

UPWARD BOUND

Fall Edition 2013



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Fall Activity Tales

New experiences to be found with Upward Bound, fall styling edition

This fall has marked a new chapter for our veteran UB students and our soon to be entering UB students. There have been many activities that kept our students busy that ranged from ATS, cultural activities, college visits, SAT and ACT preparation, college

preparation 101, to tutorial services, academics, examinations, and more. This fall edition of UB will highlight our 2013 fall events with photos and stories and will include our community service project as well. Read on and have fun!

SADDLEBOUND 2013



Upward Bound kicked off their cultural activity series this year with Saddlebound, which is their annual tradition of travelling to the Noble County Saddle Club in Noble County to learn about horses, grooming, and everything equestrian. Students were able to

ride horses for the first time and for many, it was even their first time roasting a hot dog over an open fire. These experiences were a lot of fun, and a great tradition to continue in the future. We are looking forward to the rest of the cultural activities that we have planned.

Tutorial Services

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Let's Cook!

UB Students were fortunate enough to be able to participate in IPFW's cooking series for Young, Broke, and Hungry every month. The monthly series had a different theme each month and taught students about cooking skills, 5 ingredient recipes, nutrition, and couponing.

Students were able to learn basic cooking skills, how to save money on food costs, and how to create nutritionally balanced meals. Housed by IPFW's Health and Wellness department, students and UB staff were thrilled to participate.



HIGHLIGHTS

- Cooking
- Couponing
- Nutritionally balanced
- 5 ingredient recipes
- Sampling the grub
- Budget friendly recipes
- Tips on saving money



Piñata Paradise

This year, Upward Bound participated in a community service project called Piñata Paradise. The Botanical Conservatory hosts the annual service project where community members create piñatas to be showcased in their Desert Garden. In mid-December, these candy-filled creations were donated to children's agencies for their holiday celebrations.

Our students had fun creating their own piñatas from start to finish, brainstorming their ideas for designs, and then seeing their ideas become reality. The finished products were amazing. During the process, we all joked, laughed, had paper mâché all over ourselves, and got paint everywhere! We donated a total of ten piñatas to the project. And we are looking forward to participating again next year.



Tutorial Services; Methods That Work

Upward Bound strives to offer our students the best academic services we can offer for our tutorial services, academic themed Saturdays, college prep, and SAT/ACT prep. Our tutors and instructors vary from certified teachers to IPFW college students that are in the field regularly.

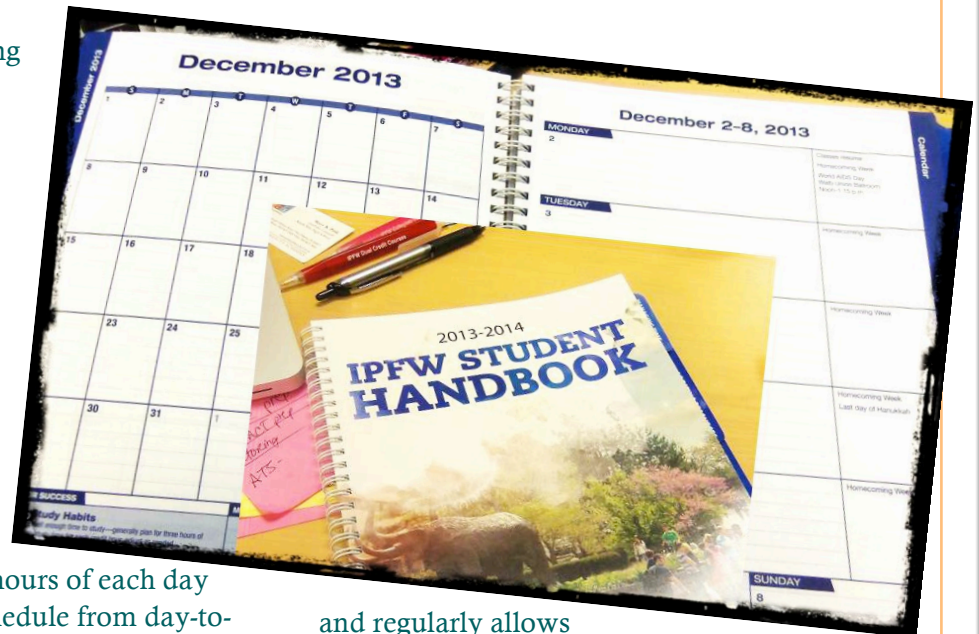
Studying is not something that is exactly straightforward; there are various methods that can assist in retaining information at an easier level than some of our traditional study habits. Here are some study habits that will assist in the learning process that you may find helpful:

