



Educational Talent Search Student Newsletter



A Publication of the Educational Talent Search Program at Clarion University

Fall 2008

Welcome to 2008-2009! We had a great fall semester and are looking forward to an even better and busier spring. Watch for the upcoming events flier in your mail after the first of the year.

As you have probably noticed, we have had some changes again this year. Tami Doverspike took a new position at the university as the Coordinator of Testing and Tutoring. Kelly Lander has reduced her hours and is also working for Pepero, her family's business. So, what's this all mean? Well, it means some big changes at ETS. Jodi, Kelly, and Connie are now working with all grade levels in specific schools, and things seem to be going quite well. Remember, if you have questions or need to talk with us about school, financial aid, or educational needs - just give us a call at 393-2071 or toll free at 1-888-533-6487.

MORE WEB 2.0

Lately, I've spent a lot of time working in Web 2.0 applications and wanted to share two with you. (Previously, I highlighted delicious, google docs, and blogger.) Here are my newest favorites:

Wordle (www.wordle.net)

Wordle is a tool for generating a word cloud or tag cloud from text. The cloud gives prominence to the words that appear most frequently. Modify your clouds with different fonts, layouts, and colors. Use these images for nontraditional book reports, word frequency, vocabularies, and writing assignments. Try this with your speeches or your writings to determine what you are stressing or what words you are using too often. You can even choose to eliminate common words like *the*.

Netvibes (www.netvibes.com)

Netvibes is an aggregator, a tool that allows you to bring your "digital life" into one page. In other words, no more multiple windows open - you never leave your netvibes page. Choose from 100s of options and available widgets. Some of my personal

favorites gather information from gmail, flickr, local weather, local movies, and USA Today. This is a great way to organize your feeds, by setting up tabs for each area or topic.

Need more information? Drop me an email for help at rmcmillen@clarion.edu, and I'll get you started!

DUAL ENROLLMENT

The Dual Enrollment Program, offered through the Pennsylvania Department of Education and postsecondary partners, provides high school juniors and seniors the opportunity to experience post-secondary coursework while completing their high school requirements. The goal of the program is to encourage students to further their education after high school.

Dual enrollment programs allow students to attend classes on the campus on Saturdays or evenings, and take classes online. Dual Enrollment provides high school students the opportunity to ease transition to a university setting by giving time to adjust to rigorous academic expectations while remaining in a more comfortable setting, often with smaller classes and more opportunities to ask questions.

At Clarion, Dual Enrollment is open to students who: have a cumulative 2.8 QPA, submit PSAT (900) or SAT (900) scores; complete the special registration paperwork; obtain signatures from their principal, guidance counselor, and parent. Local districts may have additional requirements. Contact your guidance counselor for more information. If your district participates in the Dual Enrollment Grant Program through the PA Department of Education - all or most of your tuition could be paid!

For more information on Clarion University's program, contact: Susan Staub, Assistant Director, Center for Teaching Excellence, ss Staub@clarion.edu or 814-393-2798. Visit www.clarion.edu/7120/.

YES! - YOUNG EPIDEMIOLOGY SCHOLARS COMPETITION

The YES competition is a great opportunity for budding scientists and research oriented students to earn major scholarship money. Each year, up to 120 students share as much as \$456,000 in college scholarships, with the top two national winners each receiving a \$50,000 college scholarship. Scholarships can be used for educational expenses at accredited colleges or universities in the United States. Get your thinking caps on! This year, the deadline for submission is February 2, 2009 at 9:00am.

The Young Epidemiology Scholars (YES) competition for original student research is designed to inspire talented students to investigate behavioral, biological, environmental and social factors that affect health and to identify ways to improve the health of the public. YES awards scholarships to high school juniors and seniors who conduct outstanding research projects that apply epidemiological methods of analysis to a health-related issue. If you care deeply about the environment, world policy, or emerging health issues, here is your opportunity to save lives.

YES will select up to 120 semifinalists; up to 60 will receive scholarship awards of \$1000, completing their participation in the competition. The other 60 — up to 10 from each of six regions — will advance to the regional finals. Regional finalists will be judged on the basis of their written research reports, as well as oral presentation and question-and-answer session. Forty-eight of the regional finalists will receive scholarship awards of \$2,000. Twelve regional finalists — two from each of the six regions — will go on to compete at the national finals.

