

STEP **AFRIKA!**

Step Up to College

A photograph of three young people, two women and one man, clapping enthusiastically on a stage. They are wearing white sashes over their dark clothing. The background is a blue and purple stage backdrop.

Student Activity Journal High School Edition

Student

Group

Grade

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WHAT IS STEPPING?

WHAT IS STEPPING?

Stepping is a dance that uses the body as an instrument. It combines footsteps, claps, and spoken words to produce complex rhythms, and has roots in African dance and military marching. In stepping, the dancers wear hard-soled shoes that create loud sounds against the floor. Step Afrika! is a dance company committed to furthering the tradition of stepping.

Stepping is a great dance form full of energy, pride, and tradition. As you learn how to step, remember to display confidence and trust not only in yourself but also in your step team. Stepping requires teamwork, discipline and commitment – three principles that all steppers must have and that the founders of stepping embodied.

COLLEGE: WHERE STEPPING WAS BORN

In the early 1900s, African American students who became members of college organizations called sororities and fraternities developed stepping. (Sororities are for women and fraternities are for men.) Stepping became a way members could show pride and love for their organizations.

IT'S EVERYWHERE!

Though stepping is traditionally associated with college groups, the art form is universal and highly appealing to young people. Today, stepping can be found in elementary, middle, and high schools across the United States as well as in churches and community-based organizations. Are there step teams in your community? Where?

WHAT MOVES MAKE UP A STEP?

There are many different moves that make up a step. Let's learn and demonstrate these moves together:

Blade – To make a **BLADE**, extend all your fingers, but keep them close together. Straighten your arms so it does not bend at the elbow or wrist. A **BLADE** can be thrown at many angles as shown in the pictures.

Punch – Extend your arm forward and close your fist. Make sure to keep your arm straight when you throw a **PUNCH**. Place your left hand, fist closed, across your chest. This is the classic **PUNCH** position. Switch positions with both arms in order to punch each side.

Spin – When you turn around while stepping, it is called a **SPIN**. You can **SPIN** all the way around and back to the front. Stomp one foot on the floor in front of you, and then turn your body in the opposite direction. (If you stomp on your left foot, **SPIN** right. If you stomp on your right foot, **SPIN** left.) Use your arms in the air to help you balance and not fall. You can **SPIN** fast or slow.

Clap – Extend your fingers and slap your hands together. A **CLAP** can be done in front of you, behind your back, underneath your leg or even with someone else.

Kick – Use one leg to leap in the air. With the other leg, **KICK** your foot back toward the floor behind you. You can do a **KICK** behind you or in front of you. You can do many **KICKS** together. A lot of steppers clap under their leg when they finish doing **KICKS**.

IS COLLEGE FOR YOU?

DO YOU WANT TO...

1. Find your passion?
2. Grow in a supportive environment?
3. Lift up your family?

HOW DOES COLLEGE HELP YOU FIND YOUR PASSION?

College helps create endless possibilities. Some people simply have “jobs,” while others have “careers.” What is the difference? With a career, the kind of work you do is based on your interests. It is a path you have chosen. College can help you turn your passions and interests into a career you love. College also helps you discover what you would like to do.

Choosing a college major does not limit you to one type of career.

WHAT KIND OF SUPPORTIVE ENVIRONMENT CAN I FIND IN COLLEGE?

College is more than training for a career and attending classes. It’s also about discovering yourself and learning to think and live independently. A lot of that occurs outside the classroom. The new people you meet. The new environments you visit. The new ideas you find. This is the stuff that helps you learn more about life. There are many supportive environments to help you become a successful student and person:

Study Groups – partnering with other students to study can help bridge into lifelong friendships. Even in college, “teamwork” is still an important key to success.

Tutoring – there is additional help that can be found in all fields of study for no cost. Getting one-on-one help can improve your GPA and boost confidence.

Academic Counseling – academic counselor help with overcoming test-taking anxieties, improving study habits, and selecting the right class every semester.

HOW DOES GOING TO COLLEGE LIFT UP MY FAMILY?

If you go to college, statistics show your children and even their children are more likely to go.

Families with more education tend to have a better standard of living. Plus, higher education enables you to help your family. With more earning potential, you can give back to your parents; help your siblings and more. There are so many reasons to go. So, if you come from a family of college-goers, keep it up. And if you’re the first in the family to consider college, tell everyone, “I’m going.”

More education for you can mean more opportunities for you as well!

THE PERFECT TEN: WAYS TO SELECT THE “PERFECT” COLLEGE!

