It seems like just yesterday that we were packing each of you up and sending you home to relax a bit before the start of the academic year. In no time flat, it’s time to get things moving again! By now, each of you is well involved in your school year and we are ready to focus our “Mindsets” on mastery for the upcoming year.

As in previous years, the UBMS family will continue our summer theme of “Consciousness” into the academic year. We will also dive deeper into our texts for the year, Mindset, Outliers and the Omnivore’s Dilemma. If you didn’t have a chance to read your selected text, please do so. If you were an academic year only student and didn’t receive a book, contact the office ASAP to get one!

We will begin the Leadership Academy by evaluating and assessing how we can learn to fulfill our potential. This is best done via keen self-insights and introspection. The planned activities for the Leadership Academy will include our Saturday morning “Preparing Ourselves for Purpose Sessions” (POPS), Academic Strength Trainings (AST), Campus Visits, Community Service Projects and even a few social or cultural events. Our goal is to help you prepare for the next level while experiencing success at the current one. Students, who reside outside of Wichita and surrounding areas, are welcome to join the fun via Google Hangouts. As always, stipends will be awarded for those students whose participation is above 75%.

I look forward to seeing you each soon! Look for Facebook announcements and opportunities to RSVP.

Ready for the best year yet!

Mama Morgan

**Words from the Director Kaye Monk-Morgan**

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- ACT & SAT Prep, p2
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**Important Dates**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>Sat, Sept 17th</td>
<td>Second Chance ORIENTATION at WSU</td>
<td>8:00AM to 8:55AM</td>
<td>Brennan Hall I, Room 114</td>
</tr>
<tr>
<td>Sat, Sept 17th</td>
<td>POPS &amp; Study Buddies at WSU</td>
<td>9:00AM to 12:15PM</td>
<td>Brennan Hall I, Room 114</td>
</tr>
<tr>
<td></td>
<td>ACT Prep</td>
<td>12:30PM to 1:30PM</td>
<td>Brennan Hall I, Room 114</td>
</tr>
<tr>
<td>Wed, Sept 21st</td>
<td>FAMILY NIGHT at WSU</td>
<td>6:30PM to 8:00PM</td>
<td>RSC, Room 142</td>
</tr>
<tr>
<td>Sat, Oct 1st</td>
<td>POPS &amp; Study Buddies at WSU</td>
<td>9:00AM to 12:15PM</td>
<td>Brennan Hall I, Room 114</td>
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<td></td>
<td>ACT Prep</td>
<td>12:30PM to 1:30PM</td>
<td>Brennan Hall I, Room 114</td>
</tr>
<tr>
<td>Thur, Oct 6th</td>
<td>AST at WSU</td>
<td>5:00PM to 6:30PM</td>
<td>Brennan Hall I, Room 114</td>
</tr>
<tr>
<td>Sat, Oct 15th</td>
<td>POPS &amp; Study Buddies at WSU</td>
<td>9:00AM to 12:15PM</td>
<td>Brennan Hall I, Room 114</td>
</tr>
<tr>
<td></td>
<td>ACT Prep</td>
<td>12:30PM to 1:30PM</td>
<td>Brennan Hall I, Room 114</td>
</tr>
<tr>
<td>Wed, Oct 19th</td>
<td>FAMILY NIGHT at WSU</td>
<td>6:30PM to 8:00PM</td>
<td>RSC, Room 142</td>
</tr>
<tr>
<td>Fri, Oct 21st</td>
<td>Campus Visit</td>
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</table>

**Check Your Mail or Facebook for Invites**

**Response Required**
"How is Your Attitude?"

It is time! It is time for the TRIO UBMS Academic Year to get started! I know that all of you are off to a tremendous start of your semester/school year. As you have settled in by now, I want you to reflect on an Academic Strength Training topic we discussed over the summer and we will apply that to this school year.

