

Upcoming Events for Parents/Guardians

**Summer Orientation
Day:**
May 27, 2006
*Transportation to and
from UNH provided
for returning students*

**UB Summer 2006
Dates:**
June 25 -
August 5, 2006

**Opening Day
Ceremonies:**
June 25 check-in 10
- 11:30 am

Day off for students:
July 3
Students arrive at
10:00 am on 7/4

**Parent Discussion/
Visitor Nights:**
Tuesdays 7/4, 7/11,
7/18 & 7/25

Family Picnic:
Sunday, 7/23 1 - 4:30

Closing Ceremonies
Saturday, 8/5 12-3:30

Discovering The Internet

The press abounds with reports of how the Internet is being manipulated to take advantage of children and the elderly, to steal our credit information and to otherwise deceive and abuse us. Hence, many people, particularly parents, are wary of this resource and the influence it may have on our children. Granted there are unhealthy aspects to this new media, nevertheless, we should recognize how valuable it is for us and for our children, particularly as it impacts their education.

Historically, information was as jealously guarded as gold and precious gems. Originally, the great works of the past were kept hidden in special libraries or in the intricate vocabularies of languages which ordinary people were not privy to. Often, one would have to be initiated into a secret society just to have access to information! Democratic societies freed knowledge and literature, to some extent, from such restraints. The modern library movement was initially an attempt to make knowledge available to everyone for the price of a library card. Of course it wasn't that simple in the end. Poor communities had meager libraries or none at all and amassing a personal library was an expensive pursuit. Hence encyclopedias were created and dispersed widely to those willing to buy them. The problem was that every encyclopedia, no matter how advanced, was soon outpaced by the rapid advance of knowledge and seemed outdated as soon as it was published.

Then suddenly, in the late 1980s, the Internet was born, first as a means of connecting scientists worldwide, and now as a huge commercial medium. In the midst of it all is the promise of a whole new way of looking at knowledge. For the first time in the history

of the world, virtually everything known to humankind is available to anyone with a moderately priced computer and Internet access. And it is available almost instantaneously.

Just now I googled "color theory." I was shown 100 sites out of 72,000,000 (!!!) possible. Likewise for "anatomy" and virtually anything else I might be interested in. And most of the time the language and illustrations are stunning and very accessible. What this means is that I can explore almost anything I am interested in from my computer if I have Internet access.

Hence, you and your student can visit almost any college you're interested in on-line. You can explore its courses and its costs. Its majors and its meals. Its activities and its archives. You can take a virtual walk around the campus, and you can also contact specific individuals whose job it is to answer your questions. There is really hidden from view if you are willing to put the time into unearthing it. And this is absolutely new; it has really never happened before in the history of the human race and it is destined to change the way we think about everything. But more than anything else, for us right now, it means we need not be limited by what we do not know.

Granted there are still some challenges. Even though many computers are quite affordable, Internet access, particularly via cable, is not cheap. Furthermore, more and more sites are charging for access. Also, you're never completely sure the information you receive is reliable, and clearly there is a lot of inappropriate material out there. Hence we have to learn how to become wary consumers of information and careful selectors of content; but at least the opportunity to really learn and educate ourselves is there. And if you can't afford a computer or Internet access, you can still explore the worldwide web at your library. So learn about art or history or law or French cooking. Explore colleges with your UBER and visit places around the globe in the wink of an eye. A new and very exciting world is emerging right before our eyes!

~ Dan

Break Down the Bill

What's It Going to Cost?

Source: CollegeBoard.com

College cost, which is sometimes referred to as the total student budget, includes both billable and indirect costs.

Billable Costs

These are fixed costs that the family is billed for by the college -- such as tuition and fees and room and board.

Indirect Costs

These are the costs that don't show up on the college bill. They include books and supplies, travel, and personal expenses such as laundry, telephone, and pizza. If your child lives and dines off campus, room and board costs will also be indirect costs. Your child can control indirect costs to some degree, by making smart spending choices.

Five Basic Cost Components

The full cost of attendance should contain five components:

Tuition and Fees

These are the costs of your child's education. They may vary based on his academic program and number of credit hours. If the tuition is not the same for all full-time students, you may have to calculate your child's own tuition based on the charge per credit hour. The tuition charge will appear on the bill.

Room and Board

These costs are billed by the college if your child lives and take her meals on campus. The charges will vary depending on the room and meal plan she chooses. If she plans to live off campus, she will need to make her own estimate of these expenses.

Books and Supplies

This expense covers your child's course materials. If the college hasn't provided him with an estimate, know that the national average at four-year private colleges in 2003-04 is \$843.

