

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

SPECIAL FEATURE

Mom: My Biggest Influence

Stephanie Robinson

Everyone has something special in their life they look up to. It could be a person, like a counselor or teacher; a fictional character from a book or movie; a historical figure, like Mother Theresa, or even a piece of art or music. These are examples of the many people and things that we see as an influence in our lives. I have many role models but my greatest of them all is my mother. She is a provider, protector, supporter, and above all, a role model in our family. My mother has influenced me to be the person I am to-day.

My mother was born and raised in a city known as Ponce, Puerto Rico. Growing up, my mother didn't always have the luxuries in life that I get to enjoy, but she always worked hard. She was an excellent student in class and dreamed of making something of herself. That's exactly what she did.

During her 20's, she moved to the United States alone. She worked at a summer camp and learned to use English to help spread the word of God. The fact that my mother didn't know much English didn't stop her from growing into the individual she is today. She actually grew more motivated to take on the challenge and learn English to provide a better future for herself and her future family.

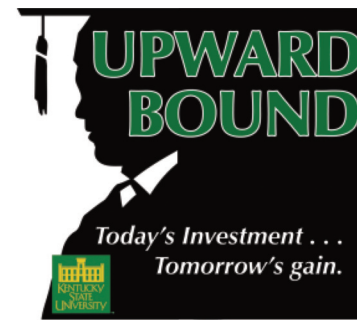
I'm proud to say that that's exactly what she did. I am so blessed to have my loving, caring, and kind mother. My mother works long night shift hours at the hospital just to be able to provide for the family. She makes sure that her children have all their necessities and somehow manages to maintain a house at the same time while she balances healthy, loving relationships with her children. Not every young woman has as strong a relationship as I have with my mother, which makes me extremely lucky.

She is a great role model because she taught me that anything is possible if you put your mind to it, and that sometimes you

have to go outside of your comfort zone in order to obtain the impossible, much like she did when she moved to the states. My mother is the one who encouraged me to participate in theater. She knew that I enjoyed theater and acting, but that I was also nervous to participate in the drama department and to co-exist in a completely new environment. My mother told me that I needed to do what I loved and the rest would come easy. Because my mother encouraged me to follow my dreams, I have met some of my best friends, and I have so many positive life changing experiences that I would have otherwise, never had. I now have another sense of belonging. And she still hasn't missed one of my shows to date.

People say that there will always be someone on earth that is so in tune with you that you feel unified. That person to me is my mother. I look at her and I am home, she has the ability to help me through all my problems while taking care of a house, a husband, a child with a mental disability, and me along with the rest of my siblings. I am so proud of my mother, so see how far she has come along. When I see that she wasn't afraid to come to a new environment and learn a new language to start a future. I realize that my problems don't seem nearly as monumental as hers once were.

Often times I hear my peers talking about how they wish they could trade their parents. I know that if I were ever given the opportunity to pick my parents, I would choose my mom over and over again. I wouldn't have learned the same lessons without her, and I wouldn't feel as loved. It will never cease to amaze me at how much love one woman can possess. My mother has enough love for the world, and she makes sure to instill that within me. She is by far the greatest woman I know, and I hope that someday I will half the woman she is.



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UPWARD BOUND NEWSLETTER

Spring 2012

Letter from the Director

Hello UB Family,

Go, go, and finish! You are just weeks away from the next grade level or going on to college. It is important that you fight off senioritis, procrastination or summer fever. Remember, your final term grades are permanent and can open or close opportunities for you such as scholarships, summer jobs or camps. I know it may be difficult but a little effort will count, yet a strong finish will get you paid.

Seniors, you're in your last lap to cross your major finish line of high school and off to the Olympics of college. Your dream of receiving the Silver Medal for finishing high school is here, and the Gold Medal for completing college and getting your degree is within reach. Push, press, and strive hard to finish the last lap of your high school quest!

Parents, enjoy each moment with your child(s)'s school journey and keep inspiring their achievement. As a parent, I know it has been nothing short of a love and sacrifice to get them to this point but joy and tears of comfort are on the horizon. In spite of what you see and hear, they do appreciate the love you give and sooner or later they will realize your investments.

Again, let us applaud together and support each other, the hour is here and the finish line is within view! Go, go, and finish,

Gill Finley,

Director

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

OPERATION PREPARATION

During the month of March, Upward Bound along with Kentucky State University's faculty, staff, and students hosted Operation Preparation. The event was geared towards preparing eighth and tenth graders for their prospective careers. About 800 to 1,000 students were on the campus of Kentucky State University to meet with career advisors to discuss their career plans and aspirations. Upward Bound staff and students participated in this endeavor through helping students prepare for high school and college. Operation Preparation gave the Upward Bound program an opportunity to recruit new students into the program as well. Students Kyle Lightfoot, Kayla Lightfoot, Sara Plotner, Oshae McNeely, Stephanie Robinson, and Asia King served as Upward Bound ambassadors for this event. They helped to discuss the importance of succeeding in high school as well as their Upward Bound experience with the participants. The students are to be commended for their assistance.

