

**UPWARD BOUND**  
Kentucky State University  
ASB Room 519  
400 East Main Street  
Frankfort, KY 40601

## UPCOMING CALENDAR OF EVENTS

### SEPTEMBER 28

#### **ACT test prep and essay writing workshop**

Location: Hathaway Hall Auditorium

Time: 10-12:00p.m.

Students will participate in a workshop rendered by a KAPLAN representative on ACT test taking tips a well as participate in a workshop on how to write effective college admission essays.\*Due to technical issues, this workshop topic and location may change. We will give each student and parent advance notification of any cancelation.

### OCTOBER 5

#### **Upward Bound Meet and Greet**

Location: Hathaway Hall Auditorium

Meet and Greet is from 9-12p.m.

Come meet Upward Bound participants from 2013-1960s. Listen to the discussion of the importance of TRIO programs and how lives were changed through KSU's Upward Bound program. We will also have a presentation from Kentucky State University's Office of Admissions, Office of Financial Aid, and other KSU departments. Any parent desiring to return to school is encouraged to attend this event as well. Refreshments will be provided.

For more information about Kentucky State University, please enter this link into your search engine: <http://www.kysu.edu/>

### OCTOBER 19

#### **Campbellsville University academic presentation/campus tour**

Drop off/Pick up location: Exum gymnasium

Drop off time: 8:00 a.m.

Pick up time: 6:30 p.m.

Students will tour Campbellsville University in Campbellsville, KY. They will also learn of the University's various majors/minors, special programs, clubs and organizations and financial aid/scholarship opportunities. For more information about Campbellsville, enter this link into your search engine: <http://www.campbellsville.edu/>

*\*Pick up time for this event is subject to change.*

### NOVEMBER 9

#### **Eastern Kentucky University's Preview Day**

Drop off/Pick Up location: Exum gymnasium

Drop off/Pick Up time: 7:30a.m.

Pick Up time: 4:00p.m.

Students will participate in a variety of educational workshops presented by Eastern Kentucky University. They will also learn of the University's various majors/minors, special programs, clubs and organizations and financial aid/scholarship opportunities. For more information about ECU, enter this link into your search engine: <http://www.eku.edu/>  
*\*Pick up time for this event is subject to change.*

### NOVEMBER 23

#### **KHEAA Financial Aid presentation**

Location: Hathaway Hall Auditorium

Time: 10-11:30a.m.

Summer Gortney, KHEAA representative, will discuss the state of financial aid as well as the various financial aid available to students and parents.

### DECEMBER 7

#### **Service Learning Activity: Upward Bound sponsors a Christmas party for the King Center children**

Location: Exum gymnasium

Time: 10-12:00p.m.

Come support our UB students as they host a party for the students of the King Center. Students will provide games, refreshments, and activities for the students.

***Upward Bound seniors are responsible for creating committees and facilitating the committees and activities. All UB students are encouraged to participate.***

*\*Tutoring will begin the month of October.*

*More information will be provided soon.\**

#### **SENIOR MEETINGS**

Thursday, August 29th -4:30-6:00p.m.

Thursday, September 19th—4:30-6:00p.m.

Thursday, October 10th—4:30-6:00p.m.

Thursday, November 7th—4:30-6:00p.m.

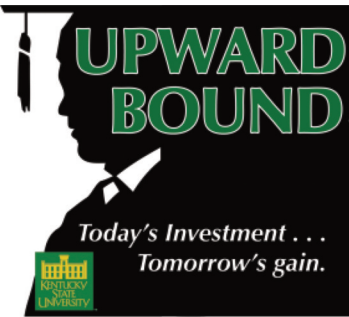
Thursday, December 5th—4:30-6:00p.m.

Thursday, December 12th –Professional Development Dinner for seniors–4:30-6:00p.m. Location: TBA and decided upon by seniors.

*All Senior meetings are mandatory. They are designed to assist students in reviewing, preparing, applying, and selecting their college choices and make a final decision. These meetings are very important and helpful to all seniors. Please be sure your child attends.*

## ACT TEST DATES

Test Date	Registration Deadline	(Late Fee Required)
Sept. 21, 2013	Aug. 23, 2013	Aug. 24–Sept. 6, 2013
Oct. 26, 2013	Sept. 27, 2013	Sept. 28–Oct. 11, 2013
Dec. 14, 2013	Nov. 8, 2013	Nov. 9–22, 2013
Feb. 8, 2014*	Jan. 10, 2014	Jan. 11–24, 2014
April 12, 2014	March 7, 2014	March 8–21, 2014
June 14, 2014	May 9, 2014	May 10–23, 2014



Volume Four, Issue No. 2

UPWARD BOUND NEWSLETTER

Fall 2013

## Letter from the Interim Director

If you would have told me five years ago that I would be the Interim Director of Upward Bound at Kentucky State University, I would have laughed. Fast forward to June of 2013 and I was thrust into the position. Yes, it was a challenge, but it was not overwhelming because of the following: 1) Faith in God. 2) Faith in my co-workers. 3) Faith in myself. 4) Faith that others had in me.

