

UPWARD BOUND

A program. An attitude. A way of Life...

Director

Leonard Woods
ldwoods@hawaii.edu

Urban Program Coordinator

Lisa Fukumitsu
fukumits@hawaii.edu

Rural Program Coordinator

Lisa Ann Amaral
egusal@hawaii.edu

**Math & Science Program
Coordinator**

Deanna Marshall
deanna.marshall@hawaii.edu

Office Assistant III

Audra Paiva
apaiva@hawaii.edu

Interim Fiscal Specialist

Annie Lung
alung@hawaii.edu

**Research Assessment
Specialist**

Elizabeth "Lizzy" Parayno
parayno@hawaii.edu

**Research Assessment
Specialist**

Josephine "JC" Carbonero
jloc@hawaii.edu

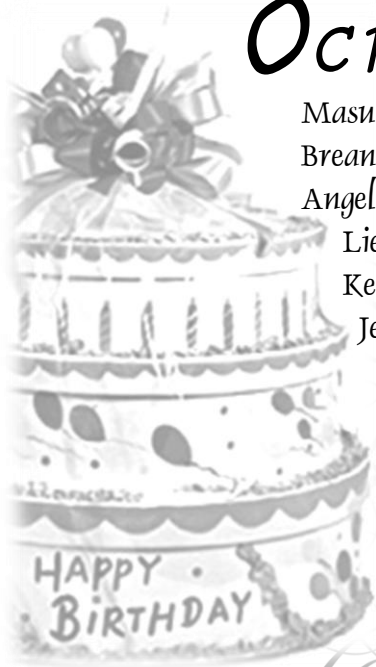
Student Assistants

Shayna Adviento
Sarah Lips
John Evans

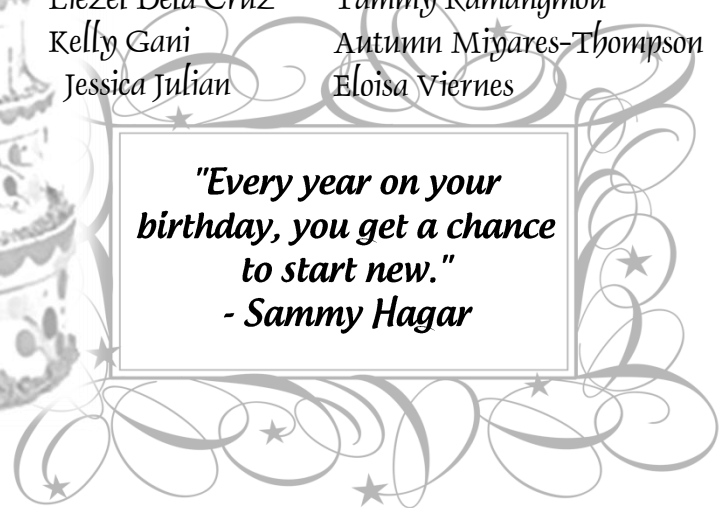


OCTOBER BIRTHDAYS

| | |
|-------------------|-------------------------|
| Masu Alessio | Paul Noble |
| Breana Calderon | Tyler Pitpit |
| Angela Cubangbang | Anne Norelle Quila |
| Liezel Dela Cruz | Tammy Ramangmon |
| Kelly Gani | Autumn Miyares-Thompson |
| Jessica Julian | Eloisa Viernes |



*"Every year on your
birthday, you get a chance
to start new."
- Sammy Hagar*



HAPPY BELATED BIRTHDAYS

September

Jenna Almarza

Jordelle Antonio

Veronica Aoki

Melissa Avena

Christian Bartolome

Munirah Dellaport-Fabian

Dezlie Gibo

John Gilbert Gorali

William Justo

Eunice Lapena

Hamree Lou Menekey

Shaylin Navarro

Ethan Paquirigan

Daysha Rabang

Natcha Srivichai

Wenhui Yang

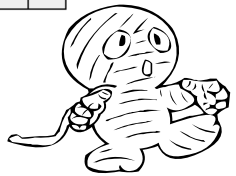
Wenjing Yang

"It's too late to say

Happy Birthday, so...