1. Keep a planner to make and keep a study schedule. Set aside certain hours of each day for study. Keep a similar schedule from day-to-day. The amount of time you will need to study will vary based on skills with the subject matter. Going to class is only the beginning; the real work begins afterwards!

2. Studying in an appropriate setting. Studying at home with all of the conveniences of having technology may hinder an

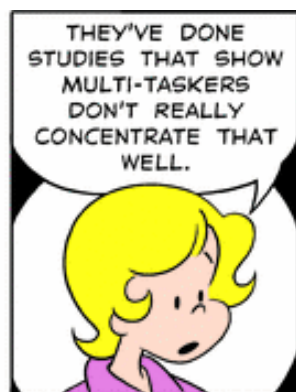
appropriate studying setting. Try heading to a local library or in an area that will not tempt you from being able to focus completely on your studies.

3. Overlearning material. It does not hurt to know your material by heart. Reviewing often



and regularly allows you to become familiar with your material, long term.

4. Reviewing material frequently. The more you review the more you will remember key points for the test. Review and review some more. Besides, it won't take away from your familiarity with the material, it will enhance it.



ENDING THE SEMESTER WITH HOLIDAY SPIRIT

UB Holiday Party 2013

Students had a blast bringing a little holiday flair to the UB program for the end of the year holiday party. We had activities for everyone as well as a dinner not only provided by UB but from our UB families as well. We appreciated all of the amazing

dishes for our feast, and can't wait until next year to do it again. Happy holidays from our UB family to yours. We wish you all the best in the new year. We can't wait to begin a new year with you all! See you all next year!



ATS

Academic Theme Saturday

Academic Theme Saturday has been a component of the Upward Bound program that works to enhance and support class work as well as, provide opportunities for career exploration. Career day kicked off our spring Saturday programming. We invited a group of professionals to talk about their story within their prospective field and career experience. We invited WANE TV anchor, Terra Brantley; Community Liaison for the City of Fort Wayne, Palermo Galindo; Ivy Tech Marketing and Communication Director, Andrew Welch; and Lawyer, Rachel Steinhofer. Each participant spoke of their journey through school and their experiences throughout their careers to get to where they are today.



UB Academic Programming

Tutoring Opportunities

Tutoring will be available every Monday afternoon at the downtown Fort Wayne ACPL from 4:00-6:00 p.m.

Individual tutoring will be available beginning on Wednesdays from 4-6 p.m. in the Upward Bound office.

Tutors are available in:

- Math
- English
- Science
- Spanish

Attending tutoring will count for one hour of academic programming per session.

School Tutoring: Students can receive programming hours for school tutoring. This can only count for up to 5 hours of academic programming credit. Speak with your advisor.

Academic Theme Saturdays

ATS Saturdays will be held at IPFW in Kettler Hall. Students will attend classes in math and English. These classes will be held from 9:00-11:45 a.m.

Attending ATS will count for 2.5 hours of academic programming.

UB students must complete 20 (fall) / 25 (spring) hours of academic programming to receive their stipend. In order to receive credit towards your stipend, you must work. Simply attending will not grant you credit.

Skills Workshops

SAT Prep workshops will be available on Wednesdays from 4:30pm-5:30pm

Study skills workshops will be held on ATS Saturdays from 11:45 a.m.-12:45 p.m. in Kettler Hall.

Attending these workshops will count for one hour of academic programming per session.

Online SAT Prep

Students can sign up for the online SAT/ACT prep website www.number2.com. Please make sure you enter graynw01@ipfw.edu as your coach's email so that UB can count it towards your academic programming credit.

This can only count for up to 5 hours of academic programming credit.

If you have any questions, please contact your advisor.


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The UB office is
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8 a.m. – 5 p.m.
Monday-Friday

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