To successfully choose the “perfect” college to attend, begin by preparing a list of schools that interest you. Before deciding where to attend, you must first determine what factors will affect your decision. To guide you along the way, we have gathered “The Perfect Ten” way to select the college for you.

1. ACADEMIC FOCUS/CURRICULUM

One of the most important criteria you must consider when selecting a college is determining your academic focus (major/minor). Some schools may not offer your intended course of study or may only offer limited curriculum in that field of study. Choosing a major may not cover all of your academic interests, so most schools allow students to declare a minor field of study. When choosing a minor, make sure you investigate the requirements against the requirements of your major. Some majors may have restrictions on declaring a minor, so be sure to find out for certain.

Once you have determined your academic focus, request a detailed description of the curriculum for your chosen program(s). In reviewing the curriculum, you should be able to get a good snapshot of what you will learn and the requirements to earn your degree. When making your final evaluation, ask yourself the following questions – *Does the curriculum cover your interests? Will the curriculum make me competitive in the job market of your desired career field?*



2. GEOGRAPHIC LOCATION/CAMPUS SETTING

Many aspiring college students select schools based on their locations...like maybe the Virgin Islands or Hawaii. While attending the University of Hawaii might sound cool; is that the best decision? Insisting to only attend a college in a specific may leave out schools that have much to offer in your field of study. Try not to limit your options until you have had a chance to get more information about the school overall.

In addition to the geographic location, some people consider the local neighborhood in which the campus sits. Some students prefer to live and study on campuses located in rural areas while others prefer big cities. When considering the location and setting on your preferred school, you should also consider the safety of the campus – this can help calm any fears that your parents may have about your well being.

3. TUITION/FINANCIAL AID

You have found the “perfect” school but now you are pondering how to pay for your education. When you are researching colleges, be certain to look into financial aid and scholarship packaging they offer students. Also consider applying for other grants and scholarships not offered on campus.



4. GRADUATION RATE

When reviewing schools, it is important to think about the four-year graduation rate. In applying, it is assumed that you have done so to obtain a college degree. While there are colleges that have graduation rates in the single digits; a 30% graduation rate is not unusual – especially among regional public universities. However if the majority of students don't graduate in four years (or ever); you may wish to reconsider attending that particular school. A great source to look up graduation rates for school is <http://www.collegeresults.org>

5. PUBLIC vs. PRIVATE SCHOOLS

The school you attend will either be a public or private school. Public schools are subsidized by the state, whereas, private schools are privately owned. In some cases, it is more expensive to attend a private school but these colleges tend to have more resources to extend to their student body. Public schools may have lower tuition costs but resources may be restricted as a result of public funding restraints. Private schools also often have smaller student bodies while public schools have larger enrollments.

6. GENDER-SPECIFIC/RELIGION-FOCUSED INSTITUTIONS

In your search for a school, you may run across gender-specific or religion-focused institutions. These type of institutions offer specialized learning environments that are tailored toward their target demographic be all-male, all-female, catholic, Baptist, etc.

7. ENROLLMENT

Many students decide where to attend college based on the number of other students enrolled at the school. If you use this approach, select a variety of schools with enrollments within your preferred range. Be sure to visit a few schools with slightly larger enrollments before making a decision since you may change your mind.

8. INTERNSHIP/RESEARCH/CAREER OPPORTUNITIES

When senior year of college rolls around and you start applying for jobs, nothing helps more than having hands-on, practical experiences listed on your résumé. As you chose the colleges to which you'll apply, look for schools that have robust programs for experiential learning. Does the college support student to assist professors with their research? Does the college have funds to support independent undergraduate research? Have the college's fostered relationships with companies and organizations to help students get meaningful summer internships? Does the college have a strong alumni network to help students get summer work in their fields of study?

9. STUDENT ACTIVITIES & CLUBS

Most colleges offer a wide variety of student activities and clubs. In choosing a college make sure the school has your extracurricular interests covered. Nearly all four-year residential colleges offer wide-ranging options for clubs and activities, but different campuses do have very different personalities. You'll find schools that place a lot of emphasis on the performing arts, outdoor activities, intermural sports, volunteerism, or Greek life. Find schools that complement your interests. While the curriculum may be the most important feature of college, you'll be miserable if you don't have a stimulating life outside of academics.

10. STUDYING ABROAD

Let's face it – the world's countries and remarkably interconnected and interdependent. A good education needs to get us thinking beyond our immediate surroundings, and employees often look for applicants who are worldly, not provincial. Find out about travel opportunities for students. Travel does not need to be a semester, or a yearlong study abroad experience. Some courses will have shorter trips scheduled during breaks.



