

EDUCATIONAL TALENT SEARCH PROGRAM NEWSLETTER

ISSUE #1

WINTER 2017

Message From the Director

Welcome parents and students to the University of Maryland, Baltimore County's (UMBC) Educational Talent Search Program. This is our inaugural issue of the Educational Talent Search (ETS) Program Newsletter. I realize that we are a new entity within your community and we want you to know more about the ETS Program, the staff and the UMBC unit in which we reside called the Academic Opportunity Programs.

The Academic Opportunity Programs unit coordinates with departments on campus, as well as, agencies off campus to develop programming specifically designed to improve student outcomes. The activities are directed toward pre-college students who seek enrollment in post-secondary institutions. The unit houses UMBC's US Department of Education funded TRIO Programs. Currently, there are five TRIO Programs, including two Upward Bound Programs, Upward Bound Math/Science Program, Ronald E. McNair Post-Baccalaureate Achievement Program (McNair) and the Educational Talent Search Program.

The Federally Funded TRIO Programs have a long history at UMBC. The longest running program is Upward Bound which was initiated in 1989. It is an educational program for high school students.

In 1992, both the Upward Bound Math/Science and the McNair Programs began. The Upward Bound Math/Science Program is for high school students, however, McNair is an undergraduate program for students attending UMBC. Educational Talent Search is the newest program to join AOP and was awarded last year. The ETS Program includes 500 middle and high school students in the Dundalk area. Although we have significant numbers at Dundalk High, Dundalk Middle and Holabird Middle, we serve the Baltimore County schools in this area. Our School Liaisons are Mr. Shawn Tormey at Dundalk High, Mr. Brian Oliver at Dundalk Middle and Ms. Andrea Telford at Holabird Middle.

The University of Maryland, Baltimore County is a young institution of 51 years located in the Catonsville area. It is a dynamic public research university integrating teaching, research and service to benefit the citizens of Maryland. Most of you know it is an Honors University and, as such, the campus offers academically talented students a strong undergraduate liberal arts foundation that prepares them for graduate and professional study or entry into the workforce and community service and leadership. community service and leadership.

"We look forward to connecting with parents, as well as, the students in our program over the upcoming months. This is an exciting time for us as we venture into the future of building this program and providing community support for all ETS student to pursue post-secondary education"

- Katrina Concholar

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Contact US

Give us a call for more information about our services.

*Some days we frequently work out of the office. Feel free to leave a voicemail message and we will return your call.

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Time Management Tips for Teens

By Mr. Kaminski

How many times have you sat down at your computer to start working on a paper and you have no clue how to begin? Maybe you are not entirely confident in the subject matter, so you feel that you should do a little research first. However, before you start your research, you decide that you want to check your Facebook page to see if anyone has commented on that selfie that you uploaded earlier. Then you remember that the new Star Wars movie comes out this weekend so you decide to look up movie times. Oh by the way, your paper is due tomorrow afternoon. If this sounds like a situation that you are familiar with, then you, my friend, have poor time management skills.

Outlined are seven simple steps to help you enhance your management skills so that you can make the most of your time. Whether you are studying for an exam, writing a paper or trying to understand your math homework, these best practices should help keep you on track. As a bonus, included is an app for each step to help you manage your time. So rather than open up Facebook or Instagram, opt for one of these free educational apps instead!

1. *Plan Ahead* - Attack all of your projects with a game plan in mind. Before you get to work, take some time to brainstorm and strategize. Map out things that you need to accomplish and give yourself a time frame to finish each task. Whether you are planning your week or trying to tackle an essay question, know how you will start and where you will end. It is ok if you change your plan along the way, but having some structure will help to keep

you on task.

Helpful App: *todoist*

2. *Prioritize* - In order to get a better grasp on time management, you must be able to prioritize essential tasks. Prioritizing separates the must-do tasks from the things that can wait. Make a list of tasks that you need to complete. Include anything that you would like to have accomplished within a specific amount of time. Now, next to each task, write either a number one, two, or a three. Write a number one next to tasks that absolutely must be completed. These are tasks that have strict deadlines and will have the biggest impact on you, such as a college application deadline. Place a number two next to tasks that you would like to get done, but you have a little more time to complete. Place a number three next to items that you would like to do, but are not necessarily important, such as going to see a movie. Make sure all tasks marked with a one are complete before number two tasks and so forth.

