

A Dozen Ways to Study Smarter in Less Time

A playbook: rules and equipment

By Dr. Carolyn Hopper

- **Understand the each teacher's grading system**--what counts what. How much does homework count? daily quizzes? projects? six weeks tests? *It's hard to play the game unless you know how to keep score.)*
- **Keep all assignments, handouts, tests etc.** that are given back Keep a lists of grades made in each class. *(Equipment needed: an organized notebook.)*
- **Always record assignments as soon as they are given.** Don't trust your memory. *(Equipment needed: small date book or assignment calendar.)*
- **Always use study time** if it is given at the end of class.
- **Use study halls to study**-- preferably the class you just completed prior to study hall.
- If at all possible, **study the same time and same place daily.** *(Equipment needed: a quiet spot free of distractions--one you can call your own. Pencils, paper, dictionary, calculator, note cards, books, etc.)*
- **Ask for help as soon as you realize you don't understand**--especially in math. *(That's why we have coaches.)*
- **Process information each day.** Don't wait until right before a test. *(Winners don't wait until game day or the day before to practice. It's done daily.)*
- **Make flash cards** of things you think will be on tests as you come to them in class or homework. (definitions, terms, vocabulary words, formulas, important dates) Keep these handy. Recite the answers out loud often. *(Equipment needed: index cards. I like to punch a hole in them and keep them on a ring. If right brained, use colored pencils.)*
- **Form a study group** for major tests.
- **Take notes** and keep them organized and labeled .
Do your **best** on every assignment.

Know someone interested in being apart of the Upward Bound Program?

If so the Upward Bound Program will be taking applications for incoming freshman from March through May 30th, 2009

Spots are limited so do miss out on this great opportunity.

Upward Bound Program
"The Choice is Yours"
For more information please call 269 387-3391 or email Walter Malone at dma-ubprogcoor@wmich.edu.

Newsletter Date: January Issue

Volume 1, Issue 1

Western Michigan University

Upward Bound Report

Our Mission

The Upward Bound Program provides opportunities for participants to succeed in their pre-college performance and ultimately in their higher education pursuits.

With a strong emphasis on academic success, the Upward Bound program provides students with preparatory courses to increase their opportunities to excel in high school and prepares them for post-secondary education. By implementing student development theory it is our desire that each student will experience social, intellectual, and individual growth upon the completion of the program.

Our Motto

There are No short cuts in life to achieve success. Either we chose to work hard or we choose to apply little effort. The Upward Bound Program at WMU strives to empower students by guiding them to make healthy and conscious choices that will impact their lives. Utilizing teachable moments in the event of a poor choice helps students learn from their mistakes. Positive reinforcement during healthy choices encourages students to continue with desired behaviors. Giving our students a choice empowers them with responsibility and accountability.

Upward Bound Program At Western Michigan University. "The Choice Is Yours"!



Upward Bound Program

Special points of interest:

- > Tutorial Program
- > Academic Spot Light
- > Studying Skills
- > Refer a friend

Inside this issue:

Where My Leaders At	2
Tutorial Program	2
Academic Spot Light	3
College Spot Light	3
Calender	5
Study Smarter	6

Mid-America Association of Educational Opportunity Program Personnel



(Right Top) Lamont Armstrong, John Bastian, Michaela Brown, Porsha Lashley, TyAnna Myles, Davon Word, Devin Word, Dominick Travis, Raykisha Vaughn (Bottom left)

Where My Leaders At

The 2008 Mid-America Association of Educational Opportunity Program Personnel (MEAOPP) Leadership Conference was held in St. Charles, IL this year and host about 25 programs within the mid-west. Amongst those programs Western Michigan University's Upward Bound program was in attendance. Nine of our students were randomly selected to attend this leadership conference and experience the differences and commonalities that they share amongst other programs within the region. The theme for the conference was titled, "Achievement: Rewarding Changes in Higher Education", and designed to provide all participants with the fuel that would inspire them to reach their full potential as future leaders within their community. Dominic Travis humored the conference attendees when he volunteered in a "dance off" that keynote speaker Ms. Harriet Turk initiated to engaged the students and segue her message of personal power, leadership, and being in charge of your choices.



