How to Beat Spring Fever

Spring fever is a common condition affecting high school and college students alike. There are two strains of this virus and both can have serious impacts on your GPA. The first strain is called W.W.T.D.S.M.A, When Will This Damn Snow Melt Already. The second, much more contagious, strain is known as B.N.O, But it's Nice Outside. Warning signs that you might have contracted SPRING FEVER include, but are not limited to; laziness, procrastination, convincing yourself that school doesn't count after April 15th, you justify an absence by thinking “It's such a nice day- I'm sure the teacher won't even be there”, a desire to melt into your sofa doing your best impression of a vegetable, holding on to your remote control as though it's an impression of a vegetable, holding it is your only lifeline to the outside world, staring at stacks of books and assignments and deciding to go on Facebook instead, and/or mindlessly staring out a window in your home trying to melt the snow using only the power of your mind- you might try this anywhere from 3-10 times a day. If you have 1 or more of these symptoms please refer to the remedies below.

1. If it's nice outside- then GO OUTSIDE! Yes, you might have studying to do, but it is important to still take time to do healthy, constructive activities outside. Spend 30 minutes on an assignment and then take a ten-minute break to go outside and get some fresh air, shoot some hoops, go for a quick run, or simply walk outside to check the mail. Fresh air is good for you, and taking several short breaks while studying can actually help you stay focused longer.

2. Get together with some friends and create an Action Study Group. What is that you say? It means that you bring some brief notes with you and you verbally quiz each other and discuss the material. Discussing material with people rather than just staring into a book is a great study method and often cements the information into your head more permanently.

3. Use the 15-minute plan. Plan your time in 15-minute increments. The key is to maximize each 15-minute time span. This is a great technique if you are having trouble sitting still or get distracted easily. A 15-minute study plan might look like this: math homework, clean room, finish math homework, shower, read chapter for history, play with dog outside, finish chapter for history. You can change the amount of minutes based on what works best for you-but 15 should be the minimum.

4. Go Digital- even the most simple of cellular phones these days have built in calendars. If you find that you are becoming more and more forgetful; program your due dates for assignments, financial aid deadlines, appointments and everything else into your phone. Set it so an alarm will beep at you several minutes (or hours) before a due date. Technology is everywhere- make it work for you!

5. Avoid Social Media! Facebook, Twitter and other social media outlets hold mysterious powers that have the ability to suck you in for hours at a time. Before you know what happened, its time for bed and you haven’t even looked at the essay assignment you were assigned in English that’s due tomorrow. Write down what you are going to accomplish before you begin to study, this list should be specific and attainable. Once you have all the items on that list complete and you are ready to turn in for the night and then, if you must, update your status.

6. Get active! The physical and emotional health benefits to exercise are never ending. Often times, all you need is a good 30 minutes of doing something active and fun to help redirect and prepare your mind to get back to hitting the books. GET MOVING!

7. Clean your space. If your study space is clean and organized it is easier to feel motivated to get school assignments done, you are more likely to keep your assignments organized, and less likely to be distracted.

8. Challenge yourself. Are you consistently getting B’s on papers, but you never prewrite, do multiple drafts or revise more than once? Then see what you can do! Most students don’t put 100% effort into their school work, and those same students when asked- know what they could and need to be doing to improve their grades. Think about it and take the challenge to exceed your own expectations.

9. Go see your local Upward Bound Tutor! Going to tutoring right after school is a great way to say hello to friends and get homework done before you go home. Studying with other people often helps you stay on track and as a result you are more productive.

10. Have your friends hold you accountable. Work together to get through these last few months of school. Call each other with reminders about due dates, encourage your friends to pay attention in class, go visit the teacher as a group- all of you will benefit.
Meet Your Summer Pitt Crew!

My name is Amy Krautbauer and this will be my third summer program with Upward Bound. I grew up in Victoria, MN. I am a senior this year majoring in Elementary and Middle School Education. I like long walks on the beach and ice cream. I am excited to see everyone again and see all the new faces.

My name is Lisa Kittleson, I will be a sophomore at Bemidji State and my major is Marketing Communications. I am from Waconia, MN and have two younger brothers. I have a love for hockey and simply singing. I love to laugh, talk and meet new people! This summer, I am most excited for the new and fun adventures to be had!

My name is Paige Timm, I am from Green Bay, WI. I am a junior majoring in Psychology and minoring in Criminal Justice. I love the Packers and nachos. This is my third year with Upward Bound. My favorite ice cream flavor is mint chocolate chip. I am most excited to see everyone again and to meet all the new students!

