



**COLLEGEBOUND  
FOUNDATION**

*To College. Through College.*

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### Important Dates:

**11/22/2012**

Happy Thanksgiving!!

**12/17/12 - 12/20/12  
& 1/14/13-1/17/13**

CollegeBound Service Learning Events

*Description of activities and details about location, dates and time will be coming to you via email!*

**1/8/13: Cohorts 2008, 2009, 2010**

**1/10/13: Cohorts 2011 & 2012**

CollegeBound Winter Workshops

*All workshops will be held on campus of ---*



# Scholar Talk

## Tips for Academic Success

A few strategies will boost your chances of doing well in college, whether you're a senior or a freshman.

**Attend Class—** Get information straight from the professor, along with in-class exercises and handouts that aren't available in the textbook.

**Get to Know Your Professor—** Every teacher has a different system and, of course, a different personality. If you know your professors, you can: adjust your style to fit theirs and let them know if you are having problems.

**Take Good Notes—** Effective notes will reflect what will be on tests and what is needed for projects.

**Use Your Textbook—** Your professor chose this book to go along with the discussion points and to help you study for tests. Get in the habit of reading all assignments, highlighting and outlining.

## Extracurricular Activities

Intramural sports, student government, Greek life, career-oriented organizations, dorm committees: the list of available on-campus activities goes on. Although the types of organizations offered can vary from school to school, chances are pretty good you can find something you'll enjoy.



### Finding Activities

Sometimes opportunity doesn't knock. This is one of those situations where you need to do the legwork. It's not likely the editor of the campus paper is going to realize you write hilarious editorials on student life – you'll have to find the opportunities for a chance to show your skills. If you want to get involved, try:

- **Checking out the college's website.** Most schools have a section for extracurricular or student life activities.
- **Asking a professor in your major about student organizations.** Your academic advisor may also know of some.
- **Talking to orientation staff.** They know all about that kind of thing for incoming students.
- **Watching student newspapers, bulletin boards and other outlets for sign-up information.** If you're unsure whether you want to join, you might be able to attend a meeting or you can always call the contact number for more information.
- **Introducing yourself to someone who is already involved.** Most organizations love to get new members who are supportive of their goals.

**Looking off campus. If you can't find an on-campus activity you would enjoy, consider volunteering in the surrounding community.**

### Bonus

Not only are extracurricular activities fun; they give you great life skills:

- Organization and time-management skills
- Leadership opportunities
- Social networking
- Teamwork
- Career skills
- Commitment to goals

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Search for CollegeBound Foundation and follow our status updates. Get information on relevant educational info, upcoming CollegeBound events, and check out pictures from past events!



Follow us on Twitter at...



**Fall 2012  
Grades  
and  
Spring  
2013  
Schedule  
due by  
January  
15th!!**

## Tips for Academic Success *cont'd from page 1*

**Study Effectively**— Try to study at least two hours outside of class for each hour you spend in class. Try different methods (and combinations of methods) until you find a system that's effective for you. You can:

- Use flashcards,
- Rewrite notes,
- Study with one or more classmates,
- Ask the professor for review sheets or guides.

**Prepare Well for Tests**— Many times, test scores will make up a large part of your grade. These tips can improve your test-taking ability.

- Know what to expect—learn the professor's test style or talk to students who have already taken the class.
- Think it through—read the test questions carefully and come up with a plan.
- Clarify during the test—if you have a question ask then, not after you get your grade.
- Set the pace—tests can be completed in the time allotted for students that know the material.

## Your Health

Your parents aren't with you in college. While many students think that's a good thing, it also means you're responsible for your own health. Remember to take care of yourself with these tips.

### Getting Enough Sleep

Between working, studying and social activities, an early bedtime can be pretty hard to stick to. The average college student should be getting between **seven and nine hours' sleep** each night. So if you have an 8 a.m. class, you really shouldn't be up until 2 a.m. each morning. Short naps can help, but if you sleep longer than 30 minutes during the day you may have trouble sleeping at night.

### Controlling Stress

Let's face it. College might be one of the most stressful experiences of your life so far. There's a lot to balance, and plenty to worry about with tough classes, lack of money, relationships and a busy schedule. If you're feeling stressed, try to:

- **Cut back where you can.** Maybe you should put off one of the organizations you're involved in until next semester or reduce your work hours.
- **Even out the class load.** If you know you need to take a demanding course for your major this semester, balance that by taking one of the less-challenging general education courses. Stay on top of things. Keeping up with your assignments and studying helps. A lot. Try not to put off projects – you don't want to have to complete three essays while studying for a couple of mid-terms all in one weekend.

### Eating a Balanced Diet

Remember the food pyramid? Follow it.

### Using Campus Health and Counseling Services

If you're feeling overwhelmed, remember that student counseling services have professionals who can help you deal with different situations, often at reduced or no cost.

### Making Smart Choices

You know what's smart (and legal) when it comes to drugs and alcohol. You'll also find yourself in situations where you may want to join in. Only you can decide what to do, but remember that your main goal right now is to succeed in college, which is hard enough without the problems caused by substance abuse.

### Staying Active

Remember that great workout facility you saw on your campus tour? It's probably still there. Go check it out. If that scene doesn't appeal to you:

- **Circle campus.** Walking or jogging around campus varies the scenery, and maybe you'll even see some things you didn't know were there.
- **Find a group.** Do you miss P.E. class? Are you up for some broomball or ultimate Frisbee? Many college campuses offer intramural or club sports teams. Contact the student or campus life office for more information.
- **Hit the stairs.** High-rise dorms and stadiums are great places for one of the best cardio workouts of all time – running up stairs (walk down so you don't fall).

