

APPLESEEDS

Director's Dispatch

HAPPY 2019!!! A brand new year has arrived, and with it comes many new opportunities for continued personal growth and development. What do I mean by this? Well, what I am saying is that starting right now, in this new year, you can begin making academic decisions about how to become a better YOU! Maybe you need to get your grades up this semester or maybe you need to focus on doing some test prep because your next ACT test date is coming up fast or maybe you need to practice better time management! These are just a few examples of academic choices that you can make now that can make a difference in your future.

Just a quick shout out to our 2019 graduates—this semester will be full of many firsts and lasts for you guys. You will find yourself very busy making important decisions for your future. This includes completing the FAFSA (Free Application for Federal Student Aid) which is the first step to getting all of the financial aid you qualify for. Remember the FAFSA opened on October 1, 2018, so if you have not already done so, make sure you get that filled out right away. Don't forget that in order to be eligible to receive the Arkansas Academic Challenge Scholarship, you have to have completed your FAFSA. So get it completed in order to make sure you don't miss any important deadlines. Also please make sure that you make time to enjoy every day of this last semester of high school, and don't be in such a hurry for it to end that you fail to make important memories!

To all of our non-seniors, keep up the hard work because your very own senior year will be here before you know it. Your work today makes an impact on your future, so keep working and doing your best.

See everyone on Monday, January 28th!



January 2019
Editor: Beka Sharp

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Save the Date: 40th Arkansas Scottish Festival

The 40th Arkansas Scottish Festival will be held April 12-14. The festival draws thousands of patrons to the Lyon College campus each year, where people enjoy piping contests, handmade crafts, tasty food, sheep dog demonstrations, and many other fun activities and sights.

APPLE Project Upward Bound's spring 2019 Saturday Session is scheduled to coincide with the Scottish Festival so that participants and their families can enjoy the festivities. APPLE UB also hosts a service project that participants will sign up to help with on Saturday, April 13, as part of the festival. Recent service projects have included selling caramel apples or sponsoring a for-fun dog show with proceeds going to organizations like Family Violence Prevention and Habitat for Humanity or assisting children in making souvenir shields.

Academic Programming Updates: Tutoring Options and Learning Lab Additions

Changes are coming to the academic component of APPLE UB, and they're of the good kind. APPLE UB is expanding some of its academic offerings!

One change you'll see in Spring 2019 will be the addition of some supplemental tutoring options—available to you online! No more waiting until Monday to have all your after-school questions answered; APPLE UB will be working with Photo Study by Got It, Inc. to provide you with assistance in your classes beyond our regular Monday night offerings. Please remember, though, that this isn't meant to take away from your Monday night programming; instead, it's meant to work with it to give you even more support.

Another point of interest is the addition of Learning Lab hours. What does that mean for you? It means that in addition to your regular Monday night sessions, you can gain

access to some of your APPLE UB/Lyon resources on non-Monday days. Need a quiet place to study for a big exam? We got you covered. Have trouble getting a good connection to do your online-class work or use the new Photo Study/Got It tutoring at home? We'll have a place set up so you can get cozy with your online work and assistance. Notice some materials you'd like to use from APPLE's textbook collection that you think would help you but don't trust yourself to check out and return in a timely manner? Come hang out to book-borrow, read, and grow.

While it may not all be ready to rock on January 28th when we first meet for the semester, it will be soon, and you should be getting some updates and timeline information as to when we'll roll these program changes out and how you can best use them to your academic advantage.

Beka's Bulletin

Friends, 2019 is here, and I'm willing to bet that some of us have already made (and maybe broken) some of our New Year's Resolutions.

Lots of people talk about not following through with the changes they intend to make each new year; a common theme in what they say seems to be the issue is that they find the ways they try to make these changes unsustainable. Folks change their diets to get healthy, going from picking up fast food at least once a day to trying to eat mostly salads every day. They go from barely cracking open a text book ever to trying to make straight A's. Then they wonder why it feels so hard, so frustrating, why they feel like a failure the first time they deviate from their intended plan, and many of them end up giving up, convinced that because it was too late to accomplish it today that it's too late to accomplish it at all, that it was just too hard and wasn't meant to be.

