The PCUB Informer
The Pre-College Upward Bound Program Newsletter

2007 Edition

How Did We Do Last Year?
Some Recent High School Grads Accepted and Scheduled to Enroll in a College or University in 2006-07

PCUB Success Stories!

Dara Loveday
Sevier County High (1997)
B.S. – Education
Carson Newman College (2002)

Ginny Hardison
West High (1988)
B.S. – Biology
Cumberland College (1992)

Shalonde Bilbrey
Alcoa High (2001) Political Science

Brooke Justus
Sevier County High (1998)
B.A. – English
King College (2001)

Danny Cribbs
Sevier County High (1990)
M.S. – Chemical Engineering
Clemson University (1999)

Lorissa Nichols
Carter High (2001)
Pre-Med
U.T. Knoxville

Jeremiah Hood
Seymour High (1995)
M.S. – Human Resources Dev.

David Baumgardner
Heritage High (2002) Mathematics
Maryville College

Amanda Noe (Hunt)
William Blount High (1996)
B.S. – Speech Communication

Marvin Lowery
Holston High (1985)
B.S. – Mechanical Engineering
TN State University (1990)

Teisha Renshaw
U.T. Knoxville

Kelly Hammontree
Alcoa High High (1999)
B.S. – Human Services

Joshua Perona
William Blount High (2000)
Computer Engineering
Tennessee Tech University

Nick Townsend
Seymour High (2002)
Business
U.T. Knoxville

Notes to Parents

• Attendance at PCUB Check-ins, Saturday Sessions, and at least one Summer program are mandatory!

• PCUB offers a Bridge scholarship to a select few seniors every year, which is approximately a $4,500 value.

• PCUB offers academic tutoring during Saturday Sessions and after school.

• Information on colleges and universities, financial aid/scholarships, and careers are available per student request.

• PCUB offers a one time fee waiver for students taking the ACT or SAT.

• PCUB has a Financial Aid workshop every January for students and parents. Call (865) 974-4466 for details!
Need College Financial Aid? Apply Immediately!

Unless your child is 7-foot-3 and has an amazing jump shot, people will not show up on your doorstep offering to pay for his college education. If you want financial assistance, you have to ask for it. And the first step in that process is filling out the Free Application for Federal Student Aid, also known as the FAFSA.

It costs nothing to fill out the FAFSA, not even a stamp, if you do it online. Yet, every year, thousands of families forego the FAFSA, depriving themselves of thousands of dollars in grants and low-cost loans.

A recent study by the American Council on Education found that half of undergraduates enrolled in colleges and universities in academic year 1999-2000 failed to fill out a FAFSA.

Even more troubling, 850,000 of those students were probably eligible for a Federal Pell Grant, the study said. Pell grants provide up to $4,050 a year for low-income students, and the money doesn’t have to be paid back. President Bush has proposed raising the maximum Pell grant to $4,550 by 2010.

Financial aid experts offer lots of reasons for FAFSA avoidance. Many middle and upper-middle income families don’t file because they believe they’re ineligible for financial aid. Others are intimidated by the form, which asks detailed questions about family finances. And like preparing your taxes, filling out the FAFSA takes time.

Still, if your child will start college this fall, it’s worth the effort. Even if you don’t qualify for a Pell grant, you may be eligible for assistance from your state or your child’s college. At a minimum, you’re eligible for a federal student loan with a below-market interest rate, said Martha Holler, spokeswoman for student loan provider Sallie Mae.

But to get a loan, you have to fill out the FAFSA.

How to make the FAFSA process run smoothly:

1. File early. The Department of Education will start accepting FAFSA applications for the 2006-2007 academic year on Jan. 1. The deadline for federal assistance is June 30, 2007, but many states and individual schools impose earlier deadlines. Some want the information by mid-February. Plus, getting your application in early could improve your chances of receiving aid, said Chris Chapman, chief executive officer of loan provider ALL Student Loan. States have a limited amount of money to give out, and many give it on first-come, first-served basis, he said. When you fill out the FAFSA, you’ll be asked to list up to six colleges or universities. Your information will be sent to those schools. Once you’ve selected the schools that will receive your application, check their deadlines and find out if they require additional information, Holler said. You’ll need to provide information about your 2005 income, which is easier to do after you’ve completed your tax returns. Even if you haven’t filed your taxes yet, you can file FAFSA. Estimate your income, using last year’s returns and your year-end pay stub, and revise the form later.