There are various definitions for faith but the foundation of it all is belief. I had to believe in a Power Higher than Myself in order to carry out the assignments of this position which included two college readiness programs. I had to believe in my co-workers work ethic and commitment to get things done. I had to believe in myself and my ability to navigate Upward Bound during the most challenging period of the year, the summer component. Lastly, there were other people who believed in me; people who believed that I could accomplish the tasks and fulfill the role. I could not let them down.

Coupled with my passion for the students, parents, and TRIO, I was determined to navigate the program during a transitional period. Even though we all endured a few bumps in the road, we made it and had a successful summer component! The moral of the story is that it is important to have faith. During stable times and times of uncertainty, have faith.

Faith in the following: a Higher Power, those around you, yourself, and those who believe in you. The staff of Upward Bound believes in you. I believe in you. However, going forth throughout the year, the question you must ask is: Do I believe in myself? If you are shaky with the answer to that question remember: 1) You are somebody. 2) You can do ALL things. 3) Respect (even towards yourself) is mandatory and not an option.

Sincerely,

*T'Ebony Torain*  
T'Ebony Torain,  
Upward Bound  
Interim Director

## Robotics Competition

*Alysa Weaver stated, "Robotics class kept me busy and I learned a lot; I really enjoyed the Robotics Competition." "I really enjoyed working with my teammate as well as interacting with the students from GO-College."*

When the Upward Bound and GO College Robotics competition took place Monday July 29, 2013, we had one of our very own students become the Champ with his "Green Machine Exhibit." Upward Bound is proud to acknowledge Matt Goodwin, who represented amazingly well, with the G.M.E. at the Robotics competition. Upward Bound had two additional students, Madelyn Holloway and Heather Stamper, who received 3rd place recognition for "The Claw" robot.

We are so proud of all of you. Congrats to GO College for their hard work and participation, as well. Upward Bound would like to thank the parents who volunteered and showed their support. Lastly, Upward Bound would like to give Mr. Hancock and his staff a huge "thank you" for teaching the students and helping them with their robot exhibits throughout the summer program.



**Don't give up. Always strive for the best. Believe in yourself and aim high. The sky is the limit but with God, there are no limits.**

*- Angela Reynolds*



# The Academic Counselor's Corner

by Ayana Martin

Hello all!! I am Ms. Ayana Martin, the Interim Academic Counselor for the Upward Bound program. I am also a recent graduate of Kentucky State University with a Liberal Studies degree concentrating in Elementary Education. I hail from the lovely city of Chicago, Illinois and I love working with children of all ages, which is a deep passion of mine. My goal is to work as an Education Administrative Executor and have

the ability to make the best decisions concerning children in all aspects of their lives. Furthermore, my passion is to ensure all children receive the best opportunities to achieve their goals. I want to make sure I have an impact on the lives of others. (I look forward to meeting all of you during this upcoming fall semester.

*- But as for you, be strong and do not give up, for your work will be rewarded.*

## Summer Trip



This year the Upward Bound summer trip consisted of a trip to Atlanta, GA and Pensacola, FL. During our stay in Atlanta, we were able to visit Clark Atlanta University where students

gained a great deal of knowledge about admissions and other important college information. Due to the weather, we were not able to visit Morehouse College and Spelman College as planned. From Clark Atlanta University, we were able visit Six Flags where the students spent hours having a blast riding roller coasters and shopping in the park. Last but not least, we were able to make a quick stop at the Pensacola Beach, where the students had fun in the sun, shopped, and enjoyed the beautiful beach. Lastly, we would like to thank the parent chaperones that helped and supported our summer trip!



## Don't Give Up

When things go wrong, as they sometimes will,  
When the road you're trudging seems all uphill,  
When the funds are low and the debts are high,  
And you want to smile, but you have to sigh,  
When care is pressing you down a bit-  
Rest if you must, but don't you quit.