My name is Nick Madsen and I’m from Elk River, MN. I am a Social Studies Education major. I enjoy hiking, biking, and any type of game. I’m excited to hang out with the students and the trip this summer. And if y’all want to know something interesting about me it is that I can do many types of voices and accents.
I’m Sarah Chute. I’m from Aitkin, MN and am studying Elementary Education here at BSU. I grew up on a beef farm and love the outdoors. I’m most excited to meet all of you this summer!

My name is Lucy Rumbidzaishe Nyamunda. I am an international student from Zimbabwe, which is in Southern Africa. I enjoy rollerblading, biking, and doing a lot of outdoor activities. I LOVE travelling and meeting people from different cultures. I am really excited to get to meet all the Upward Bound students.

I’m Joe Stusynski. I’m from Karlstad, MN and I’m double majoring in English and English Education. I enjoy reading, watching many television shows and I really like cake.

Hi, my name is Randall Riehl, I am from Andover, MN. Currently I am double majoring in Biology and Psychology. My hobbies include playing with animals, working out, and gardening. I am really excited to get to meet new people and go on nature walks. I love to have fun and experience new things.

My name is Beth Rindy. I am from Alexandria, MN. I am majoring in Elementary Education with a minor in Spanish. I like to play soccer and hockey. I enjoy spending time with people and getting to know them. I am most excited about getting to know the individuals in the Upward Bound Program.
Jessica Kemp
Course: Writing
What was your favorite part of college and why?
Study Abroad! Love to travel and see new places and cultures.
What is the most daring thing you have eaten?
Octopus or seaweed

Kelly Nipp
Course: Math
What is the most daring thing you have eaten?
Pig Kidneys
What was your favorite part of college and why?
Learning in groups—we always did things together and this helped all of us excel in our classes.

Lisa Gauwitz
Course: Math
What was your favorite part of college and why?
Math class...Why? Solving problems of course!
If you could travel anywhere in the world, where would it be and why?
New Zealand—it’s so beautiful!

Rick Filipkowski
Courses: Sci-Fi & Writing II
What was the last book you read?
Code Talker by Joseph Bruchac
What is the most daring thing you have eaten?
My mother’s meatloaf

Sara Dennison
Courses: Poetry & Literature II
If you could travel anywhere in the world, where would it be and why?
Peru, because it’s a hub of language and culture—two things I hold very dear to my heart.
What was the last book you read?
From Papyrus to Hypertext

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Shana Pazdernik-Hensch
**Courses:** Biology & Environmental Studies
**What was your favorite part of college and why?**
I enjoyed my science classes, especially labs, because they were interesting AND I met my husband at college—which made college even better.

**What is the most daring thing you have eaten?**
Seal & Walrus

Shane Graham
**Courses:** Physical Science, Chemistry, & Physics
**If you could travel anywhere in the world, where would it be and why?**
Ukraine to visit my foreign exchange student and her family.

**What was the last book you read?**
Shane Peacock– Young Sherlock Holmes

Steve Berard
**Courses:** Lit III & International Film
**What was your favorite part of college and why?**
Working at the college radio station– loved having my own radio show.

**If you could travel anywhere in the world, where would it be and why?**
Nepal- I’ve always wanted to see the Himalayas and I could visit some of the Nepali students I’ve met at BSU.

Kaci DellaPaolera
**Course:** American Sign Language I
**What was the last book you read?**
I re-read (for the 4th time) Perks of Being a Wallflower.

**If you could travel anywhere in the world, where would it be and why?**
Italy– to taste all the fantastic food!

Ivory Hilliard
**Courses:** Spanish I & II
**What was your favorite part of college and why?**
My favorite part of college was being forced to be exposed to new people with new points of view.

**What is the most daring thing you have eaten?**
Llama

Shane Peacock– Young Sherlock Holmes
Summer Program Dates:

June 9th - July 18th

**Students stay with Upward Bound from Sunday evening until lunch on Friday

Move-in Day: Sunday, June 9th

**Move-in time will be assigned by school & will be between 3:00 and 4:30

Drop-off Time: Sundays at 5:00pm [except for the first Sunday]

Pick-up Time: Fridays from 12:00-1:00 in Birch Hall Lobby

Fourth of July Break:

Students leave: Wednesday, July 3rd @ 2:00pm

Students return: Sunday, July 7th @ 5:00pm

Move-out Day: Friday, July 12th from 9:00am-1:00pm

Chicago, IL Trip Dates:

Leave from BSU Sunday morning (July 14th)

Return to BSU Thursday evening (July 18th)

April Back To Campus-Festival of Nations

Upcoming Dates

May 5: End-of-the-Year Banquet

(2 family members are invited to attend)

*Make sure to RSVP by April 27th by calling or E-mailing Leah @ 218-755-3334 or lgirard@bemidjistate.edu