2. Take your time. You’ll need to pull together a lot of documents, such as your investment statements and W-2’s. Divorced parents and blended families may need to devote even more time to the process to make sure they follow the guidelines correctly, said Ben Baron, vice president for Kaplan Test Prep and Admissions.

3. File online. You can file a FAFSA over the Internet by going to www.fafsa.ed.gov. Filing online speeds processing. You’ll be notified immediately of errors, such as skipping a line. If you make an error on a paper application, the Department of Education will mail it back, which could cost you to miss the deadline.


Source: The Maryville Daily Times, Gannett News Service

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Getting Organized

Here are some of the documents you’ll need to fill out a FAFSA for the 2007-08 academic year:

- 2006 W-2 forms
- Records documenting other sources of income, such as Social Security, welfare or veterans benefits
- Current bank statements
- Mortgage information
- Statements showing your stocks, bonds, mutual funds and other investments
- Records related to any unusual family circumstances, such as unemployment or family medical expenses not covered by insurance

Source: FinAid.org
Educational Expectations

Highest Level of Education Students Expect to Achieve in Their Lifetime

Upward Bound will help raise your students' expectations! That is our specialty.

A recent survey of high school Juniors and Seniors conducted by The University of Tennessee's Center for Business and Economic Research has shown the following:

* Some students expect their education to stop after high school or at most with a two-year technical degree.
* Students from lower-income families are also less likely to pursue a college education.
* Many students say they haven't decided how much education they plan to obtain.

- U.T. Knoxville Center for Business and Economic Research

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Survey of Adult Tennesseans

The following results were obtained from a random survey of 3,012 adult Tennesseans concerning their education level and job satisfaction level:

Tennesseans with college degrees tend to be more toward being satisfied with their jobs than those with less education. This is especially true of those with graduate or professional degrees, of whom almost 73 percent say they are "very satisfied" with their job, compared to less than 55 percent of those with a bachelor's degree.

- U.T. Knoxville Center for Business and Economic Research
Labor Market Information

Accurate labor market information is a vital component of career decision-making. Without it, wise decisions are impossible. The labor market is changing more rapidly than ever. The following projections cover 2002-2012.

- Employment growth will be concentrated in the service-providing sector of the economy. All ten of the fastest-growing industries are in this sector.
- Construction is the only goods-producing sector in which employment is projected to grow.
- Professional occupations and service occupations—two groups at opposite ends of educational and earnings ranges—are projected to increase the fastest and to add the most jobs, accounting for more than half of total job growth over the next decade.
- Office and administrative support occupations, production occupations, and farming, fishing, and forestry occupations are expected to grow much more slowly than average.
- Nine of the ten fastest growing occupations are health or computer occupations.
- An associate or bachelor’s degree is the most significant source of postsecondary education or training for six of the ten fastest growing occupations.
- The United States work force will become even more diverse by 2012.
- About one out of every four new jobs created in the U.S. economy will be either in health care and social assistance or private educational services sector.
- Employment in utilities is projected to decrease by 5.7 percent through 2012. Despite increased output, employment in electric power generation, transmission, and distribution and natural gas distribution is expected to decline through 2012 due to improved technology that increases worker productivity.

<table>
<thead>
<tr>
<th>Unemployment rate in 2003 (Percent)</th>
<th>Education attained</th>
<th>Median weekly earnings in 2003 (Dollars)</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.1</td>
<td>Doctoral degree</td>
<td>$1,349</td>
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<tr>
<td>1.7</td>
<td>Professional degree</td>
<td>1,307</td>
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<tr>
<td>2.9</td>
<td>Master's degree</td>
<td>1,064</td>
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<tr>
<td>3.3</td>
<td>Bachelor's degree</td>
<td>900</td>
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<tr>
<td>4.0</td>
<td>Associate degree</td>
<td>672</td>
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<tr>
<td>5.2</td>
<td>Some college, no degree</td>
<td>622</td>
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<tr>
<td>5.5</td>
<td>High-school graduate</td>
<td>554</td>
</tr>
<tr>
<td>8.8</td>
<td>Some high-school, no diploma</td>
<td>396</td>
</tr>
</tbody>
</table>

Managing Your Time

Do you know where your time goes? Why do some people seem able to accomplish so much? They usually follow a system of time management.

In order to manage time, you need to know what you usually do. One way to accomplish this is to keep a time log. Briefly jotting down what you are doing every 15-30 minutes for a week will give you important information. Once you have this, ask yourself:

- Did I get everything done?
- Was I rushed for time?
- Did I meet deadlines?
- What habits interfered with reaching my goals?
- Did I accomplish more at a certain time of day?
- At what times of the day did I accomplish the least?

