

EKU UPWARD BOUND

Important Dates to Remember

Saturday Academies:

Oct. 6th.

Nov. 10th

Dec. 1st

www.upwardbound.eku.edu

ACT Dates:

Oct. 27th

Dec. 8th

Feb. 9th

www.actstudent.org

FAFSA

Jan. 1st

www.fafsa.ed.gov

STUDY SKILLS AND TEST TAKING STRATEGIES

Study skills are the key to having a successful college academic experience, and there are several skills that could help you develop proficient studying habits. These skills include listening actively, taking good notes, getting involved in class discussions, and making the most of your reading materials.

Here are a few ways to help you adopt these skills:

Listen Carefully:

Most of what you learn in class comes through listening. To be an active listener:

Move closer to the front. It makes it easier to see, hear, and pay attention.

Focus your attention. Concentrate on what the speaker is saying, not on plans for the weekend or noises outside the classroom.

Evaluate what you hear. Think about what the speaker's words mean and how they relate to what you know about the subject.



Upward Bound students in Washington D.C. for the 2012 Summer trip

Take Thorough Notes. It's impossible for even the best of listeners to remember all that has been said.

Note Taking Tips:

Know what to record.

- Record the speaker's main points in your own words. Don't try to write down everything that's said.
- Listen for key words that tell you what's important

("The major cause was...", "The four main steps...")

- Copy all information written on the board.

Know how to record it.

Use as few words as possible. Devise your own symbols or use common abbreviations.

(Continued on pg. 2)

PARENTAL READ: TEACHING TOLERANCE

Your child is growing up in a very diverse world. Below are some tips to aid you in teaching tolerance to your teen.

Keep Talking: Many believe the last thing teens are interested in is having

a conversation with parents. But even if your teen doesn't initiate conversations about issues of difference, find ways to bring those topics up with them. Use current issues from the news, such as the

immigration debate or same-sex marriage, as a springboard for discussion. Ask your teen what he/she thinks about the issues.

(Continued on pg. 2)

“Remember to take short breaks. You need—and deserve—them”

Get a good night's sleep the night before an exam. The day of an exam, eat healthy foods and do some light physical activity.

STUDY SKILLS AND TEST TAKING STRATEGIES

- Leave a wide left margin so you can add notes and questions.
- Take notes in outline form. It helps you to be more organized, and makes studying easier later.

Review your notes as soon as you can after class.

- Highlight the points that seem most important.
- Go over your notes at least once a week to keep information fresh in your mind.

Attend every class! You don't want to miss something important or to have to rely on other people's notes.

Take part in class discussions:

This is your chance to express your opinions and test your understanding of the material.

Be prepared. Complete assigned reading before class and think about what may be discussed in class.

Ask Questions. It's one of the best ways to learn.

Summarize in your own words what's been said. This helps you understand what has been said more clearly.

Budget Time Wisely:

You don't want to

Procrastinate because you could become overly stressed easily.

- Allow time for sleep, fun, and fitness.
- Try and study the same subject at the same time each day.

Have a good study

environment:

- Choose a quiet, well-lit place that's free of distractions.
- Gather all materials you need before you begin.
- Try to study in the same place each day. Use that place for studying only.

College Spotlight

Eastern Kentucky University
(Richmond, Kentucky)

Sample Majors

Accounting, Social Work, Nursing, Education, Psychology, Biology, Business, Computer Science, Criminal Justice, Emergency Medical Care, and many more!

Estimated Costs

Tuition: \$7,320 per year
Room/Board: \$7,316 per year

Meal Plan: \$1,798

Financial Aid IS

Available!

For more information on EKU visit:
www.eku.edu

PARENTAL READ: TEACHING TOLERANCE

When young people know that they have a voice in their community, they are empowered to help resolve issues of injustice.

Stay involved. Messages about differences exist all around your teen: the Internet, songs, music videos, reality shows, ads, commercials, and social cliques at school. Know the websites your teen enjoys visiting; take time to listen to or watch the music and shows they enjoy. Then, discuss the messages they send. Ask your teen about the group or groups they most identify with at school. Discuss the labels or stereotypes that are associated with such groups.

Live congruently. Discussing the importance of valuing differences is essential, but modeling this message is

even more vital. Evaluate your own circle of friends or the beliefs you hold about certain groups of people. Do your actions match the values you discuss with your teen? Teens are more likely to be influenced by what you do than what you say, so it's important for your words and behaviors to be congruent.

Broaden opportunities. It may be natural for teens to stick to groups they feel most comfortable with during the school day. These often are the people they identify as being most like themselves. Provide other opportunities for your teen to interact with peers from different backgrounds. Suggest

volunteer, extracurricular, worship and work opportunities that will broaden your teen's social circle.

Encourage activism. Promote ways for your teen to get involved in causes he cares about. No place for him to hang out with friends? Encourage him to get together with peers to lobby city officials for a teen social center or skate park. Upset about discriminatory treatment of teenagers by a storekeeper or business? Give your teen suggestions for writing a letter of complaint or planning a boycott.

<http://healthykidsmoblog.wordpress.com>