The 12 students advancing to the national finals will be judged on the basis of their written research project reports, oral presentations and question-and-answer sessions. YES college scholarship awards to the 12 national finalists include:

- Six awards of \$15,000
- Two awards of \$20,000
- Two awards of \$35,000
- Two national winner awards of \$50,000.

This is an annual competition. For more information about YES, visit www.collegeboard.com/yes/.

— Tami

DEVELOPING A CAREER PORTFOLIO

Very few people know what they want to do for the rest of their lives, without spending quality time analyzing personal interests and values. Many blindly make career choices that lead to future discontent. You can avoid career disenchantment by planning and preparing NOW for the future. You have the power to improve your future through thoughtful planning, self-analysis, and career research.

Getting started is simple: begin by keeping track of personal data in a binder or notebook. Create a page that includes information, such as current and past addresses, employment history - with names and contact information, phone numbers, awards, activities and any other pertinent information.

The second step is to determine your interests, strengths, and weaknesses and match these to potential career options. Take a quick and easy interest assessment to find careers with job descriptions that match the things you enjoy.

Then, research careers that match these interests. Explore careers by finding a mentor, job shadowing someone in the field, or working (paid or unpaid) jobs. Getting to see exactly what is expected is the best way to determine if a career will make you happy for years to come.

Finally, determine what education you need to accomplish these plans and dreams. Begin to look at technical schools, colleges, and universities that will prepare you to reach your destination. Keep all information in your binder or notebook as you develop your career portfolio.

Career Planning Resources:

1. www.educationplanner.org
2. www.bls.gov
3. http://www.careerkey.org/asp/your_personality/hollands_theory_of_career_choice.asp
4. www.onyourcareer.com
(Password: MyCareer)
5. Your ETS counselor!

— Jodi



HOW DO YOU SPELL RELIEF? B-R-E-A-T-H-E



Feeling STRESSED out? We all experience a certain amount of stress daily. We stress about money, time, clothing, and the expectations of parents, teachers, and friends. Face it, we stress about everything, even the good stuff.

Stress puts wear and tear on the body. It breaks down the immune system and makes you feel physically and mentally exhausted; you might even experience headaches or muscle tension. At times, stress affects your mood and attitude. High levels of stress may make you more likely to snap at friends or family.

The good news is that there is something you can do... B-R-E-A-T-H-E! The way you breathe makes all the difference. If you give 20 minutes a day to breathing correctly, your body will literally de-stress. When your body is truly relaxing your:

- *heart rate decreases
- *breathing becomes slower and deeper
- * blood pressure drops
- * muscles relax
- *energy and focus increase
- *body is better able to fight illness, aches, and pains.

Take 20 minutes a day to relax:

1. Find a quiet place.
2. Find a comfortable position (sitting cross legged or lying on your back with hands at your sides).
3. Find focus - a word or picture that you keep in your head. Whenever your mind wanders, bring it back to your focus.

The key to deep breathing is to breathe into your abdomen instead of your chest. In order to do this, sit up straight and place your hand on your stomach and breathe in deeply. Imagine that the air is first filling your stomach, and then slowly filling your esophagus up to your mouth. Slowly exhale, imagining the air exiting from the esophagus first and then down to the abdomen. You should be able to feel your stomach grow out as you inhale and deflate when you exhale. Your chest should barely move.

You can even place a bag of sand or flour on your stomach. This will allow you to visually see the rise and fall. (Plus, it gives your abs a workout.) When you breathe through your chest, you take in one teacup of

air. When you breathe through your abdomen, you take in one quart of air.

Use deep breathing to relax your body and mind. Try to practice this every day, even if only for five minutes. You will almost immediately feel the difference.

— Connie

Stress relief: Yoga, meditation and other relaxation techniques. Retrieved April 14, 2008 from Web site: http://www.helpguide.org/mental/stress_relief_meditation_yoga_relaxation.htm.

