

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

UPWARD BOUND PASSPORT: DESTINATION COLLEGE

"Education will take you wherever you want to go"

Fall Semester Workshops 2011-2012

Upward Bound

AUGUST

Saturday, August 13th

ORIENTATION/BANQUET

Time: 10:00-11:30a.m., 11:50-1:30p.m.

1st Stop: Envision where you want to go

SEPTEMBER

Saturday, September 17th

How to get into your first choice college-Kaplan

What every freshman and sophomore should know

Ms. T'Ebony Torain

METAMORPHOSIS AND MANUP

Time: 9:30-11:00a.m. Workshops

11:00-12:00p.m. Metamorphosis and ManUP

*Senior Meeting

2nd Stop: Fuel your ambitions

OCTOBER

Saturday, October 1st

How to write a winning college/scholarship admission essay-

Kaplan

Past UB student testimonials-Former UB students

Time: 9:30-10:30a.m. Workshops

11:00-12:00p.m. Testimonials

*Senior Meeting

Saturday, October 8th

KSU HOMECOMING ACTIVITIES

TBA

3rd: Ready? Set? Go!

NOVEMBER

Saturday, November 5th

KHEAA presentation-Summer Gortney- KHEAA representative

METAMORPHOSIS AND MANUP

Time: 9:30-10:30a.m.-Workshop

10:45-11:45-Metamorphosis and ManUp

*Senior Meeting

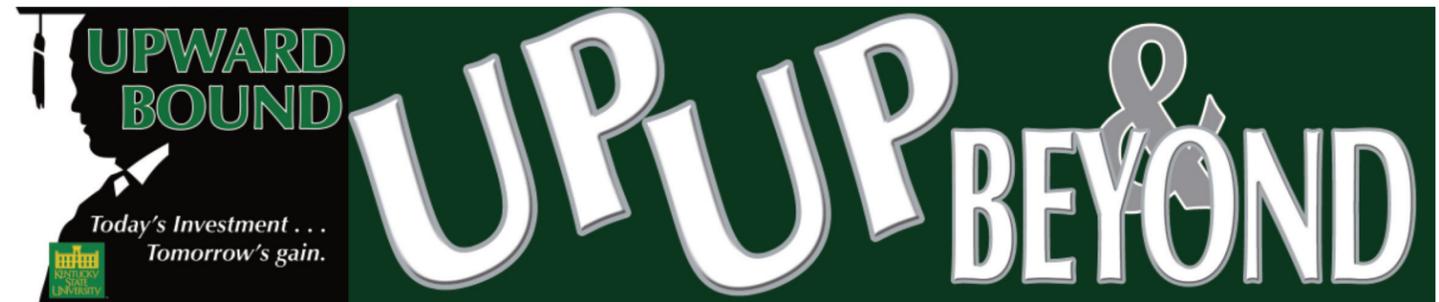
DECEMBER

Saturday, December 10th

COMMUNITY SERVICE

Timeline:TBA

*Senior Meeting



Volume Two, Issue No. 3

UPWARD BOUND NEWSLETTER

Summer 2011

Letter from the Director

The time is now, set the pace for A's and B's! Ready or not, you are off and on your way to be graded for your progress in school. So, start your quest with high and strong expectations. See yourself as the "A" student. Make sure you set time aside to review and study for your classes. Stay on top of deadlines for assignments and test. Change your study habits so that if last school year you did not make the grades you are capable of, you will be on track to achieving better grades this school year. Think of yourself as a track star before a race. He or she cannot just get out and run a 25 miles marathon without proper training and building endurance, and the same goes for you as a student. Here are a few tips to consider for your educational race this year:

1. Have pep talks with yourself for you are your own greatest fan or critic whether you realize it or not.
2. Set clear, achievable goals for yourself; believe that you have the power to overcome perceived boundaries and limitations.
3. Set goals that work hand in hand with your expectations, this will help you develop your independency.
4. Make sure you have the tools needed to do your home-work and eliminate distractions.
5. Turn in all home work on time. If you miss school, check to make sure you turn in all assignments, get new assignments, and make up all tests.
6. Stay aware of all critical deadlines or dates by putting them in your cell phones, computers, or planners, or post them where you can see them.
7. Above all, take time to celebrate your achievements like it's your birthday. Remember, you are your greatest fan!

