

October 2012 Newsletter

EKU UPWARD BOUND

HOW TO BEAT TEST ANXIETY

Important Dates to Remember:

Saturday Academies:

Nov. 10th, 2012
Dec. 1st, 2012

ACT Dates:

Dec. 8th, 2012
Feb. 9th, 2013

www.actstudent.org

FAFSA:

Available Jan. 1st!
www.fafsa.ed.gov

Test Anxiety is the fear or worry of having to take tests. Test Anxiety causes:

Mental Distraction: Inability to concentrate and being easily distracted by noise, temperature, passengers by, etc.

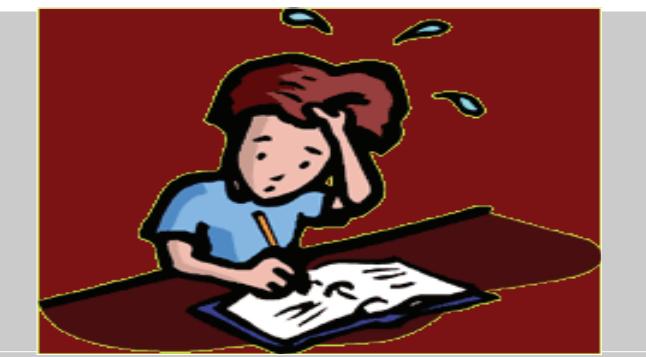
Physical Symptoms: You may fidget, have butterflies in your stomach, a quickened heart rate or breathing, nausea, sweaty palms, a headache, etc.

Mental Blocks: You may be unable to think effectively about the task at hand.

Common test-taking concerns:

If I don't do well, I'll flunk the course: Don't put your whole future on the line with a single test. It's unlikely that one test will "make or break" you.

I study hard, but in the exam room I just get confused: Better study habits and some relaxation techniques can help keep your mind clear.



I can't keep my mind on the test: You can improve your concentration by learning some basic self-discipline techniques.

I never do well no matter how much I study, so why study at all? Don't fall into the trap of having low expectations. Studying can bring results!

I'll never do as well as some of the smarter students: Don't try to compete with others. Do the best you can.

Learn how to control your anxiety:

Don't let emotions interfere with logic! Here are some ways to keep your perspective:

Think about why you become anxious and afraid:

- Recognize that some thoughts are negative and self-defeating.

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PARENTAL READ: YOUR CHILD'S FIRST YEAR OF COLLEGE

College is a big step for students and parents.

It means:

Separation: It may be the first time you and your child have lived apart.

Letting go:

You'll need to adjust to your child's growing independence.

New Beginnings:

Your relationship with your child becomes adult to adult.

Opportunities:

The college experience will help to shape your son's or your daughter's future.

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STUDY SKILLS AND TEST TAKING STRATEGIES

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.

- For each emotional, frightening thought, come up with a rational counter-thought. For instance, replace: "I could never study enough for this test." with: "I have a lot to study, but if I stick to my schedule and concentrate, I can do it."

Learn to relax:

- Loosen your clothing and get comfortable.
- Tighten the muscles in your toes. Hold for a count of 10. Relax and enjoy the sensation of release from tension.
- Flex the muscles in your feet. Hold for a count of 10. Relax.
- Move slowly up through your body, legs, abdomen, back, neck, and face contracting and relaxing muscles as you go.
- Breath deeply and slowly.

Use Relaxation Techniques:

- When you feel yourself becoming anxious.
- To help you sleep the night before the exam.
- As a refresher between study sessions.

If your mind is blocked by tension during the exam:

- Close your eyes.
- Take a long deep breath.
- Let it out slowly.
- Concentrate on your breathing—actually feel and hear yourself breathe. Don't allow yourself to worry about the time, test, or tension.
- Repeat once, then return to the test.

Use your imagination:

in a positive way! When you let your imagination create disastrous scenarios, anxiety is sure to follow. Learn to imagine yourself remaining calm and in control. Cast yourself in the role of the winner — not a loser!

