

Fall 2017

Dare to be first.

UNIVERSITY OF  
DELAWARE®

UPWARD  
BOUND  
CLASSIC

This past fall was jam-packed with educational opportunities and information, as well as activities and trips. Scholars and families received an admissions presentation and a campus tour of the University of Delaware's main campus, attended two orientations, started a parent/guardian workshop, posed questions to a panel of University of Delaware students, took a tour of Historic Philadelphia, watched a 76'ers game, received a presentation from Student Financial Services, and participated in several team-building activities.

With Spring right around the corner, we are now planning for our 2018 Summer Academy. We are looking forward to another Summer of learning, skills-development, and fun. There are still spots available, but they are filling up quickly. If you or someone you know would like to apply, please visit our website to submit an online application or print a hardcopy.



<http://sites.udel.edu/upwardbound/>

**Saturday, February 3**

Parent/Guardian and Scholar Workshops

**Saturday, February 24**

Basketball Game

(Seats are limited. Contact Ms. Tiffany if you are interested in attending.)

**Saturday, March 3**

"March Madness" Workshops  
Scholar Movie Night

**Tuesday, April 3**

Baltimore College Tours

**Wednesday, May 23**

Summer Academy Orientation

**Saturday, June 6**

Summer Academy Orientation

**June 18 -- July 27**

Summer Academy

# Director's Message

Dear UBC Scholars,

Welcome to the spring 2018 semester. I hope everyone had a wonderful winter break. On behalf of the Upward Bound Classic Program, we want to wish you a productive Spring 2018 semester. Lots of change is in the air for UBC! In this newsletter, UBC is pleased to share with you some of the many exciting transformations underway in UBC including new services, staff, and events.

During these last couple of weeks, we have been looking thoroughly into students' files to make sure that everyone has been meeting the four contact requirements. The contacts will determine your qualification to remain in the program as well as to receive stipends, scholarships, letters of recommendations and grant aid for the summer.

If you did not fulfill your four contacts, please arrange an appointment with us so we can decide if you can still make up any contacts. If you have not taken full advantage of our services, please take note of our spring schedule. Tutoring is available Monday to Friday. If you need tutoring in any of your courses, kindly reach out to the tutors by phone or email. You may visit or contact the UBC office at any time to learn more about our services. We are here to assist you.

As with any transition, we recognize that there are often questions. Changes can bring on both feelings of excitement and anticipation as well as moments of anxiety. Share your thoughts. We will be happy to discuss any concerns you may have as we move forward.

## CHANGES/NEW SERVICES

**Academic Coaching-** UBC now offers scholars the opportunity to work one-on-one with a professionally trained academic coach who will guide them as they discover a more structured approach to their education and life.

**Educational Plans-** UBC can set you up with an educational plan that will help provide a general guide for you as you navigate your High School career over the next several months, and prepare for college.

**Peer Mentors-** Starting this semester, our wonderful students in the McNair College Program will be here to share their insight with you as our new Peer Mentors. UBC encourages students to become involved with the Faculty Mentoring Program for the unique experiences it can provide.

**Professional Staff-** In January, Nafatari Manigault, and Tiffany Sewell joined UBC as our wonderful new counselor and Office Assistant! She brings with her a wealth of knowledge, compassion, and experience. If you have not yet met her, be sure to stop in and introduce yourself. You can find out more about them on page 3.

**Special Events and Programs-** UBC is launching two new programs: one for the Juniors and one for graduating Seniors with a special recognition dinner ceremony.

**Webpage-** Be sure to check out the UBC webpage. We will be adding new links on financial literacy, staff biographies, student resources and more!

**Workshops-** Check out the list of upcoming workshops. The first one is scheduled for Saturday, February 3rd. Be sure to mark your calendars.

Finally, the 2018 recruitment for the Upward Bound Program is under way. Students who refer their peers will receive extra \$20.00 stipends. Make the referral. Hope everyone has a productive semester!