Personal Expenses

The costs for things like laundry and telephone fall under personal expenses. Keep careful track of these as they can quickly build up. To help you plan, the national average for four-year private colleges (on-campus students) in 2004-05 is \$1,238.

Travel

Travel is usually not added to the budget unless the

student lives more than a few hundred miles away from campus. If a figure has not been provided, make your own estimate based on how and how often your child plans to travel.

Get the Specifics

These cost components are usually listed in a college's brochure or website. You can also use *College Search* at www.collegeboard.com to find breakdowns of costs at over 3,600 colleges and universities.

Teens & Taxes: A Stepping Stone for Financial Responsibility

Source: Dover Community News Jan. 6, 2006

The teenage years are filled with fun and responsibility. It's about first dates, the first time behind the wheel and first jobs. However, all of these "firsts" are accompanied by one thing - money. That's why it is important for teens to learn how to save money, use credit wisely, and yes, pay dues to Uncle Sam.

Mike Sullivan, director of education for Take Charge America, a non-profit credit counseling company, said parents should not only teach their children how to pay taxes, but explain why it is necessary.

"Paying taxes is a part of proper money management. It is a life skill carried well into adulthood," said Sullivan. "Teens need to know that taxes pay for government services, including highways, parks and law enforcement."

If your teen receives W-2s, 1099s or other statements of income, he or she may have to file, but even if filing isn't required, it is usually a good idea to file if wages have been withheld. A refund may be due.

"It's important for teenagers to become acquainted with taxes while their income is low because as income increases, the tax laws become increasingly complicated," said Sullivan. "Staying out of debt is a year-round effort. It includes being responsible for every aspect of your finances, including taxes, no matter how minor or complicated they appear."

Sullivan said there are four things working teens need to know about income taxes:

- Nuts and bolts - After landing a job, you need

"Education is the ability to listen to almost anything without losing your temper or your self-confidence."

- Robert Frost



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How the Borrowing Process Works: “Need” Loans vs. “Outside of Need” Loans

Source: CollegeBoard.com for Parents

Today, loans are the largest form of student aid, making up 54 percent of the total aid awarded each year. Most students can expect to receive a loan as part of a financial aid package. There are two broad categories of loans, loans based on financial need and loans not based on financial need.

Loans Based on Financial Need

The federal government is the principal provider of need-based loan funds. Your award letter will list the type and amount of need-based loans.

Features of Need-Based Loans

Need-based loans usually share three distinct features:

1.Low Interest Rates The Perkins interest rate is currently 5 percent and the Stafford and Direct loan interest rate is 4.7 percent* (for in-school, grace, and deferment). The rate on Stafford and Direct loans is variable and is reset each year on July 1. No credit check is required for a federal student loan.

2.Delayed Repayment With a need-based federal student loan, no payments on principal are due until after you graduate or leave school.

3.In-School Interest Subsidy This means the government pays the interest that accrues on the loan while you are in school and during the six-month grace period after graduation, resulting in substantial savings. Without this subsidy, either you would need to make interest payments while in school, or those payments would be added to the principal of the loan, making it a much more expensive loan.

Three Need-Based Loans

Typical need-based loans are Perkins loans, subsidized Stafford loans, and Direct loans. For loans based on financial need, the aid office will help guide you through the process.

•**Perkins Loan** If you've been awarded a [Perkins Loan](#), the Financial Aid Office sends a promissory note that must be signed and returned. Since the college already has been given its Perkins funds, it simply transfers the loan to your student account as a credit against charges.

•Many lenders, including the College Board,

now offer online loan applications.

•**Subsidized Stafford Loan** For a [Subsidized Stafford Loan](#), the aid office will ask you to choose a lender from a list they provide. Many lenders, including the College Board, now offer online loan applications. Once you complete the loan application (a master promissory note) and the loan is approved, the money is sent by the lender to your school. The loan amount (minus the loan fee -- as much as four percent) will appear as a credit on your account.

•**Subsidized Direct Loans** Direct loans work the same way as a Stafford except that the federal government is the lender.

Non-Need-Based Loans

These “outside of need” loans are used to help families that can't afford to pay their expected contribution from savings and current income.

Some colleges will include one or more of these loans in your award letter. When reviewing your aid, these loans should be removed and put to the side. When you calculate your family's share of costs, you may find that it is more than you can afford -- if so, it's time to consider these loans.

Features of Non-Need-Based Loans

Non-need-based loans:

- 1.usually have higher interest rates
- 2.have no in-school interest subsidy
- 3.may also require immediate repayment of principal

Three Non-Need-Based-Loans

The three main types of non-need-based loans are unsubsidized Stafford or unsubsidized Direct Loans for students, PLUS Loans for parents, and private loans, for students or parents.

