

May 2007

Student Spotlight— Latisha Murray



Latisha Murray

Latisha is a senior from Carnegie. She states her hometown is best known for “being funny.” (*You’ll have to ask her what that means!*) Her birthday is December 10th. Three things she cannot live without are friends, family and

food. Her idol is herself. Three words she uses to describe herself are laid-back, bossy and caring. If she could have a superpower, she would like to be able to read minds. Her favorite food is grapes, and her favorite item of clothing is tripp pants. She enjoys her English class and states that Math is her least favorite.

Latisha is involved in FCCLA, Art Club, Spanish Club and Student Council.

Latisha does not currently have a job and likes to spend her free time reading.

After high school she plans to attend Southwestern Oklahoma State University (SWOSU). “Having so many

friends” is what Latisha likes best about Upward Bound.

Fair warning to everyone: Latisha states, “Once you say hi (to me), I’m never gonna leave you alone!”

If you have not yet met Latisha, stop by and say “hi” and then...get ready!



Dara Anderson

Student Spotlight — Dara Anderson

Dara Anderson is a senior from Burns Flat. Her hometown is best known for being a future **Spaceport**. She can tell you all the exciting developments that are being proposed for Burns Flat. Her birthday is March 19th. She states she cannot live without her boyfriend, her van and her family. Her hero is her mother, Janie. Dara describes herself as outgoing, friendly and passionate. She would like to have the

superpower of flying. Her favorite food is broccoli, and her favorite item of clothing is shoes. She prefers her English class over Algebra.

In high school she was vice-president of the Business Professionals of America Club and participated in art.

She works at Pizza Hut in Elk City and describes herself as “the brightest waitress in the city!” She likes to spend her pastime reading,

writing, talking to her boyfriend, and spending time with her sister and family.

After graduation she plans to attend SWOSU and major in elementary education. What she likes best about Upward Bound is that “everyone is nice to you and cares about you and your future.”

Meet UB’s vice president, Dara Anderson. Her future does look bright!



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Welcome to the first edition of the UB newsletter! Each month we’ll try to introduce you to your fellow classmates, remind you of various calendar dates, provide scholarship information and much more!

Have an idea for the newsletter? Contact our office. We would love to hear from you!

**Welcome the 2007
Upward Bound
Summer Staff!!**

- Felisha Allen Peer Counselor
- Kurt Beason Peer Counselor
- Anh Dawson Peer Counselor
- Emily Garrison Peer Counselor
- Robert Graham Peer Counselor/
Bridge Mentor
- Sebastian Harris Peer Counselor
- Daniel Huber Night Guard
- Maxine Quayle Peer Counselor
- Kyle Toelle Peer Counselor
- Abigail Wilson Peer Counselor



...college is very different from high school. In high school almost everything you did was planned by someone else: your class schedule, your meals, etc. In college — you're on your own. You have complete freedom to become successful in your life — or you can fail, all by yourself. For better or worse, in college and life, it's all up to you.
(100 Things Every College Freshman Ought to Know, 1995.)

Student Spotlight—Janet Peralta



Janet Peralta

Janet Peralta is a senior from Carnegie. Her hometown is best known for its canna farms. Janet's birthday is April 20th. Three things Janet

says she can't live without, "my camera, cell phone and computer." She describes herself as nice, faithful and respectful. Her idol is her mother.

Janet would like to have the superpower of being able to read people's minds. Her favorite food is Italian, and favorite items of clothing are t-shirt and shorts. She most enjoys her computer class and English is her least favorite class.

Janet is involved in several extra curricular activities including cross country, basketball, track, Spanish Club, stu-

dent council, Art Club, FCCLA, Lulac Club and a member of the FUMC youth group.

Janet has a job working at the Super C Mart as a checker. When not working, she likes to hang out with her family, play the piano and guitar, and draw and paint. After finishing high school, she plans to attend Oklahoma City University.

What she likes best about Upward Bound is getting to meet new people from different towns and going on trips.

Introduce yourself to Janet and ask her about the canna farms in Carnegie!

Student Spotlight—Nick Whitehead



Nick Whitehead

Nick Whitehead comes to us from Hobart where high school football defines his hometown.

He is a senior whose birthday is May 9th. Three things Nick says he cannot live without are God, family and his poetry. He describe himself as funny, smart and a risk taker. If he could have a super power he would like to have the power to heal others. His favorite food is a red popsicle, and his head bands are his favorite clothing item.

Nick enjoys history class and finds Algebra III to be his least favorite class. Nick is involved in football, basketball, track, FCCLA and honor choir. He has a job doing yard work "all over the place." In his pastime he likes to write.

After graduating high school, Nick plans to attend UCO and major in psychology with a minor in creative writing. Another option Nick is exploring is playing football for Langston. What he likes best about Upward Bound is the opportunity to meet new people and making them laugh.

Nick won 1st place in his school's talent show and has been voted most talented in his senior class.

When you introduce yourself to Nick, ask him what got him first place in the talent show.

May Birthdays!!

- Ryan Whitehead 6th
- Nick Whitehead 9th
- Chelsea White 10th
- Angela Belcher 16th
- Erin Shortman 27th
- Monica Cisco 29th
- Skyler George 29th



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SWOSU's Upward Bound program is 100% federally funded. For the 2006-2007 school year, the program was funded to serve 74 students from Anadarko, Binger-Oney, Burns Flat-Dill City, Carnegie, Clinton, Elk City, Ft. Cobb-Broxton, Watonga and Weatherford. Upward Bound is one of the TRIO programs funded under Title IV of the Higher Education Act of 1965, and is designed to generate the skills and motivation necessary for success in postsecondary education.



VISIT US ON THE WEB!

[www.swosu.edu/administration/
upwardbound](http://www.swosu.edu/administration/upwardbound)

College Lingo

"Classification"

In college when someone asks you what classification you are, they are asking what "grade" you are in.

Example:

What classification are you?

I'm a junior (instead of saying "10th grade.")

Or

How are you classified?

I am a sophomore.

Career: Occupational Therapist

Job Description: Occupational therapists (OTs) help people who have conditions that are mentally, physically, developmentally, or emotionally disabling improve their ability to perform tasks in their daily living and working environments. They also help them develop, recover, or maintain daily living and work skills.

Employment Facts: Most OTs work in hospitals while others work in offices of other health practitioners, schools, and nursing facilities.

Education: Currently a bachelor's degree in occupational therapy is the minimum requirement for entry into this

field. Beginning this year (2007), however, a master's degree or higher will be the minimum educational requirement.

Other Requirements: OTs must obtain a license. To do so, they must pass a national certification examination.

Job Outlook: Employment of OTs is expected to increase much faster than the average for all occupations through 2014.

Earnings:

Home Health Care Services: \$58,700

Offices of the health practitioners: \$56,600

Nursing care facilities: \$56,000

General medical & surgical hospitals: \$55,700

Elementary and Secondary Schools: \$48,580

A Day in the life of an OT:

On a typical day, an OT will:

Assist clients in performing activities of all types;

Use physical exercises to help patients increase strength;

Use activities to help improve visual acuity & the ability to discern patterns;

And much more!