

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

UPCOMING CALENDAR OF EVENTS- SPRING SEMESTER 2014

SATURDAY, JANUARY, 25TH **Orchestra Performance and Dinner**

Location: Louisville, KY
Drop off time: 3:00pm at Exum Gymnasium
Pick up time: 11:00pm

Students will participate in a nice evening of dinner at Johnny Carinos as well as, attending the Louisville Orchestra, "A Tribute to Ray Charles." This is to highlight his contributions as an African-American to American society.

- This event will be based on student's grades and per the Director's discretion.
- Students will need to bring additional monies for dinner.

SATURDAY, FEBRUARY, 8TH **KSU History & Etiquette Training Seminar**

Location: Kentucky State University Ballroom, 4th floor
Time: 10:00am – 12:00p.m.
Students will learn about Kentucky State University history and be trained in proper etiquette for the professional world. Lunch will be served.

SATURDAY, MARCH, 8TH **Self Esteem Workshop**

(Topics include: how to handle peer pressure, confidence, goal setting and self-worth)
Location: Hathaway Hall Auditorium
Time: 10:00am -11:30am
Guest speakers will come and speak with the young men and women of Upward Bound. It will be a workshop to help encourage and uplift students academically, socially and emotionally.

SATURDAY, MARCH, 22ND **From College II Career**

This event gives first generation/low-income TRIO students from Louisville, Lexington, and Frankfort the opportunity to come together and engage

with various colleges and career representatives with the hope of preparing for college and their future careers. Attire is business professional.
Location: Student Center Ballroom, 4th Floor
Time: 9:00am-2:00p.m.

FRIDAY, APRIL, 4TH **Asbury College and University of Kentucky's Agriculture Department Visit**

Drop off/Pick up location: Exum gymnasium
Drop off time: 8:00am
Pick up time: 4:00pm
Students will tour Asbury College in Wilmore, KY. They will also learn of the University's various majors/minors, special programs, clubs and organizations and financial aid/scholarship opportunities. Following the tour at Asbury students will have the chance to go Fayette Mall. Lastly, students will be able to tour the University of Kentucky's Agriculture department where students will learn about the different aspects of Agriculture. Lunch will be provided.

SATURDAY, APRIL, 26TH **Service Learning Project**

Drop off/pick up location: Exum gymnasium
Drop off time: 10:00am
Pick up time: 12:00pm
Upward Bound students will be giving back to the community by painting, planting, and cleaning up the Frankfort Capital for the Kentucky Derby. Please make sure students wear clothing that they do not mind getting dirty and closed toe shoes.

TUESDAY, MAY, 6TH

Upward Bound End of Year Banquet
Location: Kentucky State University's Student Center Ballroom, 4th floor
Come join and support the end of the year banquet for the Upward Bound students. There will be recognition of all the graduating seniors as well as highlights from the academic year.

SPRING SEMESTER 2014

Tutoring Calendar

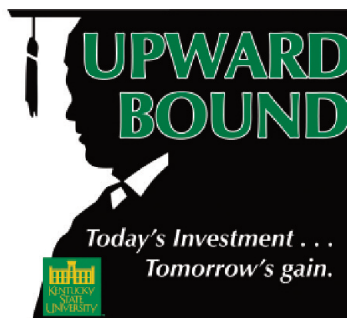
Tuesday, January 21st 4:00-6:00pm
Thursday, January 23rd 4:00-6:00pm
Tuesday, January 28th 4:00-6:00pm
Thursday, January 30th 4:00-6:00pm
Tuesday, February 4th 4:00-6:00pm
Thursday, February 6th 4:00-6:00pm
Tuesday, February 11th 4:00-6:00pm
Thursday, February 13th 4:00-6:00pm
Tuesday, February 18th 4:00-6:00pm
Thursday, February 20th 4:00-6:00pm
Tuesday, February 25th 4:00-6:00pm
Thursday, February 27th 4:00-6:00pm
Tuesday, March 4th 4:00-6:00pm
Thursday, March 6th 4:00-6:00pm
Tuesday, March 11th 4:00-6:00pm
Thursday, March 13th 4:00-6:00pm
Tuesday, March 18th 4:00-6:00pm
Thursday, March 20th 4:00-6:00pm
Tuesday, March 25th 4:00-6:00pm
Thursday, March 27th 4:00-6:00pm
Tuesday, April 8th 4:00-6:00pm
Thursday, April 10th 4:00-6:00pm
Tuesday, April 15th 4:00-6:00pm
Thursday, April 17th 4:00pm-6:00pm
Tuesday, April 22nd 4:00-6:00pm
Thursday, April 24th 4:00-6:00pm
Tuesday, April 29th 4:00-6:00pm
Thursday, May 1st 4:00-6:00pm (tentatively)

Junior Meetings

Thursday, March 6th 4:30-5:30pm
Thursday April 17th 4:30-5:30pm

Senior Meetings

Thursday, January 9th 4:30-6:00pm
Thursday, January 23rd 4:30-6:00pm
Thursday, February 13th 4:30-6:00pm
Thursday, February 20th 4:30-6:00pm
Thursday, March 20th 4:30-6:00pm
Thursday, April 10th 4:30-6:00pm
Wednesday, May 7th 4:30-6:00pm (tentatively)



Volume Four, Issue No. 3

UPWARD BOUND NEWSLETTER

Winter 2013-14

Letter from the Director

Greetings! The Holiday Season has come and gone and the New Year is here. The Holiday Season is my favorite time of the year, specifically Christmas. It is the time of the year when I think about my family, friends, and loved ones. It is the time of the year when I finally get to wind down, relax, and watch countless episodes of my favorite Christmas shows. It is also the time of the year when I reflect on the events that have occurred throughout the year.