Helpful App: *My Life Organized*

3. *Identify Spare Time* - One thing that everyone has in common is that we all get 24 hours in a day. How you use each one of those hours is up to you. Try to identify spare time in your day that could be used more productively. For example, if you ride the bus to and from school, use this time to catch up on some reading. Anytime that you feel you are bored or have nothing to do, see if you can spend a few minutes completing a high-priority task... even if it's just a quick brainstorming session. **Helpful App:** *Rescue Time*

4. *Time Yourself* - One of the simplest, but most effective time management techniques used by students and professionals alike, is to set a timer and get to work. This technique is known as the pomodoro technique. The idea is to take a large task or series of tasks and break the work down into short, timed intervals

that are spaced out by short breaks. For example, if you are working on a report, set a timer for 25 minutes and focus 100% of your attention to doing nothing but work. Once the timer goes off, set the timer for 5 minutes and use this time to relax and give your brain a rest. Send texts, check your emails, but once the timer goes off, reset it again to 25 minutes and get back to work. Repeat these steps until your work is complete. Imagine that you are in a mental race and you are doing short, quick sprints in order to reach the finish line.

Helpful App: *Focus Booster*

5. *Don't Get Sidetracked Studying Online* - When studying or working on homework, it can be very easy to get sidetracked doing something less important. We have all been in the middle of researching a topic online, but then suddenly we find ourselves checking the weather, looking up a recipe, or some other trivial task that can wait until later. If you find yourself being easily distracted while studying, then make a note of the websites that are distracting you and make them wait until after you are done working or studying. Check back in with your priorities list frequently to remind yourself what is most important. **Helpful App:** *Pocket*

6. *Make A Dedicated Study Time* - Create a time for yourself to sit down and focus only on one specific task or project. Turn off the TV, silence your phone and ask your friends and family not to bother you during this time (nicely). Schedule a start and end time where you will make a promise to yourself to focus on nothing else but the task at hand.

Helpful App: *Focus@will*

7. *Get Plenty of Sleep* - Your body and brain need a good night's sleep in order to perform at their peak. Understand that if you have a big test in the morning, then you will need to go to bed early to feel fully refreshed and energized when you wake up. Teenagers and young adults need about 8 hours of sleep each night to function best. Also, to ensure that you are not rushing around in the morning

Understanding Money

By James Glover

There are many things that can be done to build an understanding of students' knowledge of money. The following are tips for you and your parents to consider:

Savings Account – Opening a savings account is a great way to get exposed to saving and budgeting.

The allowance a student receives can be deposited or withdrawn giving him or her basic understanding of how a savings account works.

Budgeting – Students will need to

know how to develop and maintain a budget. Parents can introduce students to budgeting by demonstrating a sample or real household budget. Parents can show how much it cost for insurance, water, electricity/gas, telephone, cable/internet, groceries and car payments to name a few. You need to understand that all these items must be tracked and managed. So learn how to document, or log, expenses and how to match these expenses against the income earned.

Jobs – Students should be encouraged to seek employment especially during summer and non-school timeframes. Having a job will give you, the student, an understanding of earning income and how taxes work along with a sense of pride.

This will also tie back to saving and budgeting money.

Credit Cards – Card cards can be used to establish credit if used responsibly. Students must know how to stay in good standing. Misuse of credit cards can ruin a student's life in that they can be in debt for years. Purchases made through credit cards must be paid. Students need to understand finance charges and fees which impacts their purchases.

Debit Cards – Debit cards are a good way to manage money. They are safer than credit cards in that you cannot spend beyond your balance. You must know what your balance is and keep track of your purchased items. You should understand how to use an ATM and the fees that come

