

# Educational Talent Search Student Newsletter



A Publication of the Educational Talent Search Program at Clarion University

Spring 2008

## THE VALUE IN VOLUNTEERING

I know what you're thinking! I don't have time to do this and certainly not for free. I need a paycheck for expenses, like my phone. However, you can earn something even more valuable for your future and that is experience!

- Volunteering can test your career options and help you gain new skills.
- The experience or skill can look really good on a college or job resume.
- If you're the expert, teach others and gain personal satisfaction.
- The hours you donate may be a key component to being selected for a scholarship.
- The contacts you make can write references for college or job applications.

Look at volunteering as an opportunity to brighten someone's day or to do a good deed. You'll make friends in the process and feel great! You'll build skills in communication, teamwork, work ethic, and critical thinking. Plus, most people experience a sense of achievement and motivation while improving their community. Select a group or organization that appeals to your interests and future goals. Plan to volunteer today.

Here are examples of great volunteer opportunities:

Library	Hospital or Nursing Home
Goodwill	Area Agency on Aging
Food Pantry	Family Shelter
Red Cross	The United Way
YMCA/YWCA	Animal Shelter
Tutoring	After-school Program
Church Group	Other Non-profit

— Tami

## THE YOUTH PHILANTHROPY PROJECT

The Youth Philanthropy Project is operated by a youth board, a group of Venango youth between the ages of 10 and 18, with elected officers. For the Project to be successful, the participating youth are needed to unite the larger community and bring that community to collective goals. The hope is to empower youth and provide an opportunity for their ideas and opinions to count, to help turn their ideas into reality.

The Youth Philanthropy Board's primary task is to serve as a committee of grantmakers for the Venango Area Community Foundation. Community youth, involved in a non-profit organization, submit proposals for projects benefitting Venango County youth. A grant can be written for equipment, materials, special events, or a program with goals of benefiting youth in our communities. The youth board then decides which proposal (project) receives money, how much, and how it is to be allocated.

The Youth Philanthropy Project responded to seven grant requests in 2007, awarding \$17,220.00 to various agencies including Educational Talent Search. The Youth Philanthropy Project is also involved in service projects like Oil City Wash Day, visiting nursing homes, and partnering with Caring Habits. The Youth Philanthropy Project was recognized in 2007 as a program that builds good character in youth by the National Character Education Foundation.

The Youth Philanthropy Board has two members serving on the Venango Area Community Foundation Board. Youth Philanthropy gives the opportunity to ask, serve, and lead. Youth Philanthropy gives youth the opportunity to learn generosity in the only practical way - by being generous.

Come and join an adventure of making youth's presence known. For more information on how to become involved, (in Venango County), contact Sherry Kulinski at 677-5085.

## SMART SPACES: DESIGNING GREAT STUDY SPACES



Everyone needs a comfortable place to study. It really doesn't matter whether it's in a common room like the kitchen or more private room like your bedroom. There are key elements to keep in mind when setting up your study space. Success will be more likely if you are in a space that makes you want to study, or at least helps you to get things done. Here are some things to take into consideration when designing your space.

- **Distractions** - Are you easily distracted by activity, sounds, or food? Perhaps then, the kitchen counter or dining room table is not the place for you. Many people say they can study with music or TV in the background. Research indicates that is not true in most cases. If you do study with music, the volume should be kept low and select a calming instrumental piece to help you relax and be in a good frame of mind.

- **Ergonomics** - Your desk or table should be at least 30 inches deep so computer screens are not too close, and there is enough room for a keyboard or writing area. Your work surface should be waist high and your elbows should rest on the table without hunching your shoulders. Your feet should be flat on the floor. A pillow can be used to raise the seat and a box to raise your feet. Rolled up towels or blankets can be used to support your back.

- **Lighting** - A combination of an overhead light and reading or desk lamps that you can aim offer the best lighting option. Light should come from the side, so as not to create a glare on computer screens or glossy pages. Anti-glare screens help keep eyes fresh. Window treatments can also control glare. Don't be too lazy to pull the shade or the drapes closed if it will prevent eye strain.

- **Storage** - Lots of storage containers are essential for keeping clutter under control. Don't drown in stacks of paper. Shelves, accordion files, file cabinets or bins can help keep order. Cups, tins, or trays can corral pens, pencils, and highlighters. Label container contents to avoid spending precious time hunting for that one item. Wall pockets keep papers near the desk but not on the desk. They are easily labeled, too.

