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# Educational Talent Search



## Humboldt State University

Annual Newsletter for Talent Search Students • Parents • Community

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Fall  
2005

### Talent Search Students Attend NorCal Leadership Conference & National TRIO Day

On Feb. 5<sup>th</sup>, ten Educational Talent Search Sophomores climbed into a 15 passenger van and embarked on a whirlwind trip to Yuba College in Marysville to attend a student leadership conference followed by

mingling with 350 TRIO students from other programs such as Educational Talent Search and Upward Bound.

"It was a fantastic learning experience. That about sums it up!" – Shane Fox, Eureka High School



Talent Search Counselor, Jen Dyke with students: Rosalie Freixas, Jenny Yang, Nancy Vang, Pa Kou Yang, Shane Cox, Shane Finch, Katelyn Walsh and Andi Harrington.

National TRIO Day at the state capitol in Sacramento. Since we were in the neighborhood...students also took the opportunity to tour Chico State University

National TRIO day in Sacramento left students energized and inspired to continue their participation in TRIO programs and to take stake in their education beyond high school. TRIO day festivities included proclamations delivered by key people, student testimonies, and a full-on march around the capitol showing support for TRIO programs.

"The main highlight for me was getting up in front of 450 people at the State Capital and telling them what Talent Search means to me." -Rosalie Freixas, Eureka High School

The themes of this year's student leadership conference were:

- Triumphing in Education • Responding with Knowledge • Investing in our Future • Overcoming Barriers

Students spent the day attending a keynote address, participating in various workshops, and mixing and



Students march on the capitol in support of TRIO programs.

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## A Message from the Director



R.W. Hicks

I would like to thank you for your continued support of our ambitious but obtainable goals. I am sure that many of you are aware there are serious conversations regarding the nationwide elimination of Edu-

cational Talent Search Programs, one of the Federal TRIO Programs. And further, I'm sure you're aware that the Talent Search Program, hosted by Humboldt State University, provides services each year to over 1,000 students in the community with potential for postsecondary education.

As of this writing, there are no firm details as to our future funding. So we continue to request your support as we continue to enhance the lives of the students we serve.

Some of you have asked, what are TRIO programs? Federal TRIO Programs are educational opportunity

### Get Started Right Now!



**P**reparing for college starts earlier than ever. Make double sure that you get the help you need. Your Talent Search Counselor can help you get on the right path. It is never too late to get started and there is no time like the present. Here are some helpful hints to GET YOU STARTED RIGHT!

**6<sup>th</sup> graders** -- Pay great attention to your Core classes. This will help you build all the skills you need to advance into the upper math and science classes in 7<sup>th</sup> and 8<sup>th</sup> grade.

**7<sup>th</sup> graders** -- Make sure you take the right math and science classes so you can get into an Algebra 1 class as an 8<sup>th</sup> grader. And if you take science classes, you may be able to go directly into a Biology class your freshmen year of high school.

outreach programs designed to motivate and support students from disadvantaged backgrounds. TRIO consists of seven outreach and support programs targeted to serve and assist low-income, first-generation college potential, and disabled students to progress through the academic pipeline from middle school to post-baccalaureate programs. Beginning in 1965, Talent Search was the 2nd TRIO program created under the Higher Education Act of 1964. The Talent Search Program identifies and assists individuals from disadvantaged backgrounds who have the potential to succeed in higher education. Talent Search also serves high school dropouts by encouraging them to reenter the educational system and complete their education. I hope this information is helpful.

Please feel free to contact us if you feel this is important work, and as always, we truly appreciate your support.

Sincerely,



R. W. Hicks, Director  
Educational Talent Search

**8<sup>th</sup> graders** -- Take Algebra 1 this year!! This will allow you to take geometry in 9<sup>th</sup> grade and you can get a jump on your math requirements. What if you don't like math or you aren't good at it? That is all the more reason to take it early. That way you have more time to absorb and learn the information that you'll need for the tougher classes.

