

EDUCATIONAL TALENT SEARCH



Division of Undergraduate Academic Affairs
ACADEMIC OPPORTUNITY PROGRAMS



"The greatest discovery of all time is that a person can change his future by merely changing his attitude."

- Oprah Winfrey

A Note from the Director

Happy New Year!

First, I would like to welcome the over 150 New Participants to the University of Maryland, Baltimore County's Educational Talent Search (ETS) Program. You are joining about 375 continuing participants across three schools: Dundalk Middle School, Holabird Middle School and Dundalk High School.

We consider our Program a way to partner with you, the Parents/Guardians, in assisting with keeping your child engaged in school, acquiring a high school diploma and enrolling in post-secondary education. Let's work together to accomplish these goals.

During middle school, we connect with students once a quarter at their schools to provide workshops/informational sessions. A couple times a year we have a field trip. Over the summer, we will host activities based on grade levels, such as, a Bridging Camp for Rising 9th grade students.

During the students 9th - 11th grades at high school, we connect with them once a quarter and will be offered a couple of field trips, also. However, during the 12th grade year, we attempt to see students more often in order to assist with SAT or ACT waivers, college application completion, FAFSA/scholarship information or general college information. We will connect with these students at various points throughout the academic year. They will have opportunities for field trips, as well.

Please look forward to our Field Trip Postcards or Flyers to keep you informed. We will send them out with every field trip/activity. Participation is important, so encourage your student to attend and interact with us when they partake of these opportunities.

Kind Regards,
Ms. Katrina Concholar

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Meet the Director of the Office of Academic Opportunity Programs: Corris Davis



Corris Davis, the Director of Academic Opportunity Programs (AOP), is a proud alumna of the University of Maryland, Baltimore County (UMBC). She came to UMBC as an undergraduate where she received a Meyerhoff Scholarship and ultimately earned a Bachelor of Science degree in Biological Sciences. The Meyerhoff Scholars is a program aimed to increase diversity in science, technology, engineering, and math (STEM) fields. Additionally, Ms. Davis' undergraduate academic excellence allowed her to become a member of Omicron Delta Kappa National Leadership Honor Society. As a Graduate Student, she was also nominated to the Golden Key Honor Society. Presently, Ms. Davis is working on a Doctor of Philosophy degree in Public Policy, with an anticipated graduation in 2020. Ms. Davis began her professional career at UMBC working with Classic Upward Bound as a tutor and office coordinator over twenty years ago and she has been there ever since. In her role as Director of AOP, she oversees the following programs:

- Educational Talent Search (ETS): A federally funded college access program that selects Baltimore County students in grades 6-12 to receive no-cost resources that provide the skills, supports, and experiences needed for college readiness.

- The McNair Scholars Program: A grant-funded program that seeks to provide academic and social supports that empower well-qualified undergraduate students from diverse backgrounds to pursue graduate studies.
- Classic Upward Bound: A federal program working to increase college enrollment by providing foundational supports to students in grades 9-12.
- Upward Bound Math/Science: Emerging from Classic Upward Bound, Upward Bound Math/Science seeks to strengthen the math and science knowledge of college-bound students in grades 9-12 to better prepare them to enter STEM fields during undergraduate study.
- Louis Stokes Alliances for Minority Participation (LSAMP): LSAMP seeks to increase the graduation rate of historically underrepresented students in STEM fields.
- First Generation Network: 1st@UMBC is an informal network of UMBC Faculty and Staff who are working to connect UMBC's first generation students with campus resources that will help them to complete their journey at UMBC.

Meet the Director of Educational Talent Search: Katrina Concholar



Katrina Concholar serves as the director of UMBC's Educational Talent Search. Ms. Concholar was born and raised in Phoenix, Arizona along with her three sisters by her parents.