You know what I think? I think that's complete and utter nonsense. Change for the better may be hard, but I don't think it's ever "not meant to be."

When I think of changes for the better, I can't help but think of my dad, who died last spring. He had made a lot of bad decisions in his life, but when he was in his mid-50s, he decided he was going to make some changes to better himself. He decided he was going to be a nurse, and step by step, starting with filling out a college application and taking his placement tests, class by class and conversation by conversation with his instructors and classmates and support staff at his college, he learned what he needed to do to be successful and make his dreams real. It was hard for him, but he did what he needed to do, including asking his daughter (me) for study and note-taking tips (that was *really* hard for him).



He completed his program of study and graduated. He also earned the Nightingale Award for his class, an award given to students who exemplify the true meaning of nursing with hard work and dedication to the profession; he was the first male at his school to earn that award, and he was so proud of it, of what it meant to him beyond having been a good student. He had a heart attack that left him unable to be a nurse before he could take his Boards exam, which was a big disappointment to him, but that didn't negate all the work he'd put in, all that he had learned, and the things that he had accomplished. It was just a reminder that, even when we do our best to plan, sometimes things don't turn out like we hoped. However, his training helped him care for my grandfather, Dad's dad, when GrandDad got cancer for the second time. Sometimes he'd get to feeling down about it and wonder if it had been a waste, but he had me to remind him that he helped keep our family intact and happy for a lot longer than it probably would have been otherwise; it was definitely not a waste, and he knew that.

If there was anything he wished he'd done differently, or so he said, it was that he had been afraid to take those steps, that he'd waited so long to start making those little changes that led to his bigger changes.

And so that's my challenge, to you and to myself, my APPLE-peeps: let's stop putting off the changes we know we need to make, the little changes that we can stick to that can lead to bigger changes that lead to us being the people we want to be and our being able to do the things we want to do with our lives that we want to do. Whether it's inviting a new kid to sit with us at lunch, reaching out to make a new friend, or spending an extra half hour studying every day, we can each make little changes that lead us to where we want to go. I'm going to try to write a little every day so that I can have finished writing a new novel by this time next year. What are you going to do?

ACT Information

Test Date	APPLE Request Due	ACT Registration Deadline	ACT Late Fee Required	
February 9, 2019	December 3, 2018	January 11, 2019	January 12-18, 2019	APPLE UB can provide ACT fee waiver or pay for a reasonable number of tests for any participant in his/her junior or senior year of high school and freshmen or sophomores with special, documentable circumstances requiring ACT testing. Forms to request that APPLE UB register and tender waivers or payment for testing may be picked up from and returned to the Academic Coordinator's Office.
April 13, 2019	February 25, 2019	March 8, 2019	March 9-25, 2019	
June 8, 2019	April 22, 2019	May 3, 2019	May 4-20, 2019	
July 13, 2019	April 29, 2019	June 14, 2019	June 15-24, 2019	

APPLE UB Spring 2019 Session Dates

January 28	March 25
February 4	April 1
February 11	April 8
February 18	April 13 (Saturday Session)
February 25	April 15
March 4	April 22
March 11	April 29

Please note APPLE UB will not meet on March 18.

APPLE UB Hosts Saturday Session, Welcomes New Participants

During the Fall 2018 term, APPLE UB accepted 17 new participants into the program. These students are (Batesville) Honest LeBlanc, Brian Cruz, Giovanni Cruz, Arlet Garcia-Martinez, Elijah "Eli" Hogan, Angel Huynh, Hannah Martin, Kimberly "Blu" Tullos, Kamryn Moore, (Cedar Ridge) Raiven McGill, (Mountain View) Abigail Williams, (Newport) Clemmie Alcorn, Michael Riley, Haley Roddy, Jeremy Jarret, (Southside) Elizabeth "Lizzie" Smith, and (Tuckerman) James Long.