**9<sup>th</sup>-12<sup>th</sup> graders** -- If you are not aware of the classes you need to be eligible for college, talk to your Talent Search counselor. She can help you plan your schedule so that you meet those criteria. There are some very important points about the 15 units called A-G requirements that you need to understand. There are certain classes that can count for the college prep elective requirement. If you want or need help determining which classes count, as your counselor or log on to [www.assist.org](http://www.assist.org) and it will guide you through which classes count.

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## Ice Cream Social a Big Hit



*Clowning around at the Ice Cream Social*

Family time is good time and that's what the Ice Cream Social is all about. On November 13, 2004, Talent Search students, family, and friends spent the day enjoying time together on the HSU campus, being artistic, painting faces, playing games, taking campus tours, learning

how to take full advantage of the Talent Search Program and, of course, eating ice cream. Parents and students took home valuable information about colleges, effective study skills, financial aid information, and career options for themselves and their family members.

If you weren't able to attend last year's event, you have another chance. The 2005 Ice Cream Social will be on November 5th. But until then, check out these photos to see what you missed and we hope to see you here this November!



## Study Skills Workshops Teach Time-cutting Tips

Each year, Talent Search counselors provide students with study skills information and activities that will enhance their knowledge of how they learn, and how to study and retain information more effectively. While some students have learning styles that neatly fit with the way they are taught, others do not. As homework increases and studies become more complex, students often find themselves facing difficulties in one or more subjects.

If your student would like to learn more about her/his learning styles and study skills, please contact our office for a referral to a tutor at their school site and/or their Talent Search counselor, and don't forget to attend this year's Study Skills Workshop. Learning in step with your own learning styles and improving study skills can make a big difference.

## College Preparation Checklist For Middle School Students

It's never too early to start thinking about academic preparedness. Here are a few things you can do to get ready for college now.

- Develop strong study skills
- Take challenging classes in English, math, science, history, geography, and foreign language.
- Start thinking about which high school classes will best prepare you for college.
- Start saving money to supplement financial aid awards.
- Start a portfolio of all of your awards, club activities and volunteer work.

## Talent Search 8th Graders Earn Scholarships!

Did you know that Talent Search students as early as the 8th grade are being awarded scholarships for college! It's true. Four Talent Search students received scholarships worth \$2000 each. Last year's scholarship recipients were Earl Dippre of Sunny Brae Middle School, Valli Doiron of Trinity Valley Elementary School, Emily Jasmosz of Peninsula Union Elementary School, and Keng Vang of Winship Middle School. You may ask, "what do I need to do to get one of these scholarships?" Well first, you need to be a Talent



Emily Jasmosz of Peninsula Union Elementary School

Search student, get good grades, and participate in all of the Talent Search workshops and activities at your school. If you do these things, you have a good chance of receiving this great scholarship. Students who receive the scholarships will have the proceeds placed on deposit. Access to their funds will be made available upon entering college. That's the information. So keep the grades up and go to those Talent Search activities. The next eighth grade scholar may be **you!**



Keng Vang of Winship Middle School

## McKinleyville High School Hosts International Curriculum in Special Program

Students at McKinleyville High School who are interested in cultures around the world have the opportunity to take a series of courses in their junior and senior year that would enable them to study curriculum that is being taught worldwide. The International Baccalaureate Program is designed for highly motivated students aged 16 to 19. It is a demanding college-preparatory course of study like AP classes, which leads to examinations. Students receive the IB diploma upon successful completion of the program. IB diploma holders have access to the world's leading universities.

The program is a comprehensive two-year international curriculum, available in English, French, and Spanish. Students who start the program in their home country are able to transfer to other IB schools in other countries. This benefits students interested in a foreign exchange year, for example, who go to another community in another country with an IB program in the high school.

The program was established to provide common curriculum and university eligibility for students moving from one country to another, but international educators also considered the idealistic vision that students should share an academic experience that would emphasize critical thinking, intercultural understanding

and exposure to a variety of points of view.