**Have fun. A workout doesn't have to be work. Consider biking, rollerblading, cross-country skiing or other activities that you enjoy.**

## Housekeeping Tip

### Fluff 'n' Fold Jell-O Mold

Got a wrinkled shirt or pair of pants and no time to iron?

- ⇒ Take a damp towel and place in the dryer
- ⇒ Take wrinkled garment and place in dryer with the damp towel
- ⇒ Dry on medium heat for about 10 minutes
- ⇒ Voila! No more wrinkles. Take garment out of dryer and enjoy!



## Campus and Community Safety

Stay safe when you're out and about.

- **Know your area.** Note where emergency phones and security stations are, and pay attention to places that might be particularly unsafe at night.
- **Show confidence.** Walk with authority and look like you know exactly where you're going, even if it's only an act.
- **Pay attention.** to your surroundings and people who are walking behind, in front of and across from you.
- **Lighten your load.** Carry as few bags and books as you can. If you do have a lot to cart around, think about a wheeled backpack.
- **Use the buddy system.** Especially at night, avoid walking or running alone. Some campuses offer escort services; use them.
- **Take a self-defense class.** Many schools offer these programs. If yours doesn't, chances are good there is one in a nearby community.
- **Keep your ears open.** If you're running or walking alone, leave the headphones behind so you can hear what's going on around you.
- **Keep your cell phone handy.** Program the number for campus safety or 911 into your speed dial, so you can dial quickly.

# Scholar Spotlight

The following students earned a **4.0 GPA** for the **Spring 2012** semester:

**Solomon Ajetunmobi**—University of Maryland College Park  
**Eric Arndts**— Bucknell University  
**Amon Dow** — Morgan State University  
**Sophie Szarko**—Salisbury State University  
**Ariel Williams-Edwards**— Bowie State University

The following students earned a **3.5 GPA** or higher for the **Spring 2012** semester:

**Taylor Andrews**— Washington College  
**Bryant Coleman** — Towson University  
**Tamarra Davis**— Stevenson University  
**Michale Ebelugwu**—Morgan State University  
**Tameira Fields**— Stevenson University  
**Amelia Gossman**— Maryland Institute College of Art  
**Thomas Hammond**— University of Maryland College Park  
**Allison Holocker** — Towson University  
**Marlow Johnson** — University of Maryland College Park  
**Parvindr Kaur** — University of Maryland Baltimore County  
**Brittany Knight** —University of Baltimore  
**Meredith Krzys** —University of Maryland College Park  
**Sharda Lee** — University of Maryland Eastern Shore  
**Andre Morales** —Yale University  
**Parrish Moss** — University of Baltimore  
**Jasmine Owens** — Towson University  
**Sopagna Peak** — University of Maryland Baltimore County  
**Juan Peralta** —University of Maryland College Park  
**Daniel Pyser**— University of Miami  
**Bianca Rhule** —University of Maryland College Park  
**Jasmine Rice** —Butler University  
**Martha Robichaud** — University of Maryland Baltimore County  
**Christopher Robinson** — Morgan State University  
**Zipporah Scribner** — University of Maryland Eastern Shore  
**Natasha Short** — Morgan State University  
**Lenaya Stewart**— University of Maryland College Park  
**Jane Suh** —University of Maryland College Park  
**Terrance Threweatt** —St. Mary's College of Maryland  
**Ashley Williams** — Morgan State University  
**Chejuan Williams** — Bowie State University

**CONGRATS!**

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## COLLEGEBOUND FOUNDATION

*To College. Through College.*

CollegeBound Foundation  
300 Water Street  
Suite 300  
Baltimore, MD 21202  
410.783.2905  
410.727.5786 (fax)

### ***Do you need to contact us?***

#### **Scholarship Program:**

**Deana Carr-Davis:** 410.783.2905 x207  
dcarr-davis@collegeboundfoundation.org

**Peter Kissiov:** 410.783.2905 x201  
pkissiov@collegeboundfoundation.org

#### **College Retention Program:**

**Michael Thornton:** 443.677.1709  
mthornton@collegeboundfoundation.org

**Ayana Shannon:** 443.885.5284

## Notes to our Scholars!

Hey Scholars!

Welcome to the Fall issue of *Scholar Talk!* Hopefully you've all settled into classes and campus life. *To our Freshman* - congrats on your new status as college students. Everyone at CollegeBound is wishing you the best. *To our Sophomores, Juniors and Seniors* - we are proud of you and encourage you to set even higher goals this year!

Each member of your College Retention team has worked for CollegeBound for many years as College Access Specialists in the high schools. We are thrilled that we now have the opportunity to help support you on your college journey.

We look forward to seeing you on campus during our visits to your schools. Remember we are just a phone call, text, or email away and are happy to listen and help you work through any issues you may be having with classes, financial aid, roommates, or locating resources on your campus. Please keep in touch!

We hope you have a productive and fun fall semester.

Best of Luck,

Michael Thornton  
Retention Specialist

Ayana Shannon  
Retention Specialist

Hello Scholars!

Message

Deana Carr-Davis  
Associate Program Director, Scholarship Programs