

February / March 2006

**Inside This Issue:**

- Class of 2006 College / University Acceptances
- Campus Spotlight: *California University of Pennsylvania*
- New Upward Bounders
- Points of Pride

**Spring 2006 Saturday Program Dates:**

- February 18, 2006
- March 18, 2006
- April 22, 2006



**Summer Program Dates:**

June 18 to July 29, 2006

**Class of 2006 College / University Acceptances**

*Congratulations to the Upward Bound seniors who received admissions offers from the following colleges and universities:*

<p><b>Brittany Cowfer (Clearfield):</b></p> <ul style="list-style-type: none"> <li>➤ Clarion University of Pennsylvania</li> <li>➤ Lock Haven University of Pennsylvania</li> <li>➤ Millersville University of Pennsylvania</li> <li>➤ Pennsylvania College of Technology</li> <li>➤ Penn State University Park</li> <li>➤ University of Pittsburgh</li> </ul>	
	<p><b>Mairi Curlis (Moshannon Valley):</b></p> <ul style="list-style-type: none"> <li>➤ California University of Pennsylvania</li> <li>➤ Clarion University of Pennsylvania</li> <li>➤ Penn State Altoona</li> <li>➤ Shippensburg University of Pennsylvania</li> <li>➤ Slippery Rock University of Pennsylvania</li> </ul>
<p><b>Mary Guenther (Indian Valley):</b></p> <ul style="list-style-type: none"> <li>➤ Lock Haven University of Pennsylvania</li> <li>➤ Penn State University Park</li> </ul>	
	<p><b>Jennie Kehler (Steelton-Highspire):</b></p> <ul style="list-style-type: none"> <li>➤ California University of Pennsylvania</li> <li>➤ Lebanon Valley College</li> <li>➤ Penn State Berks</li> </ul>
<p><b>Shawn Kennedy (Moshannon Valley):</b></p> <ul style="list-style-type: none"> <li>➤ California University of Pennsylvania</li> <li>➤ Edinboro University of Pennsylvania</li> <li>➤ Lock Haven University of Pennsylvania (Clearfield)</li> <li>➤ Penn State Altoona</li> </ul>	

## Some Worthwhile Web Sites



### College Search Sites:

- ★ [www.princetonreview.com](http://www.princetonreview.com)
- ★ [www.petersons.com](http://www.petersons.com)
- ★ [www.collegenet.com](http://www.collegenet.com)
- ★ [www.collegeview.com](http://www.collegeview.com)

### Scholarship Searches:

- ★ [www.fastweb.com](http://www.fastweb.com)
- ★ [www.gocollege.com](http://www.gocollege.com)
- ★ [www.finaid.org](http://www.finaid.org)

### Planning for College:

- ★ [www.act.org](http://www.act.org)
- ★ [www.petersons.com](http://www.petersons.com)
- ★ [www.educationplanner.com](http://www.educationplanner.com)
- ★ [www.collegeispossible.org](http://www.collegeispossible.org)

### College Comparisons:

- ★ [www.usnews.com/usnews/edu/college/cohome.htm](http://www.usnews.com/usnews/edu/college/cohome.htm)
- ★ [apps.collegeboard.com/search](http://apps.collegeboard.com/search)
- ★ [www.collegedata.com](http://www.collegedata.com)

### Career Planning:

- ★ [www.educationplanner.com](http://www.educationplanner.com)
- ★ [www.princetonreview.com/cte](http://www.princetonreview.com/cte)
- ★ [www.careerkey.org](http://www.careerkey.org)
- ★ [www.careerplanner.com](http://www.careerplanner.com)

### Area News:

- ★ [www.centredaily.com](http://www.centredaily.com)
- ★ [www.theprogressnews.com](http://www.theprogressnews.com)
- ★ [www.pennlive.com](http://www.pennlive.com)
- ★ [www.lewistownsentinel.com](http://www.lewistownsentinel.com)



