



Spring 2021 Activities



Saturday, January 23rd	Orientation—11:00 a.m. 12:30—4:30 p.m. Mastery Prep students completing boot camp
Monday thru Friday, February 1st thru 5th	from 4:00—5:00 p.m. Mastery Prep classes for ACT students
Saturday, February 6th	National ACT test—Mandatory for all Juniors and Seniors, 7:30 AM at KSU
Saturday, February 20th	College Tour—Virtual with U of L at 10:00 a.m.
Saturday, March 6th	Workshop—STEM 10:00 a.m.
Saturday, March 20th	College/Career Fair—UB Alumni 10:00 a.m.
Saturday, April 3rd	Senior Activity—TBA
Tuesday, April 24th	Etiquette Workshop—10:00 a.m.
Tuesday, May 4th	End of the year banquet –TBA

Kentucky State University  
Upward Bound  
400 East Main Street  
Frankfort, KY 40601

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Beauty out of Chaos-T’Ebony Torain

*\*Beauty-the quality present in a thing or person that gives intense pleasure or deep satisfaction to the mind, whether arising from sensory manifestations (as shape, color, sound, etc.), a meaningful design or pattern, or something else (as a personality in which high spiritual qualities are manifest).*

*\*Chaos-a state of utter confusion or disorder; a total lack of organization or order.*

Every year, I take myself on a personal trip to Lake Barkley State Resort Park in Cadiz, KY. During this time, I make it a point to spend time in building myself in my faith. The time of my visit is during the month of March which is when the season is transitioning from winter to spring.

The landscape around me continues to shows evidence of winter as the trees are bare, the ground is brown, and nature appears to be still. Yet, this is my moment of separating myself from my familiar environment and build myself in my faith and submerge myself in nature. For me, in the midst of the bleak season of transition within nature, I still see beauty.

However, it was the last day of my trip this year when I discovered a virus called Covid-19 had caused a pandemic across the world. I was traveling to my hometown after my visit when I discovered that we were not permitted to return to work on a regular basis. During this time, I watched the news on how the pandemic had shut down schools, restaurants, travel plans, worship services, and business as usual. I also watched how thousands of people succumbed to Covid-19 related deaths.

For a brief moment in my eyes, Covid-19 ushered in chaos that would follow us into spring, summer, fall and now winter, all four seasons. The chaos caused people to struggle to make ends meet. Parents were forced to figure out how to make virtual learning work for their children as they attended to their job duties. Some individuals struggled with handling the loss of loved ones; while others battled with depression, loneliness, and grief. There were even stories of abuse and domestic violence.

Yet, in spite of the chaos caused by Covid-19, some people experienced beautiful moments. Families were able to spend more time with each other. Lives were created and birthed. Though people lost jobs, there were increases of entrepreneurship and innovation. People were able to spend time fulfilling their life goals, dreams and desires. Yes, beauty did unfold in the midst of chaos.

Some of you may ask “Ms. Tee, how is this possible?” “We can’t see beauty with all that continues to go on.” However, as in the season of spring which occurs during March, when traces of winter is evident, you may still see evidence of chaos brought about by Covid-19. Yet, as in spring, beauty is rising underneath the surface.

Beauty is determined by YOUR vision, how YOU see and interpret people, problems, and situations. YOU cannot expect people to tell YOU how to see and/or what YOU should see; however, YOU have to see the beauty in a situation, whether good or bad, for YOURSELF!

Even in the midst of a pandemic and/or challenges, you have the power to change your situation for the sake of positive outcomes. I am not at all saying we have to overlook the pain that was caused by Covid-19; however, I am saying don’t let what you see determine your behavior and mindset. As the year comes to an end, I encourage each of you to change your outlook and vision in the face of negativity so that you can see how beauty can arise out of chaos.



