

UPWARD & ONWARD

NORTHEASTERN STATE UNIVERSITY UPWARD BOUND NEWSLETTER

2021

COURSE CATALOG
NORTHEASTERN STATE UNIVERSITY

ENGLISH

MATH

CLASS & COURSE	COURSE DESCRIPTION	DATE & TIME
INFERRING & BEYOND ELA1	Inferring - reading between the lines - is a challenging, yet important, close reading skill. In this lesson, students practice making inferences in a variety of contexts. Through films, picture books, short stories, and words of literature, students make inferences about character, setting, plot, and theme. With the assistance of a graphic organizer, students are able to connect what they see, read, and hear to their prior knowledge and experiences in order to make inferences. As an extension activity, students have a choice to write a letter or create a two voice poem. In the end, students consider thematic issues in light of inferring skills.	MW 11:00 AM-11:50 AM
ARGUMENTATIVE WRITING ELA2	In this course, students will learn fundamental strategies to composing an argumentative essay, such as developing strong thesis statements, organizing ideas, supporting ideas with evidence, and more. Students will practice arguing multiple sides of an issue, and compose a short argumentative essay over a specific topic that uses all the discussed strategies.	T/R 3:00 PM - 3:50 PM
JOURNALISM ELA3	Students will engage with various types of writing styles suitable for publication. Course participants will develop their personal writing process through opportunities for discussion, decision making and revision. This student-led effort will result in the completion of a published newsletter featuring a selection of students' work.	MW 10:00 AM - 10:50 AM
GEOMETRY- IF AT FIRST YOU'RE NOT THE SAME, TRY TRIANGLES MATH1	Students will develop definitions of congruent and similar figures and use the definitions to find the missing sides and/or angles of congruent triangles. Students determine the triangle congruence theorems.	MW 1:00 PM - 1:50 PM
ALGEBRA 1 - TRASHKETBALL MATH2	Refresher on Algebra 1 will guide you through among other things: expressions, systems of equations, functions, real numbers, inequalities, exponents, polynomials, radical and rational expressions.	MW 10:00 AM - 10:50 AM
ALGEBRA 2 - I GOT CAUGHT, ZOMBIE TAKEOVER MATH3	Students will use their knowledge of graphing, linear, and quadratic functions to interpret a zombie - hani scenario. Students will investigate logistic functions as mathematical models of real world processes such as the spread of infectious disease.	T/R 1:00 PM - 1:50 PM
ALGEBRA 2 - DRIVING RATIONALLY, FUNCTION RATIONALLY MATH4	Students will examine a problem about driving speeds to investigate a rational function. Students use an investigation to explore rational functions.	T/R 11:00 AM-11:50 AM

SCIENCE

ELECTIVE

CLASS & COURSE	COURSE DESCRIPTION	DATE & TIME
RULES OF MCGWAI, SCIENTIFIC REASON, HOT SCIENTIFIC TREASON, TIMMY MADE MISTAKES SCIENCE1	Students will identify common lab mistakes via simulated lab stations. Students are introduced to a more holistic view of doing the scientific method by using scientific thinking instead. Students will investigate what it means to do science and discover why some science is not good science. Students will also identify reasons that some scientists may participate in bad science. In this lesson, students will analyze real Safety Data Sheets for common household chemicals, discussing the "dove" most important features.	MW 3:00 PM - 3:50 PM
FRAGRANT PHEROMONES SCIENCE2	Students will practice experimental design by identifying key elements of an experiment such as a hypothesis, the variables, and a conclusion based on experimental scenarios. They will also design an experiment through guided inquiry centered around termitic pheromones, then create and share their results in a lab report.	TR 10:00 AM - 10:50 AM
ENERGY CRISIS SCIENCE3	Students will research, present, and analyze the pros and cons of various forms of alternative energy.	MW 2:00 PM - 2:50 PM
ARCHITECTURE ELECTIVE1	Intro to Architecture focuses on the basics of conceptual design and the fundamentals of architecture. In this class, we will learn the different components of a building that makes it monumental and how to sketch those features architecturally. We will use all the knowledge we learn throughout the course to have fun and make our own Architectural model!	MW 1:00 PM - 1:50 PM
COMMUNITY GARDEN ELECTIVE2	This course highlights different aspects of permaculture including observation skills, soil testing, regenerative agriculture, ecological design, knowledge of plant guilds, and understanding the importance of biodiversity. Students will be able to see the development of a permaculture design site, and learn what steps it took to implement the plan. Overall this course will be interactive both inside the classroom and outside at the Tallahassee Community Garden, and will have insight on traditional Cherokee connections to plant sciences.	TR 9:00 AM - 9:50 AM
ABNORMAL PSYCHOLOGY ELECTIVE3	This course will delve into the human psyche, and will place a heavy emphasis on the broad spectrum of mental illness. We will dive into what causes various illnesses, what they look like in society, and what treatments may look like.	TR 9:00 AM - 9:50 AM
EMERGING MODERNISM ELECTIVE4	In this lesson, students will move through a series of primary source document sets about the culture in the 1920s to explore the tension that existed between modern and traditional values. After analyzing the documents, students will engage in a guided debate on modernism and traditionalism in the 1920s. Finally, students will determine for themselves whether the decade of the "Roaring 20s" was ultimately a decade of modernism or traditionalism through an argumentative essay or an op-ed writing activity.	TR 10:00 AM - 10:50 AM

