

# EKU Upward Bound November Newsletter 2013

## In this Issue

College study skills 1  
Avoiding burnout 2  
FAFSA Information 2  
Survey reminder 3  
College Spotlight- BCTC 3  
Senior Corner 3  
Fun Thanksgiving facts 3  
October Saturday Academy Pictures and  
Summary 4

## Important Dates!

### Upcoming ACT Test Dates

-December 14th  
(Registration ends November 8th)  
-February 8th  
(Registration ends January 10th)  
-April 12th  
(Registration ends March 7th)

### Upcoming Saturday Academy Dates

November 23<sup>rd</sup>  
December 7<sup>th</sup>  
January 11<sup>th</sup>  
February-TBD  
March 22<sup>nd</sup>  
April 12<sup>th</sup>  
May 3<sup>rd</sup>

### FAFSA

Available January 1<sup>st</sup>  
[www.fafsa.ed.gov](http://www.fafsa.ed.gov)

[www.upwardbound.eku.edu](http://www.upwardbound.eku.edu)

## Practice College Study Skills During High School

There are many differences between high school and college when it comes to tests, homework assignments and reading. Assignments and tests will become more challenging, and reading the textbook will become a requirement in your classes. Some current college students say that identifying these study strategies in high school paves the path to success in university academics. Try various methods of studying during high school so you are aware of what works for you when you get to college. Such study methods could include making flashcards, creating a study guide or having a friend quiz you on material. Study strategies depend on your individual learning style--but identifying that style is the key to your success in college.



Many courses in college will require daily reading from the textbook for that class. Get into the habit of reading your textbooks in high school in order to prepare you for the extensive reading in college. It is beneficial to dedicate an allotted amount of time each night to reading rather than trying to do it all in one night. However you decide to study and complete your reading is up to you, but finding the most effective methods that work for you is important.

<http://www.usnews.com/education/blogs/college-admissions-playbook/2013/10/14/practice-college-study-skills-during-high-school>

## Avoiding Burnout

Being successful takes more than going to class, studying for tests and getting good grades. It is also about ensuring you have a good balance in your life in order to avoid burnout. Here are some strategies to help you maintain your sanity and your health while being successful!

### 1. Get enough sleep!

A good night's sleep leaves you feeling refreshed, alert and ready to tackle the day. Lack of sleep can cause difficulty concentrating, lack of productivity and more susceptibility to illness. In order to get enough sleep, stop procrastinating on work, exercise, avoid consuming large amounts of caffeine and keep regular bedtime hours. Taking naps that are 30 minutes or less during the day can also help you sleep better at night.

Some tips to help you get enough sleep...

- Avoid procrastinating.** Procrastinating causes you to panic. Panic leads to a lack of sleep.
- Take a nap.** Naps can help you be efficient throughout the day and can even help you sleep better at night. Don't let your naps exceed 30 minutes.
- Exercise.** Establish a workout routine that is easy for you to stay committed to. Try to avoid exercising before bed.
- Take a warm shower or bath.** Your muscles will relax and your body will be ready to rest afterwards.
- Keep regular bedtime hours.** Try to go to bed and wake up at the same times everyday. If your body is on a schedule, you will be more likely to sleep better.

### 2. Give Yourself a Break

When your mind begins to wander and you are starting to lose focus, take a break! Studying too much can actually hurt you when you are trying to retain information. Try studying for 45-60 minutes, then give yourself a 10-20 minute break. Here are some ideas for taking short study breaks:

- Eat a snack
- Take a short walk/jog
- Draw a picture
- Open a window for some fresh air
- Stretch
- Listen to music
- Practice breathing exercises
- Run a quick errand

Remember that everyone has his or her own learning limit and preference of completing work. Focus on realizing your limit and preference so you can get the most out of your study time!

<http://www.drake.edu/acadassist/skillsforsuccess/avoidingburnout/>

### FAFSA Information

#### How long it will take to fill out the FAFSA:

- 55 minutes to complete and submit an initial application
- 45 minutes to complete and submit a renewal application
- 10 minutes to make FAFSA corrections

These averages include time for reviewing instructions, searching existing data sources, gathering the data needed, and completing and reviewing the application.

