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 -

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

From the Director’s Desk, Inside This Issue and March Birthdays

Outlook for the Month, Calvin & Hobbes and Investing in Alcohol-Free Youth

College News and Career News

March Birthdays

* March 3rd - Davis Klevgard  
* March 10th - Mai Song Yang

* March 18th - Dustin Marsh  
* March 30th- Stephen Moua

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March 2010

~ Kimamo wa Wahome
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>3/1</td>
<td>Parent-Teacher Conferences</td>
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<tr>
<td>3/5</td>
<td>Registration Deadline for 4/10 ACT</td>
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<tr>
<td>3/15</td>
<td>Deadline for filing ‘09 Taxes &amp; Priority Deadline for Financial Aid Applications [Seniors]</td>
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<tr>
<td>3/26</td>
<td>End of 3rd Quarter</td>
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<tr>
<td>3/29</td>
<td>10:00 a.m. - 12:00 noon: Broomball at Hobbs Ice Arena (Required Monthly Activity)</td>
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<tr>
<td>3/29-4/1</td>
<td>Spring Break at ECASD &amp; UWEC</td>
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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

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.