•**Unsubsidized Stafford or Direct Loans** You must file a FAFSA before applying for an [Unsubsidized Stafford Loan](#). The Student Aid Report (SAR) will show if your family has need. If so, you can take out a subsidized loan and save money on interest payments -- we recommend checking with the college to learn what application procedures to follow. You must complete the same master promissory note whether the Stafford or Direct Loan is subsidized or not. Once the loan is approved, the funds are sent to your college.

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Scholarships

For *free* financial aid information:

NH Higher Education Resource Center
P.O. Box 877
Concord, NH 03302-0877

(603)225-6612 or
1-800-525-2577 x143
or online at:
www.nhheaf.org

A pilot program offered by NHHEAF is NH93.com, which will let students create a personalized profile that can be matched with their database to find local scholarships. Visit online at www.nh93.com.

For local scholarships:

NH Charitable Foundation
(800)464-6641
or online at:
www.nhcf.org

For national scholarships go to www.fastweb.com.

“The Borrowing Process” continued from page 3

•**PLUS Loans** This is a parent loan, sponsored by the federal government, that is unrelated to need. Generally, parents can borrow up to the total cost of education, minus any aid received. Many lenders, including the College Board, will provide quick pre-approval for a [PLUS Loan](#) within minutes, either online or over the phone. Once the application is completed and the loan is approved, the money is sent to the student’s college.

•**Private or Alternative Loans** Private education loans are available to both parents and students, usually at higher interest rates than the federal loans described above. In almost all cases, a credit check and approval is required. Colleges and universities may provide a list of private loan sources. If you are considering such a loan, the College Board offers [private loans](#) for both students and parents. You can also check with banks or other financial institutions with which you have accounts.

While not considered financial aid loans, for many families, non-need-based loans can play an important role in making college affordable, particularly for families that are unable to pay the family share from current income and savings.

*Rate effective July 1, 2005–June 30, 2006

Are You a Helicopter Parent?

Source: CollegeBoard.com for parents

You may have heard the term *helicopter parent*. More and more colleges and universities are using it. But what exactly does it mean? Helicopter parents hover. They are always on the lookout for threats to their children’s success and happiness. If a problem does surface, these parents are ready to swoop in and save the day.

In recent years, colleges have reported that helicopter parents are making their presence felt on campus. They are intervening in roommate disputes, registering their children for classes, and questioning professors’ grades. The consequences of such behavior have been negative for students, parents, and colleges.

How Do You Know If You’re a Helicopter Parent?

If the following items describe you, then you’re probably overmanaging your child’s life:

1. You are in constant contact with your child.

Cell phones have led to frequent communication between parents and children. If you dial your child’s number every day or multiple times each day, then you are hovering. And if your child calls home at any sign of stress or trouble, you are likely overinvolved.

2. You are in constant contact with school administration.

One of the main goals of going to college is for kids to grow into independent adults who can direct their own affairs. If you’re emailing or phoning school officials on a regular basis to resolve your child’s conflicts, then you are overmanaging.

3. You make your child’s academic decisions.

If you are choosing courses, majors, and a career path for your child, then you are too involved. Giving advice or input is certainly acceptable and warranted, but being in control of these types of decisions is a sure sign of hovering. On that note, if you ever find yourself doing research or writing a paper for your child, you are definitely a helicopter parent.

4. You feel bad about yourself if your child does not do well.

If you consider schooling an experience involving both parent and child, then you probably view your child’s accomplishments, or lack thereof, as a reflection on you. Helicopter parents base their own self-worth on their children’s success. If you feel like a failure when your child fails, you are hovering.

What Are the Negative Effects of Helicopter Parenting?

Parents may have complex reasons for hovering. No matter what the motive is though, the results of doing so are negative for everyone involved. Harmful effects of helicopter parenting include the following:

1. Children’s growth is stunted.

Helicopter parents seem to be stunting their children’s maturation. Numerous students are arriving at college without basic social and survival skills. They lack knowledge about how to negotiate for what they need, to coexist with other people in shared living quarters, to stay safe, and to solve their own problems. With their parents always ready to step in, kids are failing to learn accountability and responsibility.

2. Parents feel more anxiety.

Research indicates that helicopter parents’ mental health is suffering. One study released by the Society for Research in Child Development in Atlanta states that parents who judge their own self-worth by their children’s accomplishments report sadness, negative self-image, and diminished contentment with life in general. According to Peter N. Stearns, provost of George Mason University, parents’ anxiety and dissatisfaction with life have markedly increased during the past twenty years because of overinvolvement in their children’s lives.