HBCU vs. MAJORITY INSTITUTIONS

HISTORICALLY BLACK COLLEGES OR UNIVERSITIES

Historically black colleges and universities (HBCUs) are institutions of higher education in the United States that were established before 1964 with the intention of serving the African American Community. There are 105 historically black colleges (HCBUs) in the United States today, including public and private, two-year and four-year institutions, medical schools and community colleges.

For Example: Howard University, Hampton University, North Carolina A&T, Southern University

MAJORITY INSTITUTIONS

Major Institutions are colleges and universities that are of higher learning that grant bachelor's, master's, and Ph.D degrees in liberal arts or science or both. These schools are usually funded by state governments and have general public enrollment for those student's that meet the school requirements.

For Example: University of Maryland, University of Virginia, Virginia Tech

FOUR PRIMARY FACTORS TO CONSIDER WHEN CHOOSING BETWEEN A HISTORICALLY BLACK COLLEGE AND MAJOR INSTITUTION:

List one Major Institution that you are interested in attending and one HBCU that you are interested in attending. Use the chart on the next page to weigh out the pros and cons for **yourself**.

WHAT WAS YOUR HIGH SCHOOL LIKE?

Do you want an environment different from your high school? Did you like your high school experience? Would you prefer to see different kinds of people from the ones that you saw in high school?

WHAT ARE YOUR SOCIAL NEEDS AS A COLLEGE STUDENT?

What opportunities are available for you to express yourself? Is there a social environment available that allows you to grow in joining various organizations that meet your interest?

WHAT SCHOOL WILL BEST MEET YOUR EMOTIONAL NEEDS?

What types of support systems are in place at the schools that you are considering? Are there professors who will mentor you? Can you talk amongst people who share your same concerns?

DOES THIS SCHOOL HAVE THE BEST ACADEMIC/CAREER GOAL FOR ME?

Is the major that I am interested in available at this school? What internship/study abroad opportunities are available for me? Does this school have credibility in my chosen field?

PICKING THE “PERFECT” COLLEGE

INSTRUCTIONS:

After reviewing “Ways to select the “Perfect” College for You” and “HBCUs vs. Majority Institutions,” you are ready to lay out a guide to picking school that fits your interest and future goals.

Make copies of the following sheets so that you can conduct several comparative analyses for the colleges and universities that you are considering.

NAME OF INSTITUTION: _____

IS THE SCHOOL PRIVATE OR PUBLIC? _____

IS THE SCHOOL A HBCU OR MAJORITY INSTITUTION? _____

IS THE SCHOOL GENDER-SPECIFIC OR RELIGION-FOCUSED? _____

WHAT WILL BE YOUR MAJOR? _____

WHAT WILL BE YOUR MINOR? _____

LOCATION: _____

STUDENT POPULATION: _____

TUITION: _____

COST OF LIVING: _____

WHAT IS THE STUDENT TO FACUTY RATIO? _____

WHAT IS THE FOUR-YEAR GRADUATION RATE OF THIS INSTITUTION? _____

DOES THE SCHOOL OFFER FINANCIAL AID/SCHOLARSHIPS? _____

LIST THE FINANCIAL AID AND/OR SCHOLARSHIP OPPORTUNITIES THE SCHOOL PROVIDES: _____

LIST THREE THINGS THAT YOU HOPE TO LEARN WHILE ATTENDING THIS INSTITUTION THAT WILL AID YOU IN YOUR FUTURE CAREER GOALS: _____

LIST THE TYPE OF SCHOOL ACTIVITIES AND CLUBS YOU ARE INTERESTED IN JOINING: _____

LIST THE TYPE OF INTERNSHIP/RESEARCH/CAREER OPPORTUNITIES YOU ARE INTERESTED IN HAVING WHILE ATTENDING THIS INSTITUTION: _____

LIST THE TYPE OF TRAVEL OPPORTUNITIES (STUDY ABROAD) YOU ARE INTERESTED IN HAVING WHILE ATTENDING THIS INSTITUTION: _____

LIST OTHER CONSIDERATIONS SPECIFIC TO THIS INSTITUTION: _____

40 WAYS TO PAY FOR COLLEGE

Scholarships are a great way to pay for school. Unlike loans, you do not have to repay scholarship funds. Scholarships are financial gifts given by various institutions and organizations to reward students who have done well academically, served their community, or have a special talent or skill. If you don't believe that you can afford college, here are at least 40 ways you can attend the university of your dreams. This is a short list, but there are thousands of scholarships available out there, for which you can apply.

