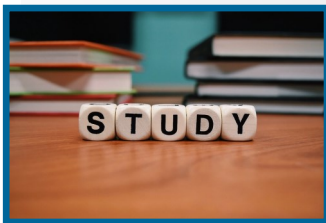


## Getting Ready for Finals!

### How to Study for Finals:

1. Make a finals game plan.
2. Start early.
3. Study in this order: a.) definitely, b.) probably, c.) might be on final.
4. Give yourself more time to study for your toughest classes.
5. Form a study group.
6. Talk it out.
7. Get creative with study aids.
8. Study your notes.
9. Quiz yourself.
10. Make sleep a priority.
11. Take breaks.
12. Brain food is real.



Article retrieved from the Princeton Review:

[How to Study for Finals | The Princeton Review](#)

**You got this!**



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### Follow us on Social Media!

- Facebook: WU Upward Bound
- Instagram: @upwardboundwashburn
- Website: washburn.edu/upwardbound

## What's Next for Seniors?

After submitting your college application(s), you will complete the Free Application for Federal Student Aid (FAFSA). The FAFSA is a 2-step process.

1. Create your FSA ID
2. Complete the FAFSA

The FAFSA enables you to apply for many types of financial aid.

- o **Pell Grant:** Money from the government you don't have to pay it back.
  - A full Pell Grant is \$7,395.
- o **Student Loan:** Borrowed money you must pay back.
- o **Work Study:** A part-time job working at the school while you take classes.

Individuals who are under 24, not married, and do not have any children, will need a parent to contribute their information to the FAFSA. (Individuals who are in foster care or have a court-ordered legal guardian, do not need to provide parent information.)

- Create your FSA ID (Federal Student Aid Identification)
- Complete the 2024-2025 FAFSA, after January 1<sup>st</sup>, 2024 (2022 Federal Income Taxes need-if filed)



## Parent Dinner: FAFSA

During the month of November, WUB hosted the monthly Parent Dinner to go over the importance of filling out the FAFSA. Guest speaker, Ginger McBride, from Washburn University's Financial Aid Department went over how to access the FAFSA, what is needed to eventually fill it out, and what changes are expected for this year's upcoming FAFSA. WUB seniors are highly encouraged to stay in contact with Ginger for one-on-one financial aid consultations. Please contact WUB Advisor, Zalma Molina, to get ahold of Ginger's contact information.

## Trojan Time Workshops

Once a week during Trojan Time, WUB invites a speaker to come to Topeka High and discuss career oriented topics. In November, Nick McClung from Washburn University Advising and Sydney Fox from Washburn's Career Services Department hosted post secondary and career workshops (pictured below). Expected upcoming speakers include Teresa Leslie-Canty, Student Success Professional, to discuss Mindfulness and Financial Advisors from Azura Credit Union to discuss Financial Literacy.



## Saturday Academy

Saturday Academy is held once a month at Washburn University's Mabee Library from 9am until 1pm where free lunch and snacks are always provided. Actual high school educators are on campus to teach fun and interactive lessons for the WUB students. Students are encouraged to bring homework for tutoring. There will be no Saturday Academy held in December but please continue to encourage students to attend next semester. The Spring 2024 schedule will be released soon!





## IFLY STEM Camp and Indoor Skydiving

A group of WUB members participated in a STEM mini-camp and indoor skydiving activity this last month in November. The group of students were introduced to an important physics concept known as terminal velocity which is dependent on mass, gravity, surface area, drag and air density needed in order to create the wind tunnel. After the presentation and the construction of a canopy, the students were then able to put their lesson into action by partaking in the indoor skydiving activity!