Students must be in the 11<sup>th</sup> and 12<sup>th</sup> grade to be admitted into the IB program at McKinleyville High, but need to take a pre-IB schedule of classes as 9<sup>th</sup> and 10<sup>th</sup> graders if they are interested in participating. This preparatory program is almost identical to the A through G requirements of a four year university.



The McKinleyville High IB program students took a memorable trip to Europe in the spring of this year. They were able to visit London, Paris, Florence, and Rome. Their stay in Rome happened to be when the late Pope John Paul was lying in state before his funeral mass, and many of the students and chaperones stood in line throughout the night to view his body.

If you are interested in more information about this program, Mr. Bareilles is the McKinleyville High School IB Coordinator and can be reached at 839-6492, or emailed at [jbareilles@nohum.k12.ca.us](mailto:jbareilles@nohum.k12.ca.us). The McKinleyville High School website has an "IBO" button you can click to find information about the program and has links to the International Baccalaureate Organization's official website, [www.ibo.org](http://www.ibo.org), and other information about course descriptions and potential schedules for IB students.

## The Parent Corner by Barbara Cook

**Teens Need More Exercise** -- The medical community has been sounding the alarm: America's kids are in worse physical shape than they were 20 years ago. This is particularly appalling since overweight teens often grow into overweight adults, and overweight adults develop more heart disease, diabetes, gout, and arthritis. The *New England Journal of Medicine* reported that obese teenagers in the top 25 percent of their weight categories have twice the death rate in their 70s as men and women who were thin as teens.



Who is it that is going to step in and prod teens off those cushy couches? That's right: It's up to us, as parents, to help them find ways of living a healthy lifestyle. But where do we start?

**Ten Arguments for Exercising** -- Teens are great at coming up with reasons not to exercise, so be ready to give them incentives to get fit. Here are 10 pro-exercise arguments to present to your teen:

10. Running and walking are convenient. All you have to do is walk out the door and put one foot in front of the other.
9. Running doesn't cost much. Splurge on good running shoes, but go the cheapo route for shorts, t-shirts, and sweats.

8. Your heart becomes more efficient at pumping blood and oxygen through your body every time you exercise aerobically. You'll think more clearly, get better SAT scores and maybe even ace that chemistry exam.

7. It's an awesome time to chat with friends. (And talking slows your pace, so you'll exercise longer.)

6. It's a perfect time to be alone and think. You'll be blown away by the creative thoughts -- ideas for school papers, ways to end that fight with your best friend, and what to say to that cute kid in English class.

5. The benefits of cross-training extend to all sports you do. Aerobic exercise conditions your body to perform longer, faster, and more efficiently.

4. The more exercise you do, the more energy you'll have for hours afterwards.

3. It makes you feel great physically. The progress is truly dramatic! Every time you work out, your muscles develop strength and power. Your lungs hold mega amounts of oxygen.

2. It makes you feel good mentally.

1. Aerobic exercise, especially running, can demolish feelings of depression and frustration. After 20 or more minutes of continuous slow running, your body releases powerful hormones called endorphins that start pumping through your bloodstream, producing a strong "runner's high" that does wonders for your

## SAT or ACT? Which Is For Me?



The two assessments designed to measure a high school senior's ability to succeed in college level coursework are known as the SAT and the ACT tests. One or the other of these test is required by most four year colleges. Colleges on the east and west coasts prefer their students take the SAT, while colleges in the middle of the country prefer their students

take the ACT; but both tests are accepted by nearly all colleges and universities. Both tests are nearly the same length of time, but their content is different. (see chart next page.) So how does a student choose which test to take? The SAT is designed to measure how well a student can reason a problem through to the correct answer, while the ACT is more of a test on what the student has learned. Many times, a student who does well on the SAT will not score as high on the ACT test. The reverse is true as well.

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## Financial Aid Facts

Many students and parents find the financial aid process complicated. Yes, I'm afraid it can be. Three words that may help clear up part of the confusion: Need, COA (cost of attendance), and Aid. The process below should help you with some of your questions on how financial aid works.

