

## Happy Birthday!

### October

5 Randi Pickard  
7 Da'Onna Gordon  
11 Branayla Tate  
23 Rachel Kopf  
26 Zachery Clark  
28 Andrew Nielsen

9 Chalonda Hackett  
15 Abigail White  
18 Marketia Moore-Hill  
24 Steve Shumaker  
28 Nickole McConeghey  
30 Janeece Hodge

### November

2 Elliott Petersen  
3 Tiaira Wright  
5 Lisa Kuo  
9 Jaime Ayard

### December

6 Brittany Mabry  
12 Darius Miller  
14 Michelle Abben  
15 Patrice Mayo

## Congratulations to the 2004 University of Northern Iowa Classic Upward Bound Summer Enrichment Program Participants!

#University of Northern Iowa Bridge Program Participant

\*University of Northern Iowa MAPS Participant

Michelle Abben  
Robert Abben  
Marquia Austin-Tennant  
Jaime Ayard  
Rocio Ayard #  
Dionte Byrd #  
Breanna Cain \*  
Shavina Caston #  
Tavia Clark #  
Zachery Clark  
Deanna Culpepper #  
Kashonna Drain  
Kurtis Foley  
Andrea Ford  
Da'Onna Gordon  
LaCoia Green  
Saturno Hechavarria  
JaNeece Hodge  
Jarren Horton  
Kountiss Johnson  
Trameka Kelley  
Charles King  
Rachel Kopf  
Lisa Kuo

Keyah Levy #  
Brittany Mabry  
Maria Maldonado  
Patrice Mayo  
Jesse Meyer  
Darius Miller  
Teaya Minks \*  
Andrea Morgan \*  
Esmeralda Munoz  
Clarissia Nelson  
Elliott Petersen  
Charnesha Phillips \*  
Randi Pickard  
Laura Quam  
Kei-Chi Randle  
Ashley Ratute #  
Jessica Reed  
Terrance Roberts  
Ashley Samington  
Shequennce Sanders  
Gabrielle Shirley  
Steven Shumaker  
Jasmine Smith  
Allen Speller  
Cierra Speller  
Candace Starks  
Dominique Starks  
Molly Stuber #  
Kiedra Stuelke  
Tara Taylor  
Habie Timbo  
Charles Tims  
Christopher Tims  
Terrence Wallican #  
Aaron Watley  
Abigail White  
Leundre Williams  
Elvert "Andy" Wise  
Reginald Woods #  
Tiara Wright

## **Preview Iowa at UNI-CUE**

The University of Iowa will be moving from Iowa City to UNI-CUE on **Tuesday November 23, 2004 from 6:30-8:30 p.m.**

Representatives from the University of Iowa's Colleges of Medicine, Engineering, Business, Education, Biosciences, Liberal Arts, and Nursing will be available for you to talk with one-on-one. There will also be a video about the University of Iowa as well as presentations on financial aid, housing, orientation, registration, academic advising, and career services. The evening will conclude with a question and answer session with a panel including current African American and Latino/a students, alumni, and admissions staff.

Refreshments will be served.

Preview Iowa is a great opportunity for juniors and seniors in the Waterloo/Cedar Falls community to find out more about continuing their education at the University of Iowa.

**You DO NOT have to be a participant in the Classic Upward Bound Program to attend, so tell your friends/students/relatives.**

If you have questions, contact Opportunity at Iowa at 1-800-553-IOWA or a Classic Upward Bound staff member at 433-1250.

We want to pack the CUE so see you and your friends on **Tuesday November 23!**

## **Words of Wisdom**

*Little minds are subdued by misfortune, but great minds rise above them.*

- Washington Irving

*Treat people as if they were what they ought to be, and you help them to become what they are capable of being.*

- Goethe

*If I have the belief that I can do it, I will surely acquire the capacity to do it, even if I may not have it at the beginning.*

- Mahatma Gandhi

## **Scheduling for the Future**

Preparing for college is a process. The University of Northern Iowa (UNI) Classic Upward Bound Program helps students identify the steps they need to take in order to complete that process. Students and parents are often surprised at how early in a student's academic career he/she needs to begin planning for college. One area that can have a tremendous impact on students' future college plans and performance is the classes they take while in high school.

In order for students to be academically prepared for what they will encounter in college, colleges, counselors, and advisors recommend they take at minimum the following college preparatory courses:

- Four years of English
- Three years of Math (including Algebra I, Geometry, and Algebra II)
- Three years of Science (including Biology and Chemistry)
- Four years of the same Foreign Language
- Three years of Social Studies
- One year of fine arts courses

Students and parents need to consider these requirements when scheduling for classes each year. Be sure to communicate with your Classic Upward Bound site supervisor and school guidance counselor if you have a question or concern regarding meeting these requirements. Students who do not take all of these courses in high school may be required to take additional courses when they are in college. This will cost the student time and money so it is better to get these requirements taken care of while in high school. Schools that are very competitive may require more than these minimum requirements.

If students are capable of taking these courses at an advanced level they will be even more prepared for college level material and thinking. There are a lot of opportunities for maximizing your time in high school and preparation for college through advanced placement and dual enrollment courses. Many Classic Upward Bound students graduate with not only the above requirements fulfilled, but with a semester or entire year of college credit! Ask a Classic Upward Bound staff member if you are interested in knowing what college credit courses your school offers or that you may be eligible to take at UNI.

O'Brien, Linda. *An Instruction Booklet for College Bound Students*. Dayton, OH: Woodburn Press, 2003.

## **Speak Up! The Importance of Taking Part in Class Discussion**

“I don’t have anything to say.”