This has been a busy year for the Upward Bound students and staff. However, together we made it! I would like to specifically shout out two Upward Bound staff members, Ayana Martin and Angela Reynolds, for helping to make sure we, as a team, provide and offer services that will impact both students and parents.

They have done an awesome job and I could not have made it as Interim Director without them by my side. I would like to thank each parent and student for being committed to Upward Bound. Commitment matters! However, be committed to your academic progress and remember the goal of going to college! Most of our Upward Bound students are first generation and/or low income. Many of you will be first in your family to attend college. This means you will blaze the trail to a better future by receiving more education and more income! Don't be mediocre, BE GREAT!

Now that the New Year is here, I hope you had the time to reflect upon 2013 and think of some things you can change for the better going forth. Remember, the parents and staff of Upward Bound believe in you and will continue to invest in your future as you are TODAY'S INVESTMENT and TOMORROW'S GAIN!

Happy Holidays and remember the REASON FOR THE SEASON!!!!

Love,
Ms. Tee
T'Ebony Torain,
Upward Bound
Director

The Power of Determination

by **Angela Reynolds, MPA**
Administrative Assistant

Webster dictionary defines determined as the following: to decide or settle authoritatively or conclusively. To limit in scope or extent: fix the limits of.

Determination must first come from a person who makes up their mind to go for something. Once their minds are made up, actions are taken to make it happen. So, what are you determine to do? Are you determined to get good grades? Are you determined to graduate from high school? Are you determined to go to college and receive your degree? These are goals that you can set for yourself. You have the right to set goals for yourself and reach them.

As high school students, you may look at your circumstances and surroundings and feel like you cannot reach these goals. TRIO program such as Upward Bound and Student Support Services, believe you can do anything you set your mind to. But, it's up to you to receive the services being offered and take advantage of every opportunity that is given to you.

Remember that your environment and circumstances do not determine your outcome. It is you who make the choices. You don't have to look at your circumstances to determine if you can go to college. Just remember what to pack on your journey as you become a high school graduate. You will need faith, a good attitude, and determination to get you to your destination. Remember to stay focus and reach your goals. When you feel like you want to give up, push harder. Don't let your circumstances determine your future but use it to fuel the fire within. Push hard and keep moving forward.



Upward Bound Meet and Greet

On October 5, 2013, the Upward Bound program hosted a Kentucky State University “Feature Day” and Upward Bound reunion planning meeting. The morning consisted of continental breakfast and workshops with Dr. Bret Cormier. Dr. Cormier is a Professor of Education at Kentucky State University. He presented on the Achievement Gap and how to become college ready.

Next, there was a presentation from Kentucky State University’s very own Admissions Department. Admissions

Counselor, Ms. Perkins, spoke with the students about admissions requirements for Kentucky State University, the available scholarships and history of Kentucky State University.

Lastly, Mrs. Bryant from Kentucky State University’s Financial Aid department presented on the importance of financial aid and applying for first priority which is January 1, 2014. It was an awesome turn out and very informative, we look forward to the second annual reunion that will be planned by the Upward Bound alumni.



SENIOR MEETINGS

Upward Bound seniors are required to attend monthly senior meetings to apply to prospective colleges and scholarships. Upward Bound seniors have been working very diligent this academic year and have been attending their monthly senior meetings on a regular basis.

During the senior meetings, students review college admission deadlines, apply for scholarships, get acquainted with admissions counselors and created a Fast Web scholarship account as well as other college research. We look forward to seeing college acceptance letters and scholarships rolling in for our UB students.

Campbellsville University

On October 19th, Upward Bound visited Campbellsville University in Campbellsville, Kentucky. Students were able to tour the campus as well as ask admissions questions about Campbellsville. Also, students learned about the various majors, minors, special programs, clubs, organizations, scholarships and financial aid. Campbellsville University is a strong academic Christian private college.



The Academic Counselor’s Corner

by Ayana Martin

Hello all!!!! I would like to thank all the Upward Bound students for participating in the Upward Bound college tours, events and workshops last semester. I am very proud of all the students who kept up their grades and achieved A’s and B’s throughout the academic year.

Also, I would like to thank all the seniors for coming to their senior meetings and being diligent in

applying for colleges. It has been a great experience and success thus far.

I would like to encourage all Upward Bound students to stay on top of their grades! You are half way through the year! Lastly, parents please make sure that students are attending tutoring one day a week and thank you parents for your support!

Service Learning Project

On December the 7th, the Upward Bound students planned to host a Christmas Party for the Kings Center kids and to show what the Christmas spirit is about: love and giving. The seniors planned the event and worked together to ensure the event was a success. However, due to bad weather, representatives from the King Center thought it would be great to reschedule.

Therefore, the event was changed to December 20th at First United Methodist Church. The Upward Bound students enjoyed the opportunity of serving the youth of the King Seniors. The event was a success. Both groups of students enjoyed themselves and had a blast. Kudos to the UB seniors for planning a great event.

Eastern Kentucky University Spotlight Day



On November 9th, Upward Bound students had the opportunity to attend the Eastern Kentucky Preview day. Students were able to tour the campus as well as attend mini breakout sessions where they were able to ask questions and interact with the ECU staff and students. The different session topics included campus life, resident living, the honors program, and a student panel.

Also, students had the opportunity to attend an academic and student service showcase where students were able to meet

department chairs of the schools within Eastern Kentucky University, ask questions and pick up booklets with information.

Lastly, students were able to experience eating in the ECU college cafeteria. Overall, attending the Spotlight Day at ECU was an awesome experience, the staff was friendly and academically Eastern Kentucky University has a great deal of opportunities to offer.

