

## Ohio University Upward Bound Program



# The Drum



The Drum Empowers; The Drum Communicates; The Drum Unifies

Fall Quarter 2005

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### Inside this Issue:

Cultural Diversity	2
Academic Year Workshops & Activities	2
Senior Profiles	3
Benefits of Sleep	4
College Info	5
UB Birthdays!	6

### Quick Facts

#### [www.StudentRewards.com](http://www.StudentRewards.com)

This website provides strategies for finding loans and scholarships.

#### [www.collegeboard.com](http://www.collegeboard.com)

A website designed to assist you in your search for undergraduate colleges, financial aid, college applications and admission tests.

#### [www.allaboutcollege.com](http://www.allaboutcollege.com)

This website includes information on colleges, studying abroad, financial aid and more!

## UB Recruits New Students and Adds New Features to Our Newsletter

Ohio University Upward Bound is prepared for another year! Our recruiting season is set to begin in October and we're looking forward to meeting students in our participating high schools who are excited about pursuing their educational goals.

It is our hope that new participants will learn something from their academic year and summer residential experience that is powerful enough to bring them to a higher level of self-development and leaves them anticipating the journey ahead.

Being that part of Upward Bound's mission is to provide a more holistic approach to meeting the educational needs of our students, this year *The Drum* will feature sections on health and diversity to increase

our students' awareness, as well as promote healthier lifestyle choices and broader cultural and social perspectives that will follow them upon graduation from high school.

The health section of *The Drum* will include information on recreational sports and physical fitness, positive emotional growth and self-esteem, and healthier eating habits and nutrition; the diversity section of the newsletter will be dedicated to continuing our commitment to raising our students' consciousness on issues related to recognizing, understanding, and appreciating cultural and social differences and similarities, as all of these aspects are important to expanding their willingness to

gain new experiences outside their "comfort zone". Every quarter, students, parents/guardians, and supporters can look forward to exciting updates on our students' academic and extra-curricular achievements in their high schools and communities. This quarter we are very proud to feature "Senior Profiles" which gives readers a glimpse into the lives of Upward Bound senior participants' – their college aspirations, major fields of interest, career goals, and hobbies.

Thank you for your continued participation, support, and assistance with our mission to create opportunities that prepare our students for successful graduation from high school and positive transition to college!

## Our End Of The Summer Trip To Washington, DC

As a tradition, Ohio University's Upward Bound rewards those students that do well in their classes an opportunity to participate in an out-of-state college tour and educational field trip at the conclusion of the summer component. This year the Upward Bound staff and students traveled to our nation's capital, Washington, D.C.

During our visit to Washington we saw historical sites, such as the Columbus Statue, The

National World War II Memorial. We also toured the Fredrick Douglas National Historical Site, the Lincoln Memorial, Vietnam Veteran Memorial, the Korean War Veterans Memorial and many more memorials.

The fun doesn't stop there. Believe it or not we also found time to visit two universities. First, we visited Maryland's oldest, public historically black college, Bowie State University. We then traveled to George



Washington University, the largest institution of higher education in the nation's capital.

We also had fun as we celebrated the August birthdays at the Hard Rock Café and we got lots of exercise from walking up the many stairs to reach the top of the Lincoln Memorial!



## Cultural Diversity: Learn About Iraq

### Academic Year Workshops and Activities

**Saturday, Oct. 15**

Study Skills/Time Management & Study Tables

**Saturday, Nov. 19**

Science & Health Careers Fair (Sophomores & Juniors) & "Choosing A Major" (Seniors Only)

**Saturday, Dec. 17**

ACT/SAT Prep (Sophomores & Juniors) & College Advising (Seniors Only)

**Saturday, Jan. 21**

New Student Orientation & Financial Aid Workshop

**Friday, Feb. 18**

Nat'l. TRIO Day Reception

**Saturday, March 11**

Wittenberg University

**Saturday, April 7-9**

OAEOPP Student Leadership Conference

**Saturday, May 20**

TAP Test

**Saturday, June 3**

Summer Residential Phase Orientation

Iraq is located in the Middle East bordering the Persian Gulf, between Iran and Kuwait. The area is mostly desert, consisting of mild to cool winters and dry, hot summers. The land is populated with approximately 24 million Arab, Kurdish, Armenian, Turkoman, Assyrian, and other ethnic groups.

