

Upward Bound Math & Science Center

**NOVEMBER 14<sup>th</sup>:**

**Live VC Session *via Zoom***

**Academic Year Activities**



# TODAY'S AGENDA

- Icebreaker via Google Sheets
- Welcome / Introduction
- Admissions Talk – *Guest Speaker*
- STEM / Career Talk
- Math Instruction
- English Instruction
- November Activities Overview
- Announcements and Closing



Get more information from the UBMS Blog:  
<http://utaubms2.wordpress.com>

# WELCOME / INTRODUCTION

## Housekeeping Items:

- Be attentive
- Take notes
- Write down any questions
- Keep your camera on, but mute yourself (unless you have a question or comment)
  - Use the raise hand function
  - You can also use the chat function
- If watching recording:
  - Review materials
  - Send *VC Feedback Form* by deadline (11/30)



# Admissions Tips / UTA Updates

***Guest Speaker:***

**Ms. Karla Hernandez**

**Admissions Counselor – Freshman Recruitment**



# STEM / Career 'Talk'

- Sergio Gutierrez, *Mechanical Engineer*

Lockheed Martin Corporation



# Math Instruction via Brain Twister



# English Instruction: 'Constructing Admissions Essays'

Source:



[Applying to college](#)

[College admissions](#)

**Begin drafting college application essays:** senior year is very busy, so the summer after junior year is a great time to begin college application essays. Summer 11th

**Revise college application essays:** once senior year begins, ask an experienced adult (e.g., your guidance counselor, your teacher) to proofread your application essays and give you feedback. Then, make any revisions and prepare final drafts before college applications are due. Fall 12th



# English Instruction: *'Essay Writing'*



- Colleges are looking for your ability to write well and preparation for college
  - resilience
  - love of learning
  - intellectual curiosity
- Ask someone who knows you a little bit to read your essay and then ask what impression they have of you
- Simple essays work best!
- Use your voice, experiences, perspectives



# English Instruction: *'Avoiding Common Admission Essay Mistakes'*



- Mistake: describing event without explaining significance of it
- Mistake: making it an embellished resume
  - Instead they want to know why you do the things you do, how they have impacted you, how those experiences have shaped your world
  - Simple heartfelt works best
  - Focus one experience

# English Instruction: '3 Ways To Brainstorm'



- 1. Personality Quiz** to identify strength and then see how they have shown up in your life. (<https://www.16personalities.com/>)
- 2. My 3 Words:** Ask 6-8 in your life "what 3 adjectives best describe me?" Map out finds into main themes and focus on one
- 3. Free Write:** Map out ideas and share them in story format. Share your stories and take notes on their reactions (what part resonate with them)

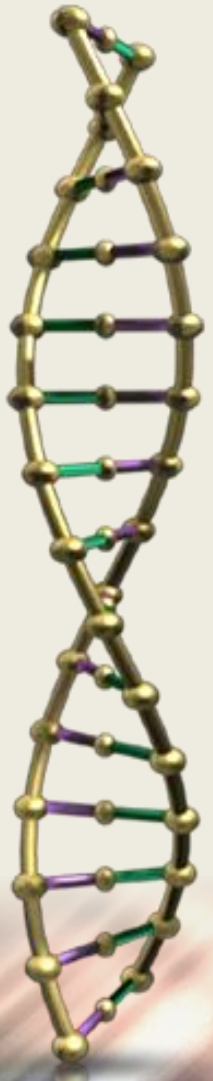
# English Instruction: *'Tone'*

- Start fast, jump right into your story
- Sound like yourself
  - It's a personal essay not an academic paper
  - Use conversational language
- Be specific as possible
  - Vivid imagery
  - Maybe use dialogue



# English Instruction: *'Taking your essay to the next level'*

- Admission officer should see change in you. Not just reporting memorable experience. Use the story to reveal your change, don't spell it out explicitly



**EXAMPLE**

- wake up at 5 AM to practice ——— LEVEL 1  
(+) shows dedication  
(-) no story / just facts
- story about her neighbor ——— LEVEL 2  
(+) moving beyond skill / gift + charming story  
(-) no reveal  
no change in thinking
- music as a connector ——— LEVEL 3  
• what music means to her  
• self-discovery  
• ties into how she might be involved on campus

# Sample essay 1

*Evaluate a significant experience, achievement, risk you have taken, or ethical dilemma you have faced and its impact on you (500 word limit).*

A misplaced foot on the accelerator instead of the brakes made me the victim of someone's careless mistake. Rushing through the dark streets of my hometown in an ambulance, I attempted to hold back my tears while two supportive Emergency Medical Technicians (EMTs) comforted me. Although I suffered a minor knee injury, the trauma of that accident still lingers.