During her childhood, she participated with Girl Scouts for many years along with her church's Youth Group. During high school, Ms. Concholar was actively involved with student government, the spirit dance squad and track and field all four years. She attended Central Arizona College – a community college – in which she was a cheerleader, on the student government and involved with the fine arts dance program. During her second year, she also worked as a Resident Assistant for one of the campus dormitories. By the end of two academic years, Ms. Concholar obtained her Associates of Arts Degree with High Distinction. She received an Arizona State Transfer Scholarship and decided to attend Arizona State University where she acquired a Bachelor of Arts Degree in Spanish with a minor in Italian. She has lived in Maryland for 16 years and has over 18 years working in institutions of higher education. Ms. Concholar has primarily worked the Federal TRIO programs, including Student Support Services, Educational Opportunity Centers and the Ronald E. McNair Post Baccalaureate Achievement Program. She began her TRIO work experience at Phoenix (Community) College and made her way to Arizona State University before moving to Maryland and working at Bowie State University. Ms. Concholar acquired her Master of Arts in Organizational Communications at Bowie State. Most recently, she was the Director of the Educational Talent Search Program at Anne Arundel Community College for seven years. She enjoys working with young people in their quest to obtain a college degree and pursue their ambitions. Financial aid and scholarship seeking is a talent she wants to bring to high school students who need funding in order to go and remain in college. Ms. Concholar is highly dedicated to the mission of Educational Talent Search and all the TRIO Programs.



Meet the ETS Team

ETS Advisors



James Glover -Mr. Glover continues in his role as a program advisor and data manager. He has two masters degrees one from the University of Hartford and one from Bowie State. Mr. Glover has spent most of his career working in Human Resources Information Systems(HRIS).



Kimberly Buckley-Ms. Buckley joined the team in November as an advisor. Before coming to ETS, they completed two AmeriCorps years of service in Baltimore City as well as Master's degrees from Rutgers University and UMBC. Ms. Buckley plans to continue to serve and support students so that they can achieve and exceed their goals.

School Liasons

Ms. Dewlin at Dundalk High School, Ms. Cosgrove at Holabird Middle School, and Ms. Cook at Dundalk Middle school serve as your awesome liaisons for ETS. They do the behind the scenes hardwork of coordinating field trips, handling the application process, and anything else that comes their way.

Office Support Staff

At UMBC we have three phenomenal support staff members. Ahdrianna, Bryce, and Jon are fantastic team members who spend time supporting with administrative duties, field trip preparation, event follow-up, and many other things that arise during our mission to support young people on the way to college.



MIDDLE SCHOOL SURVIVAL TIPS

Middle school can be both a difficult and exciting time with lots of things moving and changing all at once. Use these helpful tips to remind yourself how to get through the day, week, or year(s).

- Get organized, do your homework, and learn how to talk to your teachers.
- Know that everyone fails sometimes. When you fail, you will learn how to do better so that you don't fail next time.
- Remember that you're awesome and the only person like you in the whole world.
- Be mindful of the friends you choose. If you want higher grades, but your friends all get lower grades, then make friends with others who earn higher grades.
- It's ok if you don't have your life figured out. You may not know what career is right for you and, in fact, many options might be floating around your brain. Google them and remember that there's plenty of time.

- Anything that makes you weird or different makes you great. How can you figure out who you really are if you're always trying to be like someone else? Stand out and be you.
- Remember to ask for help. Teachers, counselors, parents, and friends are all there to support you when you need it.
- Take risks and try new things. You're probably selecting at least a few of your classes. Try something you've never done before and who knows, maybe it'll turn into a hobby or a future career.

- As much as you remember to study, also remember to take breaks and eat meals. You can't learn if you're hangry.
- Laugh. Middle school is an awkward and difficult place for anyone to navigate, so find the humor whenever you can. If you can laugh at yourself after you've said or done something you keep replaying in your head- you will be able to let it go.

CAN YOU SPOT
10
DIFFERENCES?



MIDDLE SCHOOL- HOW DO I TALK TO MY TEACHER ABOUT A BAD GRADE?



It has happened to everyone. You worked really hard on an assignment, but when your teacher hands it back there are a bunch of red marks and the grade is much lower than expected. You feel sad, angry, embarrassed, or a mix of emotions and you want your teacher to know they graded your paper wrong. Before you look to blame or be angry with your teacher follow these steps so that you can have a successful conversation:

1. Wait a day or two to look at the assignment. Once you feel less upset by it you'll be ready to check it over.
2. Read all of the comments on your paper and try to understand your teacher's point of view.
3. Check your work. Look at your answers, check the assignment handout, and make sure you followed the instructions.