For those students who were not able to attend, the first topic we discussed in Academic Strength Training during the summer was ATTITUDE. This has been a consistently low area of students throughout the years in the Learning and Study Strategies Inventory (LASSI). Attitude is described in the LASSI as:

‘The attitude scale assesses students’ attitudes and interest in college and academic success. It examines how facilitative or debilitative their approach to college and academics is for helping them get their work done and succeeding in college. Students who score low on this scale may not believe college is relevant or important to them and may need to develop a better understanding of how college and their academic performance relate to their future life goals.’

With that being said, our attitudes and what can affect our attitude can play a major role in our everyday lives. Think about what are the top 3 things that cause you to have a bad attitude at school? Some prime examples being: those pesky slow walkers in the hallway or the classmate that talks too much in class. Now, think about what are the top 3 things that cause you to have a bad attitude at home? Examples of this being: someone eating that meat-lovers pizza you did not finish last night that you were craving all day at school or your sibling always having control of the remote for the living room TV.

It turns out that many examples that can be stated for the mentioned questions all have to do with something that is out of your control. Many factors that can affect your attitude and your perception on yourself can include negative people, socio-economic status, health, challenging course material, and even the media. It is impossible to change all aspects of the environment around you, but you can do something to change your attitude. Even though things around you can get rough, refuse to be influenced and controlled by them.

Make the decision today, if you have not, to continue to work to change your attitude for the better and to start tackling the issues that are getting you down. By having a better attitude and a better outlook for yourself, you will come to realize more that you are on the right path and that you will one day be a successful college graduate with a great career!

"Never let the odds keep you from doing what you know in your heart you were meant to do."  – H. Jackson Brown, Jr.

It is going to be a great year!

Devon Lockard, Assistant Director

HAPPY BIRTHDAY to YOU

☆ Brenda Le, September 5th
☆ Jovanna Joyce, September 7th
☆ Cameron Morgan, September 9th
☆ Roy Flores, September 13th
☆ Jonathan Perez, September 13th
☆ Cristian Marquez, September 16th
☆ Tiffany Bass, September 20th
☆ Megan Lara Alvarado September 24th

PIZZA

Don’t forget to support UBMS when ordering PAPA JOHN’S ONLINE.

Promo Code: WSU03a
*20% off Entire Order
*10% of proceeds come back to UBMS in order to fund field trips
*Offer available with online orders only through all Wichita locations.

ACT & SAT PREP

Solid ACT and SAT test scores are important for college admission. The UBMS Center wants to support your college planning process by providing you with tools to improve your scores. All UBMS juniors and seniors are invited to participate in Test Prep activities held at the conclusion of POPS. All students will be provided with a TEST PREP TEXT.

Additionally, each student should download at least one TEST PREP app to your digital device for daily use. Please see the list below:

ACTStudent & ACT McGraw Hill: Available for: iPhone® and iPod Touch® Cost:FREE

Download from: iTunes or Google Play
Created by the ACT, this application helps students prepare with practice items, scores and feedback to answers. A link to the ACT’s mobile site offers answers to FAQs about the test.

SAT Score Quest™ by The Princeton Review & The Official SAT Question of the Day
Available for: iPhone® and iPod Touch® Cost:FREE

Download from: iTunes or Google Play
Using ShowMe technology, a Princeton Review tutor explains sample question solutions. This application also includes 45 extra questions with a score report, 15 Core Concept lessons, voice recordings and more. Each Day you will receive question each day from all three sections.

ACT DATES AND WAIVERS

All UBMS Seniors should work with Mr. Lockard to sign up for either the October or December ACT test if you would like to retest. DO NOT TEST ANY SOONER!