- **Tools** - Make sure you have a dictionary, thesaurus, and writing tools in your work area. A calculator, ruler, scissors, stapler, and paper clips should be at the ready. Tuck them in a drawer or box.

Add some personality to your space. Just make sure the posters, paint, and pictures are not distractions that keep you from concentrating. Also, bulletin boards, clocks, and calendars can be decorative and functional. Hopefully, these tips will help you create a great "smart" study space of your own.

— Tami

## HEALTH 101: NUTRITIONAL TRIVIA

- Fast food restaurants use yellow, red, and orange, because the colors stimulate hunger (McDonalds, Burger King, Taco Bell).
- The potato originated in Peru.
- People over the age of 50 start to lose their dislike for foods that taste bitter.
- The average person can live about a month without eating any food, but can only live about a week without water.
- 97% of caffeine must be removed from coffee for it to be labeled "decaffeinated" ....so decaf coffee still has some caffeine.
- A one-third pound stalk of broccoli contains more vitamin C than 204 apples.
- "Snickers" was named after a horse that the Mars family owned.
- It takes about three hours for food to be broken down in the human stomach.
- The foods most likely to cause food allergies are: milk, eggs, wheat, peanuts, soy, tree nuts, fish, and shellfish.
- In supermarkets, less costly items are often on bottom shelves, while more expensive items are at eye level.
- The first fruit eaten on the moon was a peach.
- Carrots were first grown as a medicine.
- Chocolate contains the chemical phenylethylamine, which your brain produces when you fall in love.
- Blueberries have more antioxidants than any other fruit or vegetable.
- Studies have shown that background music can make a person eat food at a slower rate.

(Nutrition Facts, retrieved December 10, 2007 from <http://www.alltrivia.net/facts/nutrition.htm>.)



## ORGANIZATIONAL AND SPACE SAVING TIPS

Most of us struggle to keep our rooms or work spaces neat and tidy. I have been searching for easy and inexpensive ideas to manage my mess. I thought you might appreciate some of the tips I found. I hope they save you time and money, while getting organized, too.

- **Cereal box organizers** - Use empty cereal boxes by turning them into handy holders for your papers. Cut the box with a utility knife at a desired angle and height. Wrap decorative or contact paper around the box.
- **Paint can cubbies** - Use inexpensive, unused pails or paint cans. Line them up on a shelf on their sides and they become cubby holes.
- **Erasable labels** - Try using chalkboard paint to create erasable labels on drawers or wooden boxes. Every time you change the contents of the drawer, you can easily change the label. Just tape off a square with painter's tape; paint with latex chalkboard paint.
- **Clothes pin organizer** - Mount wooden spring clothes pins on a wood strip to hold essentials like a calendar, notes, and pictures above your desk or work space.
- **Homemade desk blotter** - Purchase poster board or art panels and cut to size. Tack strips of elastic from top-to-bottom or side-to-side so you can tuck important papers or notes away before they are lost.
- **Cup hooks and binder clips** - Keep track of important notes, invitations, or assignments with binder clips held from cup hooks screwed in the wall.
- **Picture frame bulletin board** - Recycle an old picture frame by placing foam board in it to make a bulletin board.
- **Linen covered bulletin board** - Dress that drab bulletin board to match your room with fabric by covering worn cork. Coordinating ribbon can be criss-crossed and tacked with decorative thumb tacks to slip photos, cards, and invitations behind for safekeeping.
- **Shutter organizer** - Repurpose old shutters by using them as organizers. The louvers allow you to display pictures, invitations, or messages.
- **Mailing tubes** - These long cylinders allow you to store artwork and large paper projects.

- **Hope chest file storage** - Empty hope chests can be converted to hanging file storage when a file cabinet would be unsightly or doesn't fit in the room.
- **Under bed storage** - Don't let that space go to waste. Slip shoe boxes or plastic bins under the bed.
- **Recycled containers** - Muffin tins, egg cartons, and soup cans are just a few examples of containers that can organize pens, pencils, paper clips, tacks, etc.
- **Apron or fabric shoe organizers** - Hang these items on the wall or over a door and stuff the pockets.
- **Loft/bunk bed** - Consider a loft or bunk bed in a small bedroom. Remove the bottom bunk and build a desk and book shelves underneath the sleeping bed.
- **Double desks** - Place two desks face-to-face and separate with a fun screen or double sided bulletin board.
- **Color code** - Big families can assign each member a color for storage bins, towels, or paper folders.

