College is coming: Will you be ready?

Why are Upward Bound staff members always asking about your academics? When you joined Upward Bound you indicated that you were committed to attending college and were willing to work hard to get there. Your academic record isn’t necessarily an indicator of how smart you are as much as it is an indicator of how hard you are willing to work.

Habits are something that take time to form and making sure you are developing good habits now is important. Our former UB students cite time and time again that they had to learn to study once they get to college. Time management and prioritizing also prove to be challenging for students to adapt to. Many students think that these things will come naturally when they transition to college, but this is often far from true. There are a multitude of things you can do to prepare yourself while still in high school.

College is Challenging. Athletes get better by facing opponents better than themselves. Similarly, you will increase your academic skills by challenging yourself now. Opt out of that study hall and push yourself to take that extra science or math course. You, no doubt, will face challenging coursework in college, so prepare by challenging yourself and learning to adapt now!

Time management is a MUST. Students consistently cite a lack of time being a reason for poor grades. Have you heard of the term “all-nighter”? College students know this term all too well. While UB staff want you to stay healthy and get some sleep, there are times in life where you will need to push through. There is no rule stating that staying up a little later to finish homework is only allowed in college. Challenge yourself to make your academics a priority. College students also know the term “late work” and know that it doesn’t exist after high school! Time management also requires an awareness for all responsibilities and assignments. This is why UB has encouraged the use of your planners-college students don’t survive without some form of planner.

Learning to study. Studying takes lots of time and intentionality. Reading over notes before a test is usually not enough to get a decent grade. Tests in college usually cover multiple chapters and require actually reading the textbook as well as studying notes. Do you read your textbooks now? Do you make notecards and know the material well enough to recite it back to someone? These are good skills to work on developing. Effective study methods vary from individual to individual. Challenge yourself to study for extended periods of time and try different methods to find out what works best for you-this will give you a head start.

Whether you are in your freshmen year or getting ready for college next fall, it is not too late. Life is 10% what happens to you and 90% how you react to it. Regardless of your current academic record, it is time to REACT!
What has been the biggest academic adjustment you have had to make?

I have had to spend a lot more time studying and learning material on my own since not everything is covered in class.

Now that you have completed your first semester of college, what advice would you give to current UB students?

Just because you have a lot more free time in college doesn’t mean you can waste it. You definitely need to spend a lot more time studying and taking advantage of professors’ office hours.

What has been the biggest surprise about college?

There are some days I only have two classes and I find myself with more free time on my hands.
Where are they now?

Julie Wadena

College: University of North Dakota
Major: Biology
Graduate: Mahnomen High School 2013

What did you experience in UB that has been most helpful in college?

The experience of being in the program overall has been very helpful. Here at UND they also have a TRIO program and it is a way to continue getting help similar to the help I received in Upward Bound.

What insight do you have on living in the residence halls?

The best thing about it would have to be that it provides you a lot of opportunities to meet new people and the classes are right there!

What has been the biggest academic adjustment you have had to make?

I have had to learn to study in order to keep up. I can’t just “wing it” and still expect to get a good grade like I was able to do in high school.
School Visits & Tutoring
School visits and tutoring will resume the third week in January! Have a safe and relaxing winter break. Stay warm!

Want to contribute to the UB Messenger?
Write an article about a topic useful or motivating for UB students and be published! Submit articles to Leah for potential submission in the Spring newsletter.

UB Bulletin Boards
Keep an eye out at your school for the UB Bulletin Board! We know you are very organized and use your planner daily, but if you happen to misplace it for a moment and need an instant update on UB activities, check out the UB bulletin board posted at your school. Bulletin Boards are located near your counseling center office or in the commons area. Reference your bulletin board for school visit and tutoring dates as well as upcoming Back-to-Campus times and UB contact information.