



Scholar Talk

Inside this issue:

Seven Amazing Things You Should Try	1
Test Stress Defused	2
Get Involved in Baltimore	2
Volunteering At Your School	2
Five Health Mistakes College Students Make	3
Scholar Spotlight	3



Important Dates:

1/7/09
Class of 2008
Retention Winter Workshop
 Morgan State University

1/8/09
Class of 2007
Retention Winter Workshop
 Morgan State University

1/9/09
Class of 2006
Retention Winter Workshop
 Morgan State University

1/15/09
Fall 2008 grades and Spring 2009 schedule due

3/1/09
FAFSA Deadline

4/4/09
CollegeBound Foundation Race for the Future 5K Run
 Du Burns Arena, Baltimore



Seven Amazing Things You Should Try

Have a picnic in a park.

The more impromptu the better. All you need is friends, food and blankets. Bicycles are the ideal mode of transportation and backpacks the best method of cargo holding; nothing says 'college' quite like that combination.

Initiate a conversation with someone you don't know.

A lot of effort is spent trying to manufacture diversity in colleges these days. Why not do something to contribute to the real, authentic variety? Talking to new people enriches your world and doesn't cost anything but a little common politeness.

Get to know a professor.

If you came to college to learn, then in most cases you want the same thing your professors want. That makes you friends by definition. Strike up a conversation by asking them a question about their classes or educational interests

Attend a meeting or event that you might not ordinarily go to.

This requires reading bulletin boards. If you're really out to learn, pick something that you think you'd like or that you've often wanted to try but normally wouldn't get around to. Allow yourself to be surprised.

Spend the day reading.

Tuck yourself away in a quiet corner of campus and finish one book you haven't been assigned. Relax and enjoy a current bestseller.

Write a commentary for the school paper.

Admit it: mild as you may be, somewhere you have stark determination, a sticking point, maybe also a pair of pet peeves that you're feeding table scraps to on the sly despite dorm regulations. Of course, though, you and I have more than opinions. One hopes we have reasons for having them. The reasons are called 'first principles.'



Defend 'em. Learn how to do it well. If someone says they're indefensible, learn why. If someone's right, learn how to clarify your thinking. If someone's wrong, teach that person. There are few better ways than in a public forum, either; that's how discussions get swinging.

Watch a meteor shower.

Sure, they don't happen every day. That's all the more



reason to pursue one if it does. Keep an eye out for astronomical events and take some blankets out to a park somewhere. If there's nothing else going on, stargaze. Stay up all night. Saturdays are optimal, but if the sky calls, don't say no!

Go ahead, try something new!

Adapted from an article by Katy McGuire on

CBF on Facebook?

Say what? CollegeBound is online. It's true!

CollegeBound launched a group page on Facebook. Check us out: search for **CollegeBound Foundation Scholars** and join our groups so that you can share up-to-the minute information!



Get Involved in Baltimore!!

How can you get involved in the local area and give back to your own community? Here are some ideas:

Feed the Homeless

Help those less fortunate than you by preparing and/or serving a hot meal. Check out Beans & Bread (410.732.1892), Maryland Food Bank (www.mdfoodbank.org), or Our Daily Bread (443.986.9031).

Elf Night

Help sort and package toys and clothing donated to The Salvation Army's Angel Tree Program. December 17th or 18th from 6 p.m.–9 p.m. Visit www.volunteercentral.net to sign up.

College Goal Sunday

Help with administrative duties at this financial aid help session and get help with your own FAFSA! The event will take place at various sites on Sunday, February 8. Visit www.collegegoalsundayusa.org for more information.

Priceless Gown Project

Assist young women who are "shopping" for a free prom dress or donate a "lightly used" formal gown to go to a deserving young lady who otherwise cannot afford to buy a new dress. Visit www.pricelessgownproject.org for more details.

CollegeBound Foundation Race for the Future 5K Run

Help CBF with its 1st annual 5K run to benefit our scholars—you! Assist with administrative duties, distributing water, etc. on Saturday, April 4.

Test Stress Defused

Luckily, there are a number of actions to make test stress more manageable.

Before the test:

Prepare well -- spread study sessions over several days.

Attend class regularly and complete all assignments.

Practice relaxation techniques such as deep breathing, imagery and visualization, and muscle relaxation.