(Many ideas were found at [www.marthastewart.com](http://www.marthastewart.com). As Martha says, "It's a good thing.")

- Tami

## ASVAB PREPARATION

The most important thing in preparing for the ASVAB or any standardized test is to not stress out. The ASVAB is only one part of your application to the military. Following are some steps to take when preparing for the ASVAB:

- (1) Watch for the words: except, always, and not.
- (2) Get a good night's sleep before the test.
- (3) Wear layered clothing to the exam.
- (4) Practice with a watch and take it along.
- (5) Study for sections of the ASVAB individually.
- (6) Identify weakness and practice that section.
- (7) Don't cram. Read over a study guide at least one week in advance.
- (8) Stay away from negative talk and thoughts.
- (9) Relax.

## FINALS FRENZY

Is your mind frazzled by the thought of upcoming FINALS? The best thing you can do is face them HEAD ON!



### GET ORGANIZED!

- Create fact sheets or word lists with definitions or explanations.
- Create note cards for vocabulary, equations, theories, etc.

### GETRE-ACQUAINTED!

- Re-read those notes and texts! Focus on headings and subheadings.
- Make sure you know the **bold/italicized** words.
- Review summaries and chapter questions.
- Read main concepts out loud; this helps you remember.

### GET PSYCHED!

- Schedule study time before pleasant times like eating lunch, exercising, or going out.
- Set an exact amount of time for studying so that you can tell yourself "only one hour left."
- Study during times of high energy.
- Plan something fun and relaxing to do after the test! Look forward to it.
- Don't cram an hour before the test! Do something relaxing instead.

### TAKE THE TEST!

- Read the directions.
- Answer easy questions first. Go back to difficult questions.
- Answer all questions unless there is a penalty for wrong answers.
- Ask your teacher if you don't fully understand a question.
- Circle the key words in a question. It will help you to focus.

**BREATHE EASY!** Congratulations - it is over!!! Now, don't stress over how you did!

*(Study Skills and Test Anxiety, retrieved January 17, 2008 from Website: [www.ulc.psu.edu/studyskills/test\\_taking.html](http://www.ulc.psu.edu/studyskills/test_taking.html).)*

## WHAT IS THE ASVAB?



If you are considering a military career or are planning on enlisting to help pay for college, the ASVAB is the first hurdle in achieving that goal.

The ASVAB (Armed Services Vocational Aptitude Battery) is a standardized test given nationwide and maintained by the Department of Defense. Like most aptitude tests, the ASVAB measures your potential and predicts how well you might do in certain military branches and specialties, as well as how well you might perform in certain civilian careers. It focuses on your ability to apply past experiences related to math, science, and verbal content. It requires that you understand the basic principles of: reading comprehension, mechanized movement, and arithmetic.

**So, why is the ASVAB important?** Even though it isn't a matter of passing or failing the ASVAB, your scores are important if you are trying to get into the military. To be eligible to enlist, you must get a minimum percentile score on the ASVAB. The minimum score is different for different military branches - you should contact your local recruiter to find out the score required for your branch of interest.

**How is the test scored?** First, you receive a score for each of the nine subtests (General Science, Arithmetic Reasoning, Word Knowledge, Paragraph Comprehension, Auto and Shop Information, Mathematics Knowledge, Mechanical Comprehension, Electronics Information, Assembling Objects) and you will also receive a score for three "composite areas."

There is no overall ASVAB score. Scores for the four critical areas, Word Knowledge, Paragraph Comprehension, Arithmetic Reasoning and Mathematics Knowledge, count towards your **Armed Forces Qualifying Test (AFQT)** score. This is converted to a percentile score. This is the score that recruiters look at when determining if you are eligible to enlist. Your scores on the other areas of the ASVAB determine how qualified you are for certain military specialties.

The ASVAB test isn't designed to be difficult. Remember that the overall score is based on four tests, so put your efforts there to insure a good AFQT score, if you plan to enlist in the military. The other tests will be used for placement and career fields, so study accordingly.