### Scholarship Quick

#### Access

**Washburn University:**  
[Scholarship Information | Washburn University](#)

**Washburn Tech:**  
[Scholarships \(washburntech.edu\)](#)

**Kansas State:**  
[Scholarships \(k-state.edu\)](#)

**KU:**  
[All Opportunities - University of Kansas Scholarships \(academicworks.com\)](#)

**ESU:**  
[Scholarships - Emporia State University](#)

**Pitt. State:**  
[Scholarships and financial assistance | Pittsburg State University \(pittstate.edu\)](#)

**Fort Hays:**  
[Scholarships - Fort Hays State University \(FHSU\)](#)

**Wichita State:**  
[Scholarships \(wichita.edu\)](#)

**JCCC:**  
[Scholarships | Johnson County Community College \(jccc.edu\)](#)

**\*Please inform Zalma if you'd like another school added to this list**

## TRIO News and Impact

### How TRIO Upward Bound Helps Me Navigate a Path to Success

By Asa Watson, Fall 2023

As a D.C. high school student from a family where no one has experienced college, I've often felt the absence of guidance compared to my peers with college-educated parents. It's a path fraught with uncertainty. However, my journey took a remarkable turn when my high school assistant principal at Ron Brown College Preparatory, Kwabena Tumaini, introduced me to the TRIO Upward Bound program at George Washington University. I was determined to pave my way towards a successful life after high school, and Upward Bound became my stepping stone. This program has been more than just support; it's been my compass, guiding me through unfamiliar academic terrain.

During the summer, I dived into a math class that covered everything from probability to functions and game theory, expanding my horizons in ways I couldn't have imagined. It's not just about graduating; it's about graduating without the burden of debt, ensuring my financial stability as I pursue my aspirations.

Beyond academics, mentorship has been crucial in my journey. Mr. Darrell Thornton, our Upward Bound director, has been a guiding force. Through this program, I've had the privilege of visiting universities like Alabama Agricultural & Mechanical University and Georgia Institute of Technology, offering me a glimpse into the vast opportunities that the world of higher education holds. TRIO Upward Bound is not just a program; it's a beacon of hope, showing students like me that our ambitions are within reach, regardless of our starting point.

Full article retrieved from: [EQUALITY-Fall-2023.pdf \(coenet.org\)](#)

## Resources

### Attention Juniors!!

Junior Students and Parent/Guardians,

It's time to sign up for the Junior ACT - don't delay!

The FREE State ACT Test for Juniors only will be offered at Topeka High School on Tuesday, February 27 in the North Gym. Doors open at 7:30am and the test will start at 8:00am.

If you are interested, you must sign up to take the test. **No late sign-ups will be accepted and the deadline to sign up is December 8, 2023 at 3:00pm.** You must use a TPS 501 issued device to sign up. Click here to sign up: <https://forms.gle/GBkZB2QR4hcmmu9d9>

By signing up, you agree that you will participate in ACT Test Prep that will be provided by Topeka High School. Dates and time for the ACT Prep will be determined and you will be notified.

UB has ACT prep materials available, ask Zalma for assistance.

## Contact Us!

Shelley Bearman - Upward Bound Director

[shelley.bearman@washburn.edu](mailto:shelley.bearman@washburn.edu)

Zalma Molina - Upward Bound Advisor

[zalma.molina@washburn.edu](mailto:zalma.molina@washburn.edu)

Phone: (785)295-3220

Location: Room 338 at Topeka High School



*“Education is not the answer to the question. Education is the means to the answer to all questions.” - William Allin*

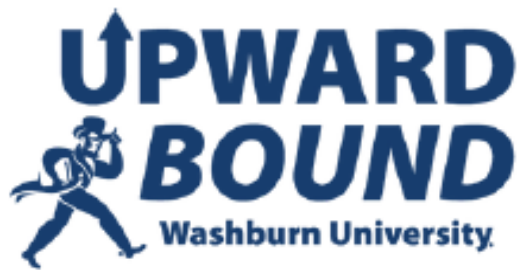
# December

Proud to be Upward Bound!



# 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					Trojan Time (1 hour)	
3	4	5	6	7	8	9
	PM Academy (1.5 hours)	PM Academy (1.5 hours)	Trojan Time (1 hour) PM Academy (1.5 hours) Workshop during TT	Trojan Time (1 hour)	Trojan Time (1 hour)	
10	11	12	13	14	15	16
		Trojan Time (1 hour) Burns & McDonnell Career Panel Event	Trojan Time (1 hour) Workshop during TT	Trojan Time (1 hour)	Trojan Time (1 hour)	
17	18	19	20	21	22	23
Winter Break						
24	25	26	27	28	29	30
Winter Break						



