Message from Upward Bound Director

In October of 2006, the University of Hawaii at Hilo wrote competitive applications to the U.S. Department of Education for funds to support Upward Bound Regular and Upward Bound Mathematics and Science Programs to provide college preparatory services to Island of Hawaii high school students. Only 862 of approximately 1,400 applicants for Regular Upward Bound Programs were funded. Similarly, only 110 of the approximately 450 applications for Upward Bound Math and Science Programs were funded. The University of Hawaii at Hilo was fortunate to acquire funding for one Math and Science and two Regular Upward Bound Programs.

In addition to agreeing to adhere to the U.S. laws governing Upward Bound, regulations developed by the U.S. Department of Education and more stringent student performance outcomes; Upward Bound must now operate under a more restrictive National Priority mandate for student recruitment and admission.

Specifically, Upward Bound is no longer permitted to admit students who are in the ‘junior year’ of high school. The National Priority permits Upward Bound to admit only students who have completed the 8th grade, students in the 9th grade and students in the first quarter of 10th grade. Sophomores must be admitted within the first quarter of the school year, to assure that at least 36 months of college preparatory services can be provided to the student before s/he leaves Upward Bound to be admitted into a postsecondary education institution.

What does all this mean? It means that Upward Bound recruitment will be more selective and initially the program will be filled with younger students, who will likely enter the program during Summer Academy. Students will be heavily recruited as they exit the 8th grade or as they progress through the 9th grade. This means our programming must change in order to maintain the involvement of students over a longer period of time. Working with students over a longer period of time should translate into Upward Bound graduates being better prepared to enter and succeed in college.

Leonard Woods

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Happy Valentine’s Day!

I hope that you all have settled back into the school routine and are working hard at improving your academic performance. It is important to remember that managing your time and staying organized are keys to being a successful student. **Below you will find a few pointers you can use to help you make the most of your time and develop positive study habits.** Good study habits and being able to organize your time will help you to be successful throughout your academic career in high school, college, and life.

Successful studying means budgeting your time!

I hope that you find these tips helpful and if you have any questions or would like more information, please feel free to contact me at 974-7354 or email me fukumits@hawaii.edu. I will be contacting each of you to schedule a monthly PC meeting. Until then, good luck and study hard!

Aloha,

Lisa Fukumitsu
Interim College Preparatory Program Coordinator

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**TIME MANAGEMENT & STUDY TIPS**

1. Develop a schedule that includes all of your activities: sports, classes, clubs, part-time jobs, meals.
2. Put aside time for sleep, exercise, and recreation.
3. Schedule review time for right before a discussion or immediately after a lecture.
4. Plan ahead for major exams, research papers, and projects.
5. Break up the task (don’t put it all off until the last possible moment.)
6. Try to study the same subject at the same time in the same place every day.
7. Choose a quiet, well-lit place without distractions like the television or telephone.
8. Gather all of the materials you need before you begin.
9. Take notes.
10. Highlight important points (main ideas, people, places, key terms and meanings.)
11. Create an outline.
12. Pay special attention to main ideas and supporting details.
13. Think about what you’ve read, does it make sense to you? Do you agree with what you’ve read?
14. Write down questions about points you don’t understand.
15. Develop flash cards which you can use to help you review and remember details.

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Aloha UBers,

The spring semester of the school year is well underway and I hope you are all continuing to do well in your studies. If you didn’t do well last semester, put that behind you and focus all your efforts in making the second semester a successful one.

I have enjoyed getting to know all of you as the school year has progressed and I am pleased to find students who possess high goals and ambitions. In each and every one of you, I have found a glimmer of the star that you can become. Success does not come easy, but with hard work and determination. Keep moving UPWARD to become the star that is within you.

Sincerely,

Lisa Ann
Interim Math and Science Program Coordinator

P.S. My door and phone line (974-7376) are always open. Feel free to contact me for any assistance or just want to talk stories.
ATTENTION SENIORS & JUNIORS: Financial Aid
By: Lisa Ann Amaral, Interim Math & Science Program Coordinator

SENIORS: You are in the last semester of your high school career and it’s time to really buckle down and prepare for your college education. You have already chosen the top colleges that you would like to attend... But how are you going to PAY for your education?

You must fill out your Free Application for Federal Student Aid (FAFSA) as soon as possible to receive financial aid for the 2008-2009 school year. The priority deadline to submit your FAFSA is March 1, 2008 if you are applying to UH-Hilo and/or UH-Manoa. The deadline for each school is different, so please check with the financial aid office of your prospective schools.

In January’s newsletter, we printed information regarding UB’s Financial Aid evening workshop and College Goal Sunday. Although these events have already passed, you may still contact the UB office for assistance in filling out the FAFSA. It is extremely important that you meet your college’s financial aid deadline in order to be given consideration for federal student aid in addition to the Pell Grant. Go to www.fafsa.ed.gov to fill out your FAFSA today!

JUNIORS: It is time for you to start thinking about how you will pay for your postsecondary educational expenses. You can begin searching for scholarships at the following websites: www.hawaii.collegeanswer.com, www.hawaiimentor.org, and www.hawaiicommunityfoundation.org and get an early start on the financial aid process by using FAFSA4caster. FAFSA4caster will enable you and your family to receive an early estimate of eligibility for financial aid. Increasing your knowledge of the financial aid process and becoming familiar with the various types of federal student aid and scholarships available to you will make the financial aid process a lot easier during your senior year.