New Student Orientation took place during the morning half of October 30's Saturday Session. Lunch was served at noon.

Workshops for all APPLE UB participants took place in the afternoon and covered topics including curriculum, standards, responsibility, and financial aid.

Being Ready for ACT Test Day

It's no surprise to students who've taken standardized tests that there are lots of rules and regulations regarding testing sites and test taking. The ACT is the same, and this quick guide can help you get ready. Find more information about this and other ACT topics at www.act.org.

Stuff to Bring

1. A copy of your ACT admission ticket. You can print it from your ACT online account. If you do not bring your ticket, you will not be able to test.
2. ACT-acceptable identification. You will not be admitted to test if your ID does not meet ACT requirements.
3. Bring sharpened, soft lead No. 2 pencils with good erasers (no mechanical pencils or ink pens). You'll not be allowed to use other writing instruments. If registered for the ACT with writing, you must write your essay in pencil.
4. Bring a watch to pace yourself, but do not bring a watch with an alarm. If your alarm sounds during the test, you'll be dismissed and your answers will not be scored. No watch? No problem. The supervisor in standard time rooms will announce when you have five minutes remaining on each test.
5. Bring a permitted calculator to be used on the mathematics test only. It is your responsibility to know whether your calculator is permitted. Please refer to the ACT Calculator Policy. To make it even easier to figure out, you are not required to use a calculator at all.

Stuff Not to Bring

1. Textbook, foreign language or other dictionaries, scratch paper, notes, or other aids.
2. Highlighters, colored pens/pencils, or correction fluid/tape.
3. Any electronic device (this includes your mobile phone, smart watch, fitness band, media player, iPad, headphones, and camera) other than a permitted calculator.
4. Reading material.
5. Tobacco in any form.
6. Food or beverages, including water. You will be offered a break outside of the test room.
7. Other prohibited devices.

COLLEGE CORNER

High school is an interesting time for lots of students...but the fun and learning sure don't have to stop there! Community colleges and other two-year institutions, four-year institutions, and schools that offer advanced degrees are everywhere and are available for the furthering of your educational and professional goals. Here are some facts about some of the different options you can look into for after your high school graduation. Don't see anything you think you'd like? That's okay—these are just samples of the many options out there!

UNIVERSITY OF THE OZARKS—CLARKSVILLE

University of the Ozarks is a four-year, private, liberal arts college. It offers pre-professional programs in pre-engineering, pre-law, pre-med, pre-nursing, pre-pharmacy, pre-physical therapy, and pre-vet along with majors in areas including art, business, chemistry, communication, education, English, environmental studies, health science, history, math, music, philosophy, physical education, political science, psychology, religion, sociology, Spanish, and theatre. True to its Christian heritage, University of the Ozarks seeks to prepare students from diverse religious, cultural, educational, and economic backgrounds to live life fully.

For more information, visit <http://www.ozarks.edu>.



NORTHWEST ARKANSAS COMMUNITY COLLEGE—BENTONVILLE

NWACC is a comprehensive, public, two-year college that serves and strengthens its community through learning for living. NWACC offers a variety of educational opportunities for a diverse student population, including developmental education consisting of courses and tutorial assistance for basic skills, including reading, writing, and math, which may help prepare students for college-level classes. Degrees offered by NWACC include Associate of Arts, Associate of Science, and Associate of Applied Science degrees, which can help prepare students for transfer to 4-year institutions to earn a bachelor's degree or to enter the work force.

For more information, visit: www.nwacc.edu.



UNIVERSITY OF ARKANSAS COMMUNITY COLLEGE AT HOPE

UACCH is an accredited, open access, two-year institution of high education with campuses in both Hope and Texarkana. It connects students and community partners to quality education and supports a culture of academic, occupational, and personal growth, as well as enrichment programs throughout Southwest Arkansas. UACCH's general education curriculum is one through which students obtain the knowledge, skills, and attitudes required for living and working in the diverse, technological society of the 21st century. Degree options include Associate of Arts, Associate of General Studies (Practical Nursing Focus), Associate of Applied Science, and Associate of Science in Business, along with various technical certificates.

