



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

Senior and Leadership Team Meeting Schedule

All meetings are held in ASB Room 519

LEADERSHIP TEAM MEETING
Sunday, January 30th, 5:00-6:00 p.m.

SENIOR MEETING
Sunday, January 30th, 6:15-7:00 p.m.

LEADERSHIP TEAM MEETING
Sunday, February 13th, 5:00-6:00 p.m.

SENIOR MEETING
Sunday, February 13th, 6:15-7:00 p.m.

LEADERSHIP TEAM MEETING
Sunday, March 13th, 5:00-6:00 p.m.

SENIOR MEETING
Sunday, March 13th, 6:15-7:00 p.m.

LEADERSHIP TEAM MEETING
Sunday, April 17th, 5:00-6:00 p.m.

SENIOR MEETING
Sunday, April 17th, 6:15-7:00 p.m.

Upward Bound 2011 Spring Semester Workshop Dates

JANUARY 15TH 9:30-10:30 a.m.

JANUARY 29TH 9:30-11:30 a.m.

THURSDAY, FEBRUARY 3RD 4:30-5:30 p.m.

FEBRUARY 19TH 7:30-2:00 p.m.

THURSDAY FEBRUARY 24TH 4:00-5:15 p.m.

MARCH 12TH 9:30-11:30 a.m.

MARCH 26TH 9:30-11:30 a.m.

APRIL 4TH-APRIL 6TH Spring Break College Tour

APRIL 16TH 9:30-11:30 a.m.

**February 3rd meeting is reserved for juniors and seniors only*

**February 24th meeting is specifically for seniors but open to all students.*



Volume Two, Issue No. 2

UPWARD BOUND NEWSLETTER

Winter 2011

Letter from the Director

The heart of a parent is to ensure that their child succeeds in life without incurring any unnecessary hardships. Yet, communicating this necessity to your child can be challenging. Communication between parent and child can be difficult at times. Let's face it, communication barriers have broadened in this current age of IPAD, IPOD, Twitter, and Facebook.

However, effective communication regarding your child's future is critical to his or her success. Effective communication can leave a life time of positive impressions upon your child. As a parent, your greatest impression can occur during a morning ride to school. It can also occur during breakfast, lunch, or dinner. A positive impression can also occur during a trip to the movies or special outing.

During your discussions with your child, it is important to allow them to fully express themselves. Allow them to communicate their goals and dreams. Offer advice on how they can achieve them without being negative. It is important for student's to be realistic about their future careers and aspirations; however, let them feel free to dream in your presence.

Try to be as creative as possible with your communication method. Send them a text. Make a surprising phone call while pretending to be an admissions counselor at a college or university that they are interested in attending. Sit down with your child and play a game. Even though you may not know how to play, take the time to share your passion for their advancement during the game.

Before you initiate conversation with your child, make sure you do some research. Read up on the college or university they are interested in attending. Research and prepare to discuss helpful ACT testing tips and/or other valuable information. Look up the cost of a college course at a local college or university. You can rest assured that your brief moment of communication will change your child's outlook upon their future.

You are the greatest resource and support system for your child. Although you may not know every detail about attending college, you can ignite their curiosity and dreams. You will be the fuel system to keeping the vehicle of education alive in their lives. Your child's outcome is your investment, so take a brief moment to help make a change.

Remember, the Upward Bound staff is here to help. Call us or stop by the office. We will do our best to assist both of you in making your dreams come true.

Gratefully,
Gill Finley,
 Director

"Education means inspiring someone's mind, not just filling their head." -Katie Lusk

Mr. Finley's Millionaire Message



In today's changing economy, you have to do your best to stay aware of things that can affect your credit score. A negative credit score can impair one from getting a new car, house, and/or loan. Below are a few ways to strengthen your credit and build a strong financial future. This information was taken from an article written by LaToya Irby from About.com.

5 Ways To Build a Good Credit History

- 1. Charge only what you can afford to pay**
 When you get into the habit of charging only what you can afford, it lets future lenders and creditors know that you are a responsible borrower. You'll find it easier to borrow money and get new credit when you show that you know how to only borrow what you can pay back. Not only that, only charging what you can afford helps you avoid excessive debt.
- 2. Use only a small amount of the credit you have**
 Maxing out your credit cards – or even coming close – is one of the most irresponsible ways of using credit. Chances are that you can't afford to pay off a maxed out credit card balance. Lenders know that borrowers who max out their cards often have difficulty repaying what they've borrowed. Staying below 50% of your credit limit is wise, below 30% is best.
- 3. Start with only one credit card**
 Many first-time credit card users accumulate a collection of credit cards within their first few years of using credit. Don't do this. The more credit you have, the more you'll end up using. Learn how to be responsible with credit before you apply for additional credit cards.
- 4. Pay your balance in full and on time**
 If you're only charging what you can afford to pay,

this won't be a problem. Paying off your balance each month shows that you're capable of paying bills, something creditors and lenders want to see. Since a large part of your credit score includes timeliness of your payments, paying your balances on time improves your credit.

