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WALB UNION G27
FORT WAYNE, INDIANA
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Upward Bound Parent Council

UPWARD BOUND AT INDIANA UNIVERSITY—PURDUE UNIVERSITY FORT WAYNE

DATES TO REMEMBER

WINTER 2006

SPECIAL POINTS OF INTEREST:

- Fall Parent Council Meeting Recap
- Fundraising
- Dates to Remember
- Parent Reminders

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Fall Parent Council Meeting Recap

The second Upward Bound Parent Council Meeting took place on Saturday, November 4, 2006. The meeting was facilitated by Roxanne Gregg, while the meeting minutes were compiled by the Upward Bound Parent Council Liaison / Program Assistant, Alicia Tomlinson. Parent in attendance included: Fonda Brown, Tina Hook, and Zaw Zaw. The meeting started off with a brief recap of the events which took place during the months of September, October, and part of November.

The **Academic Year Kick Off** which took place on Saturday, October 7, 2006 proved to be very successful and excellent way to start the new 2006/2007 academic year. Students were also introduced to new leadership

skills and training.

BLUE Stars leaders have all been selected and the first training session was held on Friday, November 3. Students are beginning preparations for a leadership seminar which will be presented on Saturday, April 29, 2007.

Senior SAT Workshops have been completed for the year; if there are students interested in attending more sessions, Upward Bound staff will then plan for more sessions in the Spring.

The first **College Prep 101 Sessions** was held during October. Parents and students are strongly encouraged to attend the next session in order to better prepare for the financial component of applying to a post-secondary institution. Please see

Dates to Remember for the next College Prep 101 Session.

Individualized Counseling will begin mid-November in order to complete goal setting and grade improvements with the students. More information to follow soon.

Students are encouraged to continue attending **Tutoring** sessions. Students will earn two merit points per week for attending tutoring. Those who attend South Side High School are strongly encouraged to increase their attendance at the tutoring sessions.

Upward Bound is in the process of **Recruiting** new students. If you know of any potential candidates that would fit well in Upward Bound, please contact the office as soon as possible.

Winter Fundraiser: Gift Basket Raffle

The Upward Bound Parent Council is in the process of planning their first fundraiser. A Gift Basket Raffle will enable students, parents, and staff of Upward Bound to raise funds to support the graduating seniors. Those who purchase tickets will have the opportunity to win a gift basket. The Parent Council

plans on having gift baskets donated from stores in Glenbrook Mall, Mary Kay, Gold Canyon Candles, and Starbucks. Sponsor letters will be mailed out shortly in order to obtain more gift basket donations. The gift baskets will be set up on display at the IPFW Alumni Association Holiday Market & Craft Fair on

Saturday, December 9, 2006 from 10am to 3pm in the Walb Student Union Ballroom. The drawing of the baskets will take place upon conclusion of the fair. For more information or to donate a basket, please contact Fonda Brown at 260-745-5055 no later than Wednesday, December 6, 2006.

Seniors: Things to do for College Preparation

Here is a list of things to do for Seniors which will help with the college application process:

- Take the SAT I, SAT II, or other tests if appropriate.
- Get the Free Application for Federal Student Aid (FAFSA). Submit the FAFSA as soon after January 1 as possible.
- Check that all application materials have been submitted. Call each college or check with your counseling office. College and High Schools may close for the holidays. Check in with them early in the month, so there will be time to take care of last minute details.
- Expect early decision and early action replies.
- Accepted? Congratulations! You may need to send a deposit and withdraw applications from other colleges.
- Deferred? Stay Hopeful! You may be accepted later with regular decision applicants.
- Denied? Don't lose heart. This doesn't mean you're not smart or worth. Remember, you still have other schools on your list.

"I can not do everything, but I can do something. I must not fail to do the something I can do."
- Helen Keller

'Celebrating Holidays Around the World'

'Celebrating Holidays Around the World' is the theme of our upcoming Holiday Party to be held on Saturday, December 16, 2006 at 12noon. The party will provide student the opportunity to share their holiday traditions with their fellow students, parents, and staff. Cultures within Upward Bound will be showcased, as they represent cultures of both

students and staff. Parents and students will be responsible for bringing a main dish or dessert to feed approximately 10 people, which will be assigned at a later date. Students are encouraged to bring a gift (\$2.00 limit) to the party in order to participate in a gift exchange. Santa Clause will be making a special guest appearance and photo taking opportunities will

also be available. Friends and family of Upward Bound students are welcome to attend. More information will be provided to the students at a later date. To assist in planning, please contact Fonda Brown at 260-748-5055.



