

STUDENT NEWSLETTER

Fall 2021

Welcome back!

It is exciting to “mostly” return to “normal.” Change often comes with difficulties and challenges —many of which can be short term. If Talent Search or Upward Bound can be of assistance during the transition or anytime this year, please reach out: TS 814-393-2071 or UB 814-393-2342 or email your academic counselor or coordinator. (See page 5.) Make sure to leave your contact information, and we will get back to you quickly! Watch your mail for upcoming events—many are FACE-TO-FACE! Hope to see you soon. In the meantime, stay safe and healthy! -Rhonda

Educational Talent Search

Educational Talent Search received notification of funding for the next five years in the amount of \$2.3 million. The grant includes a new STEM Initiative that will be conducted primarily through Zoom. This opportunity promises to be a lot of fun — give it a try! There’s even more fun (at least for now) with face-to-face Fall meetings, programs and enrichment! The summer was one to remember and Cleveland was a hit!



Upward Bound

After a rough academic year and lots of wrenches tossed into the plans for the 2021 UB Summer Academy, we pulled off a win! New students, new experiences, and lots of bussing! Highlights included the Big Trip to Columbus at the program’s conclusion. We have already started planning Summer 2022 and hope to see lots of you ON CAMPUS soon!

ATTENTION SENIORS

File your FAFSA as early as October 1, 2021 at [Studentaid.gov](https://studentaid.gov)
Select Apply for Aid
Select Complete the FAFSA Form
Call us with questions or to schedule an individual appointment.

Positive Punctuality

Many of us think of punctuality as just “being on time.” For some, it is a struggle to get out of bed or to get organized enough to get out the door. Punctuality is about “respect”— respect for commitments and respect for the person/people who are waiting. Here are some of the positives of punctuality:



Less panic – If you strive to be punctual, you can reduce your panic and stress. If you are late, you drive faster, forget things, and worry that you are making others wait.

Respect – being on-time for school, appointments, work, even social gatherings shows that you respect not only others, but your own commitments.

Responsibility – When you show up on-time or even early it shows that you are responsible and dependable. Employers seek responsible and dependable employees.

Organization – When you prepare and strive to be punctual, you are actually strengthening your organization skills and you are better prepared.

There are always events that pop up and take away needed time to get somewhere. Here are some tips that can help you to be punctual:

Prepare for the next day’s commitments the night before. Weather, accidents, road hazards and construction, car problems, detours all cause delays. Organize what you need to bring, what you want to wear, etc. Don’t forget to check your gas if you are driving!

Set an alarm! For some, early mornings are the biggest struggle. Make sure that you get to bed at a decent hour and get 7-8 hours of sleep. Set your alarm earlier than you want to get up, in case you need to hit that snooze button.

Always give yourself a **20 minute buffer**. Prepare to leave 20 minutes early. Plan to arrive at your destination 20 minutes ahead. If you have a buffer, then you can compensate for last minute changes or delays.

Consider your travel time. You can’t always control traffic or commute times, this is why it is so important to give yourself enough time and prepare for the things that you can’t control.

If you make it a goal to be on-time, you will feel better about yourself, experience less stress, and others will respect your efforts to be punctual. YOU CAN DO IT!!

Arriving late is a way of saying that your own time is more valuable than the time of the person who waited for you.

-Karen Hoy Fowler


*Better three hours too soon
than a minute too late.*


-William Shakespeare


10 Attributes of a Person of Integrity

According to Wikipedia, integrity is the practice of being honest and showing a consistent and uncompromising adherence to strong, moral and ethical principles and values. The word *integrity* evolved from the Latin adjective *integer*, meaning *whole* or *complete*. Integrity is the inner sense of "wholeness" derived from qualities such as honesty and consistency of character. One may judge that others "have integrity" to the extent that they act according to the values, beliefs and principles they claim to hold.

