Freshman Corner

One semester down, 7 more to go! You are all off to an excellent start to high school.

This is a great year to try out new things. Participation in sports and clubs looks good on college applications, so try some out now. Give spring sports like track or tennis a try. Another great bonus: you will earn that required P.E. credit!

It is also never too soon to begin preparing for the SAT. Use vocabulary words from your independent reading or from Upward Bound class. Try posting one word a week on a sticky note and keep it on your bathroom mirror. Make it your goal to use the word in conversation twice that week. It will make that SAT seem a lot less scary when the time comes.

Finally, keep up the excellent work from first semester!

Attention Sophomores!!!

It is High School Proficiency Exam (HSPE) time. This test is very important and passing it is a graduation requirement. It is MANDATORY you be present and on time for each day of the testing. They don’t excuse it if you aren’t there, you have to make it up in the summer. The test dates are:

Writing: March 15, 16
Reading: March 17
Science: April 12

Math: End of course exam taken 3 weeks before the end of Algebra I or Geometry courses. There are some important changes the CLASS OF 2013 should all be aware of. Students in the class of 2013 must pass the end of course or comprehensive math exam to graduate. Also, students in the class of 2013 either must pass the Science HSPE in April or an end of course exam in Biology in the year 2012 to graduate. These tests are high stakes and WE BELIEVE you all will have a lot of success on this big test. You have worked hard in school the last two years and we know you are ready. Here a few test taking tips to give you an edge.

Get plenty of sleep the night before the exam. Your brain and body need rest so you can focus and be alert during the test.

Make sure you eat breakfast on test days. Your brain and body need fuel to properly function.

Drink WATER before your test. Water is important in getting the pathways of your brain ready for all that information to travel around in there. Soda doesn’t work! WATER!

Good luck Sophomores!! We know you will do extremely well!

Junior Corner

Juniors!!! Last semester of Junior year! This is the time to show colleges that you are a good student who has maintained good grades or who has made great improvements in your academic record. First semester everyone had areas of great success but always room for improvement so, keep up the good work.

Some things to keep in mind for the rest of the year: Most of you need to retake parts of the HSPE. We will let you know who you are and which parts you must do. As a heads up the test dates are:

Writing: March 15, 16
Reading: March 17
Math Make-up: June 14 and/or 15
You are required to take these make up tests if you didn’t pass Sophomore year so make sure you know if you need to do any retakes.

HS3 students, if you signed up for the AP Language and Composition test it will be held May 11, 2011. See Mr. Lam Wednesdays and Thursdays during tutorial to study.

It is time to start thinking about college. In preparation for this, soon you will sign up to take the SAT happening in May or June. Also, we will be taking your class on an overnight trip to visit colleges in eastern Washington May 5 – 7. It is a fun trip and you’ll have the opportunity to see firsthand if any of the schools east of the mountains are for you.

Senior Corner

With only one semester left in the school year and graduation, there is a lot to take care of. Here are some things Seniors have to focus on.

Bridge Project @ SSCC
Seniors are encouraged to spend this summer taking 2 classes at South Seattle Community College. This is a chance to get a head start earning college credit and keep your brain thinking before school starts next fall. Bridge students should plan on taking English 101 and a math course. The cost of these classes will be covered by financial aid. Let Carrie or Virginia know if you have any questions about Bridge.

FAFSA- How to get the most $ for college!
Complete your taxes as early as possible. Colleges ask that you have submitted your FAFSA with your 2010 income information by February 15th. That means that your taxes should be completed BEFORE February 15th! It is very early in the year, however, the sooner it is done, the more money your student is able to get.

Fines = No Diploma
Highline School District has a strict policy—you can’t get your diploma until your pay off your fines. So start making payments now! Every $5 brings you that much closer to your diploma.

Running Start at SSCC

Running Start is an exciting option that allows qualified high school juniors and seniors to enroll tuition free in college courses. It also offers students the opportunity to take college courses as part of their high school program, earning both high school and college credit for courses taken. Credits earned at South Seattle Community College are transferable to most 4-year colleges and universities.

