

Third Quarter (July) Newsletter

Happy Birthday!

July

- 11 Jarren Horton
- 13 Marquia Austin-Tennant
- 26 Candace Starks
- 31 Ashley Ratute

August

- 2 Kashonna Drain
- 14 Cole Kurtenbach
- 17 Reginald Woods
- 22 Molly Stuber
- 26 Brice Gates

September

- 1 Allen Speller
- 4 Keyah Levy
- 10 Esmeralda Munoz
- 13 William Martin
- 15 Terrence Wallican
- 25 Sir Nature Johnson
- 26 Travis Ferguson

Director's Honor Roll

When available

Congratulations, Graduates!

On behalf of the entire Classic Upward Bound staff, congratulations to the graduating class of 2004!

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|--------------------|------------------|--------------------|---------------------|
| Rocio Ayard | West High School | Cole Kurtenbach | East High School |
| Dionte Byrd | East High School | Keyah Levy | West High School |
| Breanna Cain | East High School | Teaya Minks | East High School |
| Shavina Caston | East High School | William Martin | West High School |
| Tavia Clark | East High School | Andrea Morgan | West High School |
| Deanna Culpepper | East High School | Charnesha Phillips | West High School |
| Mandy Fauser | East High School | Ashley Ratute | Northern University |
| Travis Ferguson | East High School | Molly Stuber | East High School |
| Brice Gates | East High School | Terrence Wallican | East High School |
| Lee Henley | East High School | Reggie Woods | West High School |
| Zach Henninger | East High School | | |
| Sir Nature Johnson | East High School | | |

Words of Wisdom

“Don't let one cloud obliterate the whole sky.” –Anais Nin

“Choose a job you love, and you will never have to work a day in your life.” -Confucius

“I don't agree with a word you say, but I will defend to the death your right to say it.”
– Voltaire

“Leave nothing for tomorrow which can be done today.” –Abraham Lincoln

Director's Letter

Students often forget that their education is just that – *their* education. When students lose ownership of their education it becomes something that they are doing for someone else rather than an investment in themselves and that belief shows in their performance. Students' attitude regarding learning has a tremendous effect on what happens in their academic career and how they perceive and react to those events. Students can improve their performance and regain control of *their* education by understanding how, when, and where they learn best. The following facts will help students to become more empowered learners:

Fact #1: You have a learning style preference when you are learning new or difficult material.

Visual learners learn best through sight. They need to write things down because they remember better when they can see the information. It is helpful for them to re-copy their notes to help recall the information. Using a color highlighter to draw attention to main ideas is also helpful for visual learners.

Auditory learners learn best by listening. They remember lectures and may want to tape them to listen to later. Studying with a buddy is helpful so they can talk and hear the information. When studying alone, reciting the information aloud helps them to remember.

Haptic learners learn best through hands-on experience and movement. They need to be moving while studying (pacing, riding a stationary bike, etc.) in order to concentrate. It is helpful for them to take frequent, short study breaks.

Once you determine what kind of learner you are, you can use the correct study techniques and study smarter. If you need some help deciding what kind of learner you are, or more techniques to use for your learning style, see a Classic Upward Bound staff member.

Fact #2: Your brain is made up of almost 90% water.

You need eight to twelve cups of water a day. Most of us don't get enough water. We walk around in chronic dehydration. Drinking water while studying can increase your alertness, and save lots of time because you'll remember things better and understand new concepts quicker when you drink water while studying. When you study, your brain uses more fluids and needs more water to function well. During times of stress your

water intake should be doubled. Drinking plenty of water will improve your memory and help you to concentrate more easily.

Fact #3: You have a time window for learning.

Research indicates that students should be exposed to details at least 3-4 times before they can be expected to remember them. It works best if this exposure is over a couple of days. This means that it is better to study for 30 minutes a day for two days than for 60 minutes one day. That also means those last minute cram sessions are not so helpful because it is most likely only the second time you've encountered the information and it does not occur over a period of time. Your brain needs time to remember the details. Study at the time of day that you are most alert. Not everyone can concentrate well at night. Consider studying early in the morning, or early in the afternoon. Research shows that not all learners learn best at the same time of day.

Fact #4: The more you watch T.V. the less time you will have to study.

There are only so many hours in a day. Don't burn them all watching T.V.! Research shows that most people feel fatigued and irritable after watching T.V. for a long period. Schedule something else instead of always watching T.V. Use your free time to engage your mind and exercise your body. Most students feel better after physical exercise. They are energized and ready to learn more efficiently.

Fact #5: You can learn reading strategies that will improve your comprehension and increase your ability to recall.

Research shows that expert readers use three strategies the most often. First, they tend to look for answers to questions while they are reading. Second, they pay close attention to what they are reading. Third, they do a lot of thinking while they are reading. These strategies allow them to be fully engaged in what they are reading and therefore retain the information they are learning. Make sure to adjust your reading to what you are reading and why you are reading it. Don't read textbooks the same way you would read a magazine.