3. Colleges must use their resources to deal with helicopter parents.

Colleges are taking steps to mitigate the influence of helicopter parents. Some are holding extra parental orientation sessions, some are hiring staff members to field parents’ phone calls and emails, and some are employing “bouncers” to keep parents at bay. All of these plans require monetary resources, and parents will end up financing them through increased tuition costs.

How Can You Help without Hovering?

Of course, it’s never too late to plant your feet firmly on the ground. Here are some suggestions to help you distance yourself while fostering independence in your child:

1. Let your child call you.

Avoid the temptation to phone every day. When your child does call, listen and give appropriate input, but refrain from decision making. Also, encourage your child to try to solve problems on his or her own before dialing home. Ultimately, this will help your child to develop self-confidence and self-management skills.

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Summer Orientation Day

This year, we will be having Summer Orientation Day (SOD) on Saturday, May 27. P/Gs are invited to attend an informative orientation (although it is not mandatory for P/Gs of returning UB'ers), which includes a discussion with some of this year's Bridge seniors and a chance for P/Gs to ask questions and discuss any concerns about the Summer Program. Students will spend the day doing a variety of activities and completing a series of assessments for summer class placements. P/Gs may leave after their orientation or stay to enjoy a picnic style lunch. UB will provide transportation home for the students to the regular towns and stops. It is sure to be a fun and informative day. Look for more information in the mail as the day quickly approaches.

"Teens and Taxes" from page 2

to fill out a W-4 form with your employer. At the beginning of the following year, you will receive a W-2 form from each job held. In addition, taxes are taken out of each paycheck throughout the year.

- Tips are taxable - Many teens find jobs waiting tables or delivering food. These jobs are often low paying because the majority of income will come from tips. If you make more than \$20 a month, you must tell your boss so he/she can withhold the appropriate taxes from your regular wages.

- Using a tax refund wisely - Federal taxes are taken out of paychecks throughout the year. If you file a tax return, a portion, if not all, of the federal income tax money can be returned. Teaching your teen how to use tax refunds wisely is another money management skill needed later in life.

- Adjust your withholding - If you have too little money taken out of your check throughout the year, you'll owe the government money when it is time to file your taxes. On the other hand, if too much money is withheld, you'll get a larger refund. While this sort of "forced saving" may seem a good idea, that's money you could have made better use of throughout the year, such as saving in an interest-bearing account. Financial experts say you should adjust your withholding so your tax payments match your tax liability.

About Take Charge America

Founded in 1987, Take Charge America, Inc. (TCA) is a non-profit 501(c)(3) organization headquartered in Phoenix, Ariz. TCA is committed to helping consumers gain control of their finances and offers a variety of services including education, budget and financial counseling, and when necessary, debt management.

TCA also serves as an effective resource for the business community. They help financially distressed consumers re-organize their finances and return hundreds of millions of dollars annually to financial institutions, professional service providers, and businesses of all sizes and descriptions that may otherwise have been lost to the economy in bankruptcy. TCA's diversified programs are utilized by tens of thousands of families and single men and women throughout the United States each year.



"Help your child learn to be a strong self-advocate."

"Helicopter Parents" from page 4

2. Stay out of roommate, social, and grading disputes.

Help your child learn to be a strong self-advocate. If you rush to the rescue at every turn, your son or daughter will have difficulty taking responsibility in the future. Growing up can be tough, but if you try to eliminate any discomfort or conflict, your child will have trouble functioning as an adult.

3. Take a coaching role in the area of finance.

Parents certainly want to make sure their children graduate in four years, and navigating college finances can be daunting for students. However, parents miss an opportunity to teach kids fiscal responsibility if they take total control of all economic matters. Working together to plan and budget is your best bet.

4. Engage in activities that are personally rewarding.

Parents who have interests of their own will find themselves less invested in their children's happiness. This is not to say that you should not care if your child is unhappy. However, if you are content with your own life, you can handle your child's disappointments in stride and be an invaluable resource.

5. Be aware of the difference between helpful involvement and unproductive hovering.

When your child has experienced emotional or physical trauma, step in. If you notice disturbing behavior or personality changes, step in. If collegiate foul-ups are threatening your child's education, step in. Otherwise, step back and let your son or daughter grow into a responsible, independent adult.

"One of the main goals of college is for kids to grow into independent adults who can direct their own affairs."



CollegeBound Newsletter

Upward Bound

University of New Hampshire

Robinson House, 14 Rosemary Lane

Durham, NH 03824

800635

Address Service Requested

**Parents/Guardians
Important Dates to Remember:**

**Junior Workshop
April 26 - 27**

**Summer Orientation Day
Saturday, May 27**

**Summer 2006 Dates
June 25 - August 5, 2006**



Upward Bound is College Bound