

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



Volume Five, Issue No. 3

UPWARD BOUND NEWSLETTER

Winter 2014-15

LETTER FROM THE DIRECTOR

YOU HAVE MY PERMISSION TO PUSH!!!!

Greetings to both parents and students from the world of Upward Bound. It is 2015 already!?!?! A brand new year to push! It is understood that “push” requires action. Webster defines the verb “push” as followed: to press against with force in order to drive or impel. When a person pushes an object, the object is forcefully moved from one location to another. Moreover, pushing is looked upon as an aggressive act. Although I do not condone violence or acts of aggression towards another individual that might cause harm, there are times in life when we are going to have to “push” our way through our day to day activities.

Pushing through periods of academic lulls requires one to aggressively wake from laziness, boredom, or apathy in order to achieve the A or B in a subject that may challenge us. This form of push can be attending tutoring on Tuesday or Thursday rather than going home to take a nap or watch television. It can also be seen in choosing to utilize SMARTTHINKING, our online tutoring system, while at home rather than getting on YouTube for entertainment. Maybe, it is working with online ACT Practice Test as a sophomore or junior in high school so that you can work towards achieving a score of 21 or above.

Pushing yourselves academically may also mean having the self- control to attend school or go to class when you don't have the parental support you may need. Maybe it's the self-control to treat your parents, teachers, adults, family, friends, and enemies with respect even when it doesn't feel good and/or even when you did not do anything wrong.

Beginning in the month of December, the Upward Bound staff had to push ourselves to do an accurate job on our Annual Performance Report (APR). The APR is a federal report that requires us to report on each student Upward Bound served since 2008. It was a very tedious, arduous process but we pushed our way through it. However, from this report we learned we have much work to do. Out of all of the objectives, we did not achieve three. One of the three was due to not having students who graduated from high school and attend college in 2008; yet, two out of the three are objectives we are going to have to tackle. These objectives were 80% of our students maintaining a grade point average of 2.5 or above and the other is 75% of our students achieving a proficient in Reading/Language Arts and Math state assessments. We did not meet these objectives; therefore, we are going to have to push ourselves, students, and parents in order for us to meet and/or exceed our goals.

I encourage each of you to attend tutoring on Tuesday or Thursday of each week as well as your scheduled events/activities and senior meetings. We appreciate and thank each of you for doing your part and remember in order to end strong by the end of the school year, each of you may have to PUSH YOURSELVES!!!!

P.S. As the Upward Bound Director, I would like to welcome Ms. JoAnn Webber to our Upward Bound family. She officially started on December 4th and we are blessed to have her as a part of our team.

Love,

Ms. Tee

T'Ebony Torain,
Upward Bound
Director



The 50th Anniversary of Upward Bound is a cause for great celebration. On December 6th, Kentucky State University Upward Bound commemorated the proud history of TRIO's "First Program" and asserted our accomplishments. Upward Bound projects across the country shared with their institutions and communities the valuable contributions that Upward Bound has made in the lives of low-income and/or first-generation students.

FAST FACTS

- Since 1964, more than 2 million students have participated in Upward Bound.
- In 1964, 17 Pilot programs were funded, 2,061 students participated.
- In 1964, approximately 1,500 Upward Bound students graduated high school; 80% were admitted to college in 1965 and 69% graduated with a bachelor's degree.
- Today, 964 programs are funded with more than 80,000 students participating.
- The likelihood of Upward Bound students going to college immediately after graduation increases by persistence in the program from 77% at two years to 93% at three or more years.
- A student from top quartile of family income is nine times more likely to earn a bachelor's degree than a student born into the bottom quartile - 73.3% compared to 8.3%.