Fact #6: You will remember what you've studied much easier when you can apply it to something you already know.

Building on what you already know (and that's a lot!) is much easier, and smarter, than starting from scratch. Constantly ask yourself questions such as, "Does this remind me of anything else?" or "What is the relationship between _____ and _____?" The more you can relate new information to old information the easier it is to remember.

When students believe that their ability to learn can be developed to their benefit through learning specific skills and they practice these skills, they will be amazed at how much they can learn. It's about working smarter, not necessarily harder.

Sources:

O'Brien, Lynn. *Learning Channel Preference Suggestions*. Rockville, MD: Specific Diagnostic Studies Inc., 1990.

Willis, Mary Ann. "The Ten Facts of Empowered Learning." *Off to College 2004 Edition: A Guide for College Bound Students*. Montgomery, AL: Off to College/Dees Communications Inc., 2004.

Music and Your Brain

Listening to and performing music are great ways to improve your ability to think and reason. Musical training, especially at a young age, aids in brain growth and in building connections in nerve cell networks. These neural connections are essential in maximizing your ability to think and reason. This is especially true when it comes to math and science because music exercises the same part of your brain you use to study these subjects. There are certain types of music that help build self-confidence and increase the desire for academic success. Music that is slow and calm can help the listener concentrate better and learn more efficiently. Classical music causes brains to work better and faster because it has a strict order. Here are some facts about the correlation between music and brainpower:

- A skilled musician typically has a brain that is 25% larger than someone who has never played an instrument.
- Students who study music average 52 points higher on the verbal portion of the SAT test and 36 points higher on the math portion than those with no musical background.
- Albert Einstein was a mediocre student until he began studying the violin. In fact, he would often play his violin when he needed inspiration to think more deeply.
- In 1993, researchers at the University of California at Irvine discovered that students who listened to ten minutes of Mozart's *Sonata for Two Pianos in D Major* before taking an IQ test scored, on average, nine points higher than when they were tested without listening to the Sonata. This phenomenon came to be known as the Mozart Effect.
- Students reading a piece of music make as many as 5,000 decisions per minute. And you thought you were indecisive!
- Schools that spend 20 to 30 percent of their day concentrating on the arts, especially music, have the highest academic ratings in the country.

Playing and listening to music is fun and has amazing benefits for your brain!

Source:

"Turn Up the Music, Turn on Your Brain." *On Track: A Career Guide for 5th Through 9th Graders*. Franklin, TN: Venture Publications, Inc., 2003.

Discovering Your Multiple Intelligences

The concept of multiple intelligence is based on the idea that students are smart not just in one or two ways, but in many ways. This idea was stated formally in Howard Gardner's 1983 book *Frames of Mind: The Theory of Multiple Intelligences*. There were two propositions central to Gardner's theory: 1) Intelligence is not fixed. We are not stuck with the intelligence level we are born with. We all have the ability to develop our

intellectual capacity and 2) Intelligence is not unitary. There are many ways to be smart. Everyone has each intelligence as well as a unique pattern of intelligences. In order for something to be considered an intelligence, according to Gardner, it had to meet three criteria: 1) Skills enabling individuals to resolve genuine problems, 2) The ability to create an effective product, 3) The potential for finding or creating problems. The eight intelligences he came up with are as follows:

- Verbal/Linguistic: word smart, communicate well, have a good vocabulary, write clearly, spell easily, think in words
- Bodily/Kinesthetic: body smart, very coordinated, take things apart and fix them, enjoy acting, dancing, and athletics, use gestures and body language
- Logical/Mathematical: logic/math smart, think in number, think clearly and analytically, are good at math, solve logical problems easily
- Naturalist: nature smart, are aware of natural surroundings, good at sorting and classifying, have excellent observational skills, garden or care for pets or animals
- Visual/Spatial: art/space smart, think in pictures and images, have a good eye for detail and color, “see” solutions to problems, like to draw and create
- Interpersonal: people smart, make and maintain friends easily, understand, respect, lead, and organize others, resolve conflicts, like to work and be with others
- Musical/Rhythmic: music smart, have a good sense of rhythm and melody, like to sing, hum, chant, and rap, enjoy creating music, read and write music
- Intrapersonal: self smart, need time to process information, think about their own thinking, have strong opinions and beliefs, know themselves well, like alone time

When there is only one kind of intelligence recognized so much is devalued and lost. By discovering your uniqueness and valuing diverse intelligences, we are validating everyone, increasing self-worth, and embracing diversity. If you would like more information on determining your strongest intelligences and activities to improve all your intelligences, see a Classic Upward Bound staff member.

Source:

“Multiple Intelligences.” *Smart Card*. Kagan Cooperative Learning, 1997.