College Spotlight

University of Kentucky
(Lexington, Kentucky)

Sample Majors

Social Work

Biology

English

Psychology

Theatre

Nursing

and many more!

Estimated Cost of Attendance

\$22,952

Financial Aid IS Available!

For more information on UK visit:
<http://www.uky.edu/>

PARENTAL READ: YOUR CHILD'S FIRST YEAR OF COLLEGE

Remember!
Being there for your child can make all the difference!

The first year of college is a time of change and growth.

It's important for you to express your:

Support:

Knowing you're available to talk can be very reassuring.

Understanding:

Recognizing the stress students face can make a big difference when your child feels overwhelmed.

Trust:

Allowing your child to make decisions and solve problems alone can help build self-confidence.

Let your child prepare.

In the weeks before college your child may need to:

Spend time with friends:

Leaving friends behind can be difficult. Your child may want to spend extra time with them as moving day nears.

Distance him– or herself:

Sometimes teens need to separate from loved ones gradually, to make leaving less difficult. Give your child the space they need.

Be reassuring:

Your child may begin to doubt whether he or she made the right decision.

Keep the lines of communication open.

Follow these guidelines:

Be a good listener:

Your child may need to "let off steam" by calling home to complain about school, friends, etc. Show your support by listening. Help find solutions, but don't try and solve the problems.

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PARENTAL READ: YOUR CHILD'S FIRST YEAR OF COLLEGE

Suggest that your child join a campus club or organization. It's a good way to meet new friends and get involved on campus!

Show interest:

Ask questions about classes and new friends, but avoid pressing for information if your child seems reluctant to talk.

Have an open mind:

Experiences at school will shape your child's opinions on many subjects. Remember — it's all a part of growing up.

Be Encouraging:

Try to focus on the positive. Praise academic success without applying too much pressure. You can be firm about grades without nagging. Let your child know that you believe in him or her.

Don't Push:

If your child is struggling over what to study, explore the possibilities together. Don't pressure your child to study something he or she isn't interested in.

Battling Homesickness.

How you can help from home:

Stay in touch: Agree to talk or to write often, and keep conversations positive to avoid small arguments. If possible, try and visit your child at school when you can.

Make the most of home visits:

Suggest that your child schedule time for family and friends. Spend quality time together such as, long walks, a special dinner, and try and avoid changed your child's room.

Send care packages: Little things mean a lot. Send homemade cookies, a funny card, local newspaper, etc, to make home feel closer.

Source: Scriptographic. (1997). Your Child's First Year of College: A Guide for Parents. Channing L Bete. Co. Inc. South Deerfield, MA.

Avoid the "empty nest Syndrome"

Many parents have a difficult time adjusting to a child's absence. Here are some things that can help:

Keep Busy:

- Spend more time with your partner and/or friends.
- Join a club.
- Take a class.
- Do volunteer work.
- Read.
- Start a new hobby.
- Start a new exercise routine (Be sure to consult your health care provider before starting an exercise program).

Don't take it personally:

You may feel a sense of loss as your child becomes more independent. But remember, it's important for young adults to rely less on their parents. It's a sign they are growing up.

INTERESTING INFORMATION

Oprah is an Upward Bound Alumni!

There are several well known people who were also members of Upward Bound when they were in high-school.

Here is a list of a few:

Oprah Winfrey:

Talk show host, author and journalist.

Angela Bassett:

Actress

John Quinones:

Correspondent for ABC news, "Prime Time Live"

Viola Davis:

Actress

Will Haygood:

Boston Globe feature writer.

Raul Vasquez:

University of Texas, Judge

Belinda Reyes:

University of Texas, PHD Judge

If these people could utilize the Upward Bound program and go on to do great things, then so can you!

Source: Mt. San Jacinto College. Famous Trio. Retrieved from: <http://www.msjc.edu/StudentServices/UpwardBound/Pages/Famous-TRIO.aspx>