Love,  
  
Ms. Tee

*\*Definitions taken from Dictionary.com*

WINTER  
2020



T’Ebony  
Torain  
  
Director



## Academic Coach

Keymia Herve



As we get closer to Christmas, I cannot help but think of one of my favorite Christmas songs, “It’s the most wonderful time of the year.” The lyrics continues with it’s the happiest season of all with holiday greetings and everyone telling you be of good cheer, and hearts will be glowing when loved ones are near. As I reflect on those words, I asked myself, are you truly happy? Are you of good cheer? Is your heart glowing?

Let us be honest 2020 has been difficult. We all welcomed it with open arms and been optimistic of how great it was supposed to be. It was supposed to be our double-double blessing year, but instead we experienced a pandemic that brought forth, division, fear, loss, loneliness and the list goes on. For me personally, it was not the best, but this year has been a blessing in disguise. I learned a lot about myself and I have grown as a person.

I share all this with you all to say that, yes, it has been a tough year, but we are tougher and stronger together. We may not have always been happy and cheerful, but we found strength and solace in each other. It is when things and/or situations may look like they are going to fold that we stand and be resilient. I would like to encourage you all to remain hopeful and know that there is a better tomorrow.

Lastly, I would like to thank all of the Upward Bound students for being so amazing. You all have truly been my rock and have been a blessing to me, so thank you. I see all that you go through as students and you did not falter in this season. Just know that GREATER is coming! Ms. K is proud of you. Thank you parents for your support. We could not do what we do without you.

Happy holidays, Merry Christmas and have a Happy New Year! See you all next year in 2021.

### Merry Christmas

“Peace on earth will come to stay, When we live **Christmas** every day.” – Helen Steiner Rice. .



## Do High School Grades Matter?

### All Years Matter

When it comes to GPA, “A” is the most important letter here, and this stands for “Average.” Your grade point average will be made up of all of the classes you’ve taken each year over the course of your high school journey, so therefore, all your years of school and classes matter for your GPA. However, there are **some classes that may carry more weight on a GPA and some that universities emphasize and scrutinize more**. Additionally, some of your classes may never show up on a college application transcript or be factored into your GPA, depending on when you take them, so this is where planning is key.

### 9th and 10th

Since there is no “trial period” of high school, the clock on your GPA starts ticking from day one, and this means your freshmen and sophomore year grades matter just as much as the rest of them. In fact, it could be argued that these years’ grades matter more than the later years since they’re going to make up a majority of the transcript and GPA a college admissions officer sees. This is because **students typically apply to college in the first semester of their senior year before senior year grades are finalized, so universities may be making an admissions decision based on just the grades from your first three years of high school**.

### 11th and 12th

As students advance in high school to become upperclassmen, they should be advancing in the type and rigor of courses on their schedule. This means that by a student’s junior year, they’re usually taking a handful of honor and AP courses, and possibly, even more, their senior year. It’s important to show the progression of a more rigorous course load since universities want to see that applicants are progressing intellectually and challenging themselves with more advanced and college-level classes.

High school is a very important time in most teens’ lives, and while the stakes may feel high, it should really be viewed as an opportunity. **High school is the opportunity to explore various subjects, find your strengths and passions, and demonstrate your skills to universities**. High school is also the time to learn, grow, and challenge yourself in a safe environment, with a staff of teachers who are rooting for your success and who are often willing to go out of their way to help students achieve that success. You don’t need to stress or psych yourself out too much, just remember your short-term and long-term goals, and if you do mess up, don’t dwell on the past, but rather make a

***Congratulations and a big shout out to these students who have a 4.0 GPA! We are so proud of you.***



Nicole Roberts-freshmen at WHHS

Mallory Anderson-junior at FCHS

To read whole article go to:

<https://beta-bowl.com/do-high-school-grades-matter/>





# No Pass/No Drive Law

The No Pass/No Drive Law ([KRS 159.051](#)) was passed during the 2007 legislative session, and affects every public and private school in Kentucky (including home school students). The law says that schools will use academic and attendance data from the previous semester of the school year to determine whether 16- and 17-year-old students are compliant with the law. If deemed noncompliant, the student's current driver's license or learner's permit is revoked. This process occurs on a secure web portal that directly connects schools with the Kentucky Department of Transportation, Division of Driver Licensing. The [KAR 601.13.070](#), promulgated in 2008, sets forth the Transportation Cabinet's requirements under that statute.