Happy today... Happy tomorrow... Happy always!

HALLOWEEN CROSSWORD



ACROSS:

1. NEITHER DEAD NOR ALIVE
3. USED TO LIGHT A JACK O' LANTERN
6. WHERE A CORPSE OR VAMPIRE RESTS
10. SPOOKIEST NIGHT OF THE YEAR
13. KNOWN FOR CASTING SPELLS
14. THE MONTH HALLOWEEN IS IN
18. PLACE WHERE THE DEAD RESIDE
20. DRINKS BLOOD BY NIGHT TO SURVIVE

DOWN:

2. WHAT A HOUSE WITH A GHOST IS
4. FAVORITE FOOD OF ZOMBIES
5. LOUD NOISE IN A STORM
7. EDGAR ALLEN POE DISLIKED THIS BIRD
8. DIRECTIONS FOR COOKING TREATS
9. A LYCANTHROPE BY THE FULL MOON
11. PIRATES USE THIS ON THEIR FLAG
12. MONUMENT FOUND IN A GRAVEYARD
15. SOMETHING WORN ON HALLOWEEN
16. A PLACE WHERE COFFINS ARE STORED
17. SOUND MADE WHEN VERY FRIGHTENED
19. A REANIMATED CORPSE

Courtesy www.HalloweenGames101.com



IMPORTANT DATES OCTOBER 2011

3rd - 7th:

FALL INTERCESSION!!!

14th: **Progress Reports Due**

28th: **Report Cards Due**

29th: Junior Seminar
9-11am @ UCB 100

NOVEMBER Events



5th: CPSA!!!

@ UCB 100 9a-12pm

9th: College Fair

@ Sangha Hall 6p-8pm

10th: College Fair

@ Sangha Hall 9a-11:30am

11th: College Fair

@ Waikoloa Marriott 9a-11:30am

19th: Sophomore Seminar

@ UCB 100 9a-11am

22nd: Sophomore Seminar

@ Kau 6p-7:30pm

25th: UB FAMILY DAY!!!

TIME MANAGEMENT

Help Your Child Build Good Study Habits

Your child will encounter a wide variety of assignments throughout high school and after graduation. New and challenging projects will help expand your child's knowledge and skills. As they begin to juggle more-advanced class work, extracurricular activities and jobs, many students have difficulty managing their time. Some discover they can't seem to find the time to live up to their commitments at school and home. Here are some strategies to help.

Familiar Assignments

Most school assignments probably resemble work your child's done before. So when your child is given homework, suggest estimating how long it will take to complete it based on experience. It can be helpful, when estimating, to break assignments down into their parts. For example, before writing an essay, your child should gauge how long it will take to:

- Review all the materials.
- Develop ideas.
- Write each page.
- Edit the writing.
- Get someone else to review it.
- Take breaks.

*"We're drowning in information
and starving for knowledge."
- Rutherford Rogers*

Instead of just saying, "I'll work on it after school," your child should try to create a concrete schedule that takes each step into account. It's a good idea to allow extra time, in case something takes longer than expected.

New Assignments

In the case of an assignment of a new type, size or scope, students should try to compare it to previous assignments whenever possible. For example, if your child has never written a 20-page paper before, a good suggestion is to determine how long a 10-page paper takes and then double it. Remind your child to schedule extra time to tie each part of the essay together.

Breaks

Your child needs to take breaks periodically. It's important to rest the eyes, keep the blood flowing, and relax mentally. Sometimes a short jog around the block can refresh and reinvigorate the mind — and get creative juices flowing again.

Learning from Experience

If something takes longer than expected, suggest your child schedule more time for the next similar assignment. If a particular book, website, person or idea is helpful once, your child should keep that resource in mind for future assignments.

collegeboard.com/parents/plan/hs-steps/21274.html

Creepy Crawly Cupcakes

Makes: 24 Servings

Prep: 30 min. Bake: 20 min. + cooling

Easy to make
and fun to eat!
Looks like the
worms are
crawling right
out of the dirt!



