Happy New Year Upward Bound!

New Year’s Resolutions

Raven Shouldis:
Learn a new word everyday!

Noni Nowlan:
Improve my grades by earning A’s and B’s.

Sara Tompkins:
Improve my leadership skills and also save $1,000 before I begin college.

Terra Garcia:
To challenge myself academically.

Ashley Geiger:
Start running and start deciding about the Navy then college or just Navy.

Harlee Byrd:
I would like to earn all A’s and B’s this year!

Tylor Dudley:
I would like to eat healthier or at least to stop eating out every day. Also successfully transfer into the college life without becoming completely broke.

Sierra Armstrong:
Be more extraverted and adventurous.

Kristyna Parkins:
to get on the honor roll and to meet a hot guy!

Alyssa Parkins:
to get straight A’s

Gabe Garcia:
Send my music to radio station in larger cities.
Lauren Stephens-Chadron H.S.
Chadron High seniors, remember your financial aid night is January 13th in the auditorium where professionals will be available to guide you through the process of filling out the FAFSA. Dinner is provided as well, so if you want to set up a personal appointment to have assistance in this process, attend this meeting! Also, remember to apply for scholarships!!

Any students interested in taking the ACT this spring, registration is due by March 13th to take the ACT on April 18th at CHS. Additional test dates are available in June, see Mrs. Stephens if you need help.

Students traveling to Europe are hosting a talent show at Chadron High School and it is set for January 19th at 7pm. If you have a talent you want to showcase you could win one of many prizes including cash, gift certificates and more!!

Congratulations to Chadron High School on a successful technology day held the last day of the first semester, December 19th. Students presented clinics on various tech tools such as nearpod, Metamoji, keynote and Haiku deck. I certainly had fun researching these great tools and from what I hear, everyone learned a lot and had fun! Mrs. Witte, high school library coordinator presented a clinic on various resources such as ebooks, EBSCO host, worldbook, and the CHS online card catalog. “It was great getting the opportunity to teach students about these excellent library resource tools”, Mrs. Witte explained.

Tearza Mashburn
Alliance H.S.
WOW 2015! With a New Year come new goals, challenges, dreams and adventures. Seniors need to keep working on scholarship applications and watching deadlines, and the rest of you need to continue working hard academically. Establishing a high GPA will help increase your chance of going to the school of your choice. There is a strong correlation between high school GPA and yearly earnings. If your grades have not been what you would like, take charge and make the changes necessary to raise them.

In other news, have you ever wondered what was for lunch the next day or whether school was going to have a late start? Well now there is an App for that. APS Mobile App allows you to stay connected to the latest school news. It is available through the App Store or Google Play for FREE. Now you will never have to miss another activity.

The following college reps will be available:

UNK - Jan. 15th @ 10 am
South Dakota School of Mines & Technology – Jan 8 @ 10:30 am
Doane College – Jan 22 @ 10 am
UNL – Jan 22 @ 10 am

If you are in need of entertainment Alliance High School has got that covered. Most Tuesday and Thursday nights you can find a great basketball game in the gym. Alliance Arts Council has a special presentation by Thad Beach at the PAC on Friday January 16th at 7 pm. This musical performance is sure to please all ages.

Until next month, study hard, practice hard and stay WARM!!

Heather Moore-Sager
Crawford H.S.
Christmas break went by so fast and here we are, back in the swing of things. The Crawford High sophomore science class has been busy learning about DNA Extraction, which they live streamed on their website (cpsrams.org) on January 6th. That video is still up for public viewing. Check it out! It’s pretty neat!

The freshman science class is busy learning about waves – sound waves, seismic waves, how energy flows through a wave, etc. While the juniors and seniors are learning about Earth and Space – including space programs and astronomy. Meanwhile, the choir and speech classes are diligently practicing for upcoming competitions.

Congrats to the Crawford High Girls Varsity Basketball team as they won the Harrison Holiday Tournament played January 2nd and 3rd. So far the team is 9-1 for the season.

The year 2014 has come and gone and now 2015 is upon us. For some of us that means New Year’s resolutions, for others it means a new class schedule, and others graduation countdown. I think we’re down to eighty some days – but who’s counting, right Paige and Andrew?!? ;) Let’s make the most out of this year! And remember I’m here to help!!
10 New Year Resolutions

The New Year is a great time to reflect on the changes we want to or need to make. If you’re a student looking at ways to improve yourself and make the transition to college easier, here are ten resolutions you might want to add to your list:

1. **Stop procrastinating.** How often have you underestimated how much time it will take to get something done? Then, how sad are you when you don’t have the time to do your best. At some point, the procrastinator has to write four college essays in one night – on top of completing schoolwork. Usually, this doesn’t turn out so well. If you finish a project earlier than you thought you would, then consider yourself ahead.