Cross Word Questions

1 Down - The fee associated with taking a college course

3 Down - a financial award that does not need to be repaid

4 Down - The fee associated with living and eating on campus

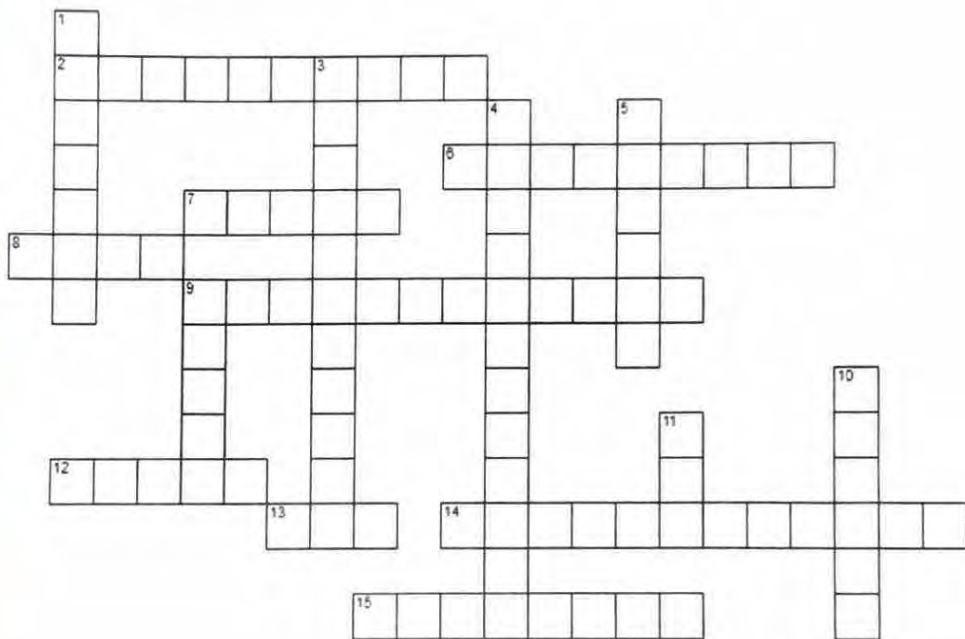
5 Down - Opposite of a private college

9 Down - The form that needs to be completed to apply for federal financial aid

10 Down - You are given this upon completion of a course of study in higher education

11 Down - Many four-year colleges will require to see your _____ score

CROSSWORD PUZZLE



2 Across - an institution that offers undergraduate and graduate degrees

6 Across - A college that offers Associate degrees – not Bachelor degrees

7 Across - your field of study during college

8 Across - A type of financial aid that must be paid back over a period of time

9 Across - Monetary support used to help pay for the cost of college. Comes in many forms

12 Across - Writing composition required for many enrollment

14 Across - one of several TRIO programs designed to expose students to the idea of attending college

15 Across - The latest date in which you may submit an application

Meet The Team: Program Advisors

Brent Kaminski



FUN FACTS

Mr. Kaminski is an avid sports fan and loves Raven's football and Oriole's baseball. In his spare time he plays several sports in local, social leagues including football, kickball and volleyball. In September of 2015, Mr. Kaminski moved to the Dundalk area with his wife and two dogs.

Brent Kaminski joined the Educational Talent Search Program in February. He grew up in the waterfront community of Bowleys Quarters, Maryland. It was there where he developed a love for boating and Maryland steamed crabs. He graduated from Eastern Technical High School in Baltimore County. After high school, he decided to concentrate on what he considers to be his great passion in life, music. Mr. Kaminski enrolled in Music Business and Music Production courses at the Community College of Baltimore County. After two semesters, he decided to focus more on business and changed his major to Business Administration. During his time at CCBC, Mr. Kaminski discovered the true value of a community college: he was able to complete his core classes required for any college degree and experiment with different classes pertaining to his major at an affordable price. He obtained an Associate's Degree in Business Administration and transferred to the University of Baltimore.

During his time at the University of Baltimore, Mr. Kaminski was taking classes full-time, working part-time, and playing music most weekends. He graduated from the University of Baltimore in fall of 2010 with a Bachelor's Degree in Business Management. After graduating, he secured a position with a Baltimore City based E-Commerce company who owns, manages, and operates several different retail websites. He had several different roles within the company spanning sectors that include marketing, supply-chain management, asset procurement, customer relations and web development.

After several years of working in the business world, Mr. Kaminski was presented with the opportunity to join the Educational Talent Search team. This new endeavor in education has proven to be both rewarding and refreshing. He thoroughly enjoys working with students to help them reach their highest potential. He looks forward to providing the guidance and support needed by students in the Talent Search Program to help them obtain their educational goals. Mr. Kaminski's goal within the Talent Search

James Glover

James Glover was raised in New York City with four other siblings. He grew up in Queens Bridge Housing Development which is the largest public housing development in North America accommodating approximately 6,900 people. It is here that James not only had a great childhood but learned how to embrace diverse populations. James graduated from Long Island City High School.