To apply the first time for a driver's learning permit, students must get a paper form ([KRS 159.051](#) School Compliance Verification Form, dated 1-1-12) issued by their school. It will not be completed and issued by the school if the student is not eligible according to the terms of the law. A revoked learner's permit or driver's license can be reinstated electronically on the web portal if the student is compliant with the terms of the law for an entire semester, or completes the credits in summer school.

## No Pass/No Drive Frequently Asked Questions

1. What is KRS 159.051? The No Pass/No Drive law (KRS 159.051) affects all public and non-public schools in KY, applies to 16 and 17-year-olds, and uses attendance and grades from the previous semester of the school year to determine non-compliance for students.
2. Does the law apply when a student turns 18 or graduates, and how does the student get his/her driver's license reinstated? No, it doesn't apply if a student turns 18 or graduates (at any age), and it will be the student's responsibility to go to the circuit court clerk's office to begin the process of having his/her driver's license reinstated (by showing proof of age).
3. What makes a student academically non-compliant? The No Pass/No Drive law defines Academic Deficiency as a "student who does not have passing grades in at least four (4) courses, or the equivalent of four courses, in the preceding semester."
4. What is equivalent to 4 courses? KDE recommends that students need to pass 66% of their courses (per semester) to be compliant with No Pass/No Drive.



For more information: <https://education.ky.gov/school>



## What are some types of study skills?

- Rehearsal and rote learning.  
(**Rote learning** is a [memorization](#) technique based on [repetition](#).)
- **Reading** and listening.
- Flashcard training.
- Summary methods.
- Visual imagery.
- Acronyms and mnemonics. (example of mnemonics: DOES-daddy only eats sandwiches)
- Exam strategies.
- Spacing.

## Time management, organization and lifestyle changes . . . .

Often, improvements to the effectiveness of study may be achieved through changes to things unrelated to the study material itself, such as [time-management](#), boosting [motivation](#) and avoiding [procrastination](#), and in improvements to [sleep](#) and [diet](#).

Time management in study sessions aims to ensure that activities that achieve the greatest benefit are given the greatest focus. A **traffic lights** system is a simple way of identifying the importance of information, highlighting or underlining information in colors:

Green: topics to be studied first; important and also simple

Amber: topics to be studied next; important but time-consuming

Red: lowest priority; complex and not vital.

This reminds students to start with the things which will provide the quickest benefit, while 'red' topics are only dealt with if time allows. The concept is similar to the [ABC analysis](#), commonly used by workers to help prioritize. Also, some websites (such as [Flash Notes](#)) can be used for additional study materials and may help improve time management and increase motivation.

In addition to time management, sleep is important; getting adequate rest improves memorization. Students are generally more productive in the morning than the afternoon.

In addition to time management and sleep, emotional state of mind can matter when a student is studying. If an individual is calm or nervous in class; replicating that emotion can assist in studying. With replicating the emotion, an individual is more likely to recall more information if they are in the same state of mind when in class. This also goes the other direction; if one is upset but normally calm in class it's much better to wait until they are feeling calmer to study. At the time of the test or class they will remember more.

While productivity is greater earlier in the day, current research suggests that material studied in the afternoon or evening is better consolidated and retained. This is consistent with current memory consolidation models that student tasks requiring analysis and application are better suited toward the morning and midday while learning new information and memorizing are better suited to evenings.



