Hello Upward Bound!

My name is Zach Olson and I’ve recently taken the position as Academic Coordinator. Many of you have gotten to know me during tutoring and school visits, but for those who haven’t, let me tell you a little about me (take notes, there will be a quiz later).

I grew up on a farm in Baudette, Minnesota. I liked hunting and fishing and taking long walks, but wasn’t big into team sports. Now, my favorite activities include camping, hiking, running, hunting, kayaking, canoeing, rock climbing, and eating (especially eating). My least favorite activities include picking rocks out of fields, standing in lines, riding things that aren’t bicycles (horses, snowmobiles, etc.), and repeating myself.

My favorite animal is the majestic and beautiful sloth, gracefully sleeping its way through life. Cheeseburgers are my favorite food, and the pride of accomplishment is my favorite feeling, so naturally eating an enormous cheeseburger (like a couple of pounds of beef) while hanging out with a sloth is pretty much on the top of my bucket list.

I attended Bemidji State University and graduated with my Bachelor of the Fine Arts in Creative and Professional Writing in 2008. I finished my Masters in English in 2011 then taught freshman composition and argument as an adjunct at BSU until I made the move to Upward Bound.

I’m excited to meet everyone over the coming weeks. So far you’ve all been a fun bunch of students to talk to, and I’m looking forward to working with all of you whether it’s just for a short while with the seniors, or for the rest of your high school careers with the freshmen.
Taking Good Notes  Written by Andie Jones

What is studying? Studying is when you devote time and attention to acquiring knowledge on an academic subject. It also means to look closely in order to observe or read. Studying is not the same thing as doing homework.

There are a few things that are essential when it comes to good study habits. Note taking is one of them. When taking notes in class you should try to write down as much as possible. There are a few reasons why:

- It will force you to pay attention to what’s going on in class
- It will keep you awake
- There will be less you’ll have to remember

When you take notes, it doesn’t have to be neat. It just has to be neat enough to be able to read. It is also important to ask questions and make comments about the notes, or what is being discussed in class. That doesn’t mean that you have to verbally ask a question. You can just as well jot the question or comment down as you write your notes and you can later ask the teacher about it or look up the answer on your own.

Rewriting your notes sounds like it would be a pain, right? Well, it can help you in the long run. Re-reading your notes can often be too passive, making your mind wander; you might even fall asleep. Re-writing notes helps you take an active role in reviewing and may increase the likelihood you retain more class information.

(Students are encouraged to write articles on different topics beneficial to UB students for publication in the next newsletter)
Combating Spring Fever

Spring is a busy time for students. Freshmen and sophomores are gearing up for the MCA writing and reading tests. Juniors are even more stressed focusing on the MCA math test in conjunction with their first bout with the ACT. Seniors are working to make life changing decisions regarding college including where they will start in the fall and which living options they will pursue. Winter activities will wrap up and spring events will soon begin. The weather will (hopefully) improve and the want to spend more time outside will increase. It is this time of year when students seem to struggle most. Whether we are dealing with spring fever or senioritis, final term grades tend to suffer for many students. Here are some tips to help you finish the year on top!

* Use your planner to help you keep track of your busy schedule.
* Work to prioritize. Make sure that your academics are in the driver’s seat and get your attention first.
* Make ‘TO DO’ Lists for the week. Jot down everything that you need to accomplish for the week and work to cross tasks off. The more you get done when you have time, the more time you will have for springtime fun!
* Take advantage of structured study time. This includes class time and tutoring after school. The more you make use of this time, the more free time you will have when school isn’t in session. There are 168 hours in a week, attend UB tutoring for one of them!
* Focus on success. Everything you learn now will benefit you in some way in the future. The more you are able to learn from Chemistry now, the easier it will be when you are taking college chemistry.

Northern TRIO Day was hosted by Mesabi Range Community and Technical College in Virginia, MN this year. Eager students loaded the bus and made the trek early on a Saturday morning to take in the opportunity and insight the day had to offer. Sessions ranged from Financial Planning for College and Scholarship Applications to Time and Stress Management. Jada Current, Bobby Bruce and Charli Schocker share what they learned at the workshop on interviewing “Always prepare and do plenty of research to give yourself the edge over competitors.” The day was also inspired by Michael Cuestas, a speaker who shared his rough path to overcoming his own obstacles in life in order to be successful. “Hearing Michael’s story was inspiring and reminded me that I can do what I want with my life if I just put my mind to it,” reported Geri Chase.
Spring Dates:
Spring College Visits March 28-29 (registered students only)

April Back-to-Campus April 5th (afternoon)

Academic Banquet May 4th (formal invite to follow)

Summer Program Dates:
June 8th—July 16th

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Number of UB students 58 using their planner

The 50 number of students that have attended tutoring in 2014

Number of Seniors accepted to college for the fall 14

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UB Birthdays

January
Angel Rosillo
Cameron Landstrom
Bobby Bruce
Jon Staples
Mya Wadena
Miriah Wadena

February
Phil Thompson
Kristie Northbird
Jerell Londo
Danisha Sells
Darien Allen

March
Jade Brustad
Felicity Boney
Josh LaDuke
Mekah Agnes