



# Upward Bound Newsletter

March 2010

## From the Director's Desk

The students & staff of the UWEC Upward Bound Program visited the *University of Wisconsin-La Crosse* (known in short as UW-L) on Monday, 15th February.

### Campus Close-up-

- The drive time from EC to La Crosse is a comfortable 1 hour, 45 minutes
- UW-L is considered a mid-sized campus with a total student population of just under 10,000 students
- The student population derives from 43 states & 50 countries
- UW-L offers 88 majors
- The average class size is 29
- UW-L uses holistic or comprehensive reviews to select incoming freshman
- 90% of the student have ACT scores >22; 40% have ACT scores >26

**Special Note:** *Students completing rigorous courses; including senior year, will be stronger candidates for admission to UW-L!*

### High School Coursework -

Minimum Applicant Preparation	Average Applicant Preparation
4 yrs. English	4 yrs. English
3 yrs. Math	4 yrs. Math
3 yrs. Natural Sciences	4 yrs. Natural Sciences
3 yrs. Social Studies/History	4 yrs. Social Studies/History
4 yrs. Additional academic credits/electives	3 yrs. Foreign Languages
	2yrs. Additional academic credits/electives
<b>Total = 17 Credits</b>	<b>Total = 21 Credits</b>

*~ Kimamo wa Wahome*

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### March Birthdays

\* March 3rd - Davis Klevgard

\* March 10th - Mai Song Yang

\* March 18th - Dustin Marsh

\* March 30th - Stephen Moua

Outlook for the Month	
3/1	Parent-Teacher Conferences
3/5	Registration Deadline for 4/10 ACT
3/15	Deadline for filing '09 Taxes & Priority Deadline for Financial Aid Applications [Seniors]
3/26	End of 3rd Quarter
3/29	10:00 a.m. - 12:00 noon: Broomball at Hobbs Ice Arena ( <b>Required Monthly Activity</b> )
3/29-4/1	Spring Break at ECASD & UWEC

## Calvin and Hobbes

By: Bill Watterson



## Investing in Alcohol-Free Youth

*This was put together by the Eau Claire Area School District, School District of Altoona, School District of Augusta, Fall Creek School District, and Regis Catholic Schools.*

### What is Underage Drinking?

When anyone under age 21 drinks alcohol, we call it underage drinking. It can harm the mind and body of a growing teen. Underage drinking is unhealthy, unsafe, and illegal.

As a youth grow older, the chance that they will use alcohol grows. Approximately 10% of 12-year olds say they have used alcohol at least once. By age 13, that number doubles. And by age 15, approximately 50% have had at least one drink.

#### *Did you know:*

- \* Wisconsin youth & adults have the highest rates of alcohol use in the U.S.
- \* Many more youth use alcohol than tobacco or illegal drugs.
- \* When youth drink, the risk of using other drugs is greater.
- \* Alcohol use is a major cause of death from injuries among youth.
- \* Underage drinking costs \$26.4 million per year in Eau Claire County
- \* There are things we can all do to reduce underage drinking.

*Most 6-year olds know that alcohol is only for adults. However, between the ages of 9 and 13, youth begin to think more positively about alcohol use. That's why it's never too early to start talking about the dangers of underage drinking.*

#### **Eau Claire County youth who used alcohol in the past year:**

- \* 6th grade = 11%
- \* 8th grade = 27%
- \* 10th grade = 56%

## **How to Reach your Goals**

By: Nancy Keene, *Movin' On*, 2010 edition

### **Set Career & Life Goals**

*In thinking about where you want to go in life, don't overlook the importance of taking small steps to get to those BIG goals.*

"Small goals help you reach larger goals," says Elaina Loveland, author of *Creative Careers: Paths for Aspiring Actors, Artists, Dancers, Musicians, and Writers*. "For example, if you have a goal of eventually having a specific career, break that goal down into smaller goals. By creating a step-by-step plan of small goals to reach your larger goal, you get a sense of accomplishment along the way and you are always on the right path."

"For a career goal, first find out what training is required for that career and then work backward," Loveland says. "You need X degree and X experience so how do you get that degree? Research schools that offer that degree, then narrow it down, then apply. Reverse the order and suddenly, you have a step-by-step process to reach your goal!"

### **4 Basic Steps to Get you Started**

1. **Take some time to know who you are.** What are you passionate about? What are your core values?

What is important to you? What gives you the greatest feeling of satisfaction and reward?

2. **Take advantage of any assessment tests and tools** that are available through your school's career center. Or explore testing sites on-line.

3. **Know your strengths** - it's what you have to offer in the marketplace of hiring or community service.

4. **Join school clubs in areas that interest you.** Seek internships and part-time jobs in various fields. You will quickly determine whether you love that area or hate it.