From College II Career



Upward Bound hosted its third annual "From College II Career" event. Upward Bound participants from Bluegrass Community and Technical College and Kentucky State University were in attendance. Students were able to participate in mock interviews, career fair, and college fair. This year's emphasis was upon the S.T.E.M (Science, Technology, Engineering, and Mathematics) field. Career representatives from

University of Kentucky's Dental School, Medical School, Pharmacy, and Engineering School were in attendance.

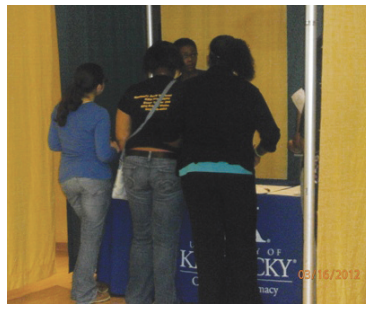
Students also received the opportunity to visit college representatives from Bluegrass Community and Technical College, Western Kentucky University, Union College, Berea College, University of Kentucky, Centre College, and Northern Kentucky University.

Career professionals and student leaders from Kentucky State University provided mock interviews to students. After the session, interviewers provided the students with helpful feedback and notes on how they can improve their interviewing techniques and skills. Mock interviewers were Hettie Oldham,

Motivational Speaker and Diversity Recruiter of Engineering for University of Kentucky, James Henderson III, spoke with students about the importance of overcoming barriers and setting goals while in high schools. He also discussed with them the importance of doing well in subjects such as math and science. Students appeared engaged and enlightened during his session.

The meal was sponsored by Carinos and Applebees whose managers were in attendance during the lunch. Upward Bound is grateful to these two businesses for supporting our program and student academic efforts. This year's program was indeed a success.

See more photos from College II Career on the following page



The Academic
Counselor's
by T'Ebony Torain

This year we are proud to announce that we will have ten seniors that will be graduating from high school and leaving the program. Most of them have been in the Upward Bound program since its inception in 2008. I can truly say these students will be missed. As the Academic Counselor, I have been with the program since 2008. I have witnessed their growth and maturity. I have also witnessed their strengths and weaknesses.

I am proud that most of these students will be attending college within the state of Kentucky. One student in particular, Kyle Lightfoot, has enlisted in the marines and will be going to basic training in August of 2012. It has been a joy working with this senior class, most of them have prepared themselves

academically by taking Advanced Level courses and college courses while in high school. Most notably senior, Sophia Bellamy will graduate from high school with 18 credit hours of college level courses. I have enjoyed watching acceptance letters trickle in from Georgetown College, Centre, University of Kentucky, University of Louisville, Western Kentucky University, Kentucky State University, Northern Kentucky University, Transylvania University and Bluegrass Community and Technical College.

I would like to let each senior know that I am very proud of you and wish you nothing but the best. Continue to make Upward Bound proud



"We only have 24 hours, make yours count"
Mary Kay Ash

Article by Angela Reynolds

As a student, you may learn different things about yourself. You may learn that you are not a morning person. You may even learn that you have a habit of procrastinating with school work or doing things at the last minute. The experiences we learn as students may not necessarily come from a class room but within our own personal and daily lives. One important thing that will be essential in our learning is how to prioritize.

As a high school student, you may find yourself involved in many activities which may include the following: sports, social, or religious. However, you must also find time to do homework, study for a test, or write a paper that is due in your class. Prioritizing is very important in all walks of life whether you are in high school, college, or working in your career.

I can honestly say that prioritizing has been important in my life. I am learning how to master graduate school, full time employment, being a mother to my four year old daughter, helping at my church, and being a Mary Kay independent beauty consultant. Although my life is busy, I realize that prioritizing my activities helps me to be successful.

Here are a few tips I would like to share with each of you as well.

- 1) Take one day at a time. Write your activities in your schedule and keep it somewhere as a reminder.
- 2) Don't bite off more than you can chew. Try not to take on too many activities. You don't want to stress yourself out.
- 3) Listen to your body. Only you know how you feel. Eat right. Exercise. Get plenty of rest.
- 4) Don't procrastinate. Get things done while you have time.
- 5) If you get overwhelmed, make a decision to reprioritize.
- 6) Don't beat yourself up if you don't finish something. Plan to finish it the next day.
- 7) Keep in mind that you are only one person.