Avoid cramming right before the exam.

Dodge students with negative attitudes toward grades or test taking.

Sleep enough the night before for greater alertness.

Eat a nutritious meal for energy.

During the test:

Avoid panicking over not knowing answers immediately.

Practice positive self-talk.

Change sitting positions to help yourself chill out.

Relax when you see others handing in their papers before you.

Realize that you don't have to know everything to do well.

Answer the questions you know first and come back to the harder ones later.

Don't dwell on what you don't know, or on the answers you fear you may have gotten wrong.

Take note (literally) of what worked and what didn't.

Celebrate that you are on the road to overcoming test stress.

Be happy it's over and cease dwelling on how well or how poorly you think you did.

Do something to reward yourself for a job well done.

A reminder from Landsberger: "Test anxiety can be a pattern that needs time to correct. With a program and review, you will have a series of countermeasures that lessen the effect."

Sources: Richard Driscoll, Ph.D.; Joe Landsberger (www.studygs.net); www.uc.edu/psc/test.html



Volunteering At Your School

Volunteering pays off immensely in satisfaction and helps build your school into the kind of community that you would like to live in.

Recruitment activities

From open houses, to college fairs, to tours, these are very important to your school in terms of spreading the word and improving your name. Your main role here is often just being that smiling face they remember when it's time to apply.

In addition to improving the profile of your school and helping high school seniors sort out the college application process, these activities are usually coordinated by deans and higher-ups in the administration. It's a good way to make personal contact with these people. And since you made them look good, they will usually lavish you with praise and thanks.

Freshman Orientation

Were you lost or confused when you were a freshman? If you were, then you know how important orientation volunteers are. Orientation volunteers generally help freshmen schedule classes, show them how to get around campus, and just help ease them through the tough transition to college.

Tutoring

Many colleges have free tutoring programs staffed entirely by volunteers. By tutoring, you are cementing and reinforcing your own academic skills, and you are

developing teaching skills and experience which especially helps if you are planning to go into education or academia.

Mentoring

Not all colleges have mentoring programs, but if yours does, it's worth getting involved with it. Mentors have a one-on-one relationship with younger students, and help get them through college. These relationships have the potential to be very rich, and the mentor stands to gain as much from it as the mentee.

Adapted from an article by Melissa Rachiele on www.makingitcount.com



Five Health Mistakes College Students Make

Don't spend more time in the campus health clinic than in the classroom this school year. Avoid these common campus health mistakes.

Not washing your hands enough . With so many people living together, eating together, and studying together, germs spread quickly on college campuses. You can catch colds, the flu, sore throats and more by rubbing your nose or eyes with dirty hands.

Make it harder for germs to make you sick by keeping your hands clean. The number one thing about keeping people well is encouraging hand washing, + says Mary Ann Stienbarger, director of health services at Earlham College. In situations where you might be especially vulnerable to germs, like computer labs or the gym, carry a small bottle of antibacterial lotion with you. It only takes a second, and it could save you a few days of feeling sick.

Sampling the entire cafeteria buffet . Your college cafeteria offering has little resemblance to good home cooking, but filling your tray with the unlimited burgers and ice cream is not the smartest choice. Late-night pizzas and after-class take-out doesn't help either. Mom doesn't fix pizza every day of the week and she doesn't serve French fries every day. Students need to make that connection and eat balanced meals, + Stienbarger says. The freshman 15+ gets a lot of attention for students starting college, but eating smart is just as important for upperclassmen.

Aside from the negative health effects of being overweight, a poor diet can make you sick. Eating a healthy, well-balanced diet ensures your body gets the nutrients it needs to function properly. When your body works properly, you're less likely to get sick and you will have more energy. A healthy diet also fends off chronic illnesses like

heart disease, cancer, and diabetes.

Pulling all nighters . The only way you'll ever finish that research paper and study for your exam is to pull an



all-nighter. *Again*. You'll only be doing yourself more harm than good if you skip sleep. Not getting enough sleep increases your risk of depression, makes you more likely to make errors in your work, impairs your concentration, and slows your reaction time. Sleep deprivation also weakens your immune system, causing you to be more vulnerable to illnesses.