4. If you still think you were graded incorrectly or you want to talk to your teacher about your grade, set up a time to meet with them(ex: before school, after school, during lunch, during specials, or homeroom).

5. Before you meet with your teacher write down any questions you may have and bring the assignment handout or rubric along with your graded assignment to the meeting.

6. Go to the meeting and ask all of your questions. Avoid blaming your teacher and do your best to stay calm.

7. By the end of your conversation you and your teacher should be on the same page. If you're not: ask for extra credit, an alternate assignment, or offer to re-do the assignment.

Got something to say? We want to hear from you! Email talentsearch@umbc.edu or talk to us on twitter @talentsearch11

HOW DO I MAKE A BUDGET?

Budgets are a spending guide that help you reach your financial goals. They help track spending, saving, and where all the money actually goes. To create a budget: Determine your short term goals (ex: buying new clothes or games), medium term goals (ex: buying a cell phone in a year), and long term goals(ex: savings for college, car, apartment, etc). Once you have your goals in mind, figure out how much money you earn or receive each month and how much you spend. Use this handy monthly budget guide on the right or download an app on your mobile device(see below or on the right). Once you have created a budget use and update it monthly to track your goal progress and rack up that savings or college cash.

MONTHLY BUDGET				
MONTH:				
INCOME (WORK EARNINGS):				
INCOME (OTHER):				
TOTAL INCOME:				
EXPENSES	BUDGET	SPENT	DIFFERENCE	
SAVINGS				
Car	\$	\$	\$	\$
College	\$	\$	\$	\$
FOOD				
Eating out	\$	\$	\$	\$
Groceries	\$	\$	\$	\$
TRANSPORTATION				
Gas	\$	\$	\$	\$
Car Payments	\$	\$	\$	\$
ENTERTAINMENT				
Hobbies	\$	\$	\$	\$
Event tickets	\$	\$	\$	\$
PERSONAL				
Gifts	\$	\$	\$	\$
Phone	\$	\$	\$	\$
Clothes / shoes	\$	\$	\$	\$
Miscellaneous	\$	\$	\$	\$
CHARITY				
Donations	\$	\$	\$	\$
INCOME:		-	EXPENSES:	=

High School student budget template

Middle School student budget template



But what about apps for budgeting? Don't they exist? Yes, they do!

High School Budgeting apps:

Do you have and use a bank account? Use **Mint!** It's a free budgeting app that links right to your account and helps you budget and track your spending.

Don't like Mint? Try **Toshl Finance**- it's a free app that is similar to Mint.

Don't have or don't want to connect a bank account? **Spending Tracker** is free and easy to use. Create a budget, enter your purchases, and look at the reports to see where your money goes.



Monthly Income			
	Expected	Actual	Difference
Allowance			
Job			
Gifts			
Savings account			
Other			
Other			
TOTALS			
Monthly Expenses			
	Expected	Actual	Difference
Toys			
Clothing			
Entertainment			
Gifts			
Savings			
School/sports expenses			
Other			
Other			
Other			
TOTALS			
DIFFERENCE btw. income & expenses			

Middle School Budgeting apps:

Not ready to make a budget, but want to learn how?

Savings Spree is a game based budgeting app.

Ready to make your own budget? Use **Bankaroo's** virtual bank to set up your goals, allowance, and how much you spend.

Use **Kids Money** to figure out how long to save your allowance to make bigger purchases.

Use **P2k Money** to make budgets and learn how to save money.



WHAT DO I DO ABOUT THE SUNDAY SCARIES?

It's 2pm Sunday afternoon and you've got a feeling of dread. You can't stop thinking about things that have gone wrong or will go wrong tomorrow or maybe you just can't sit still and feel restless. Maybe you're worried about friends, assignments, or going to a specific activity. All of these examples can be called "The Sunday Scaries" and according to a survey done by Monster.com they impact 76% of people including young people. These feelings of anxiety or generally feeling bad that happen on Sunday afternoon when thinking about the week are common, but don't have to be your reality. With a few helpful strategies anyone can lessen or relieve that feeling of dread.

Remind yourself to be positive and think about all the positive things that will happen during the week. You will see your friends. You will go to that class you like. You will graduate from school and pursue your dreams. It doesn't really matter what you think about as long as you pick something to look forward to.