2. **Commit yourself to getting good grades.** Good grades are entirely necessary to get into a good school unless you’re a top notch athlete. The best case scenario is that you have good grades from the beginning. However, if you start off badly and improve your grades, colleges will give you points for this. Many admissions officers won’t look at your application if your grades are too low or show a steady decline. Think of it this way, grades are a bridge. They will serve you to get into a college where you will have more freedom. In college, grades may not be as important as in high school.

3. **Don’t do it all.** It’s better to concentrate on a few things and excel in them than if you join every sport, activity and club that you can cram into your schedule. Anyone can join 10 clubs and be marginally involved in them all. Schools are looking for commitment that shows you’re willing to stick with something and make the most of it.

4. **Use your planner.** Deadlines creep up quickly. And the closer the date, the more you’ll feel the pressure. Most students don’t do their best under pressure. And colleges, scholarships, federal aid, and standardized testing services are not going to be sympathetic to any excuses you have about missing a deadline. If you miss a deadline, you miss an opportunity.

5. **Take standardized tests early.** You won’t know how high you can score until you take the test. Wait too long and you won’t have enough time to retake it. And many things can affect your test score on any given day, including the state of your health, and you can’t plan not to get the flu.

6. **Do your research.** Know what the choices are when it comes to colleges. This way you can avoid any coulda, shoulda, woulda regrets later in life. Research could be as simple as visiting a school’s website.

7. **Try something new.** High school is a great time to spread your wings. It’s about new experiences and self-discovery. Want a certain internship, there’s no harm in calling up and asking if they have any room for an eager high school student to work there. Want to try a new sport or activity, go ahead and try it. You’re not expected to leave high school knowing exactly what you want to do, but this is a chance to start narrowing down your interests. You’ll never know what you like – or how good you are at something – until you try something.

8. **Be excited about going to college.** Wherever you go to college, you’re going to meet new people, learn new things, and have a great time.

9. **Resolve to spend some time investigating scholarships.** There are many hidden ones available. Keep searching online and checking with your Academic Advisor.

10. **Banish the self-doubt.** Doubting your own abilities only holds you back from achieving what you want to achieve. **Just say no to these thoughts and others like them:**

    “I can’t do this.”
    “I’m not as smart as my classmates.”
    “I’ll never get better than a 2.7 grade-point average.”
    “I’ll only get into a community college anyway”
    “There’s no point in thinking I’ll get into my first choice college.”

Make 2015 a success. It’s your choice!
**Andrew Smith** is our January Student of the Month! Andrew is a senior at Crawford High. We are so glad to have him join us as we finally have a male in our Crawford UB group! Andrew’s younger sister, Audreanna, also joined Upward Bound this year.

Andrew is very active in extracurricular activities at Crawford High. He participates in cross country, one acts, basketball, speech, the all school play, quiz bowl and track. In his spare time he likes to play video games.

Andrew said he will probably attend Chadron State College in the fall, where he plans on majoring in Theater. Andrew is very passionate about acting, drama, and theater. In fact, Andrew was nominated for the Best Overall Actor at One Acts Panhandle Conference.

Andrew thinks that Upward Bound is “a good idea” and that “a lot of people should do it!” Although this is his first year in Upward Bound, he wishes he would have joined much sooner! ;)

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**January Birthdays**

1/10—Sara Tompkins  
1/11—Maui Lakabung  
1/12—Cherokee Purviance  
1/20—Ashley Bean  
1/27—Jodi Watak

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**TIP OF THE HAT**

Chadron high girls and boy basketball teams for capturing the championship at the Rotary tournament!

**Andrew Smith** – nominated as Best Overall Actor at One Acts Panhandle Conference!  
**Crawford High Girls Basketball Team** – won Bayard tournament played on December 5th and 6th!  
**Audreanna Smith** – nominated as Best Actress in Crawford at One Acts Panhandle Conference!  
**Paige Parkins** – ended 2nd quarter with straight A’s!!

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**December Sakai Star..**

**TIA LOVE.**

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**January Student of the Month**