The majority of the natives, approximately 95%, practice the Muslim religion. The Muslims are divided into two groups, the Shiites and the Sunni's. The remaining 5% of the population practice other religions. Iraq's official language is Arabic but other languages, such as Kurdish, Assyrian, and Armenian are also spoken.

Iraqi's eat a variety of foods;

however, common foods eaten include grilled lamb, chicken, fish, vegetables, rice and bread.

The currency used in Iraq is called dinar (\$1 U.S. Dollar = 0.312400 Iraq Dinar).

The clothing and dress attire of Iraqi's varies. While some Iraqi's choose to wear traditional Western clothing, others might wear their traditional Islamic dress, instead.

The most recent Iraq flag was adopted in 1991. The flag consists of three horizontal bands of red, white, and green. In addition, there are three five pointed stars in the white band with an Arabic script, ALLAHU AKBAR (God is Great) written in green.



Flag of Iraq Republic (1991– present)

### Other Interesting Facts

National Capital: Baghdad

President/Prime Minister: Saddam Hussein

Government: Republic

Natural Resources in Iraq: Oil, Phosphates, Sulfur, and natural gas



## Upward Bound Senior Profiles

(Continued on page 3)

**Stephanie Bush** is a senior at Vinton County High School. Her favorite class is Junior Achievement. She would like to attend the University of Cincinnati or Ohio State University with a major in Political Science. She aspires to go to law school and become a partner with a prestigious law firm.

**Andrew Fogel** is a senior at Chillicothe High School. Andrew is very active in his high school; he is currently one of the co-captains of the Cavaliers football team. Andrew is on the merit honor roll. Andrew is also a member of the CHS French Club and last summer he traveled to Paris, France.

**Christopher Carter** is a senior at Chillicothe High School. He aspires to be a physical therapist or pursue a career in something related to sport recreation/medicine. He would like to attend Miami of Florida upon graduation from high school. Currently, Chris plays for the Chillicothe Cavaliers football team.

**Tabitha Gibson** is a senior at Federal Hocking High School. She aspires to either be a physical therapist or pursue something related to the business side of recreation/sports sciences. Tabitha would like to attend a college that is closer to home.

**Dominique Easter** is a senior at Columbus Africentric High School. He would like to attend the Ohio State University upon graduation from high school and states, "I would like to prove that anyone can get a college education no matter where you're from." Dominique aspires to be a real estate agent.

**Rachel Gulley** is a senior at River Valley High School. Her favorite classes are Math, Art, and History. Rachel would like to attend Ohio University or Rio Grande Community College with a major in Nursing. Rachel aspires to become a Registered Nurse or a Doctor.



## Upward Bound Senior Profiles



*“What the mind of man can conceive and believe, it can achieve.”*  
-Napolean Hill

### Things To Do While You're In the 12th Grade

- Maintain good grades
- Volunteer
- Talk to students who are already attending a university or college
- Write for University calendars and admission packets
- Complete application forms and pay attention to deadlines
- Apply for scholarships before the deadlines
- Check out the campus of your choice



**Laura Hartl** is a senior at Morgan High School. She believes that Nelson Mandela is the most influential leader because “to be an influential leader, you must relate to those you’re leading.” Laura wants to major in international affairs or work with multiple handicapped children.

**Rebeka Harvey** is a senior at Federal Hocking High School. Her favorite classes are History and English. She would like to attend Hocking College and major in Early Childhood Education. Her long-term goal is to become a Kindergarten Teacher.

**Visuelle Hayes** is a Senior at Columbus Africentric High School. Her favorite class is writing. Visuelle wants to major in Pre-Med at either Spellman, Penn University, Howard University or Tennessee State University. Her long-term goal is to become an OB/GYN doctor.