ELECTIVE

CLASS & COURSE	COURSE DESCRIPTION	DATE & TIME
CAREER EXPLORATION ELECTIVE5	This course will provide you with skills to adequately explore the career you are interested in. Participating in this course and completing the final project will add a minimum of \$300 to your stipend.	MW 2:00 PM - 2:50 PM
CAREER EXPLORATION ELECTIVE6	This course will provide you with skills to adequately explore the career you are interested in. Participating in this course and completing the final project will add a minimum of \$300 to your stipend.	TR 2:00 PM - 2:50 PM
CHEROKEE CULTURE AND LANGUAGE ELECTIVE7	This course will explore the culture of the Cherokee people. Students will also learn the basics of the Cherokee language such as greetings, numbers, colors, and animals.	MW 9:00 AM - 9:50 AM
ART ELECTIVE8	Students will experience self-directed learning through artistic expression utilizing the art supplies provided by the Upward Bound program. Requests for specific supplies will be accepted and purchased within reason.	TBA
ROBOTICS ELECTIVE9	Students will be experience self-directed learning with LEGO MINDSTORMS Education EV3 Core Set which is a hands-on, cross-curricular STEM solution that engages students by providing the resources to design, build and program their creations while helping them develop essential skills such as creativity, critical thinking, collaboration, and communication.	TBA
LATIN FOREIGN LANG.1	Friends, Romans, countrymen, lend your ears! Centuries ago, Latin was the language of the Roman Empire; today, it is still very much alive. Latin is used as the language of science, law, and medicine. Languages that evolved from Latin (the Romance languages) are now spoken by hundreds of millions of people. If you know where to look, you will encounter Latin every day in the Western world - from famous mottoes, to engravings on landmark buildings, to slogans on our currency. Latin is all around us. So whether you want to build your English vocabulary, read classic poetry and literature, improve your ability to learn other languages, understand more about an ancient culture, or just get in touch with the egg-wearing senator that lives in your heart, we've got the language resources you need! With beautiful beaches and ancient cultures, Spanish is one of the most important languages in the western hemisphere and the third most spoken language in the world. On Duolingo, you'll learn a version of Spanish closer to what you'd hear in Latin America than in Spain, but the differences are relatively small and everybody will be able to understand you.	TBA
SPANISH FOREIGN LANG.2	Portuguese is spoken by 240 million people in countries with rich histories. After this course you'll be able to navigate the beautiful beaches of Rio de Janeiro and ask to play a pickup game of soccer on Duolingo, we'll teach you Brazilian Portuguese, but you'll also be understood in Portugal.	TBA
PORTUGUESE FOREIGN LANG.3		TBA

It's Time to Enroll in UB Courses.

View Courses: tinyurl.com/ubcourses

As you will see, the course offerings this summer are very intriguing. Please take some time to think about what you need to help YOU become a better student and choose your courses accordingly. **You can take as many as you want, as long as they do not overlap. You MUST take at least 6 with one Math, one Science, and one English.**

All the TBA courses are at independent learning and you will schedule when to work on these within your free-time, specifically between classes.

