Holmes

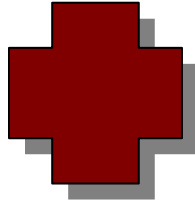
February

- 9 Dominique Dobbs
- 11 Saturno Hechavarria
- 12 Kurtis Foley
- 16 Timmiris Montgomery
- 18 Dominique Starks

- 19 Tyler Phipps
- 22 Darius Phillips
- 25 Mylita Gary
- 28 Jasmine Smith

March

- 22 Clarissia Nelson
- 24 Andrea Ford
- 28 Willie Roberts
- 29 Charles Tims
- 29 Christopher Tims
- 30 DeCarlos Carey



Upcoming Blood Drive at UNI-CUE

The University of Northern Iowa Classic Upward Bound TRiO Program will be holding its third annual American Red Cross Blood Drive at UNI-CUE on **Friday January 20, 2006 from 1:00 – 5:00 p.m.** If you are interested in donating or volunteering please contact Amanda Graeber at 433-1252. You can also sign-up to donate online at: www.givelife.org. Thank you for your participation!



Director's Letter

The relationship between grades in high school and the amount that a student will pay for a college education cannot be stressed enough. As the costs to go to college and the importance of having a degree rise, students and parents need to plan ahead in order to make college a more affordable and realistic dream.

Colleges and universities evaluate students on several different areas in order to determine which of them will be offered admission. It is true that students need to be well-rounded by participating in athletics, theatre, music, student clubs, working, volunteering, etc. However, the most important aspect impacting both admission and financial aid is grade point average. According to *The 2005-2006 Chronicle Almanac*, 66.6% of institutions say grade point average is what they use to select students and 29.3% use class rank. It is not enough to have high grades; students must have high grades in college preparatory classes. 48.4% of institutions evaluate the college preparatory program students took when selecting college freshmen. Therefore, it is very important that students follow the advice of Upward Bound staff and counselors when scheduling their courses to ensure that they are on a college preparatory path.

Acceptance to college is becoming more and more competitive – as are scholarships and other types of financial aid. It is essential that students earn the best grades possible in order to get into the school of their choice and be able to pay for it. According to the November 2005 issue of *Postsecondary Education Opportunity*, families whose income falls at or below \$60,000-70,000 annually had unmet financial need for college. Part of that stems from states' reduced investment

in postsecondary education - 2.9 billion in 2003 as compared to 6.3 billion in 2002 and 9.2 billion in 2001. That is significant when you take into consideration the average college costs in 2004-2005, according to *The 2005-2006 Chronicle Almanac*, were as follows:

| <u>Four Year Public, In State</u> | <u>Tuition and Fees</u> | <u>Room and Board</u> |
|---------------------------------------|-------------------------|-----------------------|
| | \$5,132 | \$6,222 |
| <u>Four Year Public, Out of State</u> | \$12,423 | \$6,222 |
| <u>Four Year Private</u> | \$20,082 | \$7,434 |
| <u>Two Year</u> | \$2,076 | ----- |

It is important to note that the above costs do not take into consideration the additional expenses of books, transportation, and other daily living costs. It is easy to see how increases in college costs coupled with a reduction in state's investment in higher education could put college out of reach for many marginal and low-income students – unless they work toward scholarships and other types of merit aid.

The importance of a college degree in order to compete in the modern workplace cannot be denied. The median earnings by education level in 2002 according to the *Postsecondary Education Opportunity* were as follows:

| | | | |
|----------------------------|-----------------|--------------------------|-----------------|
| Professional Degree | \$85,921 | Associates Degree | \$36,784 |
| Doctorate | \$77,216 | Some College | \$35,505 |
| Masters | \$56,494 | High School | \$29,800 |
| Bachelors | \$48,896 | Some High School | \$22,584 |

Clearly, education pays off financially – as well as in many other ways that may not be initially thought of. For instance, according to the March 2003 *Postsecondary Education Opportunity*, people with a college degree have a longer life expectancy.

However, although more people are going to college these days, there are still far less low-income and/or minority students going to and graduating from college than their higher income and/or caucasian peers. *Postsecondary Education Opportunity* states that college participation among eighteen to twenty-four year olds in 2001 was at 35.4%, but only 24% for low-income students. A similar trend is detected in the percentage of students earning degrees, according to the June 2005 issue of *Postsecondary Education Opportunity*. In 2003, 74.9% of the highest income quartile had earned a bachelors degree by age twenty-four; that percentage drops to 27.7% for the third quartile, drops again to 13.2% for the second quartile, and finally drops to 8.6% for the bottom quartile. *The 2005-2006 Chronicle Almanac* reported the educational attainment of all students and by race:

| | <u>All</u> | <u>African American</u> | <u>Hispanic</u> | <u>Caucasian</u> |
|------------|------------|-------------------------|-----------------|------------------|
| <u>BA</u> | 18.1% | 12.3% | 8.8% | 19.8% |
| <u>MA</u> | 6.7% | 4.1% | 2.2% | 7.6% |
| <u>PhD</u> | 1.3% | 0.5% | 0.4% | 1.4% |

All students, and in particular low-income, marginal, and minority students, need to make earning excellent grades in high school a priority in order to increase their chances of acceptance into the college of their choice and expand their opportunities for funding their education. Participation in the University of Northern Iowa Classic Upward Bound TRiO Program is an excellent start in ensuring students will have the coursework and grades necessary to achieve their goals.



How to Get Organized

When you are organized, you have what you need, when you need it. This article will give you several ideas on how to get and stay organized. You, of course, must determine what is going to work best for you.