**Ashley Huffman** is a senior at Vinton County High School. Her favorite classes in school are French, Algebra and Guitar. She is interested in attending Ohio University and majoring in an Art related field, such as graphic design. Ashley aspires to design games.

**Samantha Leffler** is a senior at Nelsonville-York High School. Her favorite classes are Non-western Civilization before 1750 and piano. She wants to attend Ohio State or the University of Tennessee-Knoxville with a major in biochemistry. Samantha would like to become a Medical Examiner.

**Elizabeth Maxwell** is a senior at Vinton County High School. Her favorite classes in school are Math, English, and Choir. Elizabeth aspires to attend the University of Cincinnati. Her goal is to become a dental hygienist or work in the medical field where she can have a lot of patient contact.

**Krystal Payne** is a senior at Chillicothe High School. Her favorite class is Spanish. She would like to attend either the University of Cincinnati, Ohio State University, or Michigan State University. While in college Krystal has plans of majoring in Psychology. Her career aspiration is to become a Psychiatrist.

**Simone Savannah** is a senior at Columbus Africentric High School. Her favorite classes are Writers Seminar, African American Studies, and Art. She’s considering schools such as: Spellman, Clark Atlanta, Harvard and Savannah State University. Simone aspires to create her own magazine.

**Carter Smith** is a senior at River Valley High School. His favorite classes are History and Government. Carter would like to attend Rio Grande or Ohio University and major in law or political science. Ultimately, Carter would like to become the President of the United States.

**Christina Smith** is a senior at Chillicothe High School. Her favorite classes in school are Math and Spanish. She would like to attend Howard University and major in business. Her goal is to own her own business, with the hopes of helping others to enjoy life and reach their goals.

**Derrick Stoneburner** is a senior at Chillicothe High School. His favorite classes are History and Government. Derrick is considering applying to Ohio University and Ohio State University. Upon graduation, Derrick aspires to go to college and major in education so that he can teach in grades K-6.

**Beth White** is a senior at Morgan High School. Her favorite classes are Art and Choir. Upon completion of high school diploma, Beth would like to attend Wingate University, majoring in Art Education. Her career aspiration is to become an Art Teacher.



## The Benefits of Sleep

*“ Reach high, for stars lie hidden in your soul. Dream big, for every dream precedes the goal. ”*

- Pamela Vault Starr

### Signs of Sleep Problems

- Excessive daytime sleepiness
- Teeth Grinding
- Nightmares
- Difficulty concentrating
- Irritated more easily than usual
- Difficulty remembering things, like a phone number
- Suffering from frequent infections, like a cold
- Blurred vision
- Weight gain.



### Did you know?

**Fact:** A midday nap reverses information overload.

**Fact:** The late stage of sleep can boost by 20% your acquisition of coordination crucial for playing a sport, a musical instrument or any fine motor control.

**Fact:** Sleep strengthens the nerve circuits that underline learning and memory, allowing the brain to make and consolidate new neural connections.

**Fact:** Missing out on sleep seriously impairs the body's ability to process blood sugar, impeding the action of insulin much as in diabetes. Sleep deprivation may contribute to obesity.

**Fact:** Sleeping for six hours a night may sound pretty good, but it's not good enough to keep your immune system functioning properly. Restricting your sleep by a mere two hours a night for one week provokes the process of inflammation, which may set up people for heart disease.

