Great people do things before they’re ready. They do things before they knew they can do it… Doing what you’re afraid of, getting out of your comfort zone, taking risks like that – that is what life is.” – Amy Poehler

January 2019

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Practice Test

Where:
705 Fairgrounds Rd, Riverton

When:
Sunday, January 27th
1:30-4:00 pm

Grades & contact hours due by 8:00AM
English Test Practice

Following is a passage with underlined portions and numbered with parenthesis (7). Alternate ways of stating the underlined portions come after the passages. Choose the best alternative; if the original is the best way of stating the underlined portion, choose NO CHANGE.

The passage also has questions that refer to the passages or ask you to reorder the sentences within the passages. These questions are identified by a number in a brackets (5). Choose the best answer to the right.

**Personal Trainers Help Drop Pounds**

When it comes to (1) **losing weight fast; some methods are more effective than others.** For those who are serious about slimming down in a short amount of time, (2) **one of the easiest ways being to hire a personal trainer.**

Because there’s no standard of licensure for the (3) **profession, it’s critical that you do your homework prior to hiring (4) one.** {5} Seek out a certified fitness professional—ideally, someone who is (6) **capable and able to communicate (7) well and clearly.** You also may want to pick someone whose physique mirrors one that you (8) **would have wanted for yourself.** (9) **For example, if you’re inspired by your trainer, you’re more likely to stay on track and less likely to skip out on workout sessions.**

(10) It’s also a good idea to select someone with whom you connect, at least to some extent, on a personal level. Not all personalities mesh well together. Some people thrive off of positive (11) **reinforcement, others fare better when faced with constructive criticism {12}.**

(13) **To decide, whether a potential trainer will be a good fit, ask questions about training style and fitness philosophy.** Weight loss and physical fitness (14) **starts with effective training methods, and a personal trainer can be the perfect person to get you on track toward a new and better you.** {15}

1. (A) **NO CHANGE**
   (B) losing weight fast, some methods are
   (C) losing weight fast; some methods are
   (D) losing weight fast -- some methods are

2. (F) **NO CHANGE**
   (G) one of the easiest ways to be
   (H) one of the easiest ways is
   (J) the easiest way being

3. (A) **NO CHANGE**
   (B) profession, its critical
   (C) profession, its’ critical
   (D) profession; it’s critical

4. (F) **NO CHANGE**
   (G) them
   (H) a coach
   (J) it

5. At this point, the author is considering adding the following statement:
This might include asking friends, family or coworkers, or reading online reviews or testimonials.

Should the writer make this addition here?

   (A) Yes, because it provides specific ways the reader may accomplish the prior suggestion offered in the passage
   (B) Yes, because it further explains the benefits of using a personal trainer.
   (C) No, because it contains information that has been stated previously in the passage.
   (D) No, because it does not emphasize how easy it is to find a personal trainer.
6. Which of the following alternatives to the underlined portion is LEAST acceptable?

(F) competent
(G) useful
(H) experienced
(J) skilled

7. (A) NO CHANGE
(B) clearly
(C) well and clear
(D) in a clear manner

8. (F) NO CHANGE
(G) want
(H) wanted
(J) had wanted

9. (A) NO CHANGE
(B) However
(C) To illustrate
(D) Omit the underlined portion and capitalize if.

10. Which of the following choices best guides the reader from the preceding paragraph and introduces this new paragraph?

(F) NO CHANGE
(G) Always check a trainer’s credentials before you sign on.
(H) Some trainers offer better gym facilities than others.
(J) Missing workout sessions may cause you to give up on your training altogether.

11. (A) NO CHANGE
(B) reinforcement, others fare best
(C) reinforcement, but others fare better
(D) reinforcement, and, other fare best

12. Which of the following sentences, if added here, would most effectively conclude this paragraph and introduce the topic of the next?

(F) Trainers who may seem tough at first are eventually the most effective.
(G) If you don’t like your trainer, you’re unlikely to be happy with your results.
(H) Finding a trainer whose teaching style meshes with your learning style will likely give you the best results.
(J) Similarly, when you like the taste of healthy foods, you’re more likely to eat them.

