Upward Bound Program                              Nita (cell): 768-9261
Binghamton University                                Lori (cell): 321-9760
P.O.Box 6000                                                 Nick (cell): 372-7899
Binghamton, NY 13902-6000                        Office: 777-2024
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Upward Bound
Binghamton University
P.O. Box 6000
Binghamton, NY 13902-6000
RETURN SERVICE
REQUESTED

UPWARD BOUND
ACADEMIC PROGRAM
Binghamton University
October, 2013

Nita’s notes:
The Yearbook party was a great success, with 52 students in attendance, along with many parents and TCs. It was very nice to see everyone and reminisce about the summer program!

The Upward Bound Scholar’s Bowl is fast approaching (Saturday, October 19), so be sure to let your Academic Counselor know if you are interested in being a participant. There will be teams from SUNY Plattsburgh and Adirondack, Genesee and Monroe Community Colleges; we would like to have two teams to represent Binghamton University’s UB Program.
The registration deadline for the November 2 SAT Exam is Thursday, October 3. If you are scheduled to take the SAT on October 5, be sure to bring your registration card and ID.
If you are interested in taking the PSAT Exam, check with your guidance counselor for registration deadline information.

Tutoring Is Now Available!!
Binghamton High School
Monday, Tuesday and Thursday 2:45 to 5:00 in Room A107

Johnson City High School
Wednesday 2:25 to 4:00 in Room 130

Did you know that:
- Orange and black are Halloween colors because orange is associated with the Fall harvest and black is associated with darkness and death.
- Jack o’ Lanterns originated in Ireland where people placed candles in hollowed-out turnips to keep away spirits and ghosts on the Samhain holiday.
- Pumpkins also come in white, blue and green. Great for unique monster carvings!

Tutoring Is Now Available!!
Binghamton High School
Monday, Tuesday and Thursday 2:45 to 5:00 in Room A107

Johnson City High School
Wednesday 2:25 to 4:00 in Room 130

2013 YEARBOOK PARTY!!
TCs Donny and Karen with ACs Lori and Nick and scholars Amirah, JoJo and Benaleo having a great time at the Upward Bound yearbook signing party.

Monthly Meeting
November 2, 2013
12:30-2:00
Room UU102-103
Next Meeting—Holiday Party, Sat., Dec. 14

SAT and PSAT Exams
SAT: 11/2     Registration Deadline 10/3/13
SAT: 12/7     Registration Deadline 11/8/13
PSAT will be on Wed., 10/16 and Sat., 10/19/13, all Juniors, please check with your Guidance Counselor to register.
Scholar’s Bowl
On October 19, Binghamton University’s UB Program will host the annual Upward Bound Scholar’s Bowl in the University Union rooms 209 & 215. This event is an opportunity for various UB programs from New York State to get together for friendly academic competition. Each program brings one or two teams, and each team consists of four scholars who will answer questions on a variety of topics ranging from literature and history to science and geography. There will be lunch on Saturday in UU-209. Contact you AC if you are interested in participating.

Test Taking Tips for Parents
The following tips will provide suggestions for parents on how to approach test taking with their kids.

- Make sure that your child does all their homework and reading assignments, this will help make sure your child is prepared for the test.
- Encourage your child to space out their studying and homework assignments so that they won’t be forced to cram on the night before the test.
- If you are anxious about your child’s test, it’s ok but try to keep cool around your child, you don’t want them to get anxious about their tests too.
- Encourage your child to do well but don’t pressure him/her. You may stress him/her out. It is important for your child to stay relaxed for the test.
- Keep a positive attitude about tests.
- Provide a quiet, well lighted area with little distractions to help your child study efficiently.
- Mark down test days on your calendar so you and your child are both aware of testing dates.
- Make sure that your child gets up early enough so that he/she will be on time to school.
- Let your child relax for a few hours before bedtime, it can be stressful for a child to study all night.
- Talking about the test with your child can relieve stress about test taking.
- If your child is struggling on their tests, talk to them about it and meet with their teacher to find out the best way to help your child.
- Review the test with your child after they have taken it and go over any mistakes they have made and make sure that they understand what they did wrong and how they can improve for the next test.
- Praise/reward your child when they do well on a test or for their hard work preparing for a test.
- Encourage them to do better if they don’t do well.
- Review the test with your child after they have taken it and go over any mistakes they have made and make sure that they understand what they did wrong and how they can improve for the next test.
- Many of you this summer including myself accepted the challenge in the 90 degree August summer heat in Boston and climbed up the steps of the Bunker Hill Monument. While it may have been a fun and interesting experience, does anyone remember the history that was explained?

Even to get to the monument all of us had to hike up a pretty steep paved sidewalk. Once we got to the entrance we then had to go up two flights of steep stairs before arriving at the actual monument. This steepness was significant during the time of the American Revolution as control of this area was important to British control of Boston.

This site will also forever be known for the quote “Don’t fire until you see the white’s of their eyes.” According to the history of Bunker Hill on the City of Boston website, this was the order given by Colonel William Prescott to “make sure each shot would count.”

Although the colonial forces did not win against the British in this battle, the bravery and courage displayed led them to continue to fight on eventually leading to American independence.

So for those of us that accomplished the task of climbing up those steps while Miss Nita cheered for all at the bottom, remember what it was and why it’s there!

**UB Scholars R.A.I.S.E. the bar!!!!**

Kudos to Alex Mozee!!
Alex was elected Vice President of the sophomore class of 2016 at Windsor High School!

**Bunker Hill Monument:**
What is it and how many of you climbed all 294 steps?!