Get up and do something. If The Sunday Scaries plague you while you're texting your friends from the couch or watching TV, then get up and do something else. Pick a more interesting show, meet up with your friends, talk to your family, play a game that entertains you. Exercise, dance, laugh, or take your dog for a walk. Do something that you love and that feeling of dread will melt away.



Listen to some music and clean or organize. Pick your favorite song, then make sure they are in order and clean out the rest of the papers in your bag or room. The more you organize the better you'll feel because everything will be less chaotic.

Get more social. Text, call, dm, and make plans with friends. Humans are social creatures, so even just spending time in the same room as another person can help you feel happier and more calm.

Check-in and make sure you're drinking water and eating meals. If you're feeling anxious about the week you might not even remember that you didn't eat breakfast or haven't had any water all day and that could make your feelings more intense.

Write or draw things out. It doesn't have to be anything fancy- just a note or drawing on your phone or some scrap paper will work.

Try meditation or yoga. There are many free apps you can download or Youtube videos to watch if you want to give stretching or breathing a chance. People all over the world use both yoga and meditation to calm themselves- it could work for you too.

Tried all of these strategies and nothing has worked? Talk to someone you trust like friends, family, a guidance counselor, or a teacher. Just remember that you're not alone, at some point everyone feels stressed or anxious even if they don't talk about it.

POSITIVE VIBES



Do you have a sibling in 6th-12th grade who isn't enrolled in the Educational Talent Search Program? We want them to receive college and university field trips as well as cultural events and workshops. Go to our website to download an application or pick one up in your school's Counseling office.

HIGH SCHOOL- LET'S TALK ABOUT FINANCIAL AID

WHAT IS FEDERAL STUDENT AID?

Federal student aid comes from the Department of Education, which is a part of the federal government. The money can only be used for expenses related to college, some technical schools, and graduate school. There are three different types:

- 1. Grants-** Typically based on need and usually don't have to be repaid (Free Money!)
- 2. Work-Study-** Money that is earned at an on-campus job specifically for students who qualify for work-study
- 3. Loans-** Money borrowed from lenders that must be repaid with interest. These are typically through the federal government or private lenders. Be sure to do some research before taking out loans and make sure you only take as much as you need. Once you graduate or leave school you must start repayment.

WHAT CAN I DO ABOUT FINANCIAL AID WHILE STILL IN HIGH SCHOOL?

- Go to fafsa.gov and use **FAFSA4caster** to estimate your possible financial aid.
- Challenge yourself to do well. Aim to get your grades a little higher.
- Talk to your guidance counselor about SATs, ACTs, careers, and scholarships.
- Get involved in your school or community.
- Participate in ETS and other college prep programs.
- <http://knowhow2go.acenet.edu/>
- Determine your interests with this short test <https://bcps.traotify.com/>
- Search, compare, and review colleges <https://nces.ed.gov/ipeds/find-your-college>

OTHER SOURCES OF AID:

- Scholarships are a grant or payment made to support a student's education, awarded on the basis of academic or other achievement. Check out:
- studentaid.gov/scholarships
 - <https://bigfuture.collegeboard.org/scholarship-search>
 - Naviance through BCPS



CAUTION: In order to keep your federal student aid you must make satisfactory academic progress, Check your college or university for details.

Winter Word Search

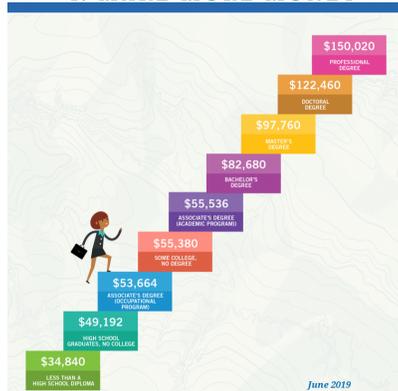
S K I I N G S N O W B O O T
S F I R E P L A C E I N G E O
L I E A R M U F F S C N Y T S
E W S B C O L T R A E S T A C
D I M L R O W S N O U G H E A
D N U I A U L O W P S H T O R
I T F Z E S A D E H A T A O F
N R B Z B A E R O W P L Y I I
G C O A T O T L Y D M W L C R
I T O R H A F R O T A S U I E
P O T D E C E M B E R I L C L
L A S N C R O V I N C L O L R
O A D H J K T C E S H O V E L
W J A N U A R Y O E S A H S T
M I T T E N S W E A T E R E L