#### What you will need before you begin your FAFSA:

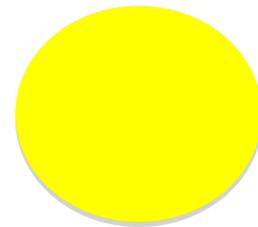
- Your Social Security Number
- Your most recent federal income tax returns, W-2s, and other records of money earned
- Bank statements and records of investments (if applicable)
- Records of untaxed income (if applicable)
- A Federal Student Aid PIN to sign electronically (If you do not already have one, visit [www.pin.ed.gov](http://www.pin.ed.gov) to obtain one.)

If you are a dependent student, then you will also need most of the above information from your parent(s).

#### What if I (or my parents/guardians) haven't completed taxes yet?

If you or your parents/guardians have not completed your taxes yet, you can estimate your income and other tax return information, and then correct your application after you have filed your taxes. When estimating your tax return information, you should indicate that you **will** file your taxes. If your previous year's income is similar to the current year's income, use last year's tax return to provide estimates on your income.

For more FAFSA help, visit [www.fafsa.ed.gov/help.htm](http://www.fafsa.ed.gov/help.htm)



## Spotlight

### BCTC

#### Bluegrass Community and Technical College

**-Campus Locations-** Cooper, Danville, Lawrenceburg, Leestown, Newtown, Winchester, Georgetown-Scott County, and downtown Lexington

**-Academic Programs-** Cosmetology, Business Management and Marketing, Surgical Technology, Early Childhood Education, Security Management, Dental Laboratory Technology, Automotive Technology, Respiratory Care, Nursing and over forty more areas of study!

**-Tuition-** \$144 per credit hour

**-Student Organizations-** Intramural sports, Courier, Christian Fellowship, International Association of Administrative Professional (IAAP), Phi Theta Kappa national honor society, Socialist Student Union, Student Government and many more!

Visit BCTC's website at <https://bluegrass.kctcs.edu/>

Find BCTC on Facebook!

Follow BCTC on Twitter @BluegrassCTC

## Don't forget!

Please take the survey on Upward Bound's use of Social Media and Technology before the next Saturday Academy, which is November 23<sup>rd</sup>! There will be a small prize for students who take the survey! The link to the survey is below!

<https://www.surveymonkey.com/s/ZQ9N2WL>

### Fun Facts!

**The first Thanksgiving celebration lasted 3 days.**

**Each year, the average American eats between 16-18 pounds of turkey.**



### SENIOR CORNER!

Seniors, how is your college preparation going? According to [mappingyourfuture.org](http://mappingyourfuture.org), here is what you should work on this month.

November tasks:

- Complete admissions applications by their deadlines.
- Attend college planning/financial aid information nights and college fairs.
- Register to retake the ACT.
- Request financial aid forms and applications. Double check the deadlines for submission.
- Follow up to ensure your employers, teachers, and guidance counselors send letters of recommendation.
- Focus on increasing your GPA.

For the complete college planning timeline visit <http://mappingyourfuture.org/collegeprep/seniorcalendar.htm>

<http://mappingyourfuture.org/collegeprep/seniorcalendar.htm#november>

### Just a reminder...

The buses will be picking up **one hour earlier** for the November Saturday Academy. Please be at your assigned pick-up location one hour earlier than the time on the bus schedule!

# October Saturday Academy



## Executive Board Meeting Summary

**By: Jacquee Cantrell- Secretary**

At the October meeting, our first topic of discussion was encouraging more active membership of the Executive Board. Next, we discussed doing fundraisers or donations to help raise money for the Senior Trip. We also discussed which colleges we'd like to hear from or visit. When reflecting on the day, it was unanimous that the variety of food choices today were good. We also came up with several ideas for an Executive Board sponsored activity. As a recruitment idea, we thought of each of us doing an individual PowerPoint designed and run by the Executive Board at each of our schools in front of those eligible. This idea has been put off until spring, though. The idea was also brought up for Executive Board members to be in charge of the introduction of new students. We also discussed what type of tutoring we wanted at Saturday Academies.

## October Saturday Academy Summary

**By: Jacquee Cantrell- Secretary**

This meeting opened with the new member introductions as it always does. The introductions were followed by brags and announcements before a brief overview of the day. Zak played a money game with UB participants. We had two visitors in charge of workshops. Keith Richie talked about financial literacy and paying for college. Joey Littrell, the new UB writing teacher, gave a writing workshop focused on how to write a complaint letter. After lunch we returned to break-out in our groups and the day ended with giveaways.

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