1) Ron Brown Scholarships

<http://www.ronbrown.org/>

2) FastWEB Scholarship Search

<http://www.fastweb.com>

4) Jackie Robinson Foundation Scholarships

<http://www.jackierobinson.org>

5) Thurgood Marshall Scholarship Fund

<http://www.thurgoodmarshallfund.org/>

6) United Negro College Fund

<http://www.uncf.org/>

7) Gates Millennium Scholarships (Annual)

[http://www.gmsp.org/\(hmrfvje1fdxdiOnwbrpmbd45\)/default.aspx](http://www.gmsp.org/(hmrfvje1fdxdiOnwbrpmbd45)/default.aspx)

8) McDonald's Scholarship (Annual)

<http://www.mcdonaldsnymetro.com/>

9) National Merit Scholarships

<http://www.nationalmerit.org/>

10) College Board Scholarship Search

http://appscollegeboard.com/cbsearch_ss/welcome.jsp

11) FAFSA (Free Application for Federal Student Aid)

<http://wwwfafsa.ed.gov/>

12) Scholarship & Financial Aid Help

<http://www.blackexcel.org/fin-sch.htm>

13) NAACP Scholarships

<http://www.naacp.org.youth/scholarships/?gclid=CIL2puLV2J8CFRghnAodPkGMHw>

14) First Generation Student Scholarship

<http://telacu.com/site/en/home/education/applications.html>

- 15) Asian American Scholarships
<http://www.collegescholarships.org/scholarships/asian.htm>
- 16) International Students Scholarships & Aid Help
<http://www.iefao.org/>
- 17) Minorities & Disabilities Scholarships
<http://www.proyectovision.net/english/opportunities/scholarships.html>
- 18) Presidential Freedom Scholarships
<http://www.nationalservice.org/scholarships>
- 19) Disables War Veterans Scholarships
<http://www.afcea.org/education/scholarships/undergraduate/DisablesVerteranScholarship.asp>
- 20) Student Inventors Scholarships
<http://www.invent.org/collegiate/>
- 21) Coco-Cola Scholarships
<https://www.coco-colascholars.org/cokeWeb/>
- 22) Alphabetical Lists of Scholarships by Field of Study
<http://www.collegescholarships.org/scholarships/subject-specific.htm>
- 23) National Federation of The Blind Scholarships
<http://www.nfb.org/nfb/default.asp?SnID=807950602>
- 24) Federation of Musicians Scholarships
<http://www.afm.org/young-musicians/scholarships>
- 25) Scholarships for Student with Disabilities
<http://www.disabled-world.com/disability/education/scholarships/>
- 26) Minority Scholarships
<http://www.free-4u.com/minority.htm>
- 27) Multicultural Scholarships and Opportunities
<http://www.multiculturaladvantage.com/scholarship.asp>
- 28) Marine Corps Scholarships
<http://www.marine-scholars.org>
- 29) Alpha Kappa Alpha Scholarships
<http://www.akaeaf.org/programsandinitiatives/>

- 30) Burger King Scholars
<http://www.swwhs.org/index.php/scholarships/230-burger-king-scholars>
- 31) Nursing Scholarships Opportunities
<http://www.aacn.nche.edu/Education/financialaid.htm>
- 32) Students With Autism Scholarships
http://www.autism-society.org/site/PageServer?pagename=asa_awards
- 33) Scholarships for Study Abroad
http://www.iie.org//Content/NavigationMenu/Programs7/Gilman_Awards/Home8/Home.htm
- 34) Scholarships for Women
<http://www.collegedegrees.com/financial-aid/scholarships/specialty/scholarships-for-women/>
- 35) Sallie Mae Grants and Scholarships
http://www.salliemae.com/parent_answer/decide/explore_alternatives/grants.html
- 36) Scholarships for Hispanics
<http://www.scholarshipsforhispanics.org/>
- 37) Scholarships for Single Mothers
<http://www.collegedegrees.com/financial-aid/scholarships/specialty/scholarships-for-single-mothers/>
- 38) Girls Going Places Entrepreneurship Scholarship
http://www.guardianlife.com/womens_channel/girls_going_places/girls_going_places.html
- 39) Shell Oil Scholarships
http://www.shell.us/home/content/usa/aboutshell/careers/students_and_graduates/development/scholarships/scholarships.html
- 40) AES Engineering Scholarships (Essay)
<http://www.aesengineers.com/scholarships.htm>