UPCOMING CALENDAR OF EVENTS- SPRING SEMESTER 2015

JANUARY

Saturday, January 17th

Parent Meeting & Black History Tribute
HH Auditorium -10:00am – 1:00pm

Friday-Sunday Jan 23rd – 25th

Battle of the Bands – *Atlanta, GA*

FEBRUARY

Saturday, February 7th

In this Corner Cassius Clay
(*Play at the Kentucky Center, Louisville*)

Saturday, February 21st

Speech and Poise Workshop (Jennifer Miles)
HH Auditorium, 10:00am – 12:30pm

MARCH

Saturday, March 7th

Bullying Workshop (Dr. Silvia Mason)
HH Auditorium, 10:00am -12:30 pm

Saturday, March 21st

From College II Career
Student Center Ballroom, 9:00am – 2:00pm

APRIL

Saturday, April 4th

Kentucky Science Center, *Louisville, KY*

Saturday, April 18th

Surprise Senior Trip
Lexington, KY or Louisville, KY

MAY

Tuesday May 5th

UB End of the Year Banquet – BR

SPRING SEMESTER 2015 Tutoring Calendar

January

Thursday, January 22nd
Tuesday, January 27th
Thursday, January 29th

February

Tuesday, February 3rd
Thursday, February 5th
Tuesday, February 10th
Thursday, February 12th
Tuesday, February 17th
Thursday, February 19th
Tuesday, February 24th
Thursday, February 26th

March

Tuesday, March 3rd
Thursday, March 5th
Tuesday, March 17th
Thursday, March 19th
Tuesday, March 24th
Thursday, March 26th
Tuesday, March 31st

April

Thursday, April 2nd
Tuesday, April 14th
Thursday, April 16th
Tuesday, April 21st
Thursday, April 23rd
Tuesday, April 28th
Thursday, April 30th

Senior Meetings

Tuesday, January 6th
Tuesday, January 20th
Tuesday, February 10th
Tuesday, February 24th
Thursday, March 5th
Tuesday, March 24th
Tuesday, April 14th
Thursday, April 30th
Tuesday, May 19th

Seniors

The end of the school year is just a few months away.
This can be a very stressful, fun, overwhelming
and exhilarating time.

I'm proud of all you've accomplished over the past four years.

Remember to keep up the good work until the
diploma is in hand!

Congrats to the following:

Brooks, Christopher	Frankfort High School
Cordones, Angelo	Western Hills High School
Graham, Cierra	Western Hills High School
Hobbs, Dionne	Franklin Co. High School
McDaniel, Kiara	Frankfort High School
McIntyre, Anigius	Franklin Co. High School
Miller, Lakyn	Franklin Co. High School
Newton, Kayla	Frankfort High School
Taylor, Octavia	Frankfort High School

Congratulations!

- Upward Bound would like to congratulate **Rebecca Ash** and **Nakiyah McGee** for being inducted into BETA Club at Western Hills High School this semester.
- Upward Bound would like to congratulate **Danielle Agee** for being nominated by Ms. Covington for her improved effort in class for the month of September. **Lakyn Miller**, was nominated by Mr. Johnson for excellence and unselfishness by tutoring in French. **Anigius McIntyre**, was nominated by Mrs. Cordier for showing kindness and compassion toward his teacher.



Celebrating 50 Years

Do You Know Some People That Upward Bound Has Assisted?

Who Is Oprah?

Oprah Winfrey Biography: Life Story and Success (Taken from: <http://www.therichest.com/expensive-lifestyle/entertainment/oprah-winfreybiography-life-story-and-success/>)

Oprah attended Lincoln High School, where she was successful with the Upward Bound Program. This led to acceptance at the Nicolet High School, which was a wealthy school in the suburbs. She was teased and ridiculed by classmates because of her poverty, which prompted her to steal from her mother. She used the money to go out with classmates and appear as though she wasn't as poor.