For more information, visit: www.uacch.edu.



HARDING UNIVERSITY—SEARCY

Harding University is a private Christian institution of higher education committed to the tradition of the liberal arts and sciences. It is composed of the following academic colleges: Arts and Humanities, Bible and Religion, Business Administration, Education, Nursing, Pharmacy, and Sciences, as well as graduate and professional programs. The University serves a diverse, coed student body from across the U.S. and around the world, although the primary constituency for students and financial support is the fellowship of the churches of Christ. Harding's mission is to provide a quality education that will lead to an understanding and philosophy of life consistent with Christian ideals.

For more information, visit www.harding.edu.



PHILANDER SMITH COLLEGE—LITTLE ROCK

Philander Smith College is a small, privately supported, historically Black, four-year liberal arts institution related to the Board of Higher Education and Ministry of the United Methodist Church. The college offers four degrees: the bachelor of arts, the bachelor of sciences, the bachelor of business administration, and the bachelor of social work. The college's mission is to graduate academically accomplished students, grounded as advocates for social justice, determined to change the world for the better. The College is nested near the progressive epicenter of downtown Little Rock, Arkansas and hosts students from a variety of academic and social backgrounds.

For more information, visit: www.philander.edu.



COLLEGE QUICK BITS

ADMISSION/SCHOLARSHIP INTERVIEWS

Not all colleges will have an interview process, but if you get the chance to interview, go for it!

DO: Be an active interviewee. Think of the interview like a conversation. The interviewer will ask you questions to get the ball rolling, but you should always have questions of your own to ask.

DON'T: Give one-word answers—they're often vague or seem evasive. Also, don't ask questions that are easily answered by looking at their promotional material or website (unless it's to gain clarity about something you've heard).

APPLEs Ask

Question 1: What do I do if my grades aren't great but I still want to go to college and get scholarships?

Firstly, unless you have your high school diploma in your hand, there's time to turn some things around. If you're going into the second semester of your junior year with a 2.1 cumulative GPA, you may not have time to turn it into a 3.9, but that's no reason for you not to give all your classes your best effort. True story: several years ago, we had an APPLE participant who really wanted to go to this one college that had a minimum cumulative GPA requirement for acceptance, and this student did not have it. She was not a serious student her freshman and sophomore years of high school, though she showed great improvement in her studies and her dedication to her academic growth in her junior and senior years. After she got her rejection letter, she wrote back to her dream school—she wrote a very powerful letter that outlined who she was when she started high school, who she was as high school was ending, and just how different those two versions of herself were. She talked about when she made the shift from goofing off to being a serious student who was active in making her future better. She pointed out the differences in her grades on her transcript, noting that she started off, she was a regular C/D student but had by this point been a strong A/B student and that her GPA had just been so low by the time she got it together that she couldn't pull her cumulative GPA up to their standards; it was mathematically impossible, even though she'd made very good grades for four semesters straight. She explained her situation, owned her mistakes, talked about the changes she'd made along with how and why she'd made them, and do you know what happened? She changed her dream school's mind, and its admissions department accepted her as a student. Does this always happen? No, it doesn't, but it can't happen if you don't put in the work to make it possible to happen. It may not get you exactly what you want, but it's never too late to make a change for the positive.

What else can you do, just in case your turn around comes too late or isn't enough to get you what you want? You still have options.

Even if you don't have the best grades, there are scholarships out there that aren't tied to GPA or academic performance; shift your scholarship searches to include those. There are all sorts of scholarships out there—from ones for being left-handed to Duck Tape's Stuck at Prom contest (you can win scholarship money for making cool prom clothes out of Duck Tape. I'm not joking. Look it up). Find scholarships that play to your personal strengths and apply-apply-apply!

