College Goal Sunday

College Goal Sunday℠ is an event where students and their parents can have one-on-one, expert advice in learning about financial aid and planning for college. College Goal Sunday℠ will occur Sunday, February 13, 2-4 p.m. at more than 30 colleges and universities across the state.

In a single afternoon, students and their families can become familiar with college entrance requirements, learn about planning for college and obtain on-site assistance in filling out financial aid application forms — specifically the FAFSA. (Those interested in this service should bring their latest tax information to the event.) In addition, valuable information is shared about the benefits of attending college, student support services, areas of study and different degree programs.

The OSU-Oklahoma City campus will be one of the many colleges hosting the event. Please visit the Student Center the day of the event.

(Source: Oklahoma Regents for Higher Education)

Learn how you can get cash for college!

Watch “Cash for College” on OETA Tuesday, January 25 at 8-9 p.m. This hour-long special presentation shows you how to:
- Get the information you need to obtain financial aid for college;
- Learn what’s available, how to understand it, how to apply for it and how to receive it;
- Learn what pitfalls to avoid - like avoiding paying money for services that are provided free;
- and much, much more!

(Source: Oklahoma Regents for Higher Education)
IMPORTANT DATES

Sat., Jan. 15
Monthly meeting, bring planner

Sat., Feb. 19
Monthly meeting, bring planner

JANUARY BIRTHDAYS

Bao P.
Nystacia P.
Vilay N.
Dondre F.
Christina L.
Elisha T.

Dates to be entered in planner

Seniors:
ACT test date
College Application due date
Scholarship Applications due date
FAFSA Application due date
Session with Ms. Moss
Spring UB activities dates

Juniors:
ACT test date
Spring School activities dates
Spring UB activities dates
High School Fall enrollment date

Sophomores & Freshmen
Spring School activities dates
Spring UB activities dates
High School Fall enrollment date

Planning Your High School Courses

by Mrs. Moss

Meeting minimum high school graduation requirements does not mean you will be ready for college. Only 22% of the 2004 high school graduates were ready for college level courses in English, math and science, based on the performance on the ACT by over 1.2 million students nationally.

Being college ready means that the college you plan to attend will not have to require you to take remedial or developmental courses you won’t receive college credit for completing in order to bring you up to college level. You won’t have to pay for college courses that won’t count towards college graduation.

Actions you need to take while in high school:
- Complete four years of English with a B or better average.
- Maintain a 3.0 or higher G.P.A. in English courses, which means you will be ready for college freshman English composition.
- Complete four years of math, including your senior year.
  Students taking four years or more of math on average are ready for college algebra.
- Include physics in your science courses.
  Students taking physics score almost three points higher on the ACT science test.

The choice is yours. When you take challenging courses all four years of high school and do well in those courses, you likely will be ready for college classes.

FAFSA: Free Application for Federal Student Aid

The federal government uses this form to determine your eligibility for financial aid, which includes: grants, work-study, scholarships and loans.

The FAFSA is used to determine how much aid you will receive.

Seniors need to fill out the FAFSA as soon as possible after January 1. Early submission maximizes your chances of receiving aid. Do not leave any fields blank.

If a question doesn’t apply, enter “0.”

List your information accurately. Do not enter false information as a way to qualify for more aid. Doing so is a federal crime and can be punishable with fines or prison.

Sign the application. If you are filing as a dependent, make sure your parents sign too.

Fill out the FAFSA every year, even if you don’t think you will qualify for aid. It may be a prerequisite for scholarships.

Questions? Call 1 (800) 4FED-AID or Mrs. Moss at 945-8626

(Source: Fastweb Student Bulletin)
New Year’s Resolution:
Recognize Good and Bad Relationships
by Mrs. Berousek

I’m sure you’ve all heard the saying about you can’t pick your relatives but you can your friends. This is true and like Mr. Ali’s quote (inset below) explains we don’t spend much time teaching people how to do it. Several recent events in the U.B. family have given me an opportunity to watch students experience relationship ups-and-downs. I’ve seen new friendships develop out of the worst circumstances and I’ve seen bad circumstances develop out of “friendships.” I’m hoping this article will give you some insight to make good decisions about those you choose to surround yourself with because quite frankly your friends can make or break you.

It’s helpful for friends to have similar goals and morals. Successful Upward Bound students have friends that are college bound. That way grades and studying are important to both and each will respect the other’s time dedicated to academics.


**Good friends:**
- Permit you to be yourself
- Give you space when you need it
- Are ready to give and receive advice
- Make their advice constructive
- Are loyal
- Give praise and encouragement
- Are honest
- Treat you as an equal
- Are trustworthy

Sometimes we end up in bad friendships. Here are some signs that you may be in a **bad friendship:**

- You can’t be yourself without getting criticism from your “friend”
- Your “friend” doesn’t give you any space
- Your “friend” is pushy, wanting everything his or her way
- Your “friend” is overly critical of you and others
- Your “friend” is jealous of you and other friends
- Your “friend” lies to you, teachers or parents
- You feel that your “friend” directs put-downs toward you and others
- Your “friend” does not treat you as an equal
- Sometimes “friends” will say things to you that make you feel uncomfortable. People who say these things are not true friends.