HEALTHY TEENS 202: FALL INTO FITNESS

We all know that healthy eating and exercise not only make us look better, but help us feel better. Here are a few ideas to get you started on creating a newer, healthier you.

1. Download favorite songs or put on some music to move to. Make sure the music is motivating. Consider mixing old favorites with new, so that the music doesn't get repetitive.
2. When you feel like blowing off your workout, try this. Immediately change into your workout clothes and force yourself to do at least 30 jumping jacks. This really works for me. (I'd feel too guilty to change without working out.) Once you do 30 jumping jacks, your heart rate is up and you are ready to go!!
3. Go OUTSIDE! Fresh air and sunshine are key to feeling good. Go for a walk or a hike, jog, or throw a ball around in the backyard.
4. Buddy up! Find a friend that has the same desire, and walk, bike, or join a team or class.
5. Pump some iron! Cardio exercises, such as running, biking, and swimming are important to weight loss and overall health, but pumping iron is the best kept *secret* to weight and health management. Just starting out with 5, 8, or 10 lb. dumbbells will get you on your way. The more muscle you have, the faster you burn calories.
6. Help a charity! Walk or run for charity. There are many races and events that support local causes; check your newspaper or a community website.

WHAT I LEARNED FROM DR. SEUSS...

Recently, I was pondering the major questions of life. You know... "What do I want to be when I grow up?" "What exactly am I good at?" "Where do all the socks go when you put a pair in the washer and only one comes out?" Okay, maybe that isn't one of *THE* major questions. Anyway, as I was pondering (cool word!), it occurred to me that some of the best advice I received over the years came from Dr. Seuss. Let me run down through some of life's lessons, and the books you can check out to find them. (You didn't think I was going to tell you what was in the books did you?):

1. Don't be afraid to be yourself!
"Be who you are and say what you feel, because those who mind don't matter and those who matter don't mind." - Theodor Geisel (Dr. Seuss) Check out: [The Sneetches and Other Stories](#), and [Oh, the Places You'll Go!](#)
2. Don't be afraid to try new things!
"Say! I like green eggs and ham! I do! I like them Sam-I-am!" This is an easy one...[Green Eggs and Ham!](#)
3. Don't be afraid to dream!
"The whole world will say, "Young McGrew's made his mark. He's built a zoo better than Noah's whole Ark!" Look up, [If I Ran the Zoo!](#)
4. Don't be afraid to stand up for what you believe in! "UNLESS someone like you cares a whole awful lot, nothing is going to get better. It's not." Read: [The Lorax](#) and [Horton Hears a Who!](#)

Sometimes, the full meaning of these stories doesn't sink in until you read it to someone else. Find a child you know and pick up a Dr. Seuss book, you'll be surprised at what you *hear*.

— Kelly

THE WIZARD OF ED

On October 25th, ETS traveled to Allegheny College and Edinboro University. Allegheny College is a private liberal arts school in Meadville, with an absolutely beautiful campus. Allegheny currently has 2,100 students and tuition is \$41,000 a year. On top of learning about programs in the arts and sciences, we learned that President McKinley was once enrolled at Allegheny, and was expelled for taking a cow up to the bell tower. Yes, an actual cow! The students and staff at Allegheny College were fantastic and were obviously very proud of their school. We even had



special AC "smiley" cookies. More information can be found at www.allegheny.edu.

Next stop was Edinboro University of PA, a public, state university located on 585 acres. Approximately 7,700 undergraduate and graduate students are currently enrolled. EUP offers over 100 degree programs. Tuition is approximately \$7,000 per year. We toured the campus, including the new living suites. I think the students would agree that the new contemporary suites are definitely "sweet," with private bedrooms and baths, laminate flooring and kitchens. Who would complain? Some highlights at EUP included the newly renovated Louis Cole Auditorium and the Frank G. Pogue Student Center. EUP is known for programs in education, art, criminal justice, music, and more. If you get the chance, check out the forensics lab in Hendricks Hall where EUP students help fight internet crime while learning. EUP also offers Division I and II sports teams. If you would like more information, put on your parka, and check it out at www.edinboro.edu.