For more information visit:

<http://usmilitary.about.com/cs/joiningup/a/asvababcs.htm>

<http://todaysmilitary.com/app/tm/nextsteps/asvab?seo=googleasvab>

[www.asvabprogram.com/index.cfm?fuseaction=learn.skills](http://www.asvabprogram.com/index.cfm?fuseaction=learn.skills)



## FEE WAIVERS!

Did you know that many of the exams associated with college entrance offer fee waivers to eligible students? Well, they do! All of the exams administered by the College Board, as well as the ACT, have fee waivers available. There are income guidelines that must be met. It is pretty safe to say that if students are eligible for free or reduced lunches, they are eligible for fee waivers. Below are the specifics for several exams:

### \*PSAT/NMSQT and SAT Fee-Waiver Service

Each year, the College Board provides opportunities for taking the PSAT/NMSQT to juniors who are unable to pay test fees. The fee-waiver service for the SAT is designed to assist students for whom payment of fees—related to the SAT Reasoning Test™, SAT Subject Tests™ and/or sending score reports—might be a barrier to college entrance.

The fee waiver guidelines, combined with the counselor's knowledge of individual student circumstances, help determine which students are eligible. SAT fee waivers are available for high school juniors or seniors in the United States who cannot afford to pay the test fees. Students can request fee waiver cards from their guidance department. Students eligible for fee waivers can choose to register online with a unique fee waiver number. The school must validate the fee waiver by writing the school code in front of the preprinted number. This 12-digit fee number can be used only once. The 2007-08 fee waivers can be used through August 12, 2008.

Only those students who use fee waivers to register for SAT Reasoning Test or SAT Subject Test administrations are eligible to receive Request for Waiver of College Application Fee forms. Students may only receive a total of four college application waivers. For more information, visit the USDA website for reduced lunch income levels.

### \*The ACT

If a student can't afford the registration fee for the ACT, they may be eligible for a fee waiver. Funds are limited, and once they are gone, requests for waivers will be denied. To be eligible, a student must meet all three of the following requirements:

1. Currently attend high school.
2. Meet at least one indicator of economic need listed on the ACT fee waiver form. Information about these indicators is mailed each fall to every high school. Ask your counselor for the information.

3. If you are eligible, you may use up to **two** fee waivers total.

Please note: Fee waivers can't be requested directly from ACT; a student must work through the high school guidance office.

### \*The AP Exams

The College Board provides a \$22 fee reduction per exam for students with financial need. Students who are eligible for free or reduced-price lunches at their school qualify for the \$22 College Board fee reduction on all AP Exams that they take in a given year. Additionally, more than 40 U.S. states and territories use federal and/or state funds to supplement the College Board's fee reduction.

### Pennsylvania

The State of Pennsylvania will pay \$53 per AP Exam for public and private school students qualifying for the College Board's fee reduction. Final AP Exam fee for qualifying students is \$0.

Don't be afraid to ask for a fee waiver. There are enough costs associated with the road to college, this is one area that help is available to students in need. Take advantage of it.

If you have any questions regarding the programs outlined in this article, please feel free to call the Educational Talent Search Office at 1-888-533-6487.

— Kelly

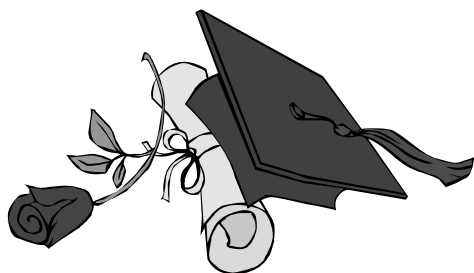


ETS "Got Talent?" January 25, 2008

Congratulations on a job well done!

Thanks Gabby for a great senior project!

## Class of 2008



### **CONGRATULATIONS!**

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

For more information on postsecondary education or questions pertaining to Talent Search, contact:

Phone: 814-393-2071 Toll free: 1-888-533-6487  
Fax: 814-393-1804

Rhonda McMillen-Toth - Director -  
rmmillen@clarion.edu

Joni Kifer - Administrative Assistant -  
jkifer@clarion.edu

Connie Bradley - Academic Skills Instructor -  
cbradley@clarion.edu

Jodi Burns - Outreach Coordinator -  
jburns@clarion.edu

Kelly Lander - Outreach Coordinator -  
klander@clarion.edu

Tami Doverspike - Academic Skills Instructor -  
tdoverspike@clarion.edu

Visit [www.clarion.edu/ets](http://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](http://clarionu-etsub.blogspot.com)

Educational Talent Search  
219 Ralston Hall  
Clarion University of PA  
840 Wood Street  
Clarion, PA 16214-1232  
2533101308.1

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