Here are some examples of how they may violate your boundaries:
- “Hey, let’s skip math today and go to the mall.”
- “You know, if you loved me, you’d have sex with me.”
- “You watch the door while I steal the answer key for the test.”

So what do you do if you find yourself in a bad friendship? Start by pointing out to the “friend” what he/she is doing that is not okay with you. He may not have had healthy relationships modeled for him and could be unaware of how the behavior affects people. If the “friend” is unable to correct the behavior you need to move on.

If you would like to read “Boundaries - A Guide for Teens” you can check it out of the U.B. library. As always the U.B. staff is available to discuss any concerns you are having including relationship choices.

“Friendship is the hardest thing in the world to explain. It’s not something you learn in school. But if you haven’t learned the meaning of friendship, you really haven’t learned anything.”

-Muhammad Ali

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**Juniors & Seniors Scholarship Telemarketing Fraud Scheme!**

The Office of Inspector General at the U.S. Department of Education has become aware of a potential fraud scheme involving persons claiming to represent the U.S. Department of Education who are calling students and offering them scholarships or grants. These callers request a bank or credit card account number saying the information will be used to charge a $249 processing fee. The Department of Education does not charge a processing fee to obtain federal education grants. DO NOT give your financial information to individuals making these claims! If you receive one of these calls, please contact the Office of Inspector General immediately (step 3). If you have provided bank or credit card information to the callers, you should take the following steps: 1) Immediately contact your bank, explain the situation, and request that the bank monitor or close the compromised account. 2) Notify the police about the incident; impersonating a federal officer, telemarketing fraud schemes, and identity theft are crimes. 3) Report the fraud to the U.S. Department of Education, Office of Inspector General hotline at 1-800-MIS-USED (1-800-647-8733) or oig.hotline@ed.gov. Special agents in the Office of Inspector General investigate fraud involving federal education dollars.

Source: Office of Inspector General at the U.S. Department of Education
NEW: ACT Writing Test

ACT is adding a 30-minute writing test as an optional component to the ACT Assessment beginning in February 2005 for students who are applying to college for the fall of 2006 or later. Some colleges will require the writing test; others will not. You should decide whether to take the test based on the requirements of the institutions to which you are applying. Check directly with the institutions you are considering to find out their requirements.

The basic ACT Assessment fee is $28. To add the writing test is $14 more for a total of $42.

The writing test is a 30-minute essay test that measures your writing skills - specifically those writing skills emphasized in high school English classes and in entry-level college composition courses.

The test consists of one writing prompt that will define an issue and describe two points of view on that issue. You are asked to respond to a question about your position on the issue described in the writing prompt. In doing so, you may adopt one or the other of the perspectives described in the prompt, or you may present a different point of view on the issue. Your essay score will not be affected by the point of view you take on the issue.

To learn more about the new optional writing test visit: http://www.act.org/aap/writing/index.html. There you will find sample essay questions and sample essays.

(Source: www.act.org)

Start to Build Your Writing Skills Now

Here are some ways you can strengthen your writing skills:

- Read and write frequently. Read as much as you can from a variety of sources, including plays, essays, fiction, poetry, news stories, business writing and magazine features.
- Practice writing in different formats and in as many real situations as possible. Write letters to the editor, or letters to a company requesting information. Writing e-mails is good practice, but realize that writing for school and business is usually more formal than an e-mail to a friend.
- Share your writing with others and get feedback. Feedback helps you anticipate how readers might interpret your writing and what types of questions they might have. This can help you anticipate what a reader might want to know.
- Become familiar with current issues in society and develop your own opinions on the issues. Think of arguments you would use to convince someone of your opinion. Taking speech and debate classes can help you think through issues and communicate them to others.
- Try some extracurricular writing. School newspapers, yearbooks, and creative writing clubs offer opportunities to express ideas in writing.
- Learn to see writing as a process—brainstorming, planning, writing and then editing. This applies to all writing activities.
- Listen to the advice your English teacher gives you about your writing.
- Strive for your writing to be well developed and well organized, using precise, clear and concise language.
- Remember that everyone can improve writing skills. You might think others are more talented, but you know more than you think. Confidence and skill will grow with the more writing you do. Practice and work lead to achievement.

(Source: www.act.org)

Register for ACT through Upward Bound and pay nothing!

Upward Bound students need to take advantage of this benefit. It costs $28 to take the basic ACT Assessment. We suggest you take the test twice. Upward Bound can have the fee waived once because you participate in a TRIO program. The second time you take the test Upward Bound will pay the fee for you.

See Mrs. Moss to get ACT packets and return completed packets to her.