Services at a Glance

- PCUB has weekly check-ins, Saturday Sessions, and an exciting summer component.
- PCUB offers a Bridge scholarship to a select few seniors every year, which is valued at approximately $5,000.
- PCUB offers academic tutoring during Saturday Sessions and after school.
- Information on colleges and universities, financial aid/scholarships, and careers are provided free for all students.
- PCUB offers ACT preparation and multiple opportunities to take the ACT.
- PCUB has a Financial Aid workshop every January for students and parents.

Call (865) 974-4466 for details!

A New Look for a New Time:

The University of Tennessee's Pre-College Upward Bound (PCUB) is pleased to provide fundamental support to participants in their preparation for college entrance through a grant from the U. S. Department of Education. The program provides opportunities for students to succeed in their precollege performance and, ultimately, in their higher education pursuits. The goal of Upward Bound is to increase the rate at which participants complete secondary education and enroll in and graduate from institutions of postsecondary education. PCUB has a new logo to represent this purpose.

The overall program theme for 2007-2011 is Taking Steps Toward the Stars. It is important to us that our students are taking the appropriate steps to become high school graduates and successful college students. We want to encourage them throughout their high school years to set goals for themselves and teach them how to plan to achieve those goals. Hopefully, students will set their sights on their own stars and build the steps to acquire each one throughout this year and the years to follow.

THE STEPS

Step 1: Homework and Tests. In order to truly help students, we have to focus on the core subjects. For this reason, we will focus first on study habits, tutoring in school subjects, and making sure that students understand all the work in their academic classes during the school year. Students will be encouraged to keep a journal of all their assignments and receive rewards for good grades on homework and classroom tests. Weekly check-ins with PCUB staff help keep students on track.

Step 2: ACT Preparation. Standardized tests are one of the most important aspects of college acceptance. Students will take practice tests and learn the proper techniques and strategies to improve their test-taking performance through PCUB's test preparation components.

Step 3: GPA. The Grade Point of Average (GPA) of a student is the other most important aspect of college acceptance. PCUB participants will be encouraged to have a 3.0 GPA or higher in all their classes. Tutoring is provided and is a high priority if their GPA falls below this level.

Step 4: College Applications. After working hard to gain academic skills and set their educational goals, PCUB students will fill out the application and submit all necessary material for college acceptance. PCUB staff will help students fill out applications, apply for scholarships, and provide the support necessary for writing essays and meeting deadlines at the college or university of their choice.
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 forgo 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 recent years 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 $5,300 a year for low-income students, and the money doesn’t have to be paid back.

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 next academic year on Jan. 1. The deadline for federal assistance is June 30, 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 previous year’s 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 must file a FAFSA online by going to [www.fafsa.ed.gov](http://www.fafsa.ed.gov). Start by getting your PIN (personal information number) and printing a FAFSA worksheet to help you gather all your information. Remember that you may begin the FAFSA, save it, then retrieve it using your created password to finish it at another time.

4. **Don’t fall for financial aid scams.** The official website for FAFSA information ends with ‘.ed.gov’ not a ‘.com’ website address. You should never have to pay to file your FAFSA. Federal regulators report an increase in complaints about financial aid companies that charge large up-front fees in exchange for “guaranteed” financial aid. There are legitimate financial aid counselors, but information is available free. You can get help at [www.collegeboard.com](http://www.collegeboard.com), [www.collegeanswer.com](http://www.collegeanswer.com), and the Department of Education’s FAFSA Web site, [www.fafsa.ed.gov](http://www.fafsa.ed.gov).

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 2009-10 academic year:

- 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

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
Step 5: Graduation: The biggest step in college admission is making it out of high school! We will be there to help our students to complete that high school milestone and cross the bridge into college.

THE STARS

#1: The College or University of YOUR Choice
PCUB wants our students to attend the college or university of their choice knowing what they will major in, how they will pay for it, and how to be successful while there.

#2: Bachelor’s Degree
A 4-year college degree is the entry way into a successful career future. Keeping focused on that goal is always important – know what you’re reaching for!

#3: Successful Career
The ultimate goal for PCUB students is to be in a career that will be fulfilling and financially sound. Participation in Upward Bound helps students to acquire the drive to reach each star they set their sights on throughout their lives!