THE GREEK ALPHABET

Αα

ALPHA [a]
ἄλφα

Ββ

BETA [b]
βῆτα

Γγ

GAMMA [g]
γάμμα

Δδ

DELTA [d]
δέλτα

Εε

EPSILON [e]
ἒ ψιλόν

Ζζ

ZETA [dz]
ζῆτα

Ηη

ETA [e:]
ἦτα

Θθ

THETA [tʰ]
θῆτα

Ιι

IOTA [i]
ιώτα

Κκ

KAPPA [k]
κάππα

Λλ

LAMBDA [l]
λάμβδα

Μμ

MU [m]
μῦ

Νν

NU [n]
νῦ

Ξξ

XI [ks]
ξεῖ

Οο

OMICRON [o]
ὀ μικρόν

Ππ

PI [p]
πεῖ

Ρρ

RHO [r]
ῥῶ

Σσς

SIGMA [s]
σίγμα

Ττ

TAU [t]
ταῦ

Υυ

UPSILON [u]
ὕ ψιλόν

Φφ

PHI [pʰ]
φεῖ

Χχ

CHI [kʰ]
χεῖ

Ψψ

PSI [ps]
ψεῖ

Ωω

OMEGA [o:]
ὦ μέγα

THE GREEK ALPHABET EXERCISE

INSTRUCTIONS: The letters below represent the names of the historically African-American fraternities and sororities who practice stepping. Three letters of the Greek Alphabet represent each name. Using the Greek Letter Chart provided, write out the full name of each of the organizations listed below.

FRATERNITIES

ΑΦΑ _____ **Fraternity, Inc.**

Founded: 1906 **Colors: Black and Old Gold**

ΚΑΨ _____ **Fraternity, Inc.**

Founded: 1911 **Colors: Crimson and Cream**

ΩΨΦ _____ **Fraternity, Inc.**

Founded: 1911 **Colors: Purple and Gold**

ΦΒΣ _____ **Fraternity, Inc.**

Founded: 1914 **Colors: Blue and White**

ΙΦΘ _____ **Fraternity, Inc.**

Founded: 1963 **Colors: Charcoal Brown and Gilded Gold**

SORORITIES

ΑΚΑ _____ **Sorority, Inc.**

Founded: 1908 **Colors: Salmon Pink and Apple Green**

ΔΣΘ _____ **Sorority, Inc.**

Founded: 1913 **Colors: Crimson and Cream**

ΖΦΒ _____ **Sorority, Inc.**

Founded: 1920 **Colors: Blue and White**

ΣΓΡ _____ **Sorority, Inc.**

Founded: 1922 **Colors: Royal Blue and Gold**

Write your own name using the Greek Capital and Lower-case letters:

All About Step Afrika!

C. Brian Williams, the founder and executive director of Step Afrika!, attended Howard University in Washington, D.C., where he learned how to step. Later, he visited South Africa, and saw a young boy dancing a style that looked very similar to stepping. Recognizing the connection, Brian wanted to find a way for Africans and Americans to share their dances, music, and culture. In 1994, he founded Step Afrika! As the first professional company dedicated to the tradition of stepping, Step Afrika! ranks as one of the top ten African American dance companies in the United States.

We Step

We promote an appreciation for stepping and its use as an educational, motivational and healthy tool for young people. We structure our performances and programs to connect intimately with our audience and create a positive influence on students' lives.

We Tour

Step Afrika! performs in more than 50 U.S. and Canadian cities each year. As a cultural ambassador, Step Afrika! also partners with various organizations to perform for audiences all over the world. During international visits, Step Afrika! joins with local dance groups and other arts organizations to develop performances that blend the styles of different cultures and create a unique experience for the audience. Step Afrika! programs are a testament to the power of the arts; bringing communities together and building tolerance, unity and acceptance among young people everywhere.

We Teach

Step Afrika! has been dedicated to arts education since its inception. We present the art, values, and culture of stepping to students of all grades and backgrounds. We have become a model for using stepping as an educational tool. Exhibiting the organization's core values of teamwork, discipline, and commitment, Step Afrika! presents the following programs:

- *Stepping with Step Afrika!* in-school performance
- *Step Up to College* residency program
- *Step Afrika! Step Shop* Workshop
- *Summer Steps with Step Afrika!* summer camp
- *Step Afrika! Youth Ensemble*
- *Step Afrika! Scholars Program*

For more information about our arts education programs, visit www.stepafrika.org, or email info@stepafrika.org.

“The story to the founding of this international arts organization illustrates not only the attraction of stepping to other cultures but also stepping’s ability to open doors to intercultural communication.”

– Dr. Elizabeth C. Fine, author of Soulstepping