Also, a lot of people knock starting at a community college, doing well, getting an associate's degree, then transferring to a four-year school with a solid transfer scholarship—and there's absolutely no reason to think that's a bad option! No two people's successful college paths look identical, and if that's the best way for you to get on the

track that leads to your earning your degree and doing what you want with your life, get on that path and make it happen! Just don't do what lots of people do, both at two-year and four-year institutions, and keep making the mistakes you've always made. Change the way you do things so you can be your most successful you.

Question 2 (panel answer from different people): Did you always want to go to college?

- I knew college was the route for me from the start. I had parents that pushed me and showed me how hard life can be without a college degree.
- Not exactly. I had a pretty good idea of what I wanted to do, and that required college—so off to college I went!
- Not at all. I was a smart underachiever in high school, and lots of people told me I should give it a shot. It didn't take me long to realize that studying things like biology and history could be very different in college than they'd been in high school, and the hard part's been figuring out what to major in because now I sort of want to major in everything.

Question 3 (panel answer from different people): If you have your mind set on a certain career and you love learning about/doing it, what do you do if family conflict gets in the way?

- It's been my experience that most families will come around. You have to show them how passionate you are and that it's something you can succeed in. If you love it enough and can make it a lasting and productive part of your life, I say go for it and make sure it's what you want to do.
- I sometimes have to step back and realize that at the end of the day, I have to create a life I can be happy living in. My family doesn't understand why I'm majoring in psychology and seem to think it's because I think they've messed me up or because I think I'm smarter than they are. I just like learning about how people function and function differently and why some of those changes happen; I also want to do something that helps people, and I think psych can be a way to do that. I don't even know that I want to be a practicing psychologist, especially now that I'm learning all the things I could do with a psych degree. I love my family, but I also can't let them distract or discourage me from doing the things I'm good at and need to be happy.
- At some level, it's important to heed parental wisdom, but ultimately, it is your life. If family conflict interferes with your life goals, consider why that's happening. Sometimes people mean well, but they don't know the best ways to help you, especially if it's something new to them, too.

As You Prepare to Go Off to College

You may think the work's all done after you apply and get accepted to the college of your choice, but there's still lots to think about and to do.

- After you accept your chosen college's offer, make sure your financial aid and admission packets are completed. Sign up for classes, fill out your housing paperwork, etc. as soon as you can.
- Get familiar with your new campus, both the locations of classrooms and other important places as well as the people you'll work with (financial aid offices, the registrar's office, the bursar/cashier's office, etc.)
- If you're going to be working while in college, be ironing those details out. If you're unsure what opportunities might exist on your campus, contact your Career Development or Student Life offices—see what the people there can tell you.
- Finalize your budget/financial plan. Remember to include costs like your school supplies (college text books are necessary and often pricey...and college isn't like high school, where the school primarily provides your books).
- Try to find a way to set a little money back each month; sometimes, unexpected costs or emergencies arise that must be taken care of, and a little money cushion can be very useful.

For more useful tips , visit www.collegeanswerguy.com.

Four More Books to Read Before College

1. *A Clockwork Orange*, Anthony Burgess: This is a wicked satire to a modern totalitarian society that tends to turn a young generation into so-called "clockwork oranges," obedient to the will of their leaders. A cruel, charismatic antagonist Alex, a leader of a street gang that considers violence the high art of life, runs into the iron jaws of a new state program for rehabilitation and becomes a victim of violence himself,

2. *Civilization and Its Discontents*, Sigmund Freud: This book is a must-read for every college student because it describes Freud's views and ideas that are still a part of our culture and world's understanding. This is a good chance to understand why we live in society how we do.

4. *Hamlet*, William Shakespeare: One of the most well-known plays of William Shakespeare, Hamlet helps us find the answer to the eternal question we heard many times: "To be or not to be?". This is a story that can teach us to accept the responsibility for all our decisions and deeds.

5. *The Divine Comedy*, Dante: Who hasn't heard about Dante and his nine circles in *Inferno*? This is our chance to learn them all and better understand the view of the afterlife Christians had in Middle Ages.