Values are a person's principles or standards of behavior. If you search online for *list of values*, you will find that most of the results contain the word integrity. Dwight D. Eisenhower said, "The supreme quality of leadership is unquestionably integrity." How do you know if you are a person of integrity? Here are 10 attributes that will help you make the determination:

1. **Take responsibility for your actions.** Taking responsibility for things that happen is not always easy, but it is the right thing to do. People of integrity choose to do the right thing, even when it's hard.
 2. **Put the needs of others before your own.** Contrary to what the world teaches, it is a sign of true integrity to put others' needs above your own.
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3. **Offer to help those in need.** A person of integrity is eager to help others.
 4. **Give others the benefit of the doubt.** Allow people to have a chance to explain, and realize that each person has a unique point of view that deserves to be heard.
 5. **Choose honesty in all things.** Having integrity means being honest. It can be tempting to lie, but even a little lie eventually turns into a giant mess. It is always better to be honest.
 6. **Show respect to everyone.** Everyone deserves respect, and other things deserve respect too (such as animals, personal property, etc.)
 7. **Manifest humility.** Recognize your strengths, as well as your shortcomings, and always strive to be better.
 8. **Admit when you're wrong.** It can be difficult and humbling, but it is a display of integrity to admit mistakes, and apologize when needed.
 9. **Be reliable.** A person of integrity will always show up. Be the person people count on.
 10. **Convey true kindness.** Always choose kindness.

This may seem like a tall order, but remember, "progress not perfection." So, if you haven't mastered all of these, it's ok. You are human. Choose one thing you can work on, and improve your integrity.

Holes in Your Goals

You know the importance of setting goals (or we think you do). You have been told over and over that effective goal setting is key to long term success. Every year when asked about their goals for the future, students rack their brains to determine goals to apply to academic, personal and eventually professional outcomes. Once goals have been identified, too often there is a collective sigh of relief, as if something monumental has been accomplished. Unfortunately, it is the exception and not the rule that high school students have a clear handle on what the possibilities are for them. So, they rush to answer the goal question with what they know in terms of careers and post-secondary options. What they are missing in the attempt to come to an informed conclusion is what they really need to know.

What students really need to know?

Well, goals and goal setting have a place in the planning process, but they are not the process. There are elements that are much more critical than the goal setting aspect itself. Every year, we talk to students who have no clear idea what they want to do with their future. Many of them become stressed and feel defeated at the notion of the goal setting question. They react as if they are somehow behind the curve, not having landed a clear career or educational goal for life beyond high school. We encourage them to take a breath. The lack of a long range plan is not cause for alarm. In fact, there are essentials that are much more effective predictors of future success than goal setting.

The success indicators that are effective predictors are played out every day in habits.

The life blood of goal achievement is displayed in habits developed over time. Some essentials to healthy habit development are self-awareness, physical and mental wellness, positive reciprocal connections, personal accountability and spirituality/service. These essential elements of productive habit building largely determine if a habit will be a beneficial one or a costly one. Habits produce outcomes and this is a formula that works 100% of the time. Now that is not to suggest that those outcomes will be positive ones and obviously not all habits are positive ones. All outcomes are not created equal in terms of value, but are equal in terms of responsibility. Thankfully, we have only ourselves to thank for the habits we have invested in. For example, a goal to earn a B in Biology is great, but staying up late and failing to turn in assignments will not achieve the goal. **Students do not rise to the level of their goals, they fall to the level of their habits.**

Habits that are fueled by productivity, positive energy and accountability are guaranteed to propel us in a valued direction. Habits form relatively quickly, good ones and bad ones. It's essential to be aware of the patterns energy is invested in. Ask yourself, "Is this working for me or against me? Does it serve my best self or does it cost me energy?" We all inherently know what things are good for us or work for us and what things we need to limit. It's not a question of knowing right from wrong, but more a question of doing right over wrong. The idea that we are each equipped to make the healthy or most responsible choice to nurture our most authentic selves should be reassuring. After all, we know what direction to go and we must develop patterns that support those good decisions and turn those positive patterns into positive habits.