- | | | |
|----------|-----------|----------|
| BLIZZARD | FIREPLACE | PLOW |
| BOOTS | FROSTY | SCARF |
| COAT | HAT | SHOVEL |
| COOLA | ICE | SKIING |
| COLD | ICICLES | SLEDDING |
| DECEMBER | JANUARY | SNOW |
| EARMUFFS | MARCH | SWEATER |
| FEBRUARY | MITTENS | WINTER |



5 REASONS TO GO TO COLLEGE

1. MAKE MORE MONEY



2. KEEP YOUR JOB- COLLEGE GRADUATES ARE LESS LIKELY TO BE FIRED



3. BUILD NETWORKS THAT HELP YOU GET AND KEEP A JOB

4. LIVE A LONGER AND HAPPIER LIFE



5. START A TREND! IF YOU GO TO COLLEGE, YOUR FAMILY MEMBERS ARE MORE LIKELY TO EARN A COLLEGE DEGREE.

BRAIN TEASERS



1. What five letter words becomes shorter when you add two letters to it?
2. What comes next in the letter sequence D R M F S L T _
3. How many times can you subtract the number 2 from 50?
4. Without it I am dead. If I am not, then I am behind. What am I?
5. If you wrote all of the numbers from 300 to 400 on a piece of paper, how many times would you have written the number three?
6. How much dirt is in a hole that is 3 feet deep and 6 inches in diameter?
7. When can you add two to eleven and get one?
8. A person went to a party, drank some punch, and left early. Everyone else got sick after drinking the punch. Why?
9. What makes more as you take them?
10. What is black when you get it, red when you use it, and white when you are through with it?

Check your answers on the bottom of the next page

TIPS FOR FIRST GENERATION COLLEGE STUDENTS

Are you a first generation (first gen) college student? If your parents do not have four year bachelor's degrees, then you are first gen. First generation college students don't have the added benefit of having parents who know how to navigate the road to college. That can lead to stress and uncertainty, but with a little preparation it doesn't have to.

Tips for first gen students:

- Start building a support network now and reinforce it in college. Join clubs and study groups, make (college bound) friends, talk to teachers and professors, get involved.
- Remind yourself that you belong in college
- Visit college campuses- there are many in the Baltimore area: CCBC, Morgan, Bowie, Goucher, Towson, etc. (Look for upcoming ETS College tours)
- Figure out your career interests now. Take your Traitify inventory, volunteer, or intern. Try new things and narrow your future career list.
- Use your resources. Ask for help, seek out counseling services, get a tutor, go to the writing center
- Start looking for scholarships ASAP- There are many for first gen students
- Start a savings account
- Read *Grit: The Power of Passion and Perseverance* by Angela Duckworth and check out her Ted Talk.

Fun Fact: former First Lady Michelle Obama was a first gen college student!

A-MAZE-ING WOMEN OF STEM: SCIENCE

NASA Scientist Jie Gong studies Earth's atmosphere. She uses data from satellites to understand where and when snow might fall. She also studies ice clouds and hail.



