

# Upward Bound

News Bulletin

October 2009

SENIOR ALERT!

## KEY DATES

October 3—Saturday Academy  
 October 16—College Campus Visit  
 October 17—ZAPPING THE ACT Seminar  
 October 24—ACT Test  
 October 29—LSC Open House

## Saturday Academy

ACT Prep  
 PLAN Test  
 Ice Cream Social w/UWS  
 10 am - 3 pm

Take the ACT	October 24
Study for the ACT (Study, Study, Study!).	Prepare for the ACT: calculator, pencils, and sleep are key to good results! Don't forget your I.D.
College Applications—narrow down your list.	Due by Thanksgiving—contact Joe to get a letter requesting to waive the fees! Gather information about college choices. Network thru your teachers, counselors, and UB staff about recommendations.
IMPORTANT: Make a copy of your college applications before you mail.	
Begin work on college scholarship essays!	Why should they pick you? Write about why you desire to earn an education and the great qualities you have!

**Saturday Academy—10/3/08 10a-3p**  
 Topic: ACT Prep, PLAN Test and Ice Cream Social with UW-Superior. The U.S. Dept. of Education requires us to administer this test each year. If you miss this Saturday Academy, you will have to make up the test. Your stipend check will be held until you make up the test.



Calling ALL Juniors & Seniors  
**MEA ROAD TRIP**

**ROAD TRIP Juniors & Seniors ONLY! College Campus Visit—10/16/08 7a-6p**  
 Don't miss this chance to visit Metro State & Macalester College in St. Paul, MN — **RSVP**

**Mandatory Deadline 10/12/09**

**Please respect the fact that we need to confirm student attendance for reservations. For example: food planning and coach bus versus a mini van is a huge difference in cost. Thanks!**

**ZAP Act Prep Course—10/17/08 9a-3p**

At Lake Superior College in room #S2941 (Pizza lunch provided) RSVP due 10/5/09.

**ACT Test—10/24/08**  
 Seniors!

## JUNIORS

Concentrate on your GPA. Your grades are crucial in regards to college applications. Attend college fairs and open house events. Lake Superior College Open House is October 29. Come and talk to our instructors about different programs. Think about taking college classes now— CITS = College In The Schools, PSEO = Post Secondary Education Option, and AP = Advanced Placement courses (AP – for seniors). Do volunteer work and get involved in extra-curricular activities. This looks great on your college and scholarship applications!



*“Don't TELL me you “need” a recommendation . . . I'm honored to be ASKED” –From a high school guidance counselor*

## FRESHMEN

Meet with Joe to make a plan to get the most out of you 4 high school years. Take required courses and beyond for HS graduation and college preparation. Make good decisions now! Get to know your teachers— you may need them to write a recommendation for college and scholarship applications. Get involved in school: pep club, theater, band, etc. It counts!

## SOPHMORES

Take the PLAN test seriously. It is good “practice” for the ACT. Do volunteer work and get involved in extra-curricular activities. This looks great on your college and scholarship applications!

**“Do you get the point that we want you to STUDY FOR THE ACT?”**



## BIRTHDAY WISHES

- Zack Overfors 10/03/09
- Jennifer O'Reilly 10/20/09
- Carol Johnson 10/22/09

Carol Johnson (218) 733-7673, Joe Morcomb (218) 733-7685, Missy Doolittle (218) 723-4781

**MISSY DOOLITTLE**  
**(218) 723-4781**

**Ivy Heidenreich is the first girl ever to make the Denfeld football team—Congratulations!**

## RSVPs

**10/16/09—College Campus Visit—RSVP Due 10/12/09**

**10/17/09 ZAP—RSVP Due 10/5/09**

### Address & Phone Changes

Report your changes to a UB staff member as soon as possible.

*Thank you!*

### TUTORING TIMELINESS

Make sure you come to tutoring prepared to work. Visit the restroom, gather all study materials, and do whatever you have to do—to be ready.

DENFELD: 3:20-5:20 pm  
PROCTOR: 3:30-5:30 pm

### PARENT TIP OF THE MONTH

To help your student succeed in high school, follow these suggestions:

- Provide a good place to study.
- Help your student set goals.
- Use rewards and consequences to encourage change.
- Attend all parent programs.
- Insist on daily attendance.
- See all midterm reports and report cards.
- Help with time management.
- Deal effectively with homework.
- Listen.
- Encourage independent problem solving.
- Monitor activities and jobs.
- Encourage positive activities.
- Be aware and be informed.
- Set limits and boundaries.
- Be a good role model.

*"In high school, students need to have good time management skills, good study habits, and they need to be organized. Help your children develop these skills."*

*~Advice from a high school counselor*



**2009/2010**

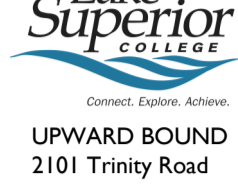
**SA/College & Career Trips/Other Imp. Dates**

### Schedule

- September 12**⇒Welcome & Orientation
- October 3**⇒PLAN Test/Ice Cream Social w/UWS
- October 16**⇒College Campus Visit - Metro State & Macalester (Jrs/Snrs only)
- October 17**⇒ZAPPING the ACT Seminar
- October 24**⇒ACT Test
- October 29**⇒LSC Open House
- November 21**⇒Proctor Black Woods for Etiquette Day
- December 19**⇒Holiday Bowling TBA
- January 22 & 23**⇒College/Career Trip-overnight (All Students Invited)
- February 27**⇒TRiO Day in Grand Rapids, Itasca Community College
- March 27**⇒Senior Panel & Omnimax
- April 17**⇒Hwy 53 Clean up & college visit TBA
- May 1**⇒Commencement Ceremony

As a reminder, please visit our web site for up-to-date information. Thank You!

<http://www.lsc.edu/studentservices/upwardbound>



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Duluth MN 55811

**Please honor our request for  
RSVPs RSVPs RSVPs**

Carol Johnson (218) 733-7673, Joe Morcomb (218) 733-7685, Missy Doolittle (218) 723-4781