Too many times, we set lofty goals and fail to do the more difficult work of developing good habits. If choosing between developing solid goals or solid habits, invest in the habits. People are a product of their habits—remember that mantra as an accountability measure. By controlling habits, a situation is not fixed. Habits set the foundation for who we will become. Goals will be achieved, re-evaluated and reimagined, but it's the habits that fill our tool box for every goal we set.

Practice Being a Team Player

Team players are perceptive and receptive to the needs and responsibilities of others. One of the most sought-out skills in both school and work environments is teamwork. It consists of interconnected talents that allow you to work and play effectively in an organized group. Communication, collaboration, listening, conflict resolution, critical thinking, problem-solving, organization, time management, and leadership all play a part in being a successful team player. Nothing has illustrated the importance of being connected and collaborative more than the forced virtual team interactions of the pandemic.

School is the perfect time to start practicing your teamwork skills. Group work is an important part of academics, internships, and clinical experiences. It helps you develop your time management, communication, and problem-solving skills.



Communication is also an essential part of effective teamwork. Whether you are working on a class presentation or coordinating a new project at work, it's important to express your expectations, deadlines, and responsibilities. Open lines of communication promote trust and help resolve issues positively and quickly.

Time management skills demonstrate the ability to balance multiple deadlines and assignments. They help set manageable goals for you and your team. Organization and setting priorities are key to staying on track.

Critical thinkers and effective problem-solvers rise to challenges and think outside of the box to find solutions to roadblocks the team faces. Work to be more efficient and constantly improve. Critical thinking and sharing ideas and experiences will lead to more informed decision-making and success.

Having an **open mind and good listening skills** helps you to see other points of view and to consider sides you may have never thought of before. You need to be empathetic, supportive, and respectful to build rapport and leadership skills.

Working on a team can be challenging, but it also provides an opportunity to uncover creative solutions, share perspectives and experiences, and build your personal skills. Your willingness to explore new ideas can develop your collaboration and leadership skills making you attractive to any team.

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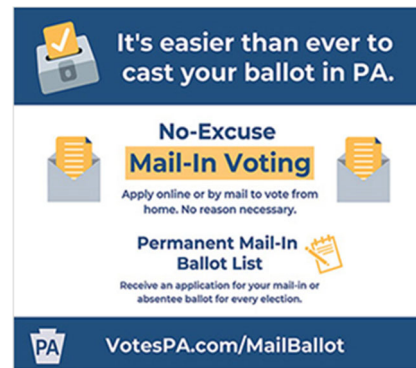
YOUR Vote Matters...YOUR Voice Matters

Why vote? Your voice matters, your choices matter, and your vote impacts the society in which we live. The 2020 election brought about the resurgence of Rock the Vote: an organization/movement founded in 1990. While Rock the Vote emerged as a response to the censorship of the hip-hop and punk-art communities, the movement has become a place for young individuals to collaborate and provides a space for respectful dialogue regarding U.S. politics. Rock the Vote's main goal is to inspire young people to embrace their right to vote and demonstrate their voice, representing their interests and views of the political landscape. While additional organizations have emerged to encourage civic engagement and recognize the voting power of individuals aged 18-29, the moral of the story is YOUR voice matters and YOUR vote does count.

According to the National Center on Education and the Economy (NCEE), data pulled from the Center for Information and Research on Civic Learning and Engagement (CIRCLE) showed that 52-55% of those aged 18-29 in the U.S. voted in the 2020 Presidential election as compared to 42-44% in the 2016 Presidential election. What does this mean? Regardless of political affiliation, younger individuals turned out at the polls and exercised their right to vote.

It is easy to get discouraged if you are not familiar with the voting process. Accessing voter registration is quick, and available through Pennsylvania's state resources at votespa.com. Speak with a parent, guardian, and/or mentor about their voting experiences and consider registering to vote when you turn 18. Making an informed decision is key. Seek out reputable resources and attend face-to-face events where you can get a feel for the candidate and their platform. Identify what is important to you and the catalyst for your voting actions. Bottom line—voice your choice and vote.

Reference: <https://ncee.org/2020/11/examining-youth-civic-engagement-during-the-2020-election/>



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