Mr. Glover continued his education at Coby College in Waterville, Maine where he graduated with a Bachelor's Degree in History. Upon graduation, he pursued a Master's Degree from the University of Hartford in Hartford, Connecticut. During his first year at the university, he was awarded an internship in the town of West Hartford, Connecticut where he was introduced to the Department of Human Resources. James graduated from the University of Hartford with a Master's Degree in Public Administration. As time went on, Mr. Glover became interested in technology and aspired to learn more about Information Systems. He enrolled at Bowie State University. Hence, he graduated from Bowie with a Master's Degree in Management Information Systems. This allowed him to expand his career in Human Resources Information Systems (HRIS).

Mr. Glover obtained job opportunities in multiple organizations and gained a wealth of experience in Human Resources and Information Technology. He worked for the University of Bridgeport, the Washington Suburban Sanitary Commission, Computer Sciences Corporation, Dimension Health Corporation, Riggs Bank, Intervise Consultants, at Howard University as the Director of HRIS and SAIC as a Business Systems Analyst. Mr. Glover currently works for the Educational Talent Search Program. He manages and ensures the integrity of student data and produces required reports. James also serves as a student advisor and counselor in support of the needs of the students enrolled in the program.

Mr. Glover was also exposed to Skiing. He was a member of the Black Ski organization and served as the Youth Director for many years. He has introduced



FUN FACTS

Mr. Glover has played basketball throughout his childhood. While in high school, he had played three years on the varsity team. During his senior year he was named team captain. In college, he played all four years and was also named captain in his senior year. James played on many community teams well after his college experience.

College Money Matter

By James Glover

The cost to attend college today is unbelievably high. Unless your family is wealthy most families interested in sending their children to college will need to depend on personal savings, loans and/or grants and scholarships. There are positive and negative aspects to each of these options and each student and their family need to evaluate these options in order to strategically be prepared to make financial decisions concerning college.

Personal Savings:

Putting money away for a child's education is a good idea. It is never too late to start saving for college, however, the earlier you start, the more you will save. To make this option work, parents and students will have to make it a priority, with a consistent effort and focus on achieving established financial objectives.

It is true that the average family is in survival

mode to keep up with everyday living. The assumption is that parents have jobs that would afford them the opportunity to put money aside in savings. Unfortunately, the reality is most people are living paycheck to paycheck and struggle to keep up with necessities. Students should put away for their college education, as well. If you do not have a savings account at a bank or credit union, get one over the holidays.

Loans:

Loans are a viable option for students and parents to consider. All students should apply for federal financial aid through the Free Application for Federal Student Aid (FAFSA). These programs authorized under Title IV of the Higher Education Act provide grants, loans and/or work-study funds from the federal government to eligible students enrolled in college or career school. A federal student loan is borrowed money that must be paid back. Seriously consider the amount you borrow – you should only borrow what is needed, not always what is being offered. Remember, the interest that accumulates with loans for two to four years can amount to a very large

sum. With the price of a four-year education today, a student can find himself or herself owing a great deal of money.

Grants and Scholarships:

These are the most favorable options because these awards are, basically, free money - which does not require repayment. The more grants and scholarships a student is awarded the less debt he or she will accumulate – if any. Especially students, as well as their parents, must take this option very seriously. This could allow a student to pursue his or her career and future aspirations without the frustration, stress and worries of debt.

This option requires dedication, hard work and an organized effort to obtain your desired results. Competing for these awards range from simple/easy to frustrating and possibly time consuming. However, understanding the process and having prepared documents gets easier over time. Starting early, such as eighth or ninth grade, will help the student learn the process and enhance their ability to secure scholarships. As a result, a student will become better at searching and applying. The time invested in this option could

SAT Dates and Deadlines

www.collegeboard.com

Test Dates	Registration Deadline Regular	Registration Deadline Late (a fee applies)
March 10	February 9	February 28
May 5	April 6	April 25
June 2	May 3	May 23

ACT Dates and Deadlines

www.act.org

Test Dates	Registration Deadline Regular	Registration Deadline Late (a fee applies)
February 10	January 12	January 13-19
April 14	March 9	March 10-23
June 9	May 4	May 4-18
July 14	June 15	June 16-22

BRAIN TEASER

Hint: Start with one. There's one 1, there's two ones



How many ones are there in this picture?