Sincerely,

Dr. John K.A. France, Director



# Meet the UBC Staff

Welcome Nafatari  
Manigault, UBC's new  
Program Coordinator!



Greetings Upward Bound Scholars!

I am very excited to be a part of the University of Delaware Upward Bound Classic family and look forward to meeting each of you and working with you in the near future. As the new Project Coordinator I understand we have a lot of work to conduct in a little bit of time, but I promise it will be worth it. I have been helping students master their academic goals in PA, DE, MD and NY for over 10 years. Most recently, I worked for Delaware Futures, Inc. for the last 4 years assisting over 60 students reach their collegiate and career goals. Now it's your turn!

Ms. Tiffany is now  
UBC's Office  
Assistant!



Greetings!

Most of you all are already familiar with me from spending time with me as your Resident Assistant/Tutor/Counselor (RTC) during the Summer Academy, and from the recent orientations, workshops, and trips. But earlier this month I began a new position as the Office Assistant. I have been with UBC for almost a year, so I am familiar with how things work.

Although I will not be an RTC this summer, I will still have an active role in each of your journeys and look forward to helping you achieve your goals and celebrating your accomplishments!

# Tutoring Services

## UBC tutors are here for you!



**Nana Marfo**  
nana@udel.edu

Hey, my name is Nana Marfo and I am a junior with a Neuroscience major and a minor in Theatre Studies. I am available for tutoring everyday via text and email and for in-person tutoring Mondays and Fridays. I can assist in Chemistry, English, French, and Biology.



**Jacob Verbanas**  
jverb@udel.edu

Hi! My name is Jacob and I am finishing up my senior year at UD as a mechanical engineering major. Feel free to email me if you need any help with any kind of math -- algebra, geometry, trigonometry, etc.



**Larissa Thermidor**  
lstermi@udel.edu

Hi! I am a fourth year student majoring in Cognitive Science with a concentration in Psychological Foundations of Cognitive Science. I have minors in French and Psychology. I am available every Tuesday and Thursday from 5-7pm to assist you with English and French homework.



**Taurence Chisholm Jr.**  
tchizjr@udel.edu

Greetings! I am a junior majoring in International Relations and Affairs with a concentration in Conflict and Resolution and Affairs. I am currently studying abroad, but will return in February. I am more than happy to help you with Algebra and Science. Just shoot me an email!

**Note:** tutoring is required if your GPA is less than 2.3



# Campus Tour & Workshop



On November 11th, students and their families gathered at the University of Delaware's Visitor's Center for a presentation from admissions officers Eliana and Alejandra. The presentation included helpful information about the admissions process and data such as the average student-to-teacher ratio.

After the presentation, scholars and families were divided into two tour groups. On their tour, they saw popular student hubs, such as the student centers; a dining hall; and some of the main academic buildings.



On December 2nd, Student Financial Services conducted a presentation packed with valuable information, such as what work-study is and how to apply for it, the difference between loans and grants, and much, much more.

It is important to complete the FAFSA as soon as possible to ensure that things are completed and processed in enough time to receive aid. Seniors, log on to [fafsa.ed.gov](https://fafsa.ed.gov) to complete your FREE fafsa for the 2018-2019 academic year, if you have not done so already.

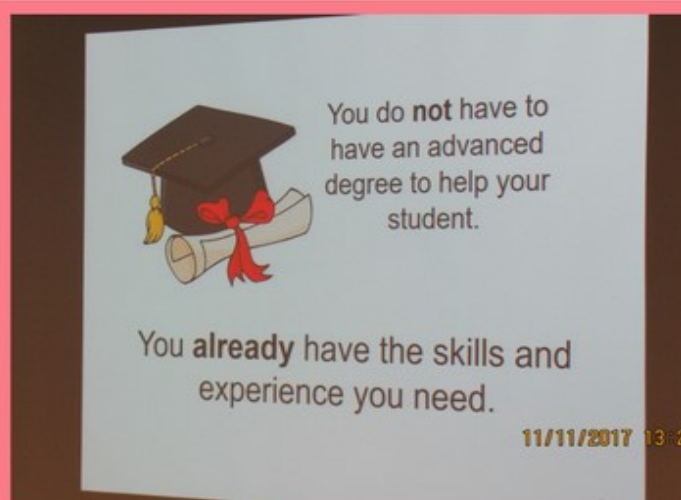
## Did you know...