If you take these simple tips and apply them to your life, you will run your educational race with great endurance and be highly rewarded at the graduation finish line. Press, push, or pull down anything hindering or trying to stop you from reaching your goals of success. Remember, education can and will take you wherever you want to go. So run this race full force with determination, for the race will end sooner than you can imagine and you will be progressing to your next track.

Sincerely,

Gill Finley,

Director

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

Summer Program Overview

Upward Bound completed its third summer program since returning on the campus of Kentucky State University in 2008. This summer was filled with many wonderful experiences. Upward Bound students participated in intense ACT test prep sessions taught by the KAPLAN program. Students studied several test prep techniques that could positively impact their ACT score.

They also participated in Robotics classes where they were able to build robots and compete in a national competition in Charleston, South Carolina. This competition featured twenty Upward Bound teams from Georgia and South Carolina, as well as Kentucky State University's Go College program. One of our Upward Bound teams comprised of Jillian Barnes, Thayna Pires, Corey Bellamy, Demetria Quincy, and Rebecca Coleman placed second runner up in the competition. Charleston, South Carolina was the first destination of the students' end of the year summer trip. During their Charleston visit, they were able to visit the Citadel, which is a nationally recognized military college. They also visited Folly Beach. For many students this was their first time visiting the ocean. After their trip to Charleston, students traveled to Orlando, Florida where they visited Universal Studios among other Orlando attractions.

Upward Bound is excited to have successfully completed another great summer component. We are looking forward to a progressive and successful academic year.

Senior Meeting

With the academic year moving full steam ahead, we are proud to announce our new class of seniors. These students have been meeting during the summer and during the first week of August to begin their college admission process. Upward Bound seniors also meet throughout the entire academic year to discuss and prepare for college entry. Last year, we are proud to say that each UB senior who attended their senior meetings enrolled in a four year college/university. We are looking forward to some great things from the Class of 2012 as well!

The students in the Class of 2012 are:

- Damani Aziz - Franklin County High School
- Jillian Barnes - Franklin County High School
- Sophia Bellamy - Frankfort High School
- Gill Finley - Franklin County High School
- Asia King - Franklin County High School
- Anthony Leachman - Western Hills High School
- Kayla Lightfoot - Western Hills High School
- Kyle Lightfoot - Western Hills High School
- Thamara Pires - Franklin County High School
- Sara Plotner - Western Hills High School
- Stephanie Robinson - Franklin County High School
- Kaitlyn Sams - Western Hills High School

2011 SENIOR MEETING SCHEDULE

Saturday, August 13th
12:15-2:15p.m.

Saturday, September 17th
12:15-2:15p.m.

Saturday, October 1st
12:15-2:15p.m.

Saturday, November 5th
12:15-2:15p.m.

Saturday, December 10th
12:15-2:15p.m.

*Meetings will be held on the fifth floor of ASB unless otherwise noted.
Dates, times, and locations are subject to change.*

My reflection in the Step UP Program

Sara Plotner, Western Hills High School, Senior



Sara Plotner

Throughout the summer of 2011, I had the opportunity to conduct research with Dr. Avinash Tope and Mrs. Phyllis Rogers through NIH's STEP-UP program. NIH STEP-UP program is centered upon providing students with the opportunity to conduct research in the medical and health field.

I was able to work in a lab along with a KSU college student in order to research the changes in weight and body mass index (BMI) of students away from their homes for an extended period of time.

We passed out permission slips to students who volunteered to participate in our research. Each participant's weight and BMI was recorded at the beginning of their five week stay at Kentucky State University (KSU). Each student was asked to wear a pedometer to record the amount of calories burned and to list what they ate every day to record the amount of calories consumed. At the end of the five week trial, each student's weight and BMI was recorded again and the results were compared.

