Greetings Upward Bound Students!

I am extremely happy to be here and be part of the unbelievable and very important Upward Bound program. I have already heard so much about all of you and I look forward to when we can meet and get to know one another. The fast approaching summer program will be an excellent opportunity for this.

Let me take a moment to tell you a little about who I am and why I am here. I wanted to work in the Upward Bound project for many reasons and one very important reason is because of my personal life mission to create and or offer individuals opportunities for success. I believe it is important for people, especially young people (students) to have choices in life. When someone has many choices available, the life adventure they can create becomes limitless. Not only am I, but I believe the staff of Upward Bound is committed to making available many exciting opportunities for all of you.

Another important and exciting element of the Upward Bound project is that your success in the program is up to you. We have many of the tools and support systems available to you to make your goals a reality, but it is up to you if you choose to take advantage of them. We are here to guide you and support you with enthusiasm and sincerity, and hope your dreams do become a reality.

I am looking forward to a summer and then new school year of fun, adventure, learning and success. It is a big amazing world out there and with Upward Bound you now have the vehicle to explore it and create your dreams for the future.

See all of you soon!

Jennifer Malone, Director
Upward Bound
College of the Siskiyous

“What you can, or dream you can, begin it. Boldness has genius, power and magic in it.”

David Brower
Living With Jason, Your Academic Coordinator

Finish Strong
It’s not how you start, but how you finish.

With the 2005-2006 academic year coming to an end, it’s time to buckle down and finish strong.

With the emergence of the spring weather, comes the temptations to put down our school books and head to the outdoors. While this is something that we all want to do, we need to be responsible, and make sure we take care of our class work, and finish strong. Don’t let 3+ months of hard work go to waste by relaxing the last month of school.

One of the best ways to stay motivated is to look towards the future, and visualize what it is that you want out of life.

Realizing what you do now and for the next 4-10 years is going to have a huge impact on what your life choices are going to be. Staying positive and on track is something that takes work. You have to be strong and not give in to temptations that will keep you from reaching your goals.

At times it’s going to seem hard, but that’s life’s way of testing you. Stay focused, and remember why you’re working as hard as you are. Visualize the feeling you’re going to get when you do reach your goal, and succeed.

Always do the best you can, so when you look back there will be no excuses or regrets.

“Junior’s Corner”

The time has come, and you are on the verge of entering your senior year of high school. With that comes a lot of responsibility. Here are some things to think about over the next few months.

Make sure I contact Jason and get signed up for the May or June SAT.

Make sure I finish strong and get the best grades I can.

Visit as many colleges as I can before next fall.

College applications are due between Oct. 1st and Nov. 30th.

GPA STATISTICS
First Semester 2005/06

25% of students above 3.5
47% of students above 3.0
64% of students above 2.5
87% of students above 2.0
12% of students below 2.0

Important Dates to Remember!!!!!

April 3rd:
Was the registration deadline for May 6th SAT’s at HCHS, THS, and YHS. See your Counselor

April 8th:
College transitions workshop
Juniors & Seniors

April 28th:
Registration deadline for June 3rd SAT’s at EHS and MSHS

June 11th:
Summer Program Begins

July 17 - 19:
UB College Tour
Hey Seniors!! Busy times are here! Keep plugging along on those scholarship applications!!

BE MINDFUL OF DEADLINES!

You should be hearing from the California Student Aid Commission regarding your Cal Grant Awards. If you have not, stay on the lookout.

When you get any of your award letters, would you get me a copy so I can put it in your file, I would appreciate it.

Surviving Senioritis!!!! I know you have put in three hard years to earn the grades needed to get into college, and you are ready to take it easy. But stay on track, slacking on your schedule can cost you now and down the road. Don’t slack off….even if you are already in. Your senior grades do count.

Colleges can take back offers of acceptance if your grades take a nose dive. Keep up the hard work, the end will be here before you know it!!!!!

For those of you planning on attending COS, registration begins on April 24 for Summer and Fall semesters. I will be meeting with you at your schools to explain the process with each of you.

Don’t forget April 8, College Transition Workshop. Believe me, it will be worth your time, plus your getting paid to come$$$$

Keep up the GREAT work!!

Rhonda Daws
Senior Advisor
daws@siskiyous.edu 841-5319

Hey Upward Bounders,
The end of the school year is approaching fast and it is time to get your head in the game and finish the school year with enthusiasm. I have noticed that on the progress reports there were some grades that do not reflect how talented all of you are and according to the teachers it is purely a matter of turning in assignments. Now I expect that everyone is working hard to keep up their grades and bring up the boo-boos that were made earlier in the semester. If you do not feel that redemption is possible on your own you need to get in and meet with your tutor; after all that is what we are here for. Take advantage of the fact that you have tutors that are there specifically to help you; most students do not have such a great tool at their disposal. I am counting on you to get in to see your tutors and get your work done! And for the students that are doing well, great job and I am very proud of you! Keep up the good work,

Holly James, South County Tutor
Five Steps To Academic Success

The end of 2005-2006 academic year is nearing. If you can clearly see light at the end of the tunnel, congratulations! If you are struggling just to pass one or more courses, don’t give up! You have time to turn things around, but you’ll need to take a few steps today to make change possible.