UPWARD BOUND PARENTS

*Do you or someone you know work for
Kentucky State Government?*

Reduced Tuition for State Employees

at Kentucky State University

Proposal by President Burse
an attempt to boost enrollment and make up
for huge budget shortfall

BY BRENT SCHANDING
Published: December 5, 2014 9:49AM *State Journal*

**Kentucky State University
President, Raymond Burse,
says the university will unveil
a tuition-reduction plan
for state government workers
that could boost enrollment on campus.**

Upward Bound Students Reason to "Succeed" while in High School: Scholarships

The Academic Scholarship Program at Kentucky State University is designed to recognize and reward students who have exemplified academic excellence. Scholarships are awarded by the Admissions Office to entering students who have not completed a bachelor's degree program. Scholarships are awarded on a competitive basis and many are renewable for subsequent semesters. For more information on Academic Scholarships offered to incoming KSU students, please click on Academic Scholarships or view the Admissions webpage. Scholarship awards are based upon a number of criteria including cumulative grade point average (4.0 scale) composite ACT or SAT scores and acceptance into the university.

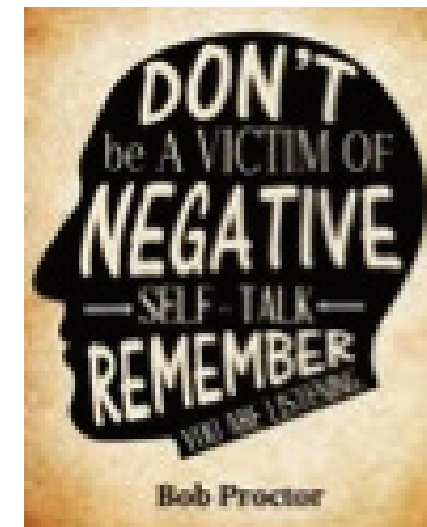
Ayana David-Jacobs - Upward Bound Academic Counselor

Society says the odds are against you, but you are more than a conqueror!

Bachelor's degree completion rates by first-generation and low-income status

	Attained Bachelor's Degree	Still Enrolled	Dropped Out
Low-income, first-generation	10.9%	16.1%	46.8%
Low-income, not first-generation	24.1%	16.5%	40.8%
Not low income, first-generation	24.9%	15.5%	37.9%
Not low-income and not first-generation	54.0%	13.4%	23.3%
PCF	27.1%	69.8%	3.1%

- <http://www.peninsulacollegefund.org/our-impact/impact-data/>



When reading the statistics for first generation and low income Students, it can look very discouraging. However, I'm not discouraged, I'm encouraged and excited! Why excited? Why encouraged? Because "you are somebody special and you can do ALL things, if you put your mind to it and apply yourself!!!"

Below are techniques that can help our students to overcome:

1. Parental Support – Get involved in your child's academics! Checking their grades, contact their teachers, make sure they are involved in clubs and organizations, make sure they are studying for the ACT/SAT or other Standardized Test, and making sure they are completing homework and class assignments.
2. Encourage them- Build your child up. Speak positive words over them and to them. For example, "You can achieve a 21 and above on the ACT." "I know you can obtain a 3.0 GPA and above."

3. Upward Bound – Take advantage of the resources, workshops, college trips and cultural events that Upward Bound offers. Continue to check your email and mail for Upward Bound updates, scholarship and opportunities.
4. Community Outreach- Look for community mentoring programs to enroll your child in, so they can receive positive enrichment from an outside source. In addition, allow your child to enroll in community service projects, of which will afford them an opportunity to give back to their community.
5. Expect the Best- Always expect the best from your child! Setting high expectations shows your child that you have faith in them and they are more than capable to be successful academically.

Upward Bound Welcomes the New President of KSU



Raymond M. Burse was named the 14th president of Kentucky State University on October 24, 2014, after serving as Interim President since July 1, 2014.

A native of Hopkinsville, Ky., Burse has a long record of achievement in academics, athletics and community service. As president of KSU, from 1982 to 1989, he oversaw record enrollment, more than \$60 million in capital improvements and significant enhancements in the academic and financial operations of the institution, including the establishment of the Whitney M. Young College of Leadership Studies.

We would also like to "thank" President Burse for speaking at our 50 Year Celebration on December 6th, 2014.