**NEED:** College aid is tied to need -- the amount of money you'll need to go to a certain college. "Need" has two parts: What you and your family CAN afford and CAN'T afford. Colleges look at family income and certain expenses. Low income can mean you'll get aid. So can certain high expenses -- say, if the family has several children, or two students in college.

**COST OF ATTENDANCE:** College costs can be low (say, \$2400 a year) or higher (say, \$24,000). But don't rule a college out because of cost. Cost is part of your need. It works like this:

Total Costs (for living & learning)  
-What Your Family Can Pay  
 Your Financial Need

Let's say your family can come up with \$1,000 to help pay for college. At a low-cost college, your need may be \$3,000:

\$ 4,000 Total Costs  
-1,000 Family Can Pay  
 \$ 3,000 Your Financial Need

At a more costly college, your need is higher. Colleges try to meet that need:

\$ 24,000 Total Costs  
- 1,000 Family Can Pay  
 \$ 23,000 Your Financial Need

**AID:** After a college determines on your need, it decides how much aid to offer and what kind. There are four types: **Grants:** They don't have to be repaid. **Scholarships:** Based on need. They don't have to be repaid. **Work-study Jobs:** You earn money by working in, say, the college gym or library. **Loans:** From banks, the government, or colleges. Must be repaid after you graduate or leave school, but note: over a lifetime, a four year college grad earns almost \$1 million more than a high school grad. It pays to spend on education!

### SAT or ACT? cont.

Talent Search will be hosting our annual SAT/ACT Test Preparation workshop this fall on September 17, (with a follow-up on October 1). Students will take a practice test and come back in two weeks for specific feedback from a Test Prep expert from the CollegeBoard – The company who sponsors the SAT. There will also be information about taking the ACT. We expect our Talent Search juniors to take the SAT at the end of their junior year so

they can have the opportunity to take it again their senior year if they don't score as well as they would like. This workshop is free, and is open to juniors and seniors as a valuable opportunity to take the practice

#### Comparison of the SAT and ACT tests

	SAT	ACT
When is it administered?	Seven times per year.	Six times per year.
What is the test content?	<b>Math:</b> up to 9 <sup>th</sup> gr. Geometry and alg. II. <b>Science:</b> none. <b>Reading:</b> sentence completions, short and long critical reading passages, reading comprehension. <b>Writing:</b> an essay, and questions testing grammar, usage, and word choice.	<b>Math:</b> up to trig. <b>Science:</b> charts, experiments. <b>Reading:</b> four passages, one each of Prose Fiction, Social Science, Humanities, and Natural Science. <b>English:</b> stresses grammar.
How is the test scored?	200-800 points per section, added together for a combined score. 2400 is the highest possible score.	1-36 points for each subject, averaged for a composite score. A 36 is the highest possible score.
Are all scores sent to schools?	Yes. If a student requests a score report be sent to specific colleges, the report will include the scores the student received on every SAT taken.	No. There is a "Score Choice" option. Students can choose which schools will receive their scores AND which scores the schools will see.
Best time to register?	At least six weeks before the test date.	At least four weeks before the test date.

test in a similar setting as the real thing. To reserve a space, call our office at 826-4791 before the priority deadline of September 9. Bring a friend! This workshop is open to all students if they bring a completed application.

## The Namedropper

We are proud to share with you the numerous scholarships, awards, commendations and educational grants that our students received over the last academic year. The list is so extensive that we do not have space to print all of them here, so we have made an effort to represent just a few of students from the schools we serve.

### Arcata High School

**Carlos Freitas** – Arcata H.S. FFA Chapter Scholarship, S.E.S. Portuguese Scholarship; **Anna Fernandez** – B of A Award, California Scholarship Federation Life Member, Golden State Seal Merit Diploma, Williams College Quest Scholarship. **Ian Thompson** – California & Hawaii Elks Scholarship.