- If you are working to improve your ACT score for ADMISSION, consider taking the October test.
- If you are trying to improve your score for SCHOLARSHIP purposes, you can wait until December. The registration deadline for the October 22nd test is September 16th and registration deadline for the December 10th test date is November 4th.
- ALL UBMS test takers should be registered at least a month prior to the registration deadline. If you are eligible for a test waiver, Mr. Lockard will get you one. Please remember that you can only use two waivers, EVER. If you took the ACT this summer you may have used one waiver. Please check with your home TRIO program and the UBMS office regarding this matter.
- Remember to list UBMS as one of the options for sending your scores. Insert the number 5882 in the first box on page 1 of the application. Those of you interested in attending WSU should also add #1950 as a choice.

SAT Dates and Waivers

All UBMS seniors took the SAT this summer. Select students might consider retaking this exam opposed to the ACT. Please schedule a conversation with Mr. Lockard to see if you are one such student. Mr. Lockard will work with students to get test waivers and to handle registration. Students should be registered by November 5th for the December 5th test.
To participate, you must:

- Have a 3.50 grade point average OR earn a 27 or higher composite on the ACT or a 1210(taken February 2016 or earlier) or 1280 (taken March 2016 or later) on the SAT (critical reading and math sections only) OR be in the top 10 percent of your senior class

AND

- Be admitted to WSU by Oct. 15, 2016. Students should visit wichita.edu/apply to complete the admissions application.
- Submit scholarship competition materials by Nov. 1, 2016.
- Visit wichita.edu/scholarshipcompetitions. Let Mrs. Morgan know if you plan to apply!

**STEM CAREER**

**PHYSICAL THERAPY/ THERAPIST**

- Number of Jobs 210,900
- Annual Median Salary $80,150 ($38.54/hour)
- Unemployment Rate 2.7%

Occupational therapists treat injured, ill, or disabled patients through the therapeutic use of everyday activities. They help these patients develop, recover, and improve the skills needed for daily living and working. A few tasks of the Occupational therapists day looks like the following:

- Review patients' medical history, ask the patients questions, and observe them doing tasks
- Evaluate a patient’s condition and needs
- Develop a treatment plan for patients, identifying specific goals and the types of activities that will be used to help the patient work toward those goals
- Help people with various disabilities with different tasks, such as teaching a stroke victim how to get dressed

- Demonstrate exercises—for example, stretching the joints for arthritis relief—that can help relieve pain in people with chronic conditions
- Recommend special equipment, such as wheelchairs and eating aids, and instruct patients on how to use that equipment.

**WORK ENVIRONMENT**

Industries most occupational therapists are employed in include:

- Hospitals
- Offices of physical, occupational & speech therapists
- School
- Nursing care facilities
- Home healthcare services

**EDUCATION**

Most occupational therapists receive their bachelor’s degree with specific coursework that includes biology and physiology and continue on to obtain a master’s degree in occupational therapy. Occupational therapist must be licensed.

Master’s programs usually take 2 to 3 years to complete; doctoral programs take about 3 years. Some schools offer a dual-degree program in which the student earns a bachelor’s degree and a master’s degree in 5 years. Part-time programs that offer courses on nights and weekends are also available.

Both master’s and doctoral programs require at least 24 weeks of supervised fieldwork, in which prospective occupational therapists gain clinical work experience.

**JOB OUTLOOK**

Employment of occupational therapists is projected to grow 27 percent from 2014 to 2024, much faster than the average for all occupations. Occupational therapy will continue to be an important part of treatment for people with various illnesses and disabilities, such as Alzheimer’s disease, cerebral palsy, autism, or the loss of a limb.

The need for occupational therapists is expected to increase as the large baby-boom generation ages and people remain active later in life. Occupational therapists can help senior citizens maintain their independence by recommending home modifications and strategies that make daily activities easier. Therapists also play a large role in the treatment of many conditions and ailments commonly associated with aging, such as arthritis and stroke.

**SIMILAR OCCUPATIONS (Education Level)**

- Athletic Trainers (Bachelor’s)
- Exercise Physiologists (Bachelor’s)
- Recreational Therapists
- Speech-Language Pathologists