Dixie State College Upward Bound

UPCOMING EVENTS - FALL 2003

**October 9th**
Parent Meeting @ Valley High School 6:30 p.m.
(Media Center)

**October 13th**
Parent Meeting @ Dixie State College for Dixie,
Pine View, and Snow Canyon 7:00 p.m. (Gardner Center Auditorium)

**October 14th**
Parent Meeting @ Hurricane High School 6:00 p.m.
(media center)

**October 21st**
Parent meeting @ Enterprise High School
6:30 p.m. (media center)

**3rd Week in October**
Weekly meeting with High School Coordinators begin (10 points)

**4th Week in October**
Weekly meeting with High School Coordinators continue (10 points)

**November 15th**
Mandatory Upward Bound Fall Seminar at Dixie State College 9:00 a.m. (Gardner Center)

**Upcoming UB Activities**
DSC Career Day—November 19th
Sophomore College Tour—December
Receive stipends for Oct. & Nov.

"Success is the ability to go from one failure to another with no loss of enthusiasm."

Sir Winston Churchill (1874 - 1965)

WELCOME TO OUR NEW & RETURNING UPWARD BOUND STUDENTS

Director’s Message

Dear Parents/Guardians and Upward Bound Students:

Welcome to the 2003-2004 Upward Bound program! I would like to congratulate the new students for their acceptance into the program. I also look forward to meeting with our returning students who made last year such a great success.

A student’s success is a combination of both student commitment and parent/guardian involvement. I appreciate your support for Upward Bound and look forward to meeting with each parent/guardian to discuss the program in further detail at our upcoming meeting.

Please feel free to contact me if you have any questions,

Colin Metzger
Bu: 435.652.7659
Ce: 435.229.2254
metzger@dixie.edu

Please Visit our New Web Page
www.dixie.edu

- current students
- then click on the Upward Bound link
Upward Bound Staff

Fall 2003 brings a new era to the Upward Bound program at Dixie State College. We are excited to have a new director to fill the void of departed director Nelda Kissenger. Colin Metzger is the new director of Upward Bound after a short stint as the academic advisor. Casey McClellan became the new academic advisor in September and Lynette Young rounds out the staff with her role as administrative assistant. Here is a little background on the new staff that will help familiarize yourself with them.

Colin Metzger has been the Director of Upward Bound since August 2003. He has held positions as both an Upward Bound advisor and retention specialist for Student Support Services. He is also currently an adjunct instructor of psychology for Dixie State College. He completed a Master of Science Degree in School Counseling (2003) and a Bachelor of Science in Psychology (2001) from Utah State University. He has lived in Southern Utah for eight years and is originally from Orange County, California.

Casey McClellan has been the Academic Advisor since September 2002. He has held positions as both Academic advisor and Head Softball coach for Dixie State College. He is also currently an adjunct instructor for physical education for Dixie State College. He completed a Bachelor of Science in Physical Education (2000) from Southern Utah University and a Associate Degree in General Studies from Dixie State College (1997). He has lived in St. George for seven years and is originally from Monroe, Utah.

Lynette Young has been the Administrative Secretary for the Upward Bound and Educational Talent Search programs since October 2001. She began her employment with DSC at the Hurricane Center in November of 1999. Lynette enjoys surrounding herself with individuals striving to accomplish their goals, and expanding their options through education. Lynette completed her AS degree May, 2001 from DSC and is currently working towards her BS in Business Administration. She comes to Southern Utah from the Uintah Basin, which is located in Northeastern Utah. Lynette loves spending time with her husband, Eric and their families. She enjoys the ocean, the mountains, hiking, bicycling, experiencing diversity through various cultures, and riding with Eric in their Miata convertible.

 Ways to improve your Test Taking Ability

1. Read, read, read newspapers, magazines, fiction, hardback, paperbacks.
2. Study regularly. Study Often. Review periodically.
3. When you study, focus on facts, comparisons, and relationships.
4. Prepare for tests by taking good lecture notes.
5. Don’t rely solely on class notes or your own intuition.
6. If possible, find out specifics about the test, including its format.
7. Review your notes as often as possible before a test.
8. Be physically relaxed, mentally alert, and feel confident that you will do well.
9. Do the practice questions if they are available.
10. BELIEVE IN YOURSELF!
Develop an **ATTITUDE**

Adjusting your attitude is the first step toward solving problems you may face in High School and College. In order to be excited and enthusiastic about High School and College, cultivate the following characteristics:

1. **Be Optimistic.** No matter what has happened in the past, the future is still yours to influence. There is a connection between the effort you make today and the success you find tomorrow. Believe that! Instead of telling yourself that “I can’t do this,” practice saying positive things like “I will improve with practice.”