21st Century Scholars

The 21st Century Scholars will be holding a mandatory affirmation meeting for all students who are 21st Century Scholars. All 21st Century Scholars and their parents MUST attend one of the affirmation meetings listed for Allen County. If any students or parents have any questions, please contact

Glenda, Student Coordinator of 21st Century Scholars at 260-481-4174 or Martin, Parent Coordinator at 260-481-4173. Listed below are the affirmation dates:

The Little Turtle Library—
December 2, 2006 10:30-11:30am 2201 Sherman Blvd., Fort Wayne, Indiana

Georgetown Library—
December 2, 2006 3-4pm
6600 E. State Blvd, Fort Wayne, Indiana

Hessen Cassel Library—
December 9, 2006 10:30-11:30am 3030 E. Paulding Road, Fort Wayne, Indiana

DATES TO REMEMBER

December 2—ATS, Parent Council Meeting

December 16—Holiday Party

December 22—TUTORING ENDS

December 23—Winter Break Begins

December 24—Christmas Eve

December 25—Christmas

HAPPY BIRTHDAY TO YOU!

November

Soshia (8th), Latricia (11th), Louis (15th),
Vinh (21st), Terrell (29th)

December

Brittany (3rd), Kassandra (10th),
Melissa (27th), Andrea (30th)



UPCOMING

PARENT COUNCIL MEETING:

Saturday December 2, 2006

Kettler Hall G49

All parents are encouraged to attend!

Upcoming Issues:

- Gift Basket Raffle Fundraiser
- Holiday Party
- Recap of the month past

LAPTOP COMPUTER SIGN OUT

Laptop computers are now available for students to sign out for educational purposes only. Please see Shubitha Kever if you are interested in signing out a laptop. Thank you!

Upward Bound

Indiana University—Purdue University Fort Wayne

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Fort Wayne, Indiana 46805

Focus of the Month: Reduce Test Anxiety

A little anxiety before a test improves your concentration and alertness. *Excessive worry, or test anxiety can lower your test scores.*

It's possible for students with test anxiety to get themselves so worked up that they can't think clearly. The brain is like a computer in that it contains a great deal of information. This information is useless, however, if you're not able to "access" it when you need it. Having test anxiety is like not having the password for your computer. The information is there, but you can't get to it.

To reduce test anxiety, study enough to feel confident that you know the material. Then try to replace the worry and negative thinking with thoughts that are positive and relaxing. Some of the following suggestions may help you:

- Start studying early. The night before a test, review the material and get a good night's sleep. Cramming increases test anxiety.
- Mentally practice going through the testing experience. Close your eyes and see yourself calmly and confidently walking into the test. See yourself answering the question correctly, and then see yourself receiving the grade you want. Go through this mental imagery exercise several times before the day of the test.
- Walk into the test with your head up and your shoulders back. How you act can definitely affect how you feel. If you act confident, you just may find that you feel more confident.
- Try these five common relaxation techniques:
 - 1) Take a deep breath, hold it, and then slowly release the breath and the tension. Do this until you feel your body relax.
 - 2) Start at the top of your head, flexing, and then relaxing each part of the body.
 - 3) Close your eyes and let your arms hang down at your sides. As you relax, visualize the tension from your head, neck, and shoulders flowing down your arms and out through your fingertips.
 - 4) Close your eyes and visualize warm sunshine washing over you, melting away the tension, and relaxing all of your muscles.
 - 5) Think of a place where you feel very relaxed and calm. Close your eyes and visualize being in that place.

The more you practice positive thinking and relaxation techniques, the better you'll get at using them. If you continue to have problems with test anxiety, talk to your counselor.

(O'Brien, L. High School Parent Guidebook. (2006) Woodburn Press)



“If we did all the things we are capable of doing, we would literally astonish ourselves..”

- Thomas Edison