On November 11th, ETS students traveled to Pittsburgh for a tour of Point Park University and the Art Institute of Pittsburgh. Both institutions, located in downtown Pittsburgh, offer incredible views of the city. They also offer the benefit of proximity to entertainment, shows, cultural programs, sporting events, public transportation, and more.

Point Park is a small, private, liberal arts college offering programs in four schools: Arts & Sciences, Business, Communications, and the Conservatory of Performing Arts. We enjoyed walking from building to building through the catwalks. This definitely helps to keep you warm in the winter, and you can literally roll out of bed and wear your slippers to class as the dorms are on top of the academic buildings. Point Park offered us lunch in their cafeteria, definitely a step up from the school meals we've experienced.

The road ended at the Art Institute of Pittsburgh. The Institute's admission representatives conducted a tour of the entire school. We observed the many programs such as advertising, graphic design, digital media design, special effects, web design, and more. If enrolled in the Art Institute in one program, you can take a free workshop in many of the other programs. Tuition is approximately \$20,000 a year, but varies by program. If you want to live on the cutting edge, then the Art Institute of Pittsburgh might be for you. Visit www.artinstitutes.edu/pittsburgh.

The 2009 ETS yellow striped road doesn't stop here. Keep your eye out for our upcoming campus visits, including Penn State Main in April 2009. Details will be posted on our website at www.clarion.edu/ets.

VERSUS

Social networking is the new telephone. In an era where ease of communication is essential, we are being pulled into social networking sites as a means of enhancing our professional, personal, and academic communications. MySpace and Facebook are two of the most popular social networking sites used by people of all ages. We are usually drawn to one or the other through word of mouth or through a connection with friends. Both sites offer benefits, and both a few downfalls. Research your options and choose the site that best meets your needs. Always remember virtual safety! Anything that you put out on the Internet will always be there somewhere...there is no way to get rid of it. Take this into consideration while you are personalizing your webpage or communicating with others.

MYSPACE

- Originally created for musicians
- Extreme personalization
- OK with photos
- Easy to download music
- Great at messaging
- Offers anonymity
- Uses screen name
- Difficult to find people without screen name
- Less secure
- Known for SPAM and other annoyances

FACEBOOK

- Originally used by Harvard students to keep in touch
- Lack of personalization
- Excellent with photos
- Harder to manage music
- Great at messaging
- No anonymity
- Must use real name
- Easy to find people
- More secure
- More work friendly/professional

These are some of the major differences, but both are great ways of communicating online. Take some time and investigate your options, but **MOST** importantly, be conscious of what you post. Your profile will follow you throughout your career. In the meantime, Google yourself and see what you find.

James, D. (2008, October). *Using MySpace and/or Facebook in your TRIO program*, presented at the annual PAEOPP conference, Erie, PA.

HARRISBURG 2008

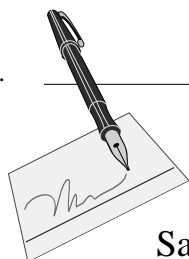
Educational Talent Search was the recipient of a grant from the Youth Philanthropy Project of the Venango Area Community Foundation. This year we conducted our annual incentive trip to Harrisburg, PA, and we had a day full of fun and experiences.

To participate in the annual incentive trip, you must maintain or improve your grades, attend school, and participate in ETS activities throughout the year (not all, but about three.) Watch for information on the 2009 trip - available in early summer.

We visited the State Museum of Pennsylvania, had a tour of the Capitol and lunch in the cafeteria there. Then we moved on to the Pride of the Susquehanna Boat Tour, the John Harris Mansion - Historical Society of Dauphin County, and the National Civil War Museum (my personal favorite). This was followed by supper at the mall (due to a little rain), and then a Harrisburg Senator's game (everyone else's favorite).



Plan now to join us on our escapade in 2009!



Mark your calendars!

FAFSA Day
Saturday, February 7, 2009
9:00am - Noon

Cranberry High School or
Clarion Free Library

More information to come!

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Clarion University of Pennsylvania is an affirmative action equal opportunity employer.

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Visit www.clarion.edu/ets for upcoming programs.

As soon as events are posted,
students or parents may register.

Check out our blog @ clarionu-etsub.blogspot.com

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