## STUDY SKILLS

### CHECK IT OUT DURING CHRISTMAS

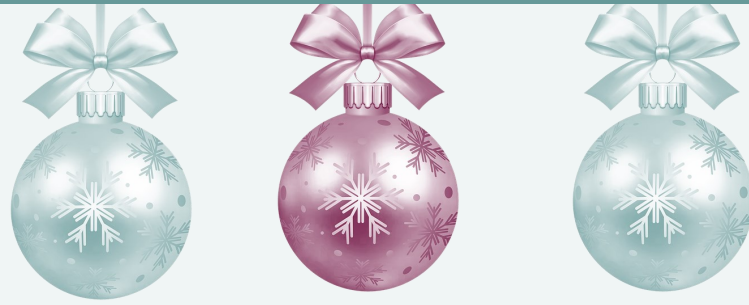
There are free online study skills courses that will teach you the art of studying well. Many students struggle while studying, not because they're not intelligent, but because they haven't learned the skills required to study and retain information effectively. These courses teach you the time management and study skills required to become an effective student and ace exams. Do a computer search and take advance of some of these free courses. It might make a big difference in how you study and your grades.

[https://en.wikipedia.org/wiki/Study\\_skills](https://en.wikipedia.org/wiki/Study_skills)

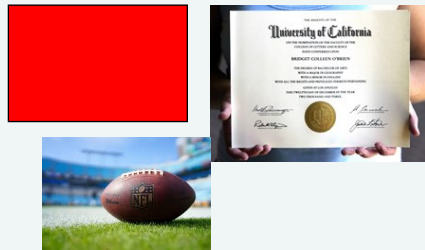


# VISION

The Upward Bound students completed a workshop doing their vision board. We were really excited to see their goals.



My main goals are to become an equipment manager in either this school year or next school year,



I want to continue becoming closer to God, because he has helped me a lot during times such as these ones.

I really want to apply to as many scholarships as I can and get them. So that they can start to accumulate before senior year.

My goal is to get a 25+ on the ACT because it's a pretty good score and I would get a higher chance for more colleges and universities to accept me.

I want to work out so that I can feel better physically and mentally, because having that motivation really makes me feel so much better.

My goal is to be able to drive without my mom and feel like I am okay and in control but before I can actually do that I will need to pass my driving test this December.

I want to continue not being stressed out so that I can be okay and maybe socialize more often than I usually do.

I want to publish my poems and short stories and get paid for doing it.

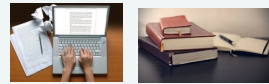
I really want to make sure to spend more time with my family doing activities with them and not arguing as much with my younger siblings as well as building a stronger connection with family I have in Michigan.

Lastly, I want to get a puppy preferably a bull dog but if not I'll be fine. I want my dog Marlee to have a companion so that the worst always be alone.

- Move on to next year
- Stay focused on school
- Stay successful
- 3.0 GPA or higher
- Be back at Upward Bound in person

## ~My 2021 goals~

1. I want to finish writing my book.



2. To be able to draw anime better and create my own characters.



3. To lose weight and be more active



## My Future



## VISION BOARD

Learn to drive & get my dream car

Stock my money to get everything I need & work hard

Build my relationship & work to better each other & build

Grow out my hair & my confidence

Get clear skin & take care of it

Work on my outfits & style

Pets  
Family  
New York  
Job  
Pass finals/AP exam  
Hawaii  
College  
Get my drivers license  
Travel  
Straight A's  
Church  
Florida  
Friendships  
Fitness  
Save money

My 2021 vision board

Learn how to feed in braids

stop stressing/getting mad over that aren't worth my time

save my money because I spend a lot of money on

A+

I am...

Life Goals!

A+

Vision board

1) my goal is to graduate High School with a 4.0

2) go to college for law and criminal justice

3) become a profiler for the FBI

4) get married to the person I love (the person I'm with)

5) have a family and love it to the fullest

Live Laugh Love

Pictures of my vision of me-

Pictures of me making basketball team, graduating high school, getting good grades throughout rest of high school and attending university of kentucky

A+

A+

Get a job

keep good grades

A+

Get accepted to colleges

Save up for a car.

Graduation ceremony

Football game

Person holding a trophy

Menavannia Kev

get a job

Vision Board (UB)

VISION BOARD - 2021

gratitude

Peace

employee

strength

Relax

NEVER STOP DREAMING

VISION BOARD - 2021

gratitude

Peace

employee

strength

Relax

NEVER STOP DREAMING

From the depth of my heart, I wish you the joy and warmth of Christmas.

Merry Christmas!