## Class of 2006 College Acceptances (*Continued*)



	<p><b>Chris King (<i>Steelton-Highspire</i>):</b></p> <ul style="list-style-type: none"> <li>✦ Indiana University of Pennsylvania</li> <li>✦ Lycoming College</li> <li>✦ Pennsylvania College of Technology</li> <li>✦ Penn State University Park</li> <li>✦ University of Pittsburgh (Titusville)</li> </ul>
<p><b>Mike Kolesar (<i>Moshannon Valley</i>):</b></p> <ul style="list-style-type: none"> <li>✦ California University of Pennsylvania</li> <li>✦ Clarion University of Pennsylvania</li> <li>✦ Penn State Altoona</li> </ul>	
	<p><b>Rebecca Kovach (<i>Clearfield</i>):</b></p> <ul style="list-style-type: none"> <li>✦ Lycoming College</li> <li>✦ Mercyhurst College</li> <li>✦ Millersville University of Pennsylvania</li> <li>✦ Penn State University Park</li> <li>✦ Randolph–Macon Woman’s College</li> </ul>
<p><b>Stephanie Nestlerode (<i>Clearfield</i>):</b></p> <ul style="list-style-type: none"> <li>✦ Bloomsburg University of Pennsylvania</li> <li>✦ Geneva College</li> <li>✦ Millersville University of Pennsylvania</li> <li>✦ Penn State Beaver</li> <li>✦ Point Park University</li> <li>✦ West Virginia University</li> <li>✦ York College of Pennsylvania</li> </ul>	
	<p><b>Katie Priselac (<i>Moshannon Valley</i>):</b></p> <ul style="list-style-type: none"> <li>✦ California University of Pennsylvania</li> <li>✦ Edinboro University of Pennsylvania</li> <li>✦ Mansfield University of Pennsylvania</li> <li>✦ Penn State Altoona</li> </ul>
<p><b>Jerrica Proctor (<i>Steelton-Highspire</i>):</b></p> <ul style="list-style-type: none"> <li>✦ Indiana University of Pennsylvania</li> <li>✦ Johnson &amp; Wales University</li> <li>✦ Penn State Berks</li> <li>✦ Shippensburg University of Pennsylvania</li> </ul>	

## Pennsylvania's State System of Higher Education (SSHE) Institutions



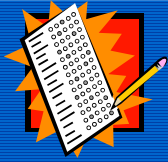
- ★ Bloomsburg University of Pennsylvania  
[www.bloomu.edu](http://www.bloomu.edu)
- ★ California University of Pennsylvania  
[www.cup.edu](http://www.cup.edu)
- ★ Cheyney University of Pennsylvania  
[www.cheyney.edu](http://www.cheyney.edu)
- ★ Clarion University of Pennsylvania  
[www.clarion.edu](http://www.clarion.edu)
- ★ East Stroudsburg University of Pennsylvania  
[www.esu.edu](http://www.esu.edu)
- ★ Edinboro University of Pennsylvania  
[www.edinboro.edu](http://www.edinboro.edu)
- ★ Indiana University of Pennsylvania  
[www.iup.edu](http://www.iup.edu)
- ★ Kutztown University of Pennsylvania  
[www.kutztown.edu](http://www.kutztown.edu)
- ★ Lock Haven University of Pennsylvania  
[www.lhup.edu](http://www.lhup.edu)
- ★ Mansfield University of Pennsylvania  
[www.mansfield.edu](http://www.mansfield.edu)
- ★ Millersville University of Pennsylvania  
[www.millersville.edu](http://www.millersville.edu)
- ★ Shippensburg University of Pennsylvania  
[www.ship.edu](http://www.ship.edu)
- ★ Slippery Rock University of Pennsylvania  
[www.sru.edu](http://www.sru.edu)
- ★ West Chester University of Pennsylvania  
[www.wcupa.edu](http://www.wcupa.edu)

## Class of 2006 College Acceptances (Continued)

	<p><b>David Ritter (Indian Valley):</b></p> <ul style="list-style-type: none"> <li>➤ Pennsylvania College of Technology</li> <li>➤ Penn State University Park</li> </ul>
<p><b>Stacey Shearn (Mount Union):</b></p> <ul style="list-style-type: none"> <li>➤ California University of Pennsylvania</li> <li>➤ Penn State Altoona</li> </ul>	
	<p><b>Kelsey Sheets (Mount Union):</b></p> <ul style="list-style-type: none"> <li>➤ Indiana University of Pennsylvania</li> <li>➤ Millersville University of Pennsylvania</li> <li>➤ Penn State Altoona</li> <li>➤ University of Pittsburgh (Bradford)</li> </ul>
<p><b>Jason Shomo (Clearfield):</b></p> <ul style="list-style-type: none"> <li>➤ California University of Pennsylvania</li> <li>➤ Millersville University of Pennsylvania</li> <li>➤ Penn State University Park</li> </ul>	
	<p><b>Drew Tate (Indian Valley):</b></p> <ul style="list-style-type: none"> <li>➤ California University of Pennsylvania</li> <li>➤ Penn State Harrisburg</li> <li>➤ University of Pittsburgh at Bradford</li> </ul>



*Some of our seniors are still waiting to hear from additional institutions. This list will be updated in the next newsletter.*



## The DETER Strategy for Test Taking

### D = DIRECTIONS

Read the test directions carefully. Ask your teacher to explain anything you do not understand.