Now, make a list of the activities you have to do. Mark those that are scheduled at definite times and those that can be arranged according to your own time. Then, prioritize the list:

I. the most crucial activities
II. activities that can wait until after those in group I
III. the least crucial activities

Then, prepare a schedule using the prioritized list. Use your list and schedule daily. Remember to plan for your peak times and your low-energy times.

Effective time management frees you to do your best and to succeed. But the schedule isn’t your master. You control it.

- Dr. Ernest W. Brewer
  Professor and PI/Director
"The New U" - Pre - College Upward Bound Summer 2006

The 2006 PCUB Summer program was outstanding success by all definitions. We had enthusiastic students who participated in four intensive weeks of academics and cultural events, culminating in a fabulous trip to our nation's capital and a full day of roller coaster rides. Here is a taste of what the students experienced:

- A true college-like academic schedule with classes 4 days a week, including study hall breaks, tutoring sessions and classes 8:30-3:30 2 days a week and 8:30-5:30 2 days a week
- Power Point Research Symposium assisted by Computer Science classes and Presentation and Computer Graphic Seminars at the Library
- Scholar's Bowl All-Star Competition (Did I mention that PCUB won again?)
- Talent Show
- Chemistry Magic Show
- Mountain Challenge - Outdoor Leadership Development
- PCUB Idol, PCUB Theatre - our students are talented, needless to say!
- Volleyball, Bowling and Ping Pong competitions
- Weekly Guest Speakers on such topics as: Research 101, International Study, University Admissions and Financial Aid
- Courses including: Web Design, CSI Science, The Apprentice, Russian, Latin, ACT Prep, Public Speaking and various subjects in all core subject areas
- Every student finished the Summer with a minimum of 3.0 grade point average!

- Bob Baker
Former Director
How do People in Tennessee feel about Education?

The following results were obtained from a recent survey of 10,976 Juniors and Seniors in 39 public Tennessee high schools and three private schools, conducted by the University of Tennessee Center for Business and Economic Research:

What are Tennessee students planning on doing after high school?

- U.T. Knoxville Center for Business and Economic Research

Train to Gain

New data tells an old story—education pays. The more you learn, the more you earn and the less likely you are to be unemployed, according to the following data:

A Fond Farewell.....

PCUB bids a fond farewell to Bob Baker, Director from 2001-2006, who left us this fall to become Director of Academic Support Services for East Tennessee State University's Athletic Department. Bob has a bright and bold personality that served to motivate PCUB participants to work hard toward their dreams of a college degree. Under his direction, the PCUB students, staff, and faculty established a high standard of excellence that will be a challenge for us to maintain. His impact will remain as a lasting legacy of motivation and encouragement for all of us associated with PCUB and we thank him for this gift. Our best wishes go with Bob in this and all his future endeavours. We will miss you!

Former PCUB Director
Bob Baker
Become a Dell Scholar

Being a Dell Scholar is about you, your dreams, and your determination to succeed. The program is offered to high school students participating in college readiness programs such as PCUB. Students who meet the criteria may apply online to become a Dell Scholar. Students selected for the scholarship receive $20,000 to complete a bachelor’s degree program.

Criteria

The Dell Scholars Program places greater emphasis on your determination to succeed than on your academic record and test scores. We believe that strong college preparation work empowers you to achieve your dreams. Studies show that students who participate in college readiness programs, like AVID, Gear Up! and Upward Bound, in high school are better able to overcome disadvantages and have an increased rate of completing college successfully. If you meet the following criteria, we urge you to apply to become a Dell Scholar.

Criteria for Application:

- Graduating from an accredited high school this academic year
- Earning a minimum of a 2.4 GPA
- Demonstrated need for financial assistance
- Participating in an approved college readiness program such as PCUB for a minimum of two years
- Planning to enter a bachelor’s degree program at an accredited higher education institution in the fall of 2007
- U.S. citizenship or permanent residency

Complete an online application and have a personal recommendation written for you. For more information go to http://www.dellscholars.org.

Do You Need Scholarships?