Enroll here <https://tinyurl.com/UBEnrollment> or with the QR Code



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Someone's New!



Hesci! Hello, everyone!

My name is Pat Farrell, and I am the new Academic Coordinator for NSU-Upward Bound in Broken Arrow, Oklahoma. On a personal note, I am married and have two daughters in college. Additionally, I am Muscogee Creek Indian and proud of my Native American heritage.

Currently, I am in a doctoral program at the University of Arkansas in Fayetteville. I have been in higher education for three and a half years and secondary education for five years. Despite my brief participation in the Upward Bound program, I acquired the necessary academic skills to transition to college, and I am forever grateful. That said, I am excited to be on this team and look forward to working with all of you this summer.

See you soon!

Pat Farrell



Hello Scholars!

My name is Juan Paulo Ortiz Torres, and I am writing to inform you I have recently joined the NSU Upward Bound team! I have been brought on board as an Administrative Assistant but will also complete the duties of an Academic Coach. I am ecstatic to get to meet and get to know all of you!

Some of you may remember me from the time I worked the summer camp a couple of years ago. If so, I would like to thank you for making my decision to join this amazing team so much easier. Even though I was at the time pretty new to the whole college thing myself you all listened with diligence and showed true interest in the words I had to say. I cannot wait to get to work with you all and help you identify, work for, and achieve your academic goals!

Best,

Juan P. Ortiz

Tina Vanhorn

Master of Science

Speech-Language Pathology (SLP)

NSU 2004

Tina works as a clinical SLP. SLP's work with anyone from birth to the elderly and in a variety of fields, including articulation disorders (speech sounds), receptive and expressive language disorders, dysphasia (swallowing dysfunction) due to brain damage or disease (can be caused by having a stroke for example). Tina also treats children with sensory issues, literacy issues such as dyslexia, autism and evaluates and treats people with augmentative communication (devices that communicate for people). SLP's train families, patients, and professionals on these devices.

SLP's can be found in hospitals, skilled nursing facilities, schools, private clinics, teletherapy, and home health. SLP's also work with traumatic brain injuries, such as veterans with head injuries, soldiers injured in the line of duty, or victims of severe car wrecks.

"I always knew I wanted to help people who had special needs. When choosing the major of Speech-Language Pathology, I knew I had made the right choice, as the peers that surrounded me were like-minded people with the same professional passions I was seeking."

Tina has been an SLP for 17 years. She worked for three years in a public school but wanted to see kids and their families in one-on-one sessions. Tina has owned her clinic, Mayes County Speech Therapy Services, for about 15 years and has other speech pathologists working with her.

"I've been doing therapy for so long that my most rewarding moments are when my past patients grow up and do well. And I see them thriving socially, educationally, and in the community. Their parents have often contacted me with stories of their children's success, and I love that."

As for any future SLP, Tina would encourage them to shadow as many SLP's as possible in as many different settings as possible. If you want to be an SLP, you need a Master's degree in Speech-Language Pathology, which is 4 to 5 years, then graduate school that is typically finished in 2 years. After that is completed, the postgraduate completes a 9-month clinical fellowship as they begin paid employment. After or during the clinical fellowship, a Praxis exam is taken and must be passed to gain your "C's" Certificate of Clinical Competence. The C's allow you to work in medical status and is proof of your extensive clinical knowledge you have gained.

Tina offers job shadowing and is teaching at NSU as an adjunct professor for the Speech Pathology program. "I allow SLP graduate in students to shadow me so they can gain observation hours that are required to graduate from the Master's program."

With everything Tina does now, some might assume college was long and miserable, but Tina would tell you differently. "Graduate school was great; I loved graduate school!" We worked and played hard too. I developed lifelong friendships. We also communicate with each other for assistance. One of my professors, Dr. Ronald Schaffer was extremely passionate about our field of study, and I was honored to have his instruction through Northeastern State University. He continues to be a mentor to me even through his retirement.

If you are thinking of pursuing a career in Speech-Language Pathology, please call Tina at Mayes County Speech Therapy Services, 918-825-4837. She will be happy to help!

