Hey UB’ers, I hope all of you enjoyed your winter break. Most of you are about to enter into a new semester, for some of you it might be a fresh start. If I can’t stress more than anything, do not get behind in your classes. It can be very difficult to catch up. Also, take advantage of the tutoring programs that are offered at your schools.

Rhonda Daws

Happy New Year!!

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Upcoming Dates

Junior Day ..................COS..................................................................................March 24, 2010

Healthy Living & Effective Social Skills

You have begun your academic and career planning for high school and started your preparation for post secondary education and work. You also may have begun to take college classes and enter the world of work with your first paying job. The second area of mastery in preparation for the future is healthy living and effective personal/social skills.

THE ROLE OF DIET, EXERCISE, AND SLEEP

It should be a priority to eat three healthy meals per day, including at least two to four servings of fruit and three to five servings of vegetables. Fat, cholesterol, salt, and sugar intake should be minimized. Skipping breakfast can affect your academic performance in school.

Exercise should be an ongoing routine throughout life. Exercise benefits us physically and mentally by reducing stress. Exercise at least three to four days per week. It should include continuous (aerobic) physical activity for at least 20—30 minutes without stopping. Examples of aerobic exercises include brisk walking, basketball, bicycling, swimming, in-line skating, soccer, and jogging.

Most people need eight hours of sleep per night. Adequate sleep is as important as diet and exercise for good health and long life. There is a link between sleep deprivation and increased risk of high blood pressure, diabetes, obesity, depression, heart attack, and stroke according to the Institute of Medicine. Inadequate sleep will hinder academic progress by reducing your memory, focus, concentration, and reaction time.
High School Graduation Requirements

In order to graduate from California public high schools, students must complete specified state and local graduation requirements. Local school districts have the authority and responsibility for establishing high school graduation requirements. These requirements vary among school districts. However, California Education Code (Outside Source) Section 51225.3 specifies that students must pass a minimum set of required courses and an exit examination. These requirements should be viewed as minimums and support for the regulations specified by the local school boards. Courses in the subjects specified, each course having a duration of one year, unless otherwise specified.

**Required High School Courses**

<table>
<thead>
<tr>
<th>Subject</th>
<th>Requirement</th>
</tr>
</thead>
<tbody>
<tr>
<td>English</td>
<td>Three courses in English.</td>
</tr>
<tr>
<td>Mathematics</td>
<td>Two courses in mathematics, including one year of Algebra I beginning in 2003-04 (California Education Code Section 51224.5).</td>
</tr>
<tr>
<td>Science</td>
<td>Two courses in science, including biological and physical sciences.</td>
</tr>
<tr>
<td>Social Studies</td>
<td>Three courses in social studies, including United States history and geography; world history, culture, and geography; a one-semester course in American government and civics, and a one-semester course in economics.</td>
</tr>
<tr>
<td>Visual/Performing Arts</td>
<td>One course in visual or performing arts or foreign language. For the purposes of satisfying the requirement specified in this subparagraph, a course in American Sign Language shall be deemed a course in foreign language.</td>
</tr>
<tr>
<td>Foreign Language</td>
<td>Two courses in physical education, unless the pupil has been exempted pursuant to the provisions of Education Code Section 51241.</td>
</tr>
<tr>
<td>Physical Education</td>
<td>Other coursework as the governing board of the school district may by rule specify.</td>
</tr>
</tbody>
</table>

**College Prep Course Requirements for CSU and UC Systems**

Every student must take the following courses during high school in order to meet the UC and CSU System requirements which will allow applying to four-year institutions during senior year of high school. To satisfy this requirement, you must complete the 15 yearlong high school courses listed below. These courses are also known as the "a-g" subjects. At least 7 of the 15 yearlong courses must be taken in your last 2 years of high school. If you will be applying for admission for fall 2012 or beyond, you must complete 11 of the 15 "a-g" courses by the end of your junior year.

The courses you take to fulfill the Subject Requirement must be certified by the University as meeting the requirement and must be included on your school’s UC-certified course list. These requirements are typically called A through G requirements. They assign a Letter (A-G) to each Category: A=History B=English C= Math and so on. These requirements are standard no matter which high school you attend and although the class names may be slightly different, the courses are virtually identical.