If you do not have access to a computer with internet access, please contact us at PCUB (865) 974-4466. However, if you do, the following web sites have scholarship opportunities for students:

- www.jackie robinson.org
- www.fastweb.com
- www.free-4u.com
- www.bestbuy.com
- www.wiredscholar.com
- www.blackexcel.org
- www.walmart.com
- www.easttennesseeefoundation.org
- www.dellscholars.org

www.collegepaystn.com
www.scholarships.com
www.calgom.com
www.uncf.org
www.collegefund.org
www.troystudios.com
www.usbank.com
www.hsf.net
www.scholarshipsforhispanics.org

Top 20 Occupations in the U.S.
(based on growth)

Source:
U.S. Bureau of Labor Statistics

1. Database Administrator, Computer Support Specialist
2. Computer Engineer
3. Systems Analyst
4. Personal and Home Care Aides
5. Physical and Corrective Therapy Aides
6. Home Health Aide
7. Medical Assistant
8. Desktop Publishing Specialist
9. Physical Therapist
10. Occupational Therapy Assistants and Aides
11. Paralegal
12. Occupational Therapist
13. Teachers, Special Education
14. Human Services Worker
15. Data Processing Equipment Service Technician
16. Medical Records Technician
17. Speech/Language Pathologist
18. Dental Hygienist
19. Amusement and Recreation Attendant
20. Physician’s Assistant

Hot Jobs - 2006

<table>
<thead>
<tr>
<th>Occupation</th>
<th>Starting Salary</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nurse</td>
<td>$30,000-$45,000</td>
</tr>
<tr>
<td>Health technician</td>
<td>$25,000-$30,000</td>
</tr>
<tr>
<td>Plumber</td>
<td>$30,500-$41,500</td>
</tr>
<tr>
<td>Electrician</td>
<td>$20,000-$30,000</td>
</tr>
<tr>
<td>Engineer</td>
<td>$45,000-$52,000</td>
</tr>
<tr>
<td>Technical support</td>
<td>$27,500-$56,500</td>
</tr>
<tr>
<td>Debtmediator</td>
<td>$30,700-$34,000</td>
</tr>
<tr>
<td>Accountant</td>
<td>$29,500-$40,500</td>
</tr>
</tbody>
</table>

Tennessee Scholar Dollars

**Tennessee HOPE Scholarship**
Up to $3,800 for 4-year institutions or $1,900 for 2-year institutions
(never more than the cost of tuition and fees)
Entering freshman (High School Class of 2007) must have
at least a 21 ACT/980 SAT OR an overall unweighted 3.0 GPA.

**General Assembly Merit Scholarship**
$1,000 supplement to Tennessee HOPE Scholarship
Entering freshman must have at least a 3.75 GPA
(weighted or unweighted) AND 29 ACT/1280 SAT

**Aspire Award (Need-Based Supplement)**
$1,500 supplement to Tennessee HOPE Scholarship
Must meet Tennessee HOPE Scholarship requirements
AND have parents’ adjusted gross income or independent student’s
(and spouse’s) adjusted gross income of $36,000 or less on your IRS return.

**Tennessee HOPE Access Grant**
$2,650 for 4-year institutions or $1,700 for 2-year institutions
Entering freshman must have at least an unweighted 2.75 GPA
AND have parents’ adjusted gross income or independent student’s
(and spouse’s) adjusted gross income of $36,000 or less on your IRS return.
Grant is non-renewable

**Wilder-Naifeh Technical Skills Grant**
Up to $1,500
(never more than the cost of tuition and fees)
Available to all students enrolled at Tennessee Technology Centers
who meet residency requirements
Prior recipients of the Tennessee HOPE Scholarship are not eligible

**Ned McWherter Scholars Program**
The award is up to $6,000 per academic year, funded jointly by the State of Tennessee and the college or university attended. Awards are made in equal installments each term throughout the academic year.

The Ned McWherter Scholars Program is intended to encourage academically superior Tennessee high school graduates to attend college in Tennessee. Recent Tennessee high school seniors starting their last semester in high school who have at least a 3.5 unweighted cumulative grade point average and scored a minimum composite score of 29 on the ACT or the SAT equivalent, are eligible to apply. Difficulty of courses and leadership positions held while in high school are also considered. The student must be a resident of Tennessee, a U.S. Citizen and attend an eligible Tennessee college or university full time. Applications must be accompanied by an official high school transcript that contains the applicant’s high school grades through the first semester of the senior year and the applicant’s ACT/SAT scores.

Applications are available at high school counselor’s office, TSAC, or through your PCUB Educational Specialist. Awards are very competitive and are based on funding. To be considered, TSAC must receive the completed application and required attachments by the February 15 deadline.