2. **Be objective.** It’s essential to be honest with yourself. Admit when you’re screwing up. Give yourself credit for doing well. If you are not getting the grades you want, evaluate why, make a plan to change, and move forward. As a result of being objective, you know a little more about yourself, and you can take pride in the fact that your faced your dreams realistically.

3. **Be deliberate.** Determine to develop new behaviors and then do whatever is needed. For example, if you miss a lot of classes by sleeping in, create a plan to solve the problem. Perhaps a newer louder alarm clock is needed. Perhaps even two alarms! Or give a classmate $10, and if you don’t make it to class, he or she gets to keep it. Whatever you do, make a plan and then follow through. And smile through it all, because your life is changing for the better.

4. **Be determined.** Don’t give up. If you don’t reach your goals right away, look for another way to reach them. Find a way to win. If you find yourself becoming discouraged or frustrated, deal with those feelings. Develop a strategy for getting better outlook. Believe that your best effort tomorrow will be better than your best effort today.

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**OCTOBER’S TIPS FOR SENIORS**

- Visit your guidance counselor for college and scholarship information
- Talk to counselors, teachers, employers, about writing some general letters or recommendations
- Prepare for ACT in October by doing practice tests. (www.act.org offers sample tests. Go to act.org to ‘practice and sample questions’.)
- Check www.fastweb.com for the lastest scholarships that you maybe qualified for.
- Sign up for concurrent classes or internship opportunities instead of considering early graduation.
- Remember to check in with your Upward Bound Academic advisor. mackellan@dixie.edu
- Please contact any of the UB staff to let us help you with any questions that you have.

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You always pass failure on the way to success.

Mickey Rooney

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**-Seniors-
Scholarship / Admission Deadlines**

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<th>University</th>
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<tr>
<td>Southern Utah University - <a href="http://www.suu.edu">www.suu.edu</a></td>
<td>December 1, 2003</td>
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<tr>
<td>University of Utah - <a href="http://www.uofu.edu">www.uofu.edu</a></td>
<td>February 1, 2004</td>
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<td>Utah State University - <a href="http://www.usu.edu">www.usu.edu</a></td>
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<td>Utah Valley State College - <a href="http://www.uvsc.edu">www.uvsc.edu</a></td>
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<td>Weber State University - <a href="http://www.weber.edu">www.weber.edu</a></td>
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<td>Brigham Young University (Provo) - <a href="http://www.byu.edu">www.byu.edu</a></td>
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<td>Dixie State College - <a href="http://www.dixie.edu">www.dixie.edu</a></td>
<td>March 1, 2003</td>
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<td>Salt Lake Community College - <a href="http://www.slcc.edu">www.slcc.edu</a></td>
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<td>Snow College - <a href="http://www.snow.edu">www.snow.edu</a></td>
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<td>Westminster College - <a href="http://www.weslc.edu">www.weslc.edu</a></td>
<td>Open Enrollment</td>
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HAPPY BIRTHDAY - SEPTEMBER & OCTOBER

SEPTEMBER
DONNY CARR - SEPT. 11
CASSIDY NEUMAN - SEPT. 20

OCTOBER
STEPHANIE COX - OCT. 3
CASEY MCCLELLAN - OCT. 16
KIMBERLY NAHLER - OCT. 24
CARL NEVE - OCT. 26

STUDY SKILLS FOR OCTOBER

- **Establish a routine time to study for each class.**
- **Establish a place to study each subject.** (Your place should be as free of distractions as possible.)
- **Begin the first day of class.** (know what’s expected of you. Take notes. Make a to do list.)
- **Establish a routine time to study for each class.** *studying at the same time programs your mind to improve concentration*
- **Do as much study in DAYLIGHT as possible.**
- **Work on hardest subjects at a time when you are fresh.** (putting it off until you’re tired compounds the problem)
- **Take Study Breaks.** *Take a 10 minute break after every 20-30 min. of study. Avoid long blocks of time for studying. Spread studying throughout the day.*
- **Find at least one or two students in each class to study with.** (You’ll keep each other going.)