### E = EXAMINE

Examine the entire test to see how much you have to do. Break it down into parts that are more manageable for you.

### T = TIME

Once you have looked over the entire test, decide how much time you will spend on each item. If there are different points for items, plan to spend the most time on the items that count for more. Plan enough time for any essays that might be on the test.

### E = EASIEST

Answer the items you find the easiest first. If you get stuck on a difficult item, skip it and come back to it later.

### R = REVIEW

If you planned well, you will have time to review your answers at the end. Make sure to review the test directions again to ensure you have completed everything.

Source: [www.how-to-study.com](http://www.how-to-study.com)



**Did you know?** The Free Application for Federal Student Aid (or FAFSA) is the financial aid form usually required by most colleges and universities.

## Campus Spotlight: California University of Pennsylvania



California University of Pennsylvania, one of the fourteen state-owned universities in the Pennsylvania State System of Higher Education, was founded in 1852. It is located on a bend in the Monongahela River in the Washington County town of California, which has 6,000 residents. The campus is 32 miles south of Pittsburgh, and within an hour's drive of the Laurel Highlands.

According to *The College Board Handbook*, the most popular majors at "Cal U" are education, business, social sciences, psychology, protective services, public administration, and health sciences. The university also offers a number of other majors, including ethnic studies; communications technology; speech pathology and audiology; numerous health fields (including athletic training, dental hygiene, and radiological technology); and visual / performing arts.

Admissions counselors at California University of Pennsylvania take into consideration students' grades, test scores, extracurricular activities, and teacher recommendations when selecting new students. In 2004–05, the average student admitted to "Cal U" had attained a high school grade-point average of 2.97. Of the 3,015 applicants who applied to the university in 2004, 2,225 (or 74 percent) received offers of admission. In fall 2005, the average total SAT score for incoming students was 850, which has risen to 870 in the spring of 2006.



For 2005–06, annual tuition and fees at "Cal U" was \$6,251 while room and board charges were around \$7,280 for the year. The average financial aid package awarded was approximately \$7,025.

### **Fast Facts About California University of Pennsylvania**

- ✓ It was founded in 1852.
- ✓ 5,943 undergraduates are enrolled.
- ✓ A total of 351 faculty members are teaching.
- ✓ 73 undergraduate degree programs are offered.
- ✓ California University of Pennsylvania hosts two Upward Bound programs, as well as a TRIO Student Support Services program, a program that helps students successfully graduate from college.
- ✓ More information is available at [www.cup.edu](http://www.cup.edu).



**The Top 10 Fastest Growing Occupations (From Now Until 2014):**

- Home health aides
- Network systems and data communications analysts
- Medical assistants
- Physician assistants
- Computer software engineers
- Physical therapist assistants
- Dental hygienists
- Computer software engineers
- Dental assistants
- Personal and home care aides

Source:  
[jobsearch.about.com/od/cooljobs/a/topjobs\\_2.htm](http://jobsearch.about.com/od/cooljobs/a/topjobs_2.htm)



**The Top 10 Occupations With the Highest Number of Projected New Openings (From Now Until 2014):**

- Retail salespersons
- Registered nurses
- Postsecondary teachers
- Customer service representatives
- Janitors and cleaners
- Waiters and waitresses
- Combined food preparation and serving workers
- Home health aides
- Nursing aides, orderlies, and attendants
- General and operations managers

Source:  
[jobsearch.about.com/od/cooljobs/a/topjobs\\_3.htm](http://jobsearch.about.com/od/cooljobs/a/topjobs_3.htm)

**Welcome, New Upward Bounders!**

**Indian Valley High School**

- ★ Stephanie Farley
- ★ Kayla Ritter



**Lewistown Area High School**

- ★ Georgiarose Degross
- ★ Chelsea Hoar
- ★ Rebecca Isenberg
- ★ Rebecca Lemin
- ★ Angel Mills
- ★ Josh Rogers