Taking Steps Toward the Stars will remind our PCUB students that success can be achieved by setting goals and taking the steps to achieve those goals. In this way, our students will be equipped with the tools necessary to pursue and reach their dreams!

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
PI/Director of TRIO Programs
Positive Self-Concept

Know Your Strengths and Weaknesses...

When you look in a mirror, what do you see? What sorts of words would you use to describe yourself? Are they positive, negative, or a combination of both? The view that we have of ourselves is called our self-concept. This view may be negative or positive and is learned through interacting with other people and the environment around us. Self-concept includes not only how we view our physical body, but also how we view our ability to accept and respect ourselves and others, solve problems, and make a difference in the world around us.

Working toward achieving a good self-concept begins by learning to accept yourself as you are today. Become aware of your own strengths and weaknesses and make an effort to capitalize on your assets. Concentrating on the ways your talents can help you experience success also fosters a better view of yourself. As your self-concept improves, you will have the resources to begin working on overcoming your greatest weaknesses.

The other essential ingredient in being able to move toward a positive self-concept is believing in yourself. If you do not believe in yourself, others sense this and will act accordingly. This clearly helps keep a bad self-concept firmly in place. On the other hand, if you do believe in yourself and project a good self-concept, others will look at you as someone who is self-confident and deserves respect. So, in attaining a good self-concept, you reach the point of being able to look beyond yourself and assist others.

Thus, the payoff of having a positive self-image is great, both for you and the people around you.

— Dr. Ernest W. Brewer
PI/Director of TRIO Programs

Some Do's and Don'ts...

Test-Taking Tips from the Professor

Tests are in the same category as Monday mornings and root canals, but like other unpleasant events, they can be managed. If you're well-prepared, you can turn a potentially unpleasant event into a good experience.

Tests are a part of academic life, so resolve to get the best of them. Begin to prepare for tests on the very first day of class by careful note-taking and studying. Schedule test preparation time well in advance and avoid last minute cramming!

Here are some strategies education experts suggest to increase your test-taking effectiveness:

Before the Test

- Try to predict test questions as you take notes.
- Review all notes taken in class and those developed when reading texts.
- Recite aloud any facts that you need to learn.
- Avoid rereading text books before a test.
- Consider studying with a partner or in a small group.
- Get a good night’s sleep.
- Concentrate on important information that you have highlighted or summarized.

During the Test

- Be sure you understand all the directions.
- Pace yourself. Don't spend a lot of time on a few questions. Answer questions you know first then go back to those you are less sure of—but be sure to answer all questions.
- Write legibly and/or be sure your answers are recorded in the right place.
- Stay calm and avoid changing answers. Your first choice is most often correct.
- Finally, don't second guess your performance. The actual results may be very different from your expectations.

By using these tips you'll be well on your way to success in testing. If you feel you need outside help to improve your test taking, ask your teacher or advisor for an appropriate referral.

— Dr. Ernest W. Brewer
PI/Director of TRIO Programs
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?

<table>
<thead>
<tr>
<th>Plan</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Begin a bachelor's degree program</td>
<td>35%</td>
</tr>
<tr>
<td>Get a job or continue current job</td>
<td>30%</td>
</tr>
<tr>
<td>Take time off</td>
<td>20%</td>
</tr>
<tr>
<td>Haven't decided</td>
<td>15%</td>
</tr>
<tr>
<td>Begin a vocational/technical degree program</td>
<td>10%</td>
</tr>
<tr>
<td>Begin an associate's degree program</td>
<td>2%</td>
</tr>
<tr>
<td>Begin an professional degree program</td>
<td>1%</td>
</tr>
<tr>
<td>Get married</td>
<td>0%</td>
</tr>
<tr>
<td>Other</td>
<td>0%</td>
</tr>
<tr>
<td>Join the military</td>
<td>0%</td>
</tr>
</tbody>
</table>

Plans for first year after high school

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

What Skills Should a Tennessee High School Graduate Have?