If you don't get enough sleep, you're not alone. The average high school senior misses nearly 12 hours of needed sleep each week, according to a 2006 National Sleep Foundation study. Sleep habits are not likely to improve for college students. Improve your sleeping habits by keeping a regular bedtime and waking schedule. Avoid caffeine or eating a large meal close to bedtime. Get into bright light shortly after waking up to help signal your brain that it's time to wake up. A good night's sleep will help you concentrate better in class.

Stressing out . Your schedule is packed, you have papers due every other day, and you don't want to lose your part-time job. When stressed, you are more indecisive, your ability to concentrate is weakened, and you are more easily exhausted. Excessive stress also makes you more susceptible to illnesses. You may not be able

to avoid stress but you can develop healthy ways to cope with it.

It's okay to take a break, so take a deep breath and try to relax. Exercise relieves stress, so go for a walk or join an intramural team. Make a to-do list and complete the items of highest priority first. Don't worry if you don't get to the others until the next day. Be realistic in your expectations. Become part of a support system and let your friends and family help you when you feel overwhelmed.

Risky Behavior . Excessive drinking, drug use and irresponsible sex are common issues on college campuses. According to the National Institute on Alcohol Abuse and Alcoholism, 31 percent of college students meet the criteria for alcohol abuse. Drug abuse by college students is not only a risk to health, but can get you kicked out of school and arrested. Irresponsible sex can lead to unwanted pregnancies and sexually transmitted diseases (STDs). Half of the 19 million new cases of STDs reported every year infect people between the ages of 15 and 24, according to a 2004 Centers for Disease Control study.

You don't have anybody looking over your shoulder on campus. You're on your own so you have to use your own instincts on how to take care of yourself and take care of problems before they get too big, + Stienbarger says. If you think you or a loved one has a substance abuse problem, contact campus health services. If you think you might be pregnant or have an STD, get in touch with health services. Special pregnancy and addiction hotlines are also available on many campuses.

Adapted from
www.fastweb.com by
Bridget Kulla



**To receive the
spring half of
your award,
submit the
following by
January 15, 2009**

1. Unofficial transcript (must include Fall '08 grades)
2. Spring 2009 schedule

Scholar Spotlight

Juanica Armstrong, Frostburg, will be interning next summer at an accounting firm.

Dashaira Bennett, UMES, is leading women in community service as the president of Sisters Together.

Anthony Branch, Frostburg, was Hall Council President of the Month for November.

Darla Brown, Stevenson, completed a fundraising internship at GBMC Hospital.

Tanika Hooker, Morgan, is a Hewlett-Packard scholar.

David Lai, UMCP, advocates for improved housing as a Residence Hall Senator.

Peter Manrodt, St. Mary's, is studying abroad in Thailand.

Amber Ware, Towson, will be doing a marketing internship next summer.

If you have news you would like to share, please send an email to jrcrouse@collegeboundfoundation.org.



CollegeBound Foundation

Building the Pipeline from High School to College to Work

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Notes to our Scholars!

Dear Scholars,

We've enjoyed seeing many of you on our visits to the college campuses. As you mature, you are surmounting the obstacles involved with earning a baccalaureate degree. Some of your challenges are academic, but many of the important ones involve interpersonal relationships. Understand that you are acquiring knowledge and learning skills that you will be using in your careers in the near future. Balance your academic pursuits with *some* social networking activities so that you get the full college experience. Good luck on finals and enjoy your winter break!

Patrick Young
Retention Specialist

Jamie Tang
Retention Specialist

Scholars,

As the semester and the year draws to a close, remember to take time to sit down and evaluate everything that you have been through and accomplished. Set new goals and new resolutions for the next semester and the new year. Start by doing some things that may be "out of the box" for you. Check out the article "Seven Amazing Things You Should Try" for some ideas.

As the holidays approach, we often pay more attention to those in need. Volunteer over the holidays and give back to your community and those who have less than you. Not only will the people on the receiving end be grateful, but you will also feel good.

As your finals approach, make sure you are prepared with the tips in "Test Stress Defused." And, last but not least, as the winter season gets into full swing, so do the germs. Check out some simple things you can do to avoid the common cold this winter in "Five Health Mistakes College Students Make."

Happy Holidays!

Jamie Crouse
Scholarship Program Administrator