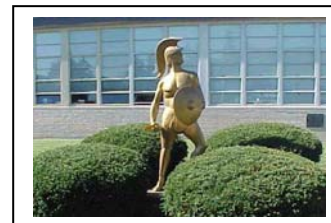
**Moshannon Valley High School**

- ★ Cricket Mick
- ★ Tessa Robinson



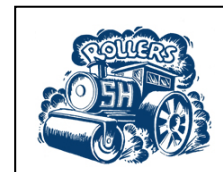
**Mount Union Area High School**

- ✈ Shannon Adams
- ✈ Amanda Berrier
- ✈ Kimberly Breon
- ✈ Sara Kreider
- ✈ Harley Moore
- ✈ Jessica Price
- ✈ Lauren Roddy
- ✈ Samantha Rodgers
- ✈ Hannah Roles
- ✈ Cheyenne Rutter
- ✈ Zachary Smith



**Steeltown-Highspire High School**

- ★ Alycia Reed



**West Branch Area High School**

- ★ Ethan Bratton
- ★ Tyler Bryan
- ★ Ashlee Fye
- ★ Chris Kyler
- ★ Glenn Linberg
- ★ Doug May
- ★ Joe Penzo
- ★ Chris Welker



**Program Partings**

These students are no longer participating in Upward Bound:

- ★ Becky Baldwin (Clearfield)
- ★ Mike Buchmiller (West Branch)
- ★ Amanda Wagner (Lewistown)



*Reminders About Upward Bound's Saturday Program Attendance Requirements*



*Don't forget that your attendance at Saturday programs is very important!*

If you know that you are going to miss a Saturday program for a school-related event or activity, you CAN be excused. Give the Upward Bound office a call at 1-800-475-4039 in advance (where possible) or contact the office no later than Wednesday at noon after the Saturday program.

*Only ONE unexcused absence is allowed.*



**Saturday Program Cancellations**

If Upward Bound cancels a scheduled Saturday program due to bad weather, we will try to put an announcement on at your school and also send an e-mail out to the UB listserv. If you don't hear anything from us, assume that the Saturday program is still on as scheduled. If you're still not sure, please give the office a call at 1-800-475-4039 and listen for an announcement.

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**Upward Bound's "Points of Pride"**



- ★ **Caleb Ball** (*Clearfield*) and **Megan Gardner** (*Mount Union*) are participating in District Band.
- ★ **Liberty Clark** (*Mount Union*) will be performing at the Pro Bowl in Hawaii in February. Her cheerleading group will be dancing during the Backstreet Boys performance.
- ★ **Kristy Cowfer** and **Whitney Gilday** were both recently inducted into the National Honor Society at Moshannon Valley High School.
- ★ **Megan Gardner** (*Mount Union*) and **Katrina Sainovich** (*Clearfield*) participated in County Band.
- ★ **Shawn Kennedy** (*Moshannon Valley*) completed his emergency medical technician training in January and successfully passed his test.
- ★ **Glenn Linberg** (*West Branch*), a new Upward Bounder, is a member of "Dangerous Mentality," a local band.
- ★ **Brittany Luzier** (*Clearfield*) will travel to Mexico soon to volunteer with her church.
- ★ **Dennis Myers** (*West Branch*) is among the students helping to update the school's Upward Bound Web site.
- ★ **Aimie Nestlerode** (*Clearfield*) and the rest of the Clearfield High School band will be featured in the Memorial Day Parade in New York City.
- ★ **Denton Oburn** (*Indian Valley*) was named to the 2005–06 National Honor Roll in recognition of his outstanding academic achievement.
- ★ **Eric Pelka** (*West Branch*) will play Topol, the lead character, in West Branch's production of *Fiddler on the Roof*. **Miles Buckelew** is also a member of the cast and **Chasity Brown** is singing in the play's chorus. **Andrew Arnold** is helping to build sets for the stage.
- ★ **Jerrica Proctor** (*Steelton-Highspire*) is enjoying her final season on the girl's basketball team.
- ★ **Stacey Shearn** and **Kelsey Sheets**, members of the class of 2006, were selected for the Snowball Court at Mount Union High School.
- ★ **Lindsay Shore** (*Mount Union*) was selected for County Band.
- ★ **Greg Smeal** and **Katrina Sanovich** were chosen to participate in Clearfield High School's jazz band.
- ★ **Angel Tate** (*Steelton-Highspire*) is working at Holly's Creamery in Steelton.




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 The Pennsylvania State University  
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 University Park, PA 16802-6701  
 www.equity.psu.edu/ub

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We welcome your feedback and suggestions regarding this publication. Please contact John Kula, director / editor, at [jwk19@psu.edu](mailto:jwk19@psu.edu) or 1-800-475-4039.



**This publication is available in alternative media on request.**

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