

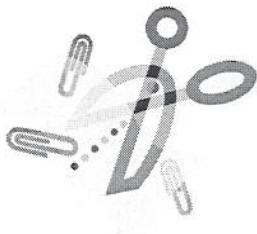
Hope College TRiO Upward Bound  
**Prime Opportunities for Development**

At the conclusion of every UB coaching session, UB students have the opportunity to express **how they will prepare for the next session and identify ways in which they can improve their outcomes**. The following ideas are offered as suggestions for meeting these goals.



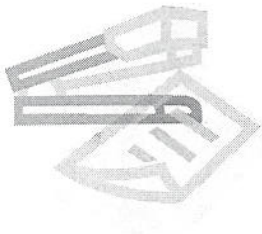
To “work harder”, consider...

- Making flashcards
- Doing extra practice problems
- Reviewing notes
- Taking notes in your own words



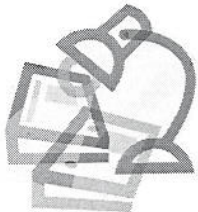
To “study harder”, consider...

- Talking about topics relevant to academics
- Reviewing worksheets after answering the questions
- Focusing on key topics/themes but review everything
- Using a variety of techniques such as flashcards



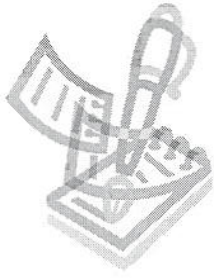
To “concentrate better”, consider...

- Taking notes when reading
- Sitting apart from others
- Watching the time and planning ahead
- Focusing on your own work
- Limit talking not related to academics



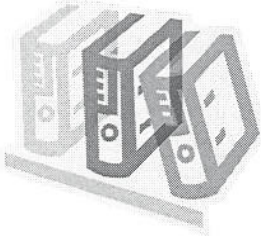
To “use time wisely”, consider...

- Limiting talking
- Setting goals as to when to finish assignments
- Completing as much homework as possible while at UB
- Planning ahead (look towards due dates, extra-curricular commitments)



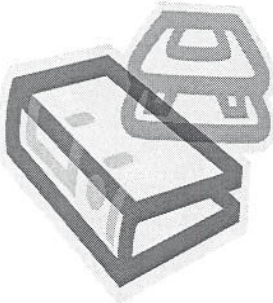
To “stay on task”, consider...

- Staying seated
- Writing and thinking about assignments
- Keeping material constantly open
- Asking for ways to advance your learning
- Distancing self from friends
- Daydreaming about school and school work



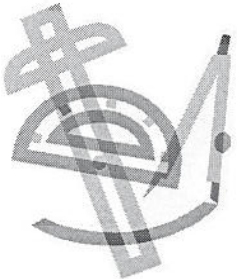
To “get more stuff to do”, consider...

- Bringing study materials for future tests
- Bringing books to access extra problems
- Asking teacher for more problems



To “understand more”, consider...

- Taking notes while reading
- Taking notes in class
- Asking more questions of teacher/coach
- Explaining the concept to another person
- Including titles/subheadings to sections of reading assignments
- Writing own practice test questions



To “study more”, consider...

- Minimizing distractions
- Minimizing unused time between worksheets
- Asking more questions
- Coming prepared
- Bringing and using textbooks

## Hope College TRiO Upward Bound Meta-Questions

Metacognition questions are those that promote “thinking about thinking”. Here is partial list of questions that may be useful during coaching sessions:

- What do you already know about this subject/lesson?
- What steps have you taken so far in your \_\_\_\_\_?
- How will you use your time this hour?
- What will you work on first, second and third?
- How far will you let yourself get before asking for help?
- Can you tell me more about this?
- What are some examples of this?
- What’s the connection between this and that?
- What are the areas you are unsure about?
- Based on what you have read, what are the two most important points to understand?
- What information is important to remember?
- Based on what you have learned, how will your thinking change?
- What do you need to know before moving on to the next topic?
- What would happen if...?
- Stop me if you don’t see the application...
- Try to predict how/when you can use this information...
- This lesson/nove/idea made me think that/wish that /decide that/wonder if...
- What questions do you have?
- What are you doing that isn’t working and what will you differently?
- What has your teacher told you about this assignment?
- End of session: What? So what? Now what?



Hope College TRiO Upward Bound  
Academic Coaching Sessions: Supplemental Websites  
(Revised 9/20/10)



The following sites offer a variety of resources that coaches and students may access when students have either completed their assigned work or have not brought sufficient materials to the coaching session.