First, check your mind set; listen to that little voice inside your head. You should be hearing, “Yes, I can do this,” instead of “I’ll never get this stuff, so why bother trying?” Just because you don’t understand something immediately doesn’t mean that you never will.

Don’t compare yourself with others; people learn at different paces. If you give up, you’ll probably fail the course and absolutely fail yourself by not learning what you can achieve. Dare to grow.

Belief in yourself and persistence usually pays off. Remember, the tortoise won the race against the hare just because he/she kept on trying in spite of the odds.

Second, redefine a problem as a challenge and take action; those are the first steps toward a solution. Procrastinating or avoiding a situation makes it harder to remedy before a deadline. If working alone has resulted only in frustration, admit that you need help. It is not a sign of weakness or stupidity. Just the opposite, knowing when and where to get appropriate help is a sign of maturity and wisdom.

Separate your self-image from the challenge; you are still a worthwhile person, even if quadratic equations seem like a mystery right now, but you’ll earn more respect and better grades if you do master a challenge.

Upward Bound students are the future leaders of our country. Would a good leader advise a sinking swimmer to keep treading water or call for a lifeguard?

Third, aim high! Work toward earning a high grade, even if you don’t achieve an “A”, you will most likely earn an average or better grade. If you make a “D” your goal and fall short, failure can result in having to retake the course in summer school or burdening yourself in future semesters, if the course is a graduation requirement.

Fourth, realize that you are not alone and that you have options! Get moving by communicating with your teachers; they want to help you. Ask if you have extra credit options. Take advantage of your school’s peer tutor program. Upward Bound students have the additional option of counselor and tutor support. They are your personal academic lifeguards because they can help to create a realistic recovery plan, break down seemingly impossible learning challenges into manageable steps, and work with you, one-on-one.

Fifth, stick to your recovery plan, even if it means postponing some fun time for a while. Don’t get sidetracked by people who don’t share your education goals. Keep focused, keep working, keep picturing yourself on the academic podium wearing gold, silver or bronze, and remember, Upward Bound is always at your side, ready to help.

By: Christine Niezabitowska
To all Upward Bound Students...

SUMMER PROGRAM INFO

This year’s summer program promises to spectacular! The Upward Bound Staff has worked incredibly hard to put together a program that is educational, exciting, interesting and unbelievably fun.

We had an interesting turn of events already. The College of the Siskiyous dorms are going to be under renovation during our summer program, so all student’s will be staying in a local motel for the time that we will be needing to utilize the campus for academics. We have made sure that the motel is a safe, secure and clean establishment for you, and it is conveniently close to the campus. The entire motel has been reserved for Upward Bound student’s only.

We are going to start the summer program off hitting the ground running. We will take off Monday morning the 12th of June for a week long stay at Kidder Creek for outdoor adventure fun. At Kidder Creek you can white water raft, rock climb and play in the pond. Not only that, but you will get the opportunity to experience an exhilarating science workshop offered by Jason Singleton, Outdoor Education Specialist for Siskiyous County Office of Education.

This year we have decided to offer you a broader range of electives during our academic portion of the program. You will be able to choose from web design, drama, photography, health and fitness or art. Start thinking about what you would prefer, only the top 2 or 3 electives will actually be available.

During the academic week there will be fun and educational outings. We won’t spill all of the beans now, you need to join us and see!

Oh yes, the college tour. The last week of our program will include a three day college tour field trip. We will visit UC Berkeley, San Jose State, Stanford and Sonoma State. In between college visits we will go to the exploratorium in San Francisco, and one evening we will be attending a San Francisco Giants baseball game. By the way, we will be staying at a hostel right on Fisherman’s Wharf.

That is probably enough to get your interest! You will be receiving your summer program packet in the mail soon. Make sure you fill out everything and get it back to us as quickly as you can. We can’t wait to the summer started, and we hope you are as excited as us.

New Developments for Upward Bound Students

Starting in September of 2006 Upward Bound will introduce a new and exciting tool for success. This program will allow you to be rewarded for all the work and effort you put into your school work, and the Upward Bound Program. Your success will be measured by assessing your level of involvement in five different areas of interest. From these five areas you will be given an Upward Bound GPA. At the end of each semester your UB GPA will be calculated and this will determine your stipend pay or reward. The areas for each student will be determined through a meeting with the student and assessing the needs and desires of the student and an agreement on what five areas would be most beneficial. There may be up to fifteen themes to choose from.

Included in the five areas will be; completed assignments, attending tutoring sessions, meeting with us on a regular basis, academic GPA improvement or workshop attendance. More details will be available to you during the summer program, where we plan to have all of you participate in the development of the themes for evaluation and especially the rewards to be given for each GPA level per semester.

This program will reward those students who work the hardest. Rewards will not be determined by your school grades, but by your UB GPA. But the nice thing is that if you have a good UB GPA your academic GPA will most likely reflect your diligent effort. We are very excited to get this started, and we believe you will feel the same way.
Upward Bound offers:

- Preparation for college.
- Assistance from tutors during the academic year.
- Individual and group counseling.
- A required six-week residential summer program which includes high school courses.
- Assistance in completing college admissions and financial aid applications.
- Special workshops including SAT/ACT Prep, field trips, cultural events, and college visits.
- Incentives: stipend checks, awards, and fun trips.

ALL AT NO COST TO THE PARTICIPANT