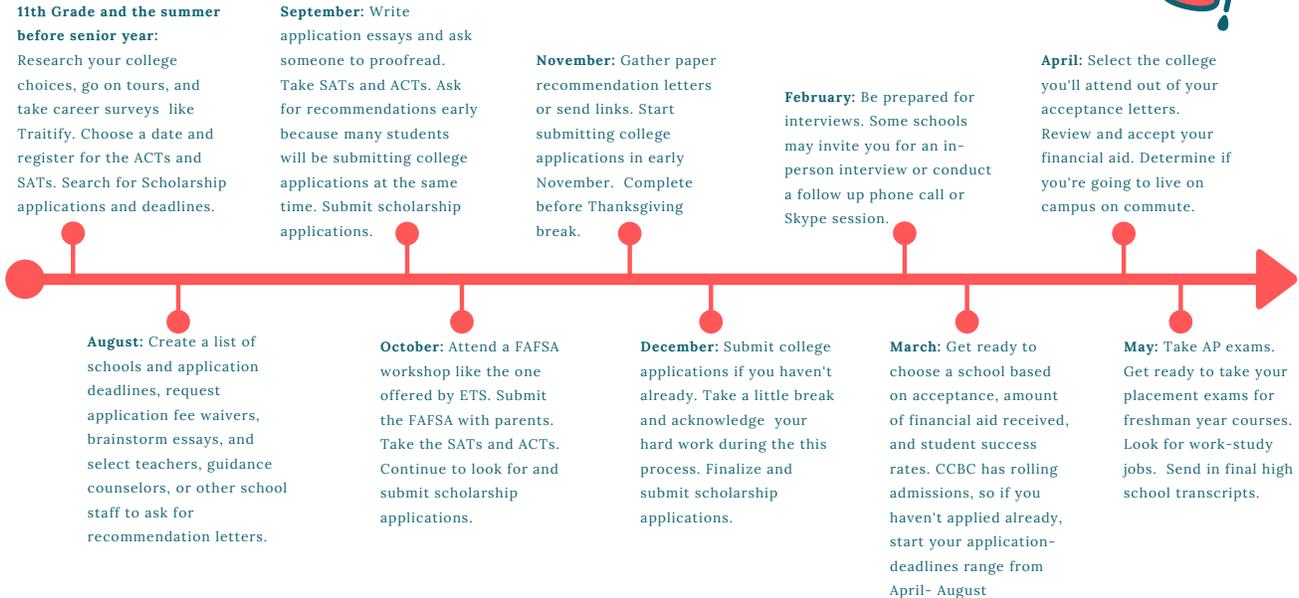
STEM stands for Science, Technology, Engineering and Mathematics.

Did you know? NASA hires about 15 different types of scientists.



Want to learn about women doing amazing things in science?

Timeline for Applying to College



Important Dates



March 1st, 2020
March 7th, 2020

State of Maryland FAFSA Deadline
GBUL and AOP College Fair at UMBC

SAT ADMINISTRATION DATES AND DEADLINES	
REGISTRATION DATE	TEST DAY
February 14, 2020	March 14, 2020
April 3, 2020	May 2, 2020
May 8, 2020	June 6, 2020

ACT ADMINISTRATION DATES AND DEADLINES	
REGISTRATION DATE	TEST DAY
January 10, 2020	Feb 8, 2020
February 28, 2020	April 4, 2020
May 8, 2020	June 13, 2020
June 19, 2020	July 18, 2020

BRAIN WORKOUT!

Say the Color of each Word!

(Don't read the word)

How Fast can you say it?

black white yellow green red blue
 yellow red black green white red
 white green red black yellow green
 black white yellow green red blue
 white green red black yellow green
 yellow red black green white red
 white green red black yellow green

Check out our website: <http://talentsearch.umbc.edu>

Answers: 1. Shorter 2. D each letter represents one note in Do, Re, Mi, Fa, So La, Ti, Do 3. Once. After that you'd be subtracting from 48. 4. Ahead 5. 120(100
 threes in the hundreds place + 10 threes in the tens place + 10 threes in the ones place 6. None! There's no dirt in a hole. 7. When you add two to 11 o'clock you
 get 1 o'clock 8. The ice cubes were tainted and melted into the punch. 9. Footsteps 10. Charcoal



UMBC

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ACADEMIC OPPORTUNITY PROGRAMS

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Spotlight on Trio Alumni

OPRAH WINFREY



Oprah Winfrey is a billionaire media executive and philanthropist. Thanks, in part, to the Upward Bound program, she attended an academically challenging high school and worked on a local radio show. After graduation, she received a full scholarship to Tennessee State University where Ms. Winfrey studied communications. During college, she went on to become a news anchor and became so popular that she was offered her own TV show. Because of the success of her TV show, she started her own production company and TV network where she remains CEO.

JOHN QUIÑONES



John Quiñones was born in San Antonio, Texas where his family survived by doing migrant farm work. At a young age his father asked him if he would rather farm or go to school and Mr. Quiñones chose school. Based solely on bias, his teachers urged him to go to trade school, but Upward bound "saved his life". The program provided him a support network, and pushed him to get his bachelor's and master's degrees. He is currently an ABC news correspondent, author, journalist, and motivational speaker.

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