

# UPWARD & ONWARD

NORTHEASTERN STATE UNIVERSITY UPWARD BOUND NEWSLETTER

WINTER 2020

VOL. 5



Hello students! We hope this past semester has been fun and full of learning and growing. In the past few months we went to the Science Museum in OKC, signed

up for the ACT, and became educated on all things grief. Thank you to those have participated. We appreciate it. Continue to be safe and healthy this break and Happy Holidays!

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# Stipend Structure

## Attend Saturday Sessions:

- Actively participate
- Turn in progress report
- Exhibit positive behavior

**\*\*\$25 earned each session\*\***

## Attend Summer Session:

- Actively participate in activities and classes
- exhibit positive behavior
- infraction charges will result in deduction

**\*\*\$20 earned each week\*\***

## Academic Bonus:

- Must maintain 2.5 GPA on semester transcript
- No letter grade below a C
- Must meet Proficient State Testing Standards (juniors and seniors)
  - Math: 21 ACT or 530 SAT or 300 CCRA OPI
  - Language Arts: 37 ACT or 510 SAT or 300 CCRA OPI

**\*\*percentage of funds left in budget\*\***

# Saturday Sessions

**\*\*Spring dates are subject to change\*\***

February	20
March	14
April	17



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## Database Student Portal Instructions

**This year, we are moving digital! In our database you will be able to see upcoming events, your documents, and you will be able to keep track of the days that you have met with either Lisa or Paige. Below are steps on how to create your account.**

- 1. Click on registration link in the email that will be sent to you**
- 2. Your username will be your email that was given to us by you**
- 3. Create a password**

**Once you are logged into the database, you can schedule appointments with Lisa or Paige by clicking on the calendar icon. You can also upload documents like your progress report to your profile. Each time you login, you will use this link: [nsuok.mylacai.com/profile](https://nsuok.mylacai.com/profile)**

**A tutorial video will be sent out to you by email. Please contact us if you have any further questions.**

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## A Letter From Your Academic Coordinator:

Dear Scholars,

I am writing to you to inform you that my time here with NSU-Upward Bound has come to a close. I can remember my first couple of months being so tough, but I am appreciative of the lessons that I have learned. Getting to know each and everyone of you has certainly been one of my favorite things about this job. Each of you are unique in your own way. I must say, this program would not be the same without you all.

These past 2 years have been full of memories that I will never forget. Thank you for challenging me in a way that has made me a better leader, but overall, a better person. Thank you for being unapologetically you and allowing my time here to be unique and unforgettable.

Always remember that you can do anything you set your mind to. Life can be tough, but you're strong enough to handle it. I can't wait to see and hear your success stories.

Best,

A handwritten signature in black ink, appearing to read 'Paige', with a stylized, cursive style.

Paige

## What Type of Learner Are You?

The following chart will help you discover your individual learning style. Answer the questions in the far left column and then see which of the responses best fit that situation. Although your answers may fall into more than one category, there will most likely be one column that overrides the others. That will indicate your primary learning style:

Question:	Visual	Auditory	Tactile
What do you do with hard-to-spell words?	Write the word down to see if it looks right.	Sound it out or try to spell it out loud.	Use finger spelling by air tracing it.
How do you prefer to look over study materials?	Read the text book or notes.	Have someone ask me questions that I can answer out loud.	Make up index cards that I can review.
How do you prefer to figure out how something works?	Read the instructions.	Let someone explain it to me.	Figure it out as I go.
After going to a school event what will you remember the next day?	The faces of the people who were there.	The music that was played or things talked about.	The food I ate and/or activities I did.
What is distracting for you when trying to study?	Movement such as people walking past.	Loud noises or music.	Not able to get comfortable.
When you are upset, what is your typical reaction?	Pout or put on a "mad" face.	Yell, cry, or scream.	Slam doors and throw things around.
When you are really happy and in a good mood, what do you do?	Smile a lot.	Talk a lot.	Act really hyper.
When going to a new mall or store how do you find your way around?	Look for a map or directory.	Ask someone for directions.	Walk around until I find what I need.
What do you like to do to relax?	Read a book.	Listen to music.	Go outside for a walk or to play.
What would you rather do with a group of friends?	Go to the movies.	Go to a concert.	Go to an amusement park.
What is the best way for you to remember someone's phone number?	Write it down.	Say it out loud over and over.	Picture the numbers on the keypad.

## Auditory Learners

You learn best when information is presented in a spoken language format. If you are an auditory learner, the suggestions that follow can help you to succeed in school to the best of your ability:

- Participate in study groups in which you can talk things out.
- If allowed by your teacher, use a recording device to record class sessions. Use the recordings to support your written notes.
- Create musical jingles or songs to remember information
- Work out math problems aloud, explaining to yourself the steps you are doing.
- Repeat facts and definitions of words over and over to yourself with your eyes closed.

## Tactile/Kinesthetic Learners

You learn best when they can use their sense of touch and can move about. If you are a tactile/kinesthetic learner, the suggestions that follow can help you to succeed in school to the best of your ability:

- Be physically active while you study. Rather than just sit at your desk, occasionally walk back and forth with your textbook or notes as you read the information out loud.
- To decrease your fidgeting as you study, listen to music, preferably baroque music. However, discontinue this if you find the music to be distracting.
- Make extensive use of a computer and the Internet. Actively touching the keyboard will keep your mind active.
- Use your finger as a guide while reading.
- Use concrete objects to help you understand math concepts.

## Visual Learners

You learn best when information is presented in a written language format or in another visual format such as pictures or diagrams. If you are a visual learner, the suggestions that follow can help you to succeed in school to the best of your ability:

- Create graphic organizers such as diagrams and concept maps that use visual symbols to represent ideas and information.
- When trying to remember information, close your eyes and visualize the information.
- Include illustrations as you take notes in class.
- Use highlighter pens of contrasting colors to color code different aspects of the information in your textbooks.
- Study in a place that is free from visual distractions.
- Watch videos about topics you are studying in class.

Helpful Websites  
For Study Tips

[how-to-study.com](http://how-to-study.com)  
[educationcorner.com](http://educationcorner.com)  
[okcollegestart.org](http://okcollegestart.org)



# Stay Connected

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Download the Band app to stay notified of upcoming events and important information! Once downloaded, you can find the group titled: NSU- Upward Bound. Contact Paige for the code. It is only good for 48 hours.