5. Carry a balance the right way

Having a credit card balance isn't bad as long as you do it the right way. Make more than the minimum payment each month to pay off your balance as quickly as possible. Avoid making late credit card payments and continue to keep your balance at a reasonable level.

If you follow these principles, carrying a balance won't hurt your credit.

If you desire to see the whole article or review the underlined word links please see the following web address:
<http://credit.about.com/od/buildingcredit/tp/building-good-credit.htm>
 By LaToya Irby, About.com Guide

The Academic Counselor's Corner

by T'Ebony Torain

Get Rid of Stinky Thinking

For some of us the winter season can shape or mold our mentality and emotions. The dismal outlook upon the weather can transfer upon one's productivity and attention span while in class. Moreover, the productivity or lack thereof transfers to one's academic performance.

Sometimes dismal weather can cause students to get into a sad or negative mindset. This is not the time to give in to your feelings or emotions. Instead it's the time to kick our brains and attitudes into full gear and prepare to work to receive the best grades you can achieve.

While working with admissions counselors at various institutions across Kentucky, I understand the importance of students performing at their optimal level throughout high school. Most colleges require certain grade point averages and ACT scores in order for a student to be admitted into their institution. Students who do not meet these requirements may be put on the waiting list, asked to submit additional information such as letters of recommendation and/or personal statement, or denied altogether.

To prevent this from occurring, it is important that each UB student get rid of stinky thinking and work hard each semester to achieve good grades. It is also important for each UB student to begin to study and prepare for the ACT test. The average score in the state of Kentucky and the United States is 20-21. Students must prepare to achieve a score in this range and/or higher. Do not forget to take advantage of your ACT prep accounts to practice and improve your score. If you need your password, call the office 502-597-5525.

Remember, developing a positive outlook upon academics, can increase one's fortitude. Fortitude is defined as "strength of mind that enables a person to encounter danger or bear pain of adversity with courage." During dismal and difficult times, it is important to dig your heels in and develop fortitude. Fortitude will help to carry you forth when all else seems bleak.

During this semester, get rid of stinky thinking and develop an attitude of fortitude!



Diabetes: Finding the Strength to Move Forward

By Angela Reynolds

Diabetes is metabolism disorder known as Diabetes Mellitus. The food we consume during mealtimes or snacks are broken down to be used for the function of our bodies. The body produces a hormone known as insulin that is produced from the pancreas. Insulin is used to convert sugar to energy. When the sugar is not broken down and converted into energy, diabetes can occur.

There are two types of diabetes, type 1 and type 2. Type 2 diabetics usually have too much sugar in their blood which is also known as Hyperglycemia. Too much sugar in the blood can damage the kidneys, eyes, heart, nerves and brain. Type 2 diabetics feels tired, fatigue, excess thirst, dry mouth, excess urination, little or increase appetite, unexplained weight gain.

As a Type 2 diabetic, I can tell you that it is not easy. I was diagnosed in 2005 at the age of 25. Upon hearing my diagnosis, I was in denial. I ignored my symptoms and pretended they did not exist. I would lie to my family when I was asked about my health, just to make them satisfied. I ate everything that I desired and did not think about the consequences of my actions. I did not realize that I was slowly but surely harming my body. I was upset and wondered: "Why me?"

"What did I do to deserve such a horrible disease?" I realize that it was many factors. First, diabetes runs in my family. The second factor was my weight. Lastly, my lifestyle also helped to contribute to diabetes. I believe it was a warning in my life that I must make a change.

My change began when I became pregnant with my daughter. I was so high risk that I went in for a doctor's

appointment every week. My doctor was patient with me but showed me the importance of staying healthy and on top of my glucose (sugar) levels. I realize that I had to do this for my unborn child.

I stuck to my diet and took my medicine. My daughter was born healthy and perfect. I figured that if I use that small amount of effort to take care of myself, I can make a difference in my health. I had to make changes to make sure that I am around to watch my daughter grow up. I believe that people and situations are placed in your life for you to find that

motivation to keep moving forward. Leila was mine.

A change in life begins with change of mind. I was so scared of the consequences of not taking care of myself. I did not want to face kidney failure, heart attack, stroke, limbs amputation, nerve damage, blindness and death. Seeing my daughter smile and holding her little hand is all the motivation I need to keep moving forward.

Sources

Medical News today
www.medicalnewstoday.com

American Diabetes Association
www.diabetes.org

Studying for Success

Tips to help build effective study habits

- 1) Choose a quiet place—one that's free of distractions.**
Why it helps: Music, television, and talking to other people can distract you. A quiet spot helps you concentrate on your work and can help you avoid making mistakes.
- 2) Find a comfortable, well-lit spot.**
Why it helps: A comfortable chair and good light help you keep all the focus on your work—and keep your eyes from straining.
- 3) Clear your work space and get organized.**
Why it helps: A clean work space helps you know where everything is located. Have all of your class notes, books, and supplies (such as a ruler or a calculator) organized means less time searching for what you need.
- 4) Pick a time that's best for you.**
Why it helps: Do you study better in the afternoon or after dinner? Is there a time when your study place is less busy? These are important questions to answer before sitting down to study.

Article taken from Channing Bete's *Studying for Success*