**The University of Delaware was the first university to take a group of students abroad?**

After helping the University president to see the benefit of studying abroad for students, Professor Kirkbride and his students sailed to France in 1923.



# Workshops



On November 11th, Ms. Jill started a parent/guardian workshop. The workshop focused on showing parents and guardians ways to help their scholar(s) with homework. The series was broken down into multiple sessions.

While the scholars' parents and guardians talked with Ms. Jill and with each other, the scholars were taken to another room to pose questions to a panel of University of Delaware Students. Questions ranged from "Why did you pick UD?" to "What advice would you give to high-school-senior you?"



Special thanks to the panelists: Jonay, Mural, and Jacob!

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## Scholar Spotlight

These scholars have earned a GPA of 3.0 or higher. Keep up the good work!

Conner Goldsborough  
Karleigh Guy  
Kameryn Guy  
Krystal Diaz

Jayden Dryden  
Liz Araujo  
Joshlynn Dryden

Tre Goldsborough  
Brianna Bryson  
Jayana Turner  
Emily Santos

# Delaware Goes to College



Delaware Goes to College held a college fair at the University of Delaware Bob Carpenter Sports Center on November 14th. Hundreds of students flooded the building to get information on several schools.

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**Looking for scholarships?  
'There's still time!**

Download your copy of the 2017-2018 Delaware Scholarship Compendium:

**<https://scholarships.delawaregoestocollege.org/>**

A new compendium is published every year, so check back next school year for more scholarships.



# Ten Traps of Studying

## 1. "I Don't Know Where To Begin"

Take Control. Make a list of all the things you have to do. Break your workload down into manageable chunks. Prioritize! Schedule your time realistically. Pay attention in class so you don't miss any key information that may be on a test. Interrupt homework and study time with *planned* study breaks. Begin studying early, with an hour or two per day, and slowly build as the test approaches.

## 2. "I've Got So Much To Study . . . And So Little Time"

Preview. Go over your reading material and notes from previous lessons and class meetings. Identify the most important topics emphasized, and areas still not understood. Previewing saves time, especially with non-fiction reading, by helping you organize and focus in on the main topics. Adapt this method to your own style and study material, but remember, previewing is not an effective substitute for reading.

## 3. "This Stuff Is So Dry; I Can't Even Stay Awake Reading It"

Attack! Get actively involved with the text as you read. Ask yourself, "What is important to remember about this section?" Take notes or underline key concepts. Discuss the material with others in your class. Study together. Stay on the offensive, especially with material that you don't find interesting, rather than reading passively and missing important points.

## 4. "I Read It. I Understand It. But I Just Can't Get It To Sink In"

Elaborate. We remember best the things that are most meaningful to us. As you are reading, try to elaborate upon new information with your own examples. Try to integrate what you're studying with what you already know. You will be able to remember new material better if you can link it to something that's already meaningful to you. Some techniques include:

Chunking: An effective way to simplify and make information more meaningful. For example, suppose you wanted to remember the colors in the visible spectrum (Red, Orange, Yellow, Green, Blue, Indigo, Violet); you would have to memorize seven "chunks" of information in order. But if you take the first letter of each color, you can spell the name "Roy G. Biv", and reduce the information the three "chunks."

Mnemonics: Any memory-assisting technique that helps us to associate new information with something familiar. For example, to remember a formula or equation, we may use letters of the alphabet to represent certain numbers. Then we can change an abstract formula into a more meaningful word or phrase, so we'll be able to remember it better. Sound-alike associations can be very effective, too, especially while trying to learn a new language. The key is to create your own links, and then you won't forget them.