Start Here…Are You Ready?
--First, talk to your parents, teachers or counselors to see if they think you are ready for Running Start.
--Take an assessment test, call Student Assessment Services at (206) 764-5349. Bring picture ID, your Social Security number and your high school ID. The test costs $17. If you bring proof that you receive free or reduced lunch, this fee can be waived.
--Once you have your test scores, schedule an initial 30-minute academic advising appointment with a Running Start advisor. You can make an appointment by calling (206) 764-5387.
--Meet with your high school counselor. Students must consult with their high school counselor each quarter to determine course equivalency for graduation requirements and fill out their pre-enrollment form for college courses together.
--Attend a Running Start new student orientation. This orientation is usually held right before the quarter begins. You will receive information regarding this orientation in the mail after you have registered for your classes. This orientation is mandatory for new Running Start students and their parents.

Contacts:
Virginia Sullivan, Director of Advising and Running Start: (206)764-5805 or vsulliva@sccd.ctc.edu.
Lynn Christiansen, Program Coordinator: (206)768-6478 or lchristiansen@sccd.ctc.edu.

Vi Phung Comments on Running Start

Why do you like Running Start?
I like Running Start because I’m able to be independent; I get to set my own schedule, get out of school early, and go to class when I want to. I formed connections with other high school Running Start students and adults too.

What are the pros and cons of doing Running Start?
The con side of being in Running Start is you miss out on the high school experience like field trips, school assembly, and friends. The good side is you won’t have to deal with the drama in high school because everyone at community college is focused on school work. Other beneficial factors are
preparation to go to a university in the future, catch up on credits, be independent, and make new friends. If you’re falling behind they offer tutoring to help you improve in that class. Taking a class for one quarter at community college is equal to one whole year in high school!

Why did you do Running Start?
I did Running Start because I felt like I was ready to challenge myself with college courses. Running Start pays for all my classes and books and it was a great opportunity for me to get a lot of credits in a short amount of time and get a head start for college.

Is the Running Start work different from High School Work?
Yes. There is no such thing as late work. You have to discipline yourself to meet deadlines or the professors won’t grade it. There isn’t much homework at Running Start compared to high school, but there are tests that you need to intensely study for. As long as you have the determination and balance your time, Running Start will be simple.

What do you think someone needs to do/be/have to be successful in Running Start?
To be a successful Running Start student, you have to budget your time. You may not be in class for that long but you still need to study and do the work to get a good grade in that class. Also, making new friends won’t hurt. Making friends in a new school environment is good, so you could form study groups and ask them what you missed out on if you can’t make it to class. Be sure to go to your classes every day because the professors cover a different topic each day and you’ll fall behind.

Let’s Hear from UB Alumni!

Alejandra Juarez
My name is Alejandra Juarez, I graduated from Tyee in ’08 and am currently a junior at Western Washington University creating my own concentration focused on empowering women of color. I am currently doing an internship with Domestic Violence and Sexual Assault Services of Whatcom County, and enjoying working with real women and advocating for women’s rights. I am currently looking into possibly attending graduate school or law school - keep your fingers crossed for me! Upward Bound aided me into getting into college but better yet gave me the skills and confidence to not let anything stand in my way.

Elise Hwang
After graduating from Tyee/SSCC UB Class of 2005, I did a brief stint at NYU before returning to Seattle to get my Bachelors in Social Welfare at the University of Washington. I now live in Phoenix, working to improve the quality of child care in the state of Arizona through a program called First Things First. I’m really thankful for the support and opportunities Upward Bound provided.

Seniors Visit Eastern Washington Universities
Important Dates to Remember

**HSPE:**
- Mar 15, 16 Writing
- March 17 Reading
- April 12 Science

Math & Math Make-Up Days:
- See your Learning Specialist for your date

- April 4-8 Spring Break
- May 3 AP Spanish Test
- May 5 AP Lit & Comp Test, Srs.
- May 5, 6, 7 Junior field trip to Eastern WA schools
- May 11 AP Lang & Comp Test, Jrs.
- May 26 UB Awards & Sr. Banquet
- June 18 HS3 Graduation @ Showare
- June 20 Global & ACE Graduations @ Showare

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