Life is queer with its twists and turns,

As every one of us sometimes learns,  
And many a fellow turns about  
When he might have won had he stuck it out.  
Don't give up though the pace seems slow -  
You may succeed with another blow.

Often the goal is nearer than

It seems to a faint and faltering man;  
Often the struggler has given up  
When he might have captured the victor's cup;  
And he learned too late when the night came down,  
How close he was to the golden crown.

Success is failure turned inside out -

The silver tint in the clouds of doubt,  
And you never can tell how close you are,  
It might be near when it seems afar;  
So stick to the fight when you're hardest hit -  
It's when things seem worst that you must not quit.

Author Unknown

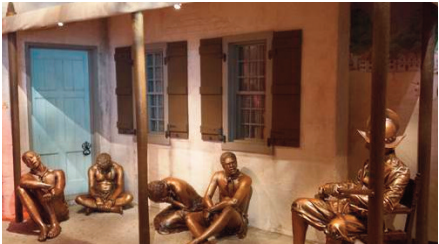
## Summer Component

During the summer component of Upward Bound, students had weekly classes which included Math, Science, French and English for the sophomore and freshman. The Juniors and Seniors practiced Kaplan/ACT Prep and attended college seminars. Upward Bound also visited several college campuses that included Georgetown College, Berea College, and the UK Pharmacy School. Also, some of the summer fun activities included a swim party, pizza party, movies, and electives. Electives included cooking, basketball, Zumba, and media class. Also, Freshman and Sophomores participated in a Robotics class while Juniors participated in motivational speaking and visits from colleges such as University of Louisville and Transylvania University. Last but not least, Seniors participated in work study jobs that promoted career readiness.



## Orientation

On August 24th, 2013, we had a great orientation and fun day for the students. Orientation started at ten o'clock on Kentucky State University's campus where we discussed the academic school year as well as the Upward Bound rules and regulations. During orientation, schedules of events and hand books were passed out to students and parents. The Academic Counselor, Ms. Ayana Martin, passed out information pertaining to academic performance per grade level, ACT information and information about the PSAT on October 16th. Ms. Reynolds, the Administrative Assistant, made sure that all parents and students signed the Code of Conduct Form as well as made sure all students' and parents' contact information was updated. It was a very successful orientation and we thank you all for your participation and support.



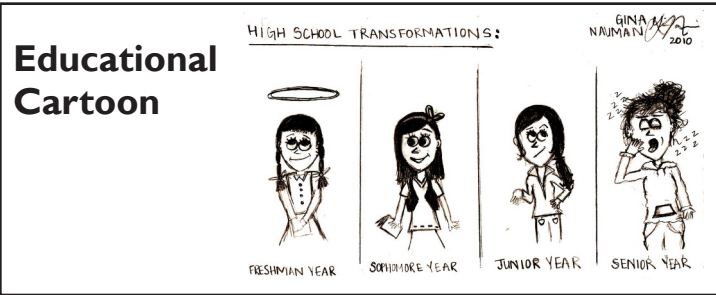
Our day also included a trip to Cincinnati to the Underground Railroad Museum as well as Kings Island. At the Underground Railroad Museum students were able to walk through exhibits and experience what African American slaves endured. Also, students watched a live movie depicting the slave experience from the Ohio River to Cincinnati to make it to freedom which was in Canada. It was an awesome cultural experience for the students. Later that day, we headed to Kings Island where students enjoyed a fun filled day of roller coasters, games, and food.

## Centre College

On September 14th, Upward Bound visited Centre College in Danville, KY. Students were able to tour the campus as well to ask admissions questions about Centre. Also, students learned about the various majors, minors, special programs, clubs, organizations, scholarships and financial aid. Centre is a strong academic college with a great reputation.

### Success for the school year: Tips for students and parents

- Time Management** – Manage your time wisely.
- Study habits** – Maintain sound study habits.
- Set attainable goals** – Short term and long term goals.
- Concentration** – Concentrate attentively in class and while studying.
- Good note taking** – Take good notes in class.
- Complete assignments** – Effectively and timely.
- Review daily notes** – Take time to study your notes at home for at least an hour a day.
- Organizational skills** – Buy a calendar or an assignment notebook.
- Motivation** – Stay positive. Keep yourself encouraged.
- Commitment** – Always keep your word and reach for your set goals.



Upward Bound would like to thank all the parents for their support and cooperation throughout the summer program and the academic school year!  
**We appreciate each of you!**  
Also, we would like to thank the Upward Bound students for their participation and effort throughout the summer program and we look forward to having a successful school year!!!