Use an Assignment Notebook

You already have one from your school, so why not use it to your advantage? Take it with you to every class and write down your assignments. Remember to also write long term assignments under the date that they are due. For example, if today is January 11 and your history teacher assigns a paper that is due January 30 you would write down the assignment under both January 11 and January 30 to remind yourself of when it is due. When you are given a large assignment, use your assignment notebook to break it into smaller parts. For example, if you have an English paper due at the end of the week, you could break the assignment down into smaller parts by giving yourself the following four separate assignments:

January 10: Get research at library

January 11: Do outline

January 12: Write rough draft

January 13: Write final draft

This is not as overwhelming as knowing you have to complete one big paper. Take it piece by piece. Using an assignment notebook help students organize what they have to do, get things done on time so as to not turn assignments in late or incomplete, and reminds them what books and materials to take home each night.

Use a Three-Ring Notebook for Class Notes

Three ring notebooks work well because you can easily insert handouts, and if you miss a class, you can copy someone else's notes and insert them where they belong.

Use Folders for Schoolwork

Have a different color pocket folder for each class. In these folders, keep current assignments along with all returned assignments, quizzes, and test. Old test and quizzes can help you study for future tests, and they may come in handy if there's ever a question about your grade. In each of your folders, keep a record of your test, quiz, and homework grades for that class. Keeping a record of your grades eliminates surprises at report card time and lets you know where you stand at all times.

Have Phone Numbers for Classmates

Make sure that you have a phone number for at least one person in each class. If you're absent, you will then have someone you can call to find out what you missed. Phone numbers are also helpful when you have a question about an assignment or an upcoming test.

Keep your Locker and Backpack Neat

Never put loose papers (homework assignments, handouts, etc.) in your locker, backpack, or folded up in a book. Always put them in the appropriate folder or notebook, and always keep your locker and backpack neat, clean, and organized.

Get Organized Before You Go to Bed

Put completed homework in the appropriate folders, and put everything you need for the next day in the same place each night. If there is something you need to remember to do in the morning, leave yourself a note so that you do not forget it.

O'Brien, Linda. *How To Get Good Grades in Ten Easy Steps*. Dayton, OH: Woodburn Press, 2004.



How to Take Good Notes

Tests usually cover material that has been presented in class. It is therefore important to have good notes from which to study.

Be an Active Listener

In order to take good notes, you must be an active listener. The following passage illustrates the difference between passive and active listening:

Kelly is listening to the radio while she is getting ready for school. The DJ plays several songs, and then he announces that he is going to play a new release by Kelly's favorite artist. As soon as she hears this, Kelly stops getting ready, sits down, and listens intently to the song on the radio. As she listens, Kelly tries to catch every word in order to memorize the lyrics.

In this scene, Kelly went from passive listening to active listening. When you are actively listening in class, you are not just hearing the words the teacher is saying, you are also thinking about, and trying to understand, the information that is being presented.

Take Notes to Help You Pay Attention

You can think faster than anyone can talk. This is one of the reasons that your mind sometimes wanders when you are listening to a lecture. When you take notes, however, your mind has something additional to do, and you do not have time to think about anything else. Taking notes, therefore, helps you stay focused. Taking notes also shows your teachers that you are interested in the class and that you are paying attention.

Recognize Important Information

You can often hear a change in your teacher's voice when he/she is going to say something that is especially important for you to know. Teachers often speak louder, slower, or give verbal cues like, "the most significant outcome", "the main point", "the most important reason", "the three causes", etc.

Anything your teacher writes on the board or overhead should be considered very important. Double underline, highlight, or put a star beside this information (or any information that is very important) so that you will know to give it special attention when you are studying later.

Take Notes That Are Easy to Read

Put the name of the class, date, and page number at the top of each page of notes. This is easy to do, and it will help you keep your notes organized.

Write on every other line. Your notes will be neater and easier to read, and you'll have space if you want to add something later.

Use symbols and abbreviations whenever possible. The following symbols will help you take notes faster:

| | | | |
|-----|--------------------|------|------------------|
| = | Same or Equal | > | Greater Than |
| ≠ | Not Equal | < | Lesser Than |
| ~ | Approximately | ↑ | Up or Increasing |
| ↓ | Down or Decreasing | → | Resulting In |
| * | Most Importantly | eg | For Example |
| b/c | Because | w/ | With |
| w/o | Without | w/in | Within |
| wh | Which | v | Very |
| esp | Especially | | |

Use pencil or erasable pen to keep your notes neat. Leave a wide margin on the left side of each page. As you are taking notes, identify key words, and then write them in the margins. Key words (topics, people, places, events, etc.) help you organize your thoughts, and they make your notes more understandable. Key words are also helpful to use when you are reviewing for a test. Then, just cover up your notes, look at each key word, and then test yourself to see what you remember about that topic, person, place, or event.

Go Over Your Notes as Soon as Possible

While the information is still fresh in your mind, go over your notes and clarify anything that is confusing. Fill in the spaces, and make sure that you have all of the key words written in the margins. Of course, while you are going over your notes, you are also fixing this information into your memory.

If you are really serious about getting the best grade possible in a class or have a very hard time in that subject, completely recopy your notes. Eliminate unimportant information and rewrite the rest using your own words. Your notes will be clearer, and as you rewrite them, you will also be learning the material.

Get Copies of Class Notes if You are Absent

When you are absent, it is your responsibility to find out what you have missed (you always miss something!), and to ask your teacher(s) for handouts and assignments. Do not assume that your teacher(s) will tell you if there is something you need to know or do. Get copies of any notes you have missed, and put them in your notebook as soon as possible.

O'Brien, Linda. *How To Get Good Grades in Ten Easy Steps*. Dayton, OH: Woodburn Press, 2004.