Career Corner

College Highlight



University of Central Oklahoma

Students enrolled: 15,973

Undergraduate Tuition: \$6,944 – Out-of-State Tuition \$17,080

Entrance Level Difficulty: Minimally difficult 81% offered admission (3,831 of 4,722) 20 ACT and 1030 SAT. Average HS GPA is a 3.4 (Only a 2.7 unweighted GPA is required for admission)

Application 411: \$50 Application fee, Test scores are due August 17th

Academic Criteria Highlights: Secondary school records, Class rank, and Standardized test scores are very important. Recommendations and Essay are Considered.

Non-Academic Criteria highlights: Focus on Extracurricular activities and Particular talents. Other things are considered. (Work experience, Volunteer work, Interview, etc.)

Top or Unique Majors Offered: UCO has an impressive catalog of music degrees varying from Music Education all the way to Vocal Performance!

Something Interesting: The University of Central Oklahoma (UCO) is one of the oldest higher education institutions in Oklahoma and most of the region as well. UCO is actually the oldest public institution of higher education in the state of Oklahoma.

Tests got you down?! Are you stressed out?

Here are some tips to reduce stress:

1. Exercise or find an activity that you enjoy and stick with it !
2. Eat healthy! Avoid the junk!
3. Practice relaxation techniques such as “box breathing” or meditation! (see link below*)
4. Know your limits... consider skipping an activity or two.
5. Limit or reduce **CAFFEINE**.
6. Get Sufficient sleep!

Sources:

<http://gcbhs.org/>

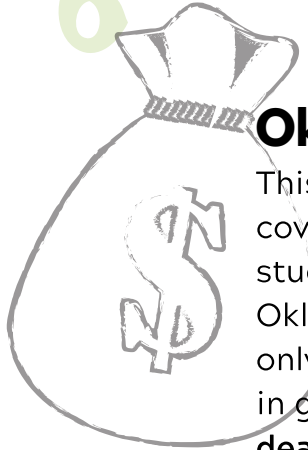
<https://www.medicalnewstoday.com/articles/321805> *



*Why yes, I'm a bit stressed.
Why do you ask?*

Parent's Page

Important things you **NEED** to know!



Oklahoma's Promise

This is a scholarship that covers tuition (\$25,000+) for students who graduate from an Oklahoma High School. You can only apply when your student is in grades 8th through 10th. The deadline for 10th graders is June 30, 2021. Don't Delay, Apply Today! OKPromise.com

FAFSA

Free Application for Federal Student Aid

The FAFSA is an application for financial aid that college students have to fill out **annually** beginning in their senior year of high school. The application for the 2022-2023 year opens **October 1, 2021**. More details to come!

Upward Bound Dates

June 12, 2021 - Summer Orientation at TCC Metro Campus

June 27, 2021 - Summer Session Begins

July 4, 2021 - No Upward Bound

July 5, 2021 - Upward Bound Monday Pick-Up

July 29, 2021 - Summer Session Ends

July 29- August 2, 2021 - Cultural Trip (students invited based on participation and behavior)

Summer Permission Slips

All permission slips will be emailed via Adobe Sign. You will complete them digitally through your phone, tablet, or computer. If you have not received them, contact Lisa.

Stipends

Due to continuous problems with stipend checks, students may be required to have a bank account in order to receive their earned stipend funds. We are in discussion with all options. Please be prepared to provide input if it is requested.

GET IN ACADEMIC SHAPE

POWER HOUR HOMEWORK HELP

COME FOR
THE HELP
STAY FOR
THE GOOD
TIMES



HOMEWORK HELP PROVIDED BY: JUAN ORTIZ TORRES:
9 PM TO 11 PM / MONDAYS THROUGH THURSDAYS

FOR DETAILS AND ZOOM SEND AN EMAIL TO ORTIZTOJ@NSUOK.EDU
OR CALL JUAN AT 918-984-9024



Social Media
@NSUOKUB

STAY CONNECTED

Important Contacts

LISA JOHNSON
johns185@nsuok.edu
405-209-5472

PAT FARRELL
farrellpensuok.edu
918-236-7356

JUAN ORTIZ TORRES
ortiztoj@nsuok.edu
918-984-9024