Tutorial Program

Are you struggling with your Classes?

Need help with your studying?

Would you rather do your homework at school at the end of the day?

The Upward Bound Program provides after school tutoring for its participants at their local school.

Loy Norrix: Monday and Wednesday, 2:45pm to 5pm in the Career Center.



"The important thing is not so much that every child should be taught, as that every child should be given the wish to learn".

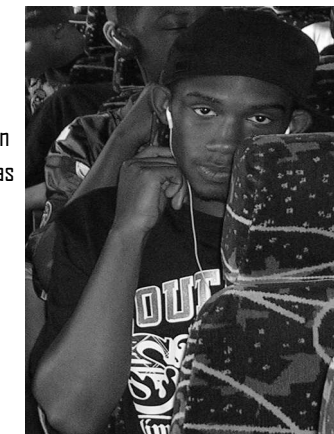
Unknown

Academic Spot Light

The Upward Bound Program is proud to announce Ms. Ukette Sanders as the freshman Scholar of the Year. Ms. Sanders is a student at Loy Norrix High school with a current GPA of 3.89 and is no stranger to academic excellence. Ms. Sanders, enjoys listening to music, watching television and singing. She hopes one day to become a Dentist or Nurse and make a difference in peoples lives. Inspired mostly by her mother, she lives by the quote: "Never give up, because the day you give up is the day you could have made it". She also feels that teamwork is an important attribute to her success. She states, "teamwork makes the dream work". We are honored and proud to congratulate Ms. Ukette Sanders as this year's Freshman Scholar and wish greater accomplishments in her future.



The Upward Bound Program is also proud to announce Mr. Shannon Larkin as the Sophomore Scholar of the Year. Mr. Larkin also attends Loy Norrix High school. He has shown great improvements during the 2008 fall semester. With a GPA of 3.1 Shannon hopes to attend Wayne State University and is aspired to one day be a Psychologist or anesthesiologist. His biggest dream is to make a difference in the world by helping younger students achieve their goals and be successful. Shannon says that he admires and looks up to his mom for all the sacrifices and time that she has invested into his life. Shannon hobbies are sports and music and he says that his life motto is "Never quit". He is currently apart of a Christian Rap group that inspires kids that need the Word in their life. We are also honored and proud to congratulate Mr. Shannon Larkin as this year's Sophomore Scholar.



College Spot Light



Western Michigan University is a dynamic, student-centered research university with an enrollment of nearly 25,000. WMU is focused on delivering high-quality undergraduate instruction, advancing its growing graduate division and fostering significant research activities.

The Carnegie Foundation for the Advancement of Teaching places WMU among the 76 public institutions in the nation designated as research universities with high research activity. U.S. News & World Report's annual ranking of American colleges and universities includes WMU as one of the nation's top-100 public universities

Undergraduate students at WMU may choose from 140 program offerings while graduate students may select from 67 master's, one specialist and 29 doctoral programs. A number of programs at both the undergraduate and graduate levels have attained national recognition. Also enriching the quality of campus life are some 275 [registered student organizations](#) and a full array of NCAA Division IA intercollegiate athletic teams.

Western Points Of Pride

- U.S. News & World Report ranks WMU's programs in occupational therapy, physician assistant and speech pathology among the top 50 in the nation
- WMU's Haworth College of Business is one of the 20 largest undergraduate business programs in the United States.
- The College of Aviation, located at W.K. Kellogg Airport in Battle Creek, occupies 95,000 square feet on 20 acres, and it is one of the largest and most innovative aviation programs in the nation.
- WMU ranks first in Michigan and second in the nation in the use of wireless computing technology on a university campus, according to a 2005 study conducted by Intel. More.
- The American Association of Colleges for Teacher Education consistently ranks WMU's College of Education among the nation's top 10 producers of professional educators. In 2004, WMU won the Association of Teacher Educators Distinguished Program in Teacher Education award

For more information about Western Michigan University please visit www.wmich.edu