**Required "A-G" Courses**

<table>
<thead>
<tr>
<th>Subject</th>
<th>Requirement</th>
</tr>
</thead>
<tbody>
<tr>
<td>a History/Social Science</td>
<td>2 YEARS REQUIRED</td>
</tr>
<tr>
<td></td>
<td>Two years of history/social science, including one year of world history, cultures and geography; and one year of U.S. history or one-half year of U.S. History and one-half year of civics or American government.</td>
</tr>
<tr>
<td>b English</td>
<td>4 YEARS REQUIRED</td>
</tr>
<tr>
<td></td>
<td>Four years of college-preparatory English that include frequent and regular writing, and reading of classic and modern literature. No more than one year of ESL-type courses can be used to meet this requirement.</td>
</tr>
<tr>
<td>c Mathematics</td>
<td>3 YEARS REQUIRED, 4 YEARS RECOMMENDED</td>
</tr>
<tr>
<td></td>
<td>Three years of college-preparatory mathematics that include the topics covered in elementary and advanced algebra and two- and three-dimensional geometry. Approved integrated math courses may be used to fulfill part or all of this requirement, as may math courses taken in the seventh and eighth grades that your high school accepts as equivalent to its own math courses.</td>
</tr>
<tr>
<td>d Laboratory Science</td>
<td>2 YEARS REQUIRED, 3 YEARS RECOMMENDED</td>
</tr>
<tr>
<td></td>
<td>Two years of laboratory science providing fundamental knowledge in at least two of these three foundational subjects: biology, chemistry and physics. Advanced laboratory science classes that have biology, chemistry or physics as prerequisites and offer substantial additional material may be used to fulfill this requirement, as may the final two years of an approved three-year integrated science program that provides rigorous coverage of at least two of the three foundational subjects.</td>
</tr>
<tr>
<td>e Language Other than English</td>
<td>2 YEARS REQUIRED, 3 YEARS RECOMMENDED</td>
</tr>
<tr>
<td></td>
<td>Two years of the same language other than English. Courses should emphasize speaking and understanding, and include instruction in grammar, vocabulary, reading, composition and culture. Courses in languages other than English taken in the seventh and eighth grades may be used to fulfill part of this requirement if your high school accepts them as equivalent to its own courses.</td>
</tr>
<tr>
<td>f Visual and Performing Arts</td>
<td>1 YEAR REQUIRED</td>
</tr>
<tr>
<td></td>
<td>A single yearlong approved arts course from a single VPA discipline: dance, drama/theater, music or visual art.</td>
</tr>
<tr>
<td>g College-Preparatory Electives</td>
<td>1 YEAR REQUIRED</td>
</tr>
<tr>
<td></td>
<td>One year (two semesters), in addition to those required in &quot;a-f&quot; above, chosen from the following areas: visual and performing arts (non-introductory level courses), history, social science, English, advanced mathematics, laboratory science and language other than English (a third year in the language used for the &quot;e&quot; requirement or two years of another language).</td>
</tr>
</tbody>
</table>
Scholarship Information

Seniors are you aware of the availability of local scholarships? There are several advantages for you to seek out local awards, you will face less competition than when applying for national scholarships. This doesn’t mean that you should ignore national scholarships. In general, the smaller the geographical area a scholarship covers, the better your chances are of winning.

There are many scholarship deadlines that are coming up. Make sure you don’t wait until the last minute to fill out your application. Take advantage of your Upward Bound Advisor to help you with the application process.

Where to look local scholarships:
• Your high school’s website
• Your high school counselor
• Local newspaper
• Your Upward Bound Advisor

~ Seniors: Financial Aid ~

Every student who is applying for financial aid should submit the FAFSA (Free Application for Federal Student Aid). The FAFSA is what colleges use to determine a student’s eligibility for aid.

It is recommended that you file your FAFSA electronically. This method is faster and has the advantage of online prompts to help avoid mistakes.