### Eureka High School

**Ashena Dass** – St. Joseph Hospital Auxiliary Scholarship, Eureka Rotary Scholarship, Loyal Order of the Moose Lodge #636 Scholarship. **Christina Liu** – Eureka H.S. Loggers Scholarship, Hun Kwan Goh Memorial Scholarship, Henri and Lanett Rousseau Memorial Scholarship.

### Fortuna Union High School

**Allie Matteucci** – Earl Zimmerman Memorial Scholarship, Teachers' Association Scholarship, The Jenifer Scholarship. **Brittany Cathey** – Gates Millennium Scholarship (estimated at \$42,000 over four years), National Honor Society Scholarship, California Scholarship Federation.

### Hoopa Valley High School

**Max Pole** – Gates Millennium Scholarship Nominee, President's Education Program Award, B of A Achievement in Science and Math, California Department of Education Math Achievement Award. **Roberta Chavez** – Katherine E. Jackson Memorial Scholarship, Hoopa Valley H.S. Associated Student Body Award, Hoopa Tribal Education Scholarship.

### Zoe Barnum High School

**Anthony Michael Sidoti** – Tony Del Grande Memorial Scholarship. **Sephina Vera** – The North Coast Forest Industry 2005 Highclimbers.

### McKinleyville High School

**Heather Luther** – Tinidad Civic Club Scholarship, McKinleyville Soroptimist Scholarship, Mad River Rotary Scholarship. **Brittany Callender** – Founders Scholarship, French National Honor Society Scholarship, Jan Petranek Scholarship.

### South Fork High School

**Danielle Daniel** – Benjamin Dashiell Scholarship, Kiwanis Scholarship, Bobbie Tucker Memorial Scholarship, Theta Kappa Scholarship. **Melanie Matthews** – Don DeSomery Award, B of A Plaque, Soroptimist Scholastic Scholarship, California Scholarship Federation Grads.

Congratulations to the Talent Search Senior Class of 2005!

**Students  
Wanted!**



...to take advantage of free Talent Search tutoring. Tutors focus on teaching students how to do their work. Tutors teach study skills such as reading comprehension, note taking, concentration and memory skills, and test taking hints. Tutors can pace activities to suit students. Call 826-4791 or your Talent Search Counselor.

### ***Get Started Right Now! continued***

As you can see there is a ton of stuff to take into consideration when talking about college. Did you also know that there are college entrance exams and minimum GPAs that you also need, especially if you go to a four year school? Now you know! Taking the PSAT your sophomore year in high school will give you an idea of what a college entrance exam is like and it will help you prepare to take the real test your junior and/or senior year. Each year a free SAT Prep workshop is given by Talent Search to help you boost your test taking skills.

# Educational Talent Search Newsletter 2005

For more information about Talent Search  
or to request an application to participate,  
call (707) 826-4791 or email us at  
hsuets@humboldt.edu

visit our website at:  
[www.humboldt.edu/hsuets](http://www.humboldt.edu/hsuets)

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Educational Talent Search  
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## Educational Talent Search

Talent Search is a pre-college program for 6<sup>th</sup> -12<sup>th</sup> grade students. With more than 1000 local students involved, the purpose of Talent Search is to help students improve their academic skills and attend the college of their choice.

Workshops offered at the students' schools include information on

- **College Preparedness**
  - **Careers**
  - **Study Skills**
  - **Financial Aid**

Activities include special seminars for parents, campus tours and group tutoring. Talent Search serves students who are the first in their family to attend college, and/or are income eligible. Services are offered at the following schools:

Blue Lake Elementary	Pacific Union Elementary
Eureka Adult School	Peninsula Union School
Eureka High School	South Fork High School
Fortuna Middle School	Sunny Brae Middle School
Fortuna High School	Toddy Thomas School
Hoop Valley Elementary	Trinity Valley Elementary
Hoop Valley High School	Winship Middle School
McKinleyville High School	Zane Middle School
McKinleyville Middle School	Zoe Barnum High School

Talent Search is a federal TRIO program. TRIO legislation was enacted in 1965 by Congress to provide educational opportunity for all Americans regardless of ethnicity or income.

*Serving Humboldt County since 1991.*

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