Ingredients

- 1 package (18-1/4 ounces) chocolate cake mix
- 1 can (16 ounces) chocolate frosting
- 20 cream-filled chocolate sandwich cookies, crushed (ie., Oreo cookies)
- 24 gummy worms, halved

Directions

- Prepare and bake cake batter according to package directions for cupcakes. Cool completely.
- Set aside 1 tablespoon frosting. Frost cupcakes with remaining frosting; dip each into crushed cookies. Place a dab of the reserved frosting on the cut end of each worm half; place two on each cupcake.

* <http://www.tasteofhome.com/recipes/Creepy-Crawly-Cupcakes> *

COMMON FINANCIAL AID MYTHS

When it comes to Financial Aid, there are a lot of misconceptions. Here are some of the most common financial aid myths:

Financial Aid Myth #1 – You Shouldn't Apply for Financial Aid Until You've Been Accepted

Waiting to apply for financial aid until after you have been accepted to your school of choice is a big mistake. Financial aid application deadlines often precede actual admission deadlines. If you want to increase your chances of receiving the aid you need, it is imperative that you meet any and all financial aid application deadlines that have been established.

Financial Aid Myth #2 – Financial Aid is Only Available to the Most Needy Students

While financial aid is often need-based, you don't have to be that needy to get it. However, you do need to know how the financial aid system works. There is more than \$125 billion in financial aid awarded to students on a yearly basis. Never assume you won't qualify for aid.

Financial Aid Myth #3 – Financial Aid Packages are the Same No Matter Where You Go

Just like tuition costs, financial aid packages vary from school to school. In some cases, it may cost you less to attend an Ivey League University than it would to attend a local or state college.

Financial Aid Myth #4 – Only U.S. Citizens Qualify for Financial Aid

Non-citizens who have permanent citizenship or a green card are eligible for financial aid. If you are worried about your parents citizenship—don't. Their status is not relevant to your eligibility in any way.

Getting into your **TOP** College Choice



Tip #1 Pursue a Rigorous Curriculum

Getting into college is not all about test scores, being the best athlete or the smartest kid in the school. Those help, but the #1 factor that will get you into the college of your choice will be how well you did in your core classes AND how challenging those classes were. Since Upward Bound is expecting you to pursue at least a four-year degree and earn your Bachelors Degree, we urge you to pursue the BOE Recognition Diploma. By earning the BOE Recognition Diploma, you'll demonstrate to colleges that you can take on a challenge and successfully accomplish your goals. The BOE Diploma requirements are available online at: graduation.k12.hi.us.

Know your core classes

**This is an abbreviated listing of core courses. Core class selections vary from school to school. Speak with your Program Coordinator or School Counselor for the most up to date list of core classes available at your school.*

Math

- Algebra 1
- Geometry
- Algebra 2
- Trigonometry
- Analytical Geometry
- Algebra 3
- AP Calculus
- Pre-Calculus



Social Science

- US History and Government
- World History
- Modern History of Hawaii
- Participation in Democracy
- Psychology
- Sociology
- Economics
- AP World History
- AP Us History

English

- English (at grade level)
- English Honors
- AP English
- Expository Writing

Science

- Physical Science
- Biology I
- Chemistry
- Physics
- AP Biology & Lab
- AP Chemistry & Lab



World Language

- French
- Japanese
- Spanish
- Hawaiian

..... Side Note.....

Running Start: The ultimate boost to pursuing a rigorous curriculum

Running Start is a statewide program that provides an opportunity for academically qualified juniors and seniors to enroll in college classes through the University of Hawaii system as part of their high school coursework. This unique partnership between the Department of Education and the University of Hawaii System allows public high school students to attend college classes during the fall, spring, and summer while earning both high school and college credits.



A limited amount of scholarships are available to students who are eligible for free and reduced lunch. The Running Start Program provides the great opportunity of early access to college. Unlike other early access programs, it guarantees both high school and college credit to students who complete their coursework successfully. Applications and details are available online at: www.hawaii.edu/runningstart.



UPWARD BOUND PROGRAMS
University of Hawaii at Hilo
200 W. Kawili St.
Hilo, HI 96720