When filing here is a list of documents you should have handy:
• Social Security Number
• Federal income tax returns
• W-2 forms
• Current bank statements
• Records of any stocks, bonds or other investments

Rhonda will be working with all seniors on their FAFSA’s this year. She will be coming to all your schools, meeting with each senior individually to make sure seniors and their families are getting the necessary help to complete and file your FAFSA.

FAFSA deadline is MARCH 2

After FAFSA is filed:
Within three to six weeks of filling you will receive a Student Aid Report (SAR) which summarizes your FAFSA information and provides a dollar amount for your Expected Family Contribution (EFC). Check this over carefully to make sure all information is correct, submit any corrections.

In March/April you will receive award letters detailing how much financial aid you will receive and what your aid will consist of loans, grants, and work-study. Compare your awards and decide which college to attend.

You do not need to accept all the financial aid your school offers, remember that all loans need to be repaid.

Remember your Upward Bound Advisor can help you with all your financial aid needs. If you have any questions or need help contact Rhonda or Stephanie and they will make sure that you get the necessary help you need.

~ Seniors: Admitted Student Checklist ~

Here is a handy checklist to stay on track once your campus is chosen.

1. Activate your campus account if your campus requires it.
2. Open and read carefully all mail and e-mails from your admitted school
3. Keep a copy of all correspondence.
4. Return your “Intent to Register/Deposit” form to the campus by the posted deadline
5. Take placement tests unless you were exempt via SAT, EAP, or AP
6. Submit the application for student housing. Please note that students should submit housing applications during the admission application time period. Submit lease agreements and/or deposits
7. Follow up with Financial Aid at www.fafsa.ed.gov by the priority deadline of March 2. Make sure SAR forms are complete and submitted to the campus
8. Register for orientation
9. Register for classes online
10. Submit final transcripts
Weekly Tutoring Schedule

<table>
<thead>
<tr>
<th>School</th>
<th>Days</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>WHS</td>
<td>Tues. &amp; Thurs.</td>
<td>3:00 - 5:00 pm</td>
</tr>
<tr>
<td>DHS</td>
<td>Wed.</td>
<td>3:00 - 4:00 pm</td>
</tr>
<tr>
<td>EHS</td>
<td>Mon.</td>
<td>1:30 - 3:30 pm</td>
</tr>
<tr>
<td></td>
<td>Tues. &amp; Wed.</td>
<td>3:30 - 4:30 pm</td>
</tr>
<tr>
<td></td>
<td>Thurs.</td>
<td>3:30 - 4:30 pm @ SVJH</td>
</tr>
<tr>
<td>YHS</td>
<td>Mon.</td>
<td>3:00 - 4:00 pm</td>
</tr>
<tr>
<td></td>
<td>Thurs.</td>
<td>3:00 - 4:00 pm &amp; lunch</td>
</tr>
<tr>
<td>YHS</td>
<td>Tues. &amp; Thurs.</td>
<td>4:00 - 5:00 pm</td>
</tr>
<tr>
<td>MHS</td>
<td>Tues.</td>
<td>3:00 - 4:00 pm &amp; lunch</td>
</tr>
</tbody>
</table>

Our Mission

To work with first generation students to provide the motivational support and educational and practical skills necessary to graduate to higher education and SUCCEED IN COLLEGE!

College of the Siskiyous

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800 College Ave
Weed, CA 96094

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Email: upwardbound@siskiyous.edu

www.siskiyous.edu/upwardbouund/

“The future belongs to those who believe in the beauty of their dreams.”
Eleanor Roosevelt

Upward Bound Birthdays

- Trina Appler 12/1
- Joshalynn Mullins 12/2
- Ashley Vincent 12/3
- Scott Spaulding 12/10
- Codie Truex 12/16
- Denessa Kuykendall 12/16
- Zachary Shirley 12/27
- Denine Ravencroft 1/5
- Kelly Francis 1/6
- William Strelow 1/21
- Dylan Hardaway 1/30
- Jesse Hogg 1/31
- Kile Beck 2/4
- Paola Galvan 2/9
- Victoria Hache 2/11
- Taylor VanDyke 3/1
- Amanda Ross 3/3
- Christopher Huffman 3/13
- Julian Jaime 3/22
- Aaron Cavey 3/26
- Regina Rodarmel 3/30