**HOMEWORK HELP:**

- [www.bjpinchbeck.com/](http://www.bjpinchbeck.com/)
- [www.mel.org/SPT--BrowseResources.php?ParentId=868](http://www.mel.org/SPT--BrowseResources.php?ParentId=868)
- [www.quizlet.com](http://www.quizlet.com)

**TEST PREP:**

- [www.collegeboard.com/student/testing/psat/about.html](http://www.collegeboard.com/student/testing/psat/about.html)

Provides general overview of the PSAT test

See “Tools” menu on left side of page, click on “SAT Preparation Center”

Students can either print a paper test or access sample questions on line

Students can also create a “My College Quick Start” account

- [www.actstudent.org/](http://www.actstudent.org/)

See “Before the Test” menu on left side for practice tests/questions

**MATH:** Free worksheets can be printed from the sites below based on students’ needs.

- <http://www.kutasoftware.com/freeia2.html>
- [http://www.math.com/students/worksheet/algebra\\_sp.htm](http://www.math.com/students/worksheet/algebra_sp.htm)
- <http://www.gradeamathhelp.com/free-algebra-worksheets.html>
- [http://math.about.com/od/algebraworksheets/Algebra\\_Worksheets.htm](http://math.about.com/od/algebraworksheets/Algebra_Worksheets.htm)
- [http://math.about.com/od/geometr1/Geometry\\_Worksheets\\_and\\_Printables.htm](http://math.about.com/od/geometr1/Geometry_Worksheets_and_Printables.htm)

**SCIENCE:** Free worksheets can be printed from the site below based on students' needs.

- <http://www.extraworksheets.com/highschoolscience.html>

**COLLEGE:** Students may access these sites to explore their career and college interests.

- <http://www.careercruising.com/> (Requires students to log in but each UB target school has provided this information to its students.)
- <http://www.careersandcolleges.com/tp2/cnc/login.do>
- <http://www.ecampustours.com/collegeplanning/gettingstarted/collegeplanningtimeline.htm>
- [http://www.quintcareers.com/teen\\_college.html](http://www.quintcareers.com/teen_college.html)
- [http://essayinfo.com/essays/scholarship\\_essay.php](http://essayinfo.com/essays/scholarship_essay.php)
- <http://www.campustours.com/>

**SCHOLARSHIPS:** These sites provide scholarship information and resources. Students may also visit their school's Guidance site for lists of local scholarships.

- [www.fastweb.com](http://www.fastweb.com)
- [www.finaid.com](http://www.finaid.com)
- [www.collegeboard.org](http://www.collegeboard.org)
- [www.petersons.com](http://www.petersons.com)
- [www.collegescholarships.com](http://www.collegescholarships.com)
- [www.collegeanswer.com](http://www.collegeanswer.com) (college planning)
- [www.free-4u.com](http://www.free-4u.com) (list)
- [www.dfwinternational.org/resource\\_center/Scholarship\\_Guide.pdf](http://www.dfwinternational.org/resource_center/Scholarship_Guide.pdf)

## TEXT BOOKS AVAILABLE IN THE UB CONFERENCE ROOM (020)

SUBJECT	Title
Literature/ English	<p>The Writer's Way            Under the Grammar Hammer            Starting with I: Personal Essays            by teenagers            A Writer's Reference            Writing Voyage            ACT Test Preparation (Blackline            Masters)            Thesaurus            Dictionary</p>
Foreign Languages	<p>Spanish: Cajas de Cartón            Dictionary            French: Dictionary            Vietnamese: Dictionary</p>
Math	<p>Geometry            Functions, Statistics, and            Trigonometry            Precalculus and Discrete            Mathematics            Advanced Algebra                -Teacher's Edition                -Solution Manual            Science and Mathematics            Lab Manual</p>
History	<p>The Americans: Reconstruction            Through the 20<sup>th</sup> Century            The Shadow of Hate: A History            of Intolerance in America</p>

	<p>Mighty Times: The Legacy of Rosa Parks</p> <p>A Place at the Table: Struggles for Equality in America</p> <p>America's Civil Rights Movement</p>
Science/Social Science	<p>Biology</p> <p>The Developing Person: Through the Life Span</p> <p>Psychology</p> <p>Modern Biology</p> <p>ACT Test Preparation (Blackline Masters)</p>
Geography	World Geography
Other Resources	<p>Binders</p> <p>Binder Tabs</p> <p>Blank Notebooks</p> <p>Folders</p> <p>3 Hole Punch</p> <p>Pencil Sharpener</p> <p>7 Habits of Highly Effective Teens</p> <p>Construction Paper</p> <p>Graph Paper</p> <p>Graphic Organizers</p>