- Effective verbal communication
- Basic mathematics
- Problem solving
- Critical, independent thinking
- Teamwork

These are the skills Tennessee business leaders say are most needed for entry-level jobs in today’s economy. They’re also the skills the most commonly identified as lacking in today’s high school graduates in a recent study conducted by the Tennessee Diploma Project. More that 130 key business leaders and 346 executives joined Tennessee Governor Phil Bredesen in determining the list of job skills needed. Taking Inventory: Job Skills in the Tennessee Workforce stated that, “Perhaps not surprisingly, job skills yielding the highest priority in surveys also tended to be the skills frequently cited as missing among high school graduates.” One East Tennessee business leader summed up lack of math skills in this way: “Basic math is a huge issue. I’m talking about fractions and decimals and working without a calculator.” In the communications area, graduates need to be able to “give and follow spoken instructions to perform specific tasks, to answer questions or to solve problems.” The importance of being able to “meet professional expectations regarding speech, appearance, punctuality and manners” were also listed as critical skills. PCUB, combined with schools and parents, works to make sure that all of our participants develop these essential skills. Remember, success demands skills!

Explore Careers Through Volunteering

Want to find out more about careers? Spending a few hours volunteering is a great way to do it! All career fields have areas that need volunteers -- medical, business, science, agriculture, math, and more. Examples are hospitals, zoos, nature centers, parks, libraries. Volunteering can be a fun activity that doesn't have to take a lot of time. Doing a walk-a-thon, reading to children at a daycare, or cleaning up a park are just a few ideas. Volunteering provides experience that can be added to your resume when you begin to apply for colleges and scholarships. It also puts you in contact with people in your chosen area of interest that may serve as valuable resources later when you are looking for college internships and employment opportunities. And remember, always take pictures and put them in a scrapbook or portfolio to demonstrate your community involvement!

What's HOT?
Careers in STEM!

Science, Technology, Engineering, and Math, known collectively as STEM, are career areas that have been identified as a top priority for development in the U.S. Business, industry, government, and education have all recognized that American competitiveness in the 21st century depends on having workers with greater knowledge and technological skills in these fields. The goal is to double the number of science, technology, engineering and mathematics graduates with bachelor's degrees by 2015 (SOURCE: The Education for Innovation Initiative, 2005).

What does this mean for today's high school students? It means that the future is bright with many new scholarship and training programs for those who want a career in a STEM field! Here's a good game plan:

- Get a head start -- read and research your specific area of interest to see what careers match your abilities.
- Look at the training requirements for those careers -- Do you need chemistry, physics, math, or computer science?
- Plan on taking lots of advanced math and science classes in high school so that you'll be well-prepared for college.
- Take advantage of opportunities to job shadow or attend math/science summer camps.
- Talk with your Upward Bound Educational Specialist about opportunities to explore STEM careers!

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

Source:
U.S. Bureau of Labor Statistics

1. Network systems and data communications analysts
2. Personal and home care aides
3. Home health aides
4. Computer software engineers, applications
5. Veterinary technologists and technicians
6. Personal financial advisors
7. Makeup artists, theatrical and performance
8. Medical assistants
9. Veterinarians
10. Substance abuse & behavioral disorder counselors
11. Skin care specialists
12. Financial analysts
13. Social and human service assistants
14. Gaming surveillance officers & investigators
15. Physical therapists assistants
16. Pharmacy technicians
17. Forensic science technicians
18. Dental Hygienist

Hot Jobs - 2008

<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>Debt mediator</td>
<td>$30,700-$34,000</td>
</tr>
<tr>
<td>Accountant</td>
<td>$29,500-$40,500</td>
</tr>
</tbody>
</table>

Sources: Challenger, Gray & Christmas Inc; U.S. Bureau of Labor Statistics - as seen in Parade Magazine
Tennessee Scholar Dollars

Tennessee HOPE Scholarship
Up to $4,000 for 4-year institutions or $2,000 for 2-year institutions (never more than the cost of tuition and fees)
Entering freshman (High School Class of 2009) 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 (Need-Based Supplemental Award)
$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
$2,750 for 4-year institutions or $1,750 for 2-year institutions
Entering freshman must have at least an unweighted 2.75 GPA
AND have parents’ adjusted gross income or independent students’ (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 $2,000
(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.
For more information about Tennessee scholarships and financial aid:
www.tn.gov/collegepays