“What if I say something stupid?”

“What difference does it make if I talk?”

Do any of these remarks sound familiar? Students often feel indifferent, hesitant, or nervous about taking part in class discussion. Believe it or not, college students feel this way even more than high school students. However, do not let these feelings stop you from talking in class discussions. It is crucial to your own learning and communication skills, the learning of your class, and possibly even your grade that you speak up! Here are some tips for both those that fear talking in class and those that thrive in it:

- **Be Prepared.** Preparation can help ease any anxiety you may have about speaking in class. Be sure to complete all assigned reading before going to class. While you are reading think about what might be discussed in class and jot down some points you would like to make.
- **Ask Questions.** Asking questions is a quick way to get involved in discussion. If you feel uneasy about asking a question remember that if you are wondering about it chances are someone else is too.

- **Summarize in Your Own Words What's Been Said.** Restating something in your own phrasing helps you to truly understand what the speaker said. It also lets the speaker know that you heard him or her – which teachers appreciate.
- **Participate Not Dominate.** This tip is for students that already feel comfortable taking part in class discussions. Remember that knowing when to listen is as important, if not more important, than knowing when to speak. You can learn a lot from listening to what others have to say. Teachers appreciate quality of questions and comments, not necessarily quantity.
- **Respect Others' Opinions.** There are many different ways to look at the same issue. There are most likely going to be several different viewpoints in the room and you need to be open to listening to all of them. You would expect the same respect for you and your views.
- **Be Polite.** Allow others to speak without interruption. Go further by encouraging people who seem hesitant to speak to share their ideas.

The more voices that are heard the more interesting the conversation and it could have big payoffs in your learning and grades!

“Taking Part in Class Discussions.” *Successful Studying: It's All Academic*. South Deerfield, MA: Channing L. Bete Co., 1993.

## **Want to Be A Better Reader? SQ3R**

It sounds a little funny, but SQ3R is a method that can help you get the most out of the time you spend reading by helping you better comprehend and retain what you read. Here is how you can get started improving your reading, comprehension, and memory skills:

**Survey:** Before you read the assigned material, read over all the titles, heading, and subheadings in that section. Look over any pictures, charts, and graphs and be sure to read their captions. Skim introductions, conclusions, and summaries if they are provided. Surveying primes your brain for the type of material you will be giving it.

**Question:** Ask yourself questions as you survey the material. Write your questions down if you think that will help in your comprehension. Example questions would be: Who or what is this section about? How will this relate to what I already know about the subject? Keep in mind anything your teacher said about the reading.

**Read:** Now you are ready to read the material. Read straight through the section that was assigned. If you run into a paragraph you don't understand, reread it. If you see a word you don't know, try to guess its meaning by the context or look it up.

**Recite:** Ask yourself the questions you came up with and any others you now have. Answer any review or summary questions that are in the book. Taking notes on what you've read will help you remember what you learned.

**Review:** Go over your notes again and write down any other questions you still have. Answer them by going over the section again or asking your teacher in class the next day.

It may feel a little different the first few times you do it, but after some practice the SQ3R method will be like second nature when you pick up a book.

“Be a Better Reader: SQ3R Method.” *On Building Study Skills*. South Deerfield, MA: Channing L. Bete Co., 2000.

## Director’s Letter

*Change is the law of life. And those who look only to the past or present are certain to miss the future.*

-John F. Kennedy

*If you want to make enemies, try to change something.*

-Woodrow Wilson

These former Presidents of the United States of America make different, but equally compelling, points regarding the nature of change. John F. Kennedy tells us that change is inevitable and necessary to move forward into the future. This is an important reminder because change can be difficult for all of us. However, it is important to remember that difficult does not always translate into bad. How many times have you been through situations that were trying, but come out a better and stronger person for having been through it?

Although change can have a renewing effect on us and those around us, we often fight it. For this reason, Woodrow Wilson observes that nothing will make you enemies more surely than changing something. Human beings are creatures of habit and change can upset those habits and make us angry. The focus of that anger is often the person or group that is acting as an agent of change. A true leader must be aware of this tendency and be willing to work with people in creating change to prepare a brighter future.

Why all this talk of change? Change is a very important aspect of what we do in the University of Northern Iowa (UNI) Classic Upward Bound Program. Our goal is to create change in students, in our community, and in the educational system. Our mission statement reads:

*The University of Northern Iowa Classic Upward Bound Program will be an agent of change by developing collaborative relationships with students, parents, schools, and the community and by 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.*

We can only achieve that mission by constantly evaluating what we are doing and finding ways to do it even better. This often means change.

This spirit of evaluation and change was reflected during the last academic year by the introduction of several new initiatives. We recognized that academics must be the cornerstone of our program and saw some areas that students could improve in.

Therefore, we began offering a Book Club to improve student's reading comprehension – which can have a dramatic effect on grades, test scores, and college preparedness. We also offered Basic Math Workshops to help students improve their skills and confidence in mathematics.

Service is another aspect that we stress in this program. It has its own rewards and helps students gain a competitive edge in the scholarship search. To assist students in gaining volunteering experience, the UNI Classic Upward Bound Program hosted a Blood Drive for the American Red Cross at UNI-CUE in order to support our troops and the thousands of others who need blood everyday. Classic Upward Bound students and staff also had a chance to assist Habitat for Humanity with a building project in Waterloo. These initiatives pumped new life into the program and gave our students even more opportunities.

Be on the lookout for more new initiatives and changes this academic year. We are always thinking of new and better ways to help our students succeed. We hope you understand the changes we are implementing are designed to assist in making you, the community, and the world a better place.