Fast forward six years to the present. Now I am sitting in the back of the ambulance, a rookie EMT, with my purple gloves on, stethoscope around my neck, and a red medical bag in hand. I am also making sure we have the proper medical equipment stocked, including neck collars and long body boards.

As I step out of the ambulance, a bitter breeze nips at my face. Shattered glass, two crushed car hoods, and traffic everywhere, the scene is put into perspective as I can finally see what is happening. I stop in my tracks. It is my accident all over again.

“Get the collars and boards, there is a possible back injury,” my partner whispers to me. I fetch the items, still attempting to deal with my conflicting emotions. Using the help of five other EMTs, we extricate the victim from the car and secure him to the stretcher. While in the ambulance, I realize now that circumstances have been reversed. This time, clutching the patient’s hand, I tried to soothe him, and he slowly calms down. I keep my composure and actively tried to help the patient feel as comfortable as I did. Keeping all of his personal belongings close to me, we wheel him into the busy emergency room and transfer him safely. As we leave, he looked into my eyes and I could feel his sincere gratitude. Rather than being an innocent victim, like the current patient was, I am now the rescuer.

Even though I felt the horrid memories rushing back, I kept my duties as a rescuer in the forefront of my mind. Keeping my cool in the face of extreme pressure I came out of the call a changed person: someone who can see a problem, regardless of any bias I may have, and focus only on what is happening at that instant. Confidently facing my own terrors, I felt as if conquering my fears allowed me to face my duties with a grounded and compassionate outlook.

Tears stream, limbs hurt, children cry: I am there, with a smile on my face, a stethoscope around my neck, compassion in my heart, happy to help and proud to serve.



# Essay: *'Feedback'*



## **GLOW**

- Student took time to paint vivid picture and told reader what she learned
- Turned her situation around (resilience, helping others)

## **GROW**

- Spent a lot of time setting scene, painting picture
- Explained what she learned in last paragraph
- Spent 4 paragraphs detailing accident and becoming EMT
- Should have spent more time getting to the point
  - What do I want the officers to learn about myself and how is it applicable to being a college student?



# *Writing Tips and Techniques For Your College Essay*



- Pose a question the reader wants answered
- Don't focus exclusively on the past
- Open up
- Experiment with the unexpected
- Don't summarize

# *Stress Management and Time Management with Your UBMS Planner*

- Did you receive the planner?
- Have you used it?

There are three kinds of common stress triggers students experience:

- Social
- Academic
- Daily life



# Tips for Stress Management



- Manage Time
  - Proper time management is one of the most effective stress-relieving techniques
- Get your body moving, your way!
- Stay positive :)
- Kick procrastination out the door
- Take one step at a time
- Spend time (safely) with loved ones
- Do something you love

# Using Your Planner



- Schedule ahead your academic responsibilities, family responsibilities, and time for yourself/socialize
- Write in important dates/deadlines
- List your academic and personal goal each month
- Reflect at the end of each month how you have spent your time and how you've grown from the previous month

# Academic Year Activities - Overview

- ICCP Due – 11/30/20
- Grade Reporting ([New Portal](#))
- Online tutoring – *need help?*
- VC Session Recording (December 4th Available)
- Participant Status – Stay Active;  
– *Incentives: Awards/Summer Attendance*
- Hour of Code – see information on UBMS Blog



# Announcements



- Community Service: Work on community service hours during holidays | needed by May 2021 (15-20 hrs.)
- December Activities: *Hour of Code & Weakest Link*
- New participants being recruited now, application available (*UBMS website*)
- **Seniors**: Remember to read and review monthly scholarship/admission newsletter by Mr. Z
  - Apply to UTA – Summer 2021
  - Bridge Application (*available in December*)
- **Next VC session** – *Recording available December 4<sup>th</sup>* (Recording, availability will be emailed), respond with VC Feedback form to get credit for watching the session
- **Next LIVE VC session** – **April 24<sup>th</sup>** (Saturday Morning), 10:00 CST (9:00 MST).
  - We will cover some exciting topics relating to research, cover your projects and more. Make sure to attend.
- **January 27<sup>th</sup> session** (Financial Aid) - **OPTIONAL / NOT REQUIRED**

# Closing / Thanks

- **Final Reminders**
  - Submit/Return ICCP by deadline
  - Submit missed ICCP activities
- ***Next Recorded VC:*** December 4<sup>th</sup> (*emailed*)
- ***Next Live VC Session:*** April 24<sup>th</sup>

**We wish you the best in your classes.**

**The University of Texas at Arlington**  
*Upward Bound Math & Science Center*  
P. O. Box 19356, Arlington, Texas 76019  
Tel. (817) 272 2636 | Email. [ubms@uta.edu](mailto:ubms@uta.edu)