**Fact:** Sleep deprivation curtails your ability to come up with creative solutions to life's challenges.

### Ways Parents Can Improve Their Childs Sleep

- **Have a cut-off time for TV, video games, and computer**, etc. If they have these items in their bedrooms make sure that the cut-off time applies there, too.
- **Avoid having anything containing caffeine** before going to bed, such as caffeinated drinks and chocolate.
- **Keep your child's bedroom quiet, and just for sleeping.** No computer, TV or stereo in the room.
- **Makes sure the bedroom is the right temperature**, neither too hot nor too cold, and keep it dark at night, although the first thing upon awakening in the morning, either turn on the lights or let in the sunshine.
- **Make sure there is nothing causing your son/daughter stress.**
- **Establish a routine.** Try to get to bed at the same time every night, and get up at the same hour every morning, and this includes weekends.
- **It may be necessary to give up some extracurricular activities** in order for your child to get the sleep they need. I know this may be difficult, but it's better than your child diminishing their physical or mental health.
- **Allow your child to do something relaxing before bedtime.**



## What University's Look For In Prospective Students

*"Obstacles are those frightful things you can see when you take your eyes off your goal."*

*-Henry Ford*

### Ways To Improve Math Anxiety

- Have a positive attitude
- Ask a lot of questions
- Don't fall behind
- Practice
- When you do homework, start with the easy problems first
- Show your work
- Don't ignore your wrong answers
- Write neatly
- Learn how to use a calculator
- Use flash cards
- Don't be afraid to ask for help
- Get a tutor
- Study with friends or classmates



Because each student has various academic accomplishments, experiences, interests, and involvements, no set formula is used for the college admissions process. However, there is no doubt that college admission is selective and competitive. Ultimately, a college's decision to offer one student admission over another is not solely relied on the student's ability, but the competitive nature of the students who have applied.

Here's a list of some of the things that college's are looking for when they are selecting students for admissions.

**1. Academic Performance:**

If possible, take Honors and AP courses. Your courses, class rank and grade-point average

show that you are prepared for college.

**2. Performance on Standardized Tests:**

Scores on the SAT or ACT exams.

**3. Personal Statement/ Essay:**

For some colleges, you are required to submit a 250-500 word essay. However, it's a benefit to submit an essay to a college even if it isn't a requirement. This is your opportunity to tell the admissions committee more about you.

**4. Involvements/Special Talents:**

Colleges are looking to learn more about you, how you spend your time, what leadership positions you have held, as well as the skills that you currently possess.

**5. Recommendations:**

Colleges will require you to have 2-3 letters of recommendation from someone who can attest to your character and show that you will be a good citizen and that you have actively participated in your community. Individuals who could write such letters would be teachers, guidance counselors, supervisors/employers, coaches, and religious leaders.

Each year college admission becomes increasingly more competitive. Colleges are looking for students who are responsible, independent, self-aware and active participants in their education.

So, as you plan and prepare for college please keep these things in mind!



**Students We Want To Hear From You!**

UB students what great things are you doing? Are you playing sports? Are you competing in any scholastic teams? What awards have you received lately? We want to hear about the great accomplishments that you are making, both in the school and in the community, so that we can include them in our next edition of "The Drum."

Submit all praise reports to the Upward Bound Assistant Director, Ms. Jenkins at [jenkinsd@ohio.edu](mailto:jenkinsd@ohio.edu).



“Success is never ending, failure is never final.”

-Dr. Robert Schuller

Upward Bound is a successful pre-college program of rigorous academic instruction, tutoring, and counseling. The program provides high school students with the opportunity to enhance the academic skills necessary to successfully complete high school and enter college.

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## Upward Bound Birthdays

September		October	
Stephanie Bush	4th	Mamme Afua Owusu-Kwarteng	1st
Sharell Anderson	13th	Tabitha Gibson	5th
Brittany Lowe	14th	Beth White	12th
Elizabeth Maxwell	25th	Steven Hudson	17th
		Lacie Patterson	17th
		Alexandra Niceswanger	20th
		Patricia Hardee	28th
		Samantha Leffler	30th
November		December	
Simone Savannah	14th	Joshua Riley	2nd
Demitrius Scofield	13th	Derrick Stoneburner	4th
India Moody	19th	Tyler Lee	6th
Krysta Stitt	25th	Daniel Gonzalez	9th
Emily Brown	27th	Craig Weaver	9th
		Danielle Timms	12th



**OHIO**  
UNIVERSITY

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