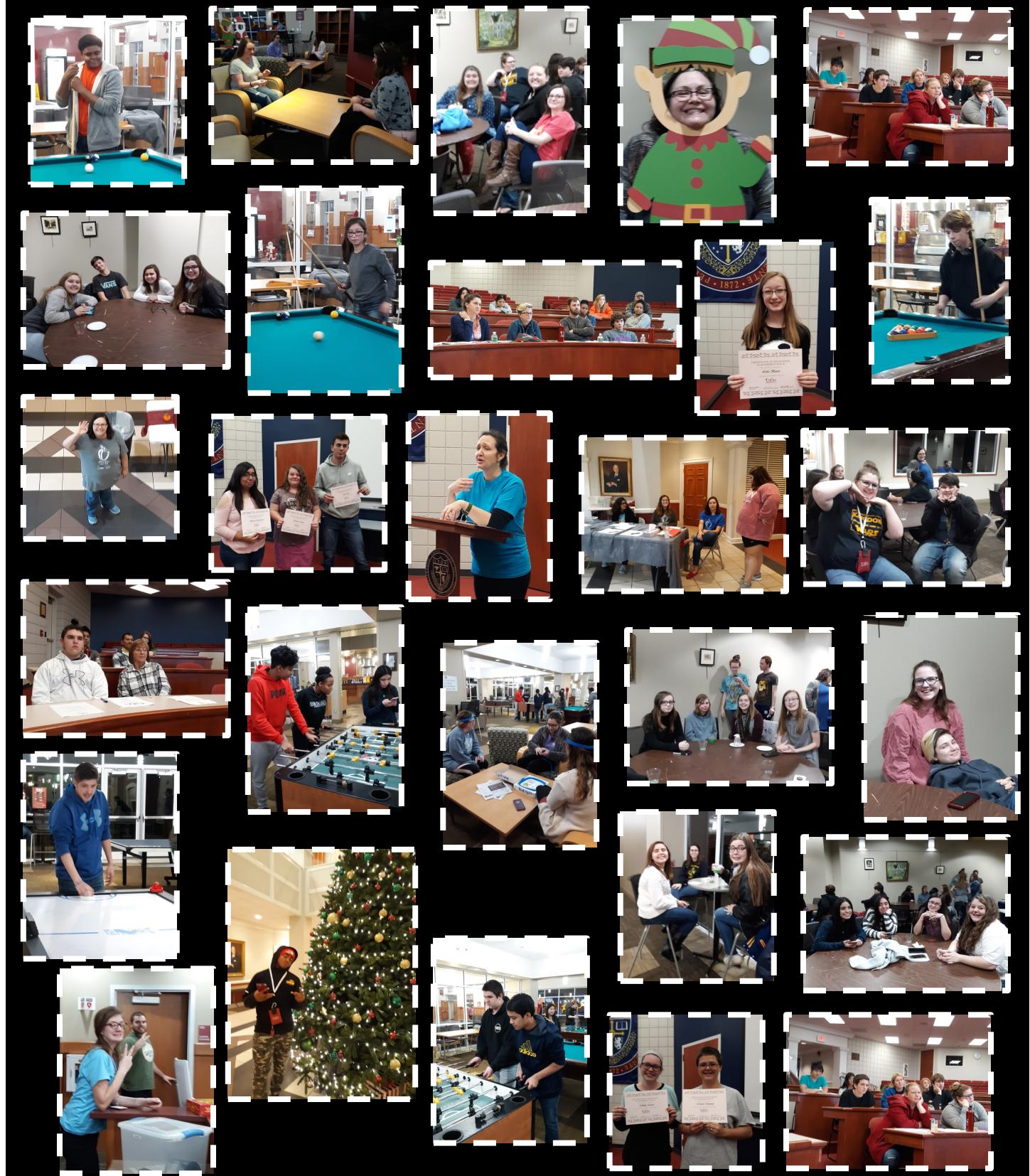
Things to Consider When Choosing the Best College for You

Choosing the best college for you isn't always easy, but these five tips can help you as you get started:

1. Talk to people who go to the colleges you're eying. It's difficult to figure out what college is like if you both have never been a student at that college and you don't know what it's like to be a college student at all. In this way, some of the advice given to you by current students will be unintelligible. That's okay. What you're looking for in their responses is a kind of vibe, which itself will vary from student to student and day to day. Just don't ask the student(s) a question as hopelessly broad as "What's it like to go to X?" It's, uh, okay I guess. Ask them about what makes their campus interesting, what makes their favorite classes their favorites, what they wish was different about their residence halls—questions that can give you insight into the school and insight into the person's priorities with his or her own college experiences.
2. Visit the colleges you're choosing between. Take the tour and drink the Kool-Aid, but also take some time afterward to just walk around yourself. Pretend to be a student and sit in on a class, have lunch on campus, go to an event. While you're doing this, take note of what you like and don't like about each. Then compare.
3. Determine how you actually deal with class size. The notion that smaller class sizes are always better has entered into the zeitgeist without much nuance. Smaller class sizes are better for individual attention, but if you like to be left alone until you decide to seek a professor out in office hours, a larger school is probably better. Smaller classes really do tend to weave a closer knit community, but large classes bring with them diversity and a larger set of niche opportunities. Also recognize that class size can differ within college. The psychology program at a liberal arts college might very well be larger than the religious studies program at the largest public university in the country.
4. Rankings matter, BUT national rankings tend not to make a huge difference unless you're dealing with the tails of the distribution and the school has a well-known brand. Where rankings do matter is in some individual measures. It is worth looking into meaningful records like graduation rate, or employment within six months of graduation, or freshman retention rate.
5. Tuition matters a lot, but take the long view. Speaking of rankings, check out the average student indebtedness. If the cost of the school is high, seek out information on concurrent student scholarships and student employment opportunities, or money you can earn while you're there. If it's expensive, try to map out what tangible services you're getting for the cost. Conversely, if the tuition is low try to find out if the tuition is expected to rise, and what you're not getting for the lower cost.

-modified from Rajiv Narayan's
"13 Most Important Things to Consider When Choosing a College."

Fall 2018 in Review



Do you know someone who's interested in participating in the APPLE Project Upward Bound?

The APPLE Project Upward Bound is always seeking strong new-student applications.

1. Meet the following citizenship/residency guidelines:

- A. Be a citizen or national of the United States, or
- B. Be a permanent resident of the United States, or
- C. Be a permanent resident of the Trust Territory of the Pacific Islands, or
- D. Have provided evidence from the Immigration and Naturalization Service that they are in the United States for other than a temporary purpose with the intention of becoming a citizen or permanent resident, AND

2. Meet at least one of the following criteria at time of initial selection:

- A. Be a potential first-generation college student (neither parent having a bachelor's degree or higher), and/or
- B. Be a low-income individual as defined by the U.S. Department of Education guidelines, and/or
- C. Be an individual who has a high risk for academic failure as defined by the U. S. Department of Education guidelines, AND

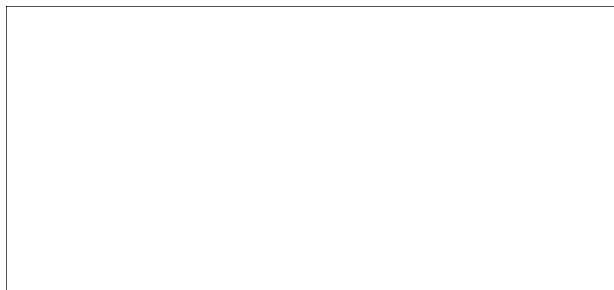
3. Have need for services offered by APPLE UB

4. Be enrolled in high school as follows:

- A. Has completed the 8th grade and not yet entered the 12th grade, AND
- B. Be enrolled in a high school being served by this program (Batesville, Cave City, Cedar Ridge, Midland, Mountain View, Newport, Southside, or Tuckerman)



For more information, please call 877.902.7753 (877.90.APPLE)
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