# Ten Traps of Studying

## 5. "I Guess I Understand It"

Test yourself. Make up questions about key sections in notes or reading. Keep in mind what the professor has stressed in the course. Examine the relationships between concepts and sections. Often, simply by changing section headings, you can generate many effective questions. For example, a section entitled "Bystander Apathy" might be changed into questions such as: "What is bystander apathy?", "What are the causes of bystander apathy?", and "What are some examples of bystander apathy?"

## 6. "There's Too Much To Remember"

Organize. Information is recalled better if it is represented in an organized framework that will make retrieval more systematic. Many techniques can help you organize new information, including:

Write chapter outlines or summaries; emphasize relationships between sections.

Group information into categories or hierarchies, where possible. Information Mapping. Draw up a matrix to organize and interrelate material. For example, if you were trying to understand the causes of World War I, you could make a chart listing all the major countries involved across the top, and then list the important issues and events down the side. Next, in the boxes in between, you could describe the impact each issue had on each country to help you understand these complex historical developments.

## 7. "I Knew It A Minute Ago"

Review. After reading a section, try to recall the information contained in it. Try answering the questions you made up for that section. If you cannot recall enough, re-read portions you had trouble remembering. The more time you spend studying, the more you tend to recall. Even after the point where information can be perfectly recalled, further study makes the material less likely to be forgotten entirely. In other words, you can't over study. However, how you organize and integrate new information is still more important than how much time you spend studying.

## 8. "But I Like To Study In Bed"

Context. Recall is better when study context (physical location, as well as mental, emotional, and physical state) are similar to the test context. The greater the similarity between the study setting and the test setting, the greater the likelihood that material studied will be recalled during the test.

## 9. "Cramming Before A Test Helps Keep It Fresh In My Mind"

Spacing: Start studying now. Keep studying as you go along. Begin with an hour or two a day about one week before the exam, and then increase study time as the exam approaches. Recall increases as study time gets spread out over time.

## 10. "I'm Gonna Stay Up All Night 'til I Get This"

Avoid Mental Exhaustion. Take short breaks often when studying. Before a test, have a rested mind. When you take a study break, and just before you go to sleep at night, don't think about academics. Relax and unwind, mentally and physically. Otherwise, your break won't refresh you, and you'll find yourself lying awake at night. It's more important than ever to take care of yourself before an exam! Eat well, sleep, and get enough exercise.



# Philadelphia Cultural Trip

On November 25th, scholars and the UBC staff traveled to Philadelphia, PA for a tour of Historic Philadelphia. They visited the foundation of the house in which the first two presidents of the United States lived, the Liberty Bell, the house where Betsy Ross sewed the first flag, the grave of Benjamin Franklin, and more.





# Philadelphia Cultural Trip



UBC also enjoyed authentic cheesesteaks at Sonny's Famous Steaks before heading to the Wells Fargo Center to watch the Philadelphia 76ers take the win against the Orlando Magic.



"My experience during this trip, was very interesting and fun. I liked being able to learn about historic Philadelphia. I also [enjoyed] being able to go with all my friends which made the experience even better."

- Ashley

"I really enjoyed the cultural trip to Philadelphia. The tour of Philadelphia was very informative and interesting. One thing that stood out to me the most was Benjamin Franklin's grave, every day people throw pennies or other change on top of his tombstone in honor of his principal a penny saved is a penny earned. Finally, we went to the 76ers vs magic game and I loved the team spirit from all of the native Philadelphians. Once again Upward bound has outdone themselves with another wonderful trip."

- Sierra Smith

"What I liked about this trip was that I was able to go visit but also learn more about the state. I also enjoyed it because it was the first time I went to Philadelphia and went to a 76ers game and I had a lot of fun."

- Liz

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