

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



Volume Two, Issue No. 1

UPWARD BOUND NEWSLETTER

Fall 2010

A Note from the Director

Hello Upward Bound students, The moment is up on us! The time is now. You must take the actions to secure your future. As I have said on many occasions, you will blink your eyes and you will be graduating from high school. I know it's hard to believe, but what you do now will have an effect concerning your life choices. If you work hard now, you will certainly be paid for it later!

Seniors, stay aware of all deadlines and keep your grades as high as possible. You also need to make your senior meetings to secure your future. All Upward Bound participants, be aware of your academic standing and work hard to achieve the best grades possible. This will allow you the opportunity to get into the college you desire and provide you with scholarships opportunities. Your hard work will place you above the norm and categorize you as a prime candidate for college.

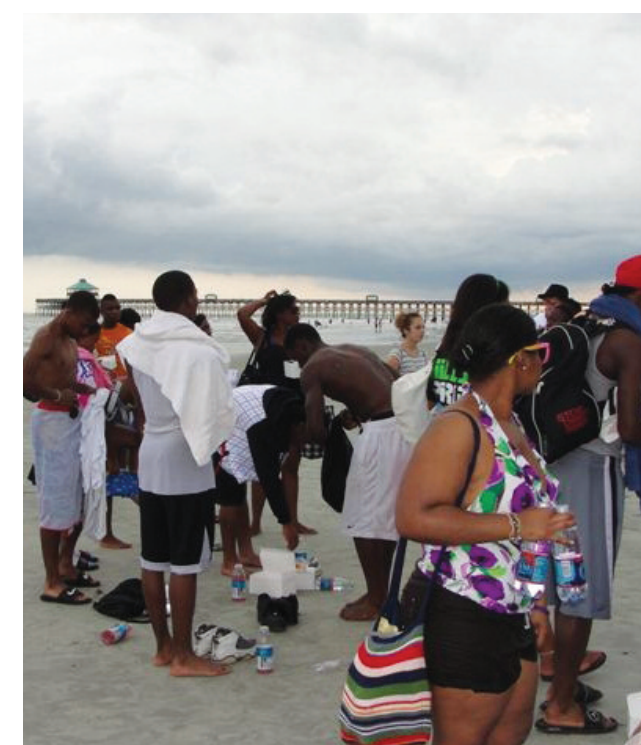
It is the Upward Bound Staff's passion and goal to get you into the college or university that you desire. Stay on top of your grades and we will see you at the upcoming workshops. Please call the office if you have any questions.

Thank you,
Gill Finley,
Director

Summer Trip to South Carolina



This summer Upward Bound students and staff traveled to Charleston and Myrtle Beach, South Carolina. Students immersed themselves in the experience and history of the Deep South. By participating in a ghost walk tour, students were able to visit several historical sites and learn about the legacy of several Charleston families and buildings.



In addition, both students and staff were reminded of America's dark past as they toured Boone Hall Plantation. During the tour, students visited slave cabins and participated in a walking tour of the plantation, gardens, and main house. Other fun activities in Charleston included Thriller Boat Ride, Folly Beach, and College of Charleston.

While in Myrtle Beach, South Carolina, students visited the beach, Ripley's Believe it or Not, La Grande Cirque Adrenaline, and toured Coastal Carolina University. Students and staff thoroughly enjoyed the Charleston experience.

THE PRE-COLLEGE CURRICULUM

First-time freshmen under age 21 who enroll in a four-year degree program at a Kentucky public university must complete the PCC. Students who transfer to a four-year degree program or convert to baccalaureate status with fewer than 24 semester credit hours may be subject to PCC requirements.

English/Language Arts
4 credits required: English I, English II, English III, English IV (or AP English)

Mathematics
3 credits required: Algebra I, Algebra II, Geometry (see note below on substitutions)

Science
3 credits required
Credits to include life science, physical science, and earth/space science (*at least one lab course*).

Social Studies
3 credits required From U.S. History, Economics, Government, World Geography and World Civilization

Health
½ credit required

Physical Education
½ credit required

History and Appreciation of Visual, Performing Arts
1 credit required History and appreciation of visual and performing arts or another arts course that incorporates such content

Foreign Language
2 credits required or demonstrated competency [effective date: fall 2004 semester]

Electives
7 credits required (5 rigorous)
Recommended strongly: 1 or more courses that develop computer literacy
[In 2004, requirement is 5 credits (3 rigorous)]

TOTAL CREDITS:
22 15 required credits; 7 elective credits (2002) [17 required credits; 5 elective credits (2004)]
A student may substitute an integrated, applied, interdisciplinary, or higher level course within a program of study if the substituted course offers the same or greater academic rigor and the course covers or exceeds the minimum required content.

Rigorous electives should have academic content at least as challenging as that in courses required in the minimum high school graduation requirements. These electives also should be in social

studies, science, math, English and language arts, arts and humanities, foreign language, and, above the introductory level, in agriculture, industrial technology, business, marketing, family and consumer sciences, health sciences, and technology education and career pathways. Electives in physical education and health are limited to one-half unit each.

Completing the PCC will enable students to compete for the Kentucky Educational Excellence Scholarships (KEES).
**Taken from the Kentucky Department of Education website.*

New Upward Bound Students

Upward Bound would like to formally introduce eleven new students into the program. We are excited to have each of these students with us.

Corrine Cunningham
Freshman-Frankfort High School

Jorie Carr
Freshman-Franklin County High School

Rebecca Coleman
Freshman-Franklin County High School

Oshae McNeely
Freshman-Franklin County High School

Thayna Pires
Freshman-Franklin County High School

Kristen Brown
Freshman-Western Hills High School

Katelynn Plotner
Freshman-Western Hills High School

Bashawn Watts
Freshman-Western Hills High School

Keshona Peat
Sophomore-Western Hills High School

Jasmine Washington
Sophomore-Frankfort High School

Asia King
Junior-Franklin County High School

We expect great things from each of you!

College Bound UB students

This year we are proud to announce that we have twelve graduating seniors in our program. Throughout the school year, Upward Bound will be assisting them in their college admission process. Good luck to each of these graduating seniors:

Georan Cardwell
Frankfort High School

Jacon Hobbs
Franklin County High School

Lauren McCoy
Franklin County High School

Raymond Davis
Franklin County High School

Sandra Amponsah
Franklin County High School