1

11

21

1211

111221

312211

13112221

?

Have you considered volunteering? Or perhaps your parent has volunteered you to help out with a project where you worship or with a specific organization. If you participate in the Boys or Girl Scouts, you have volunteered. Although, doing chores around the house, yard work or watching your younger siblings without pay is not considered volunteering. Volunteering is when you give of your time and sometimes your talent for a greater good and you do not receive any compensation – and this means money or reward. However, you may feel really good afterwards. You should get into the habit of volunteering. And, do you know why? It is a great thing to do. There are other benefits, too. In high school, you are required, by the state of Maryland, to do 75 hours of volunteering in order to receive a diploma. This is probably not an exciting reason to volunteer. However, just imagine you are volunteering at the Humane Society or Maryland Society for the Prevention of Cruelty to Animals (SPCA). It is here that you discover a deeper purpose for your life and choose to become a veterinarian. Wow, what a discovery that would be! If you do not know what you want to do when you grow up, this is a great way to observe several different careers to help you get some idea of what a day in the life of that profession would be.

BRAIN TEASER

I have a 5 scoop ice cream cone. Each of my 5 scoops is a different flavor of ice cream. The five flavors are blueberry, chocolate, strawberry, vanilla and bubble gum. You don't know what order my ice cream flavors are from top to bottom.



However, here are some clues to see if you can figure out what flavors are from top to bottom:

1. The bottom flavor has 10 letters.
2. The vanilla scoop touches both the chocolate and blueberry scoop.
3. Vanilla is below the chocolate scoop but above the bubblegum scoop.

Can you apply some logic (you must write out each logic step in order - the more efficient, the more elegant the solution) to figure out the order of scoops by flavor?

What's That Word?

Word Jumble Puzzle

Instructions: unscramble the letters to produce the correct word

telnat =	
caresh =	
gramorp =	
macadeci =	
uradigaton =	
legocel =	
ruvisityne =	

Do you have...

a sibling in 6th – 12th grade who is not in the Educational Talent Search Program? Why? We want your sister or brother to receive college and university field trips, as well as, cultural events and workshops. It is time to get them enrolled. Tell your parent to go to our website and download our application and fill it out. Turn in completed applications to your school's Guidance or Counseling

Director of UMBC Educational Talent Search



Family of Katrina Concholar

Meet The Director

Katrina Concholar is the Director of the University of Maryland, Baltimore County's Educational Talent Search Program. This is a new, Federally Funded TRIO Grant which has been awarded for a minimum of five years.

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 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 with 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

Did you know?

- ☑ Before you start your homework, you should make a plan to do the most important things first
- ☑ You should do ALL of your homework, and do extra credit whenever you get the chance

SPOTLIGHT ON TRIO ALUMNI

FRANKLIN CHANG DIAZ

Franklin Chang Diaz is a Costa Rican-American mechanical engineer, physicist, and former NASA astronaut. He is the founder, president and CEO of Ad Astra Rocket Company as well as a member of Cummins' board of directors.

He became an American citizen in 1977. Chang Diaz is a veteran of seven Space Shuttle missions, making him the record holder as of 2016 for the most spaceflights. He was the first Latin American to go into space. Chang Diaz is a member of the NASA Astronaut Hall of Fame.



NASA Astronaut

He attended the University of Connecticut, where he earned a Bachelor of Science in Mechanical Engineering and joined the federal **TRIO Student Support Services Program** in 1973. For his graduate research at MIT, Chang Diaz worked in the field of plasma-based rocket propulsion.

VIOLA DAVIS

Viola Davis is an American actress and producer. She is the only black woman to be nominated for three Academy Awards, winning one, and is the only black actor to win the Triple Crown of Acting.

In 2012 and 2017, she was listed by *Time Magazine* as one of the 100 most influential people in the world. Since 2014, Davis has played lawyer Annalise Keating in the ABC television drama *How to Get Away with Murder*, and in 2015 she became the first black woman to win the Primetime Emmy Award for Outstanding Lead Actress in a Drama Series.



Actress

During high school, Davis participated with the federal **TRIO Upward Bound Program**. Davis attended Rhode Island College and the Julliard School. She was a participant of the federal **TRIO Student Support Services Program**.