13. (A) NO CHANGE
(B) To decide whether a potential trainer will be a good fit,
(C) To decide whether, a potential trainer, will be a good fit
(D) To decide whether a potential trainer, will be a good fit,

14. (F) NO CHANGE
(G) begins
(H) starting
(J) start

15. Suppose the author’s intent was to create an essay that highlights some of the best ways to lose weight. Would this essay successfully achieve that goal?

(A) Yes, because the essay shows that hiring a trainer is a helpful way to lose weight.
(B) Yes, because the essay highlights the importance of creating and sticking to a workout regimen.
(C) No, because the essay does not reveal that hiring a trainer may actually lead to weight gain from increased muscle mass.
(D) No, because the essay focuses on only one method for losing weight.
BRIDGE

Introduce first semester college freshmen to college level coursework and life in a college community.

Enable recipients to experience the demands of college coursework and develop the skills necessary to excel in college.

Afford participants the guidance of college retention specialists and UB/UBMS personnel to assist in the transition from high school to college-level classes.

Allow scholars to earn college credit which is paid for by the UB/UBMS programs.

Reward outstanding students while allowing them the opportunity to be a positive role model for academic and personal achievement to Pre-Bridge participants.

The Bridge Scholarship includes payment for room and board, student fees, books and supplies, and tuition for up to six credit hours of coursework during the University of Wyoming Summer 2019 session. In addition, Bridge Scholars will receive a stipend of $30 every two weeks (a total of $120 for the summer).

The Bridge Scholarship competition is open to Upward Bound and Upward Bound Math Science students:

1. Seniors who will graduate with a high school diploma in Spring 2019
2. Have successfully completed at least one UB/UBMS summer program (completed the entire summer with a passing grade)
3. Have applied and been accepted for admission to the University of Wyoming for the Summer 2019 session and have applied and been accepted for admission to a college or university for the Fall 2019 semester
4. Are in good standing with the UB/UBMS Program.

Deadline February 1, 2019
Start Thinking About Summer

Fremont County and Wind River Reservation Scholarship Program

Each year, NOLS offers over $1.9 million in tuition assistance. Scholarships are available to applicants who show great potential to excel as NOLS students and who would be unable to attend without financial aid. Specific to graduating seniors of any Wyoming High School and graduates attending the University of Wyoming or other in-state junior and community colleges may apply.

- Residents of Fremont County and Wind River Reservation ages 14 and older. There is no upper age limit for financial assistance. We strongly encourage middle school, high school, and college-age students to apply.

Aid is awarded according to both need and merit. Depending upon course type and cost, the typical award ranges from $500 to $3,000.


No Deadline

A unique partnership between The Crazy Horse Memorial Foundation and the University of South Dakota.

The Summer Program of the INDIAN UNIVERSITY OF NORTH AMERICA® is a unique partnership between the Crazy Horse Memorial Foundation and the University of South Dakota which will begin Saturday, June 7 and end on Sunday, August 3, 2019. The program offers the same, select freshman university courses offered on the main campus. Ideal applicants will possess the maturity to participate in a university program with an intense academic component and a structured residential component.

1. Applicants must be 17-21 years of age when the program commences.
2. Applicants must possess a high school diploma (regular curriculum) before the program commences with a cumulative grade point average or equivalent of 2.6 for regular admission.
3. ACT or SAT scores are required at the time of application. The composite ACT score for regular admission is 21.
4. Preference is extended to enrolled members of federally recognized tribes, however, the university is open to all qualified students.

[https://www.usd.edu/summer-school/crazy-horse](https://www.usd.edu/summer-school/crazy-horse)

Deadline April 12, 2019

NASI 2019 Dates have been announced!

June 19-15, 2019!!

Participants will engage in academic and career exploratory tracts, stay and eat in the UW residence halls / dining hall, meet and connect with UW faculty, staff and current Native Students, have fun in exploring the UW Campus and the local SE Wyoming area!

Provided by American Indian Studies Program and the Office of the President

Program details and full sponsor list coming soon!

[http://www.uwyo.edu/aist/native20american%20summer%20institute/](http://www.uwyo.edu/aist/native%20american%20summer%20institute/)

Deadline March 12, 2019
Fremont County

UPWARD BOUND

UPWARD BOUND MATH SCIENCE

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@Co10.UW.UB.UBMS
http://www.uwyo.edu/seo/upward-bound/index.html