I had to prepare a power point presentation, an abstract, and an essay based on my research findings. NIH's STEP-UP sponsored my travel to Bethesda, Maryland. In Maryland, I had to present my research to a group of students and professionals. The trip to Maryland gave me the opportunity to meet new friends and participate in helpful seminars.

Upward Bound 2011-2012 Leadership Team

Congratulations to Upward Bound's 2011-2012 Leadership Team. These students were voted into office by their peers. We are looking for to some great things from each of them.

- President**.....Gill Finley
- Vice-President**.....Stephanie Robinson
- Secretary**Sophia Bellamy
- Treasurer**Thayna Pires
- Class Liaison**Thamara Pires
- Mr. Upward Bound**Kyle Lightfoot
- Miss Upward Bound**.....Rebecca Coleman

The leadership team will be advised by Miss Riah Williams, UB tutor/mentor and Second Vice-President of Kentucky State University's Student Government Association. Leadership meetings will be announced soon.

Personal Reflection from Upward Bound Student:

My Experiences From Summer Trip 2011

Rebecca Coleman, Franklin County High School, Sophomore

My experience during the summer trip was great. I had a fun time visiting new and exciting places with the rest of my Upward Bound family. The first thing that we did when we got to Charleston was go to Folly Beach. This was really fun because we all got to go out in a new environment with each other. After the beach we came to our first hotel, and it was so nice!

On the second day, the groups that wanted to compete in the Robotics competition went to a local college to compete. The people that didn't want to compete went to the mall. After hours of competing there were three Upward Bound teams remaining in the top ten. Charlie's Angels, Three-Musketeers, and Pretty Girlz were the last groups left in the competition from Upward Bound. Charlie's Angels and The Three-Musketeers came in third. I can't wait to compete again next year.

The next day we packed all of our things and left our extravagant hotel for Florida. We arrived in Orlando very early in the morning, so we all went straight to bed after receiving our room keys. On the first day of being in Orlando we went to

Universal Studios. I was very excited to go there because I'd never been. I had a blast, and it seemed like everyone else did too.

We spent our last day at Wet N' Wild, it was a good day to go too because it was extremely hot! This water park was so much fun; we should definitely go again if we go back to Orlando. I think everyone definitely enjoyed this activity. After leaving the water park, we made our way to the mall and spent a few hours there. The mall was our last activity for the trip. So unfortunately after that we were making our way back to Kentucky. I had a lot of fun this year and I really appreciate everything that the Upward Bound staff does for us to allow us to go on these trips. Thanks everyone!

Upward Bound Passport: Destination College

"A college education will take you wherever you want to go"

T'Ebony Torain

Before a person can venture out of the country or travel overseas he/she must first obtain a passport. A passport allows the person to travel to distant lands and meet people of different background and cultures. It gives them the ability to partake in experiences and opportunities they may not have had the chance to experience without obtaining a passport. To describe the role of a passport in one word would simply be: accessibility.

A college degree is no different from a passport. Obtaining a college degree gives a person access to different opportunities, experiences, places, and people they might not have otherwise been able to have without a college degree. Moreover, having a college degree allows a person to live a fuller life compared to those who do not have one. Studies prove that people with college degrees make more money than those that do not. In addition, most people with college degrees have the opportunity to advance within their career compared to those who do not have a college degree.

Realizing the benefits of students obtaining a college degree, this year's theme for the academic component is entitled: Upward Bound Passport: Destination College - A college education will take you wherever you want to go. Each senior meeting, leadership meeting, workshop, and activity will be centered upon college preparedness and college readiness. For our Upward Bound students, receiving a college degree is their passport to greatness. We expect great things from each of them.

ROBOTICS TEAMS NABS RUNNER-UP SPOT

Upward Bound Program at KSU places in regional Competition in South Carolina



Students in the Kentucky State University Upward Bound Program pose with their trophy for coming in second runner in a regional robotics competition in July. Participants are, from left to right, Rebecca Coleman, Thayna Pires, Director Gill Finley, Jillian Barnes, teacher Dewayne Hancock, Corey Bellamy and Demetria Quincy. As published in State Journal on August 4, 2011.