

EKU Upward Bound September 2013 Newsletter

Time Management Tips

1. Be organized

- Have an appointment calendar or a planner to keep track of due dates and deadlines
- Make “to-do” lists for yourself and rate each task according to the level of importance it holds at the time
- Assign one binder or folder to each class in order to keep all notes and assignments in the right place

2. Plan Ahead

- Determine how long tasks will take to complete
- Determine whether or not big tasks can be broken down into smaller tasks in order to complete them more efficiently
- Don't procrastinate on assignments

3. Practice effective study techniques

- Have an appropriate study environment that is quiet and is not distracting
- Do not wait until the night before to study for a test or exam; study a little bit 3-4 nights before the test or exam
- Take notes while reading textbook chapters to help you to remember the important information in the chapter
- Take small breaks while studying in order to help you to refocus and to concentrate better

4. Stay goal-oriented

- Remind yourself of the goal that you are working towards in order to stay motivated
- Work on tasks that will help you to accomplish your goal first
- Write your goal down and hang it in a visible area to remind yourself about what you are working towards
- Stay positive!
- Don't give up!

Dates to Remember!

Saturday Academies

September 28th

October 19th

November 23rd

www.upwardbound.eku.edu



College Spotlight!!

Berea College

Location: Berea, KY (approximately 16 minutes from ECU)

Majors offered: Biology, Chemistry, Communication, Mathematics, Nursing, Psychology, Theatre, Technology and Industrial Arts, Communication and Information Science and many more!

Clubs and Organizations: Berea offers over 50 clubs and organizations to join!

Tuition: Berea College offers all incoming students a 4-year tuition scholarship. The amount of the scholarship depends on financial need and any other scholarships that the student may have received.

Learn more at www.berea.edu



Scholarship Announcement!

Attention high school seniors! This is a great scholarship opportunity! Click on the link below to learn more and to apply. Deadline is October 31st.

<http://www.coca-colascholarsfoundation.org/applicants/#programs>

Did you know?

In 2011, there were over 4.5 million college students in the United States.

<http://101grads.com/2011/02/25/interesting-college-facts-you-should-know/>

-----Parents' Corner-----

When sending a child off to college, safety is a big concern for parents. Therefore, having the right phone numbers are important! Besides having your child's cell phone number, below is a list of phone numbers you should collect before the first day of school as well:

- your child's resident assistant's number in his/her dorm
- campus security's number
- your child's advisor's number
- your child's roommate's number
- your child's roommate's parents' number

http://www.parentsconnect.com/parenting-your-kids/parenting-teenagers/learning-and-school/preparing-your-child-for-college/rant_1221208199174.html

Coming Soon!

Summer videos and yearbooks from the past summer will be available to students at this year's first Saturday Academy on September 28th.

Summer fun!



This summer we visited the University of Kentucky, Shaker Village of Pleasant Hill in Harrodsburg, and the Cincinnati Museum Center along with many other neat places!



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