## WAYS YOU CAN BE INVOLVED WITH WUB:

### 1. CHAPERONE/GUEST SIGN-UP

- Sign-up to be put on our chaperone list or taken on trips as a guest using the QR code on the right

Washburn Upward Bound (WUB)  
Parent/Adult Chaperone Interest  
Form



### 2. PARENT DINNERS FALL 2023

- Tuesday September 19th 5pm-7pm
- Tuesday October 17th 5pm-7pm
- Tuesday November 14th 5pm-7pm

**\*The Parent Dinners will always be at Topeka High unless otherwise noted.**

### 3. FOLLOW US ON SOCIAL MEDIA

Facebook: WU Upward Bound

Instagram: Washburn University Upward Bound

### CONTACT

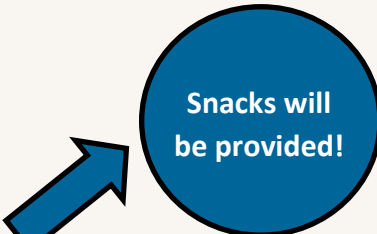
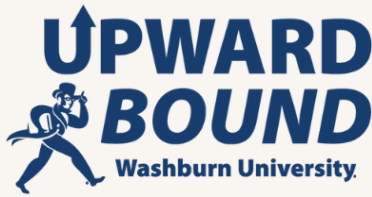
Shelley Bearman-Director: (785)670-3872

- shelley.bearman@washburn.edu

Zalma Molina-Advisor: (785)295-3220

- zalma.molina@washburn.edu





Snacks will be provided!

## Virtual Attendance to "Your World Empowered"

**Location:** Washburn University, Mabee Library Room 204  
(1800 SW 19th St, Topeka, KS 66621)


**Date:** Tuesday December 12th, 2023

**Time:** 6pm-7:30pm

"Your World Empowered", a science, technology, engineering and math (STEM) career event hosted by Burns & McDonnell.

The free program is designed to introduce students to job opportunities in engineering, architecture, environmental science and construction management and help them see how professionals in these fields make a difference in our world every day.

The evening event will feature a presentation on STEM careers and a panel discussion with professionals who will share experiences about their own career paths. This is a great event to help students realize the role they can play in shaping, changing and improving the future.



Washburn Upward Bound "Your World Empowered" with Burns & McDonnell

Sign-up Link: <https://forms.office.com/r/6mzrxsM3gz>



# **SPRING 2024 WUB EVENTS**



## **JANUARY**

- Saturday 1/6/24 - Saturday Academy (10am-12pm) @ Washburn University
- Tuesday 1/23/24 - Parent Meeting (5pm-7pm) @ THS Cafeteria
- Saturday 1/27/24 - WUB Volunteering (1pm-3pm, Tentative) @ Harvesters

## **FEBRUARY**

- Saturday 2/3/24 - Saturday Academy (9am-1pm) @ Washburn University
- Saturday 2/17/24 - WUB Field Trip to Wichita TKAAM (9am-4pm)
- Tuesday 2/13/24 - Parent Meeting (5pm-7pm) @ THS Cafeteria
- Tuesday 2/27/24 - Campus Tour: Washburn University (10am-12pm)

## **MARCH**

- Saturday 3/2/24 - Saturday Academy (9am-1pm) @ Washburn University
- Tuesday 3/19/24 - Parent Meeting (5pm-7pm) @ THS Cafeteria
- Saturday 3/23/24 - WUB Field Trip (\*Exact location & time pending)

## **APRIL**

- Saturday 4/6/24 - Saturday Academy (9am-1pm) @ Washburn University
- Tuesday 4/9/24 - Parent Meeting (5pm-7pm) @ THS Cafeteria
- Thursday 4/18/24-Saturday 4/20/24 - WUB St. Louis Campus Tour Trip

## **MAY**

- Saturday 5/18/24 - THS Commencement (\*Exact time pending) @ Stormont Vail Events Center

\*Excused absences include doctor appointments, THS sponsored athletics, band, and events as well as church and family obligations like a Saturday family reunion. Work is not considered an excused absence.

Students will meet up at the roundabout in front of Morgan Hall located at Washburn University for WUB Field Trips unless otherwise indicated.