The FAFSA4caster will allow you to easily transition your information to FAFSA on the web, saving you time and headache. Plan for your college expenses now by going to www.fafsa4caster.ed.gov.
Nursing is the nation’s largest health care profession, with 2.6 million registered nurses (RNs), and many more needed in the future. With the aging population and average age of nurses growing steadily, there is potential for more job opportunities with higher starting salaries.

Nature of the Work.
Registered nurses (RNs), regardless of specialty or work setting, perform basic duties that include treating patients, educating patients and the public about various medical conditions, and providing advice and emotional support to patients’ family members.

Earnings. Entry-level RNs: $44,600
Median annual earnings for May 2006: $57,280

Skills and Personality Traits of Nurses
Nurses need leadership and organizational skills, people skills, patience, flexibility, compassion, a sense of humor, and the ability to stay calm in a crisis.

By the Hui (way)...

How I Traveled the World for Free
By: Hui Cheng, Tutor Coordinator

I really hated my high school. I had no friends. I had no desire to compete for popularity with the "cool kids." I really hated my town of Savannah, GA: there was "nothing" to do. I had no friends to do anything with anyway. I was a loner, but I really didn’t care.

Because I hated my high school environment, I strived to be above it – for a better future, a future where I had choices. I had great grades in high school. I graduated in the top 1% of my class. I was featured in The Savannah Morning News for my high school achievements, which included musical accomplishments.

For college, I applied to three schools: Georgia Tech (in-state school, a backup plan); Emory University (a private school in Atlanta, my first choice); and University of North Carolina (out-of-state school, for something different). I was accepted at all 3 schools; however, Emory was still too expensive even with financial aid. GA Tech had the lowest overall cost. UNC offered me 100% financial aid. To get away from my high school classmates, I chose UNC.

From UNC, I studied abroad in England during my sophomore year as an exchange student. I like experiencing new cultures. As an exchange student, there was no extra cost for studying in England.

My Biology degree from UNC allowed me to work on the commercial fishing boats in the Bering Sea, and I was paid handsomely. After Alaska, my Biology degree once again gave me work and travel opportunities and I worked on the tuna and swordfish boats based out of Honolulu. I even got paid to go to Christmas Island onboard a tuna boat – it took us a whole week and 1200 miles from Honolulu.

I have also traveled to the North African country of Morocco, where I served with the Peace Corps, a federal organization that sends volunteers (at no cost to the participant – your tax dollars at work!) to foreign countries to aid development in those countries.

This coming fall, I have applied to four graduate schools on the mainland. Even though my bank account is small, I am not worried because I’ve taken care of my school work, and I know that graduate school will take care of me. The traveling continues!

What courses should I take?
Nursing students need good study habits and excellent critical-thinking and problem-solving skills. Nursing schools require a high school diploma and a sound academic standing in high school English, algebra, chemistry, biology, physics and psychology. An understanding of computers and technology also is a great asset.

UH Hilo offers a Bachelor of Science in Nursing. Students must complete 128-129 semester hours, including general education and specific requirements for a baccalaureate degree at UH Hilo, and must satisfy the Pre-Nursing, Pre-Core, and Nursing degree requirements.

**Volunteering at a local hospital is a great way to learn more about the career and help you get into the nursing school of your choice. If you would like to volunteer at Hilo Medical Center, call (808) 974-4715.

"… the character of a nurse is as important as the knowledge he/she possesses.”
- Jarvis, 1996
February Birthdays

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<tr>
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<tr>
<td>08</td>
<td>Jelani Thabiti</td>
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<td>Zeke-Shawn Perry</td>
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<td>Reejay Martinez</td>
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<td>Oto Ota Kakala Kauvaka</td>
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<td>25</td>
<td>Roland Mitts</td>
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<td>11</td>
<td>Reejay Martinez</td>
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Q1: Do you want a 2nd CPSA?  
Yes: 30 students  
No: 20 students

Q2: How often do you want a 2nd CPSA?  
Every month: 20  
Every 2 months: 12

Q3: What do you want to do during a 2nd CPSA?  
Answers varied widely; please see website for answers

Q4: Summer Academy: # of weeks preferred?  
5 weeks: 21 students  
6 weeks: 25 students

Student Highlights

Do you write poetry? Like to draw? Have an inspiring quote you want printed? Whatever it is, UB would like to showcase our students’ work in our monthly newsletters. If you would like to have something published, please submit works at the UB office or email your work to your program coordinator:

Lisa Ann Amaral  
egusal@hawaii.edu  

Lisa Fukumitsu  
fukumits@hawaii.edu

Remember: This is your newsletter!

Who Are the Spring 2008 UB tutors?

Newbies:
- Calvin Luscombe – tutors Math, Science, and English
- Sarah Stoeber – tutors Math, Science, and English

Returning tutors:
- Aaron Ouchi
- Julius Balicoco
- Rebekah McKoy

Creative T-Shirt Design Contest 2008

Graphic or Hand Drawn Picture  
Presented on Poster Board  
Voted by Students with Staff approval  
Deadline March 1, 2008 (next CPSA)

**T-shirt must say "Upward Bound" (or UB) and "Summer 2008"**

2nd Saturday Academy Survey Results:

Inform the UB tutor coordinator, Hui Cheng, if you want to attend Monday night tutoring sessions:

Email: cheng.wenhui@gmail.com  
Phone: (808) 974-7337

Congratulations Santana Soria!  
Santana ranked #1 in the freshman class at Keaau High School!

Ooops...  
The following students were also on Honor Roll last semester:

- 3.5-4.0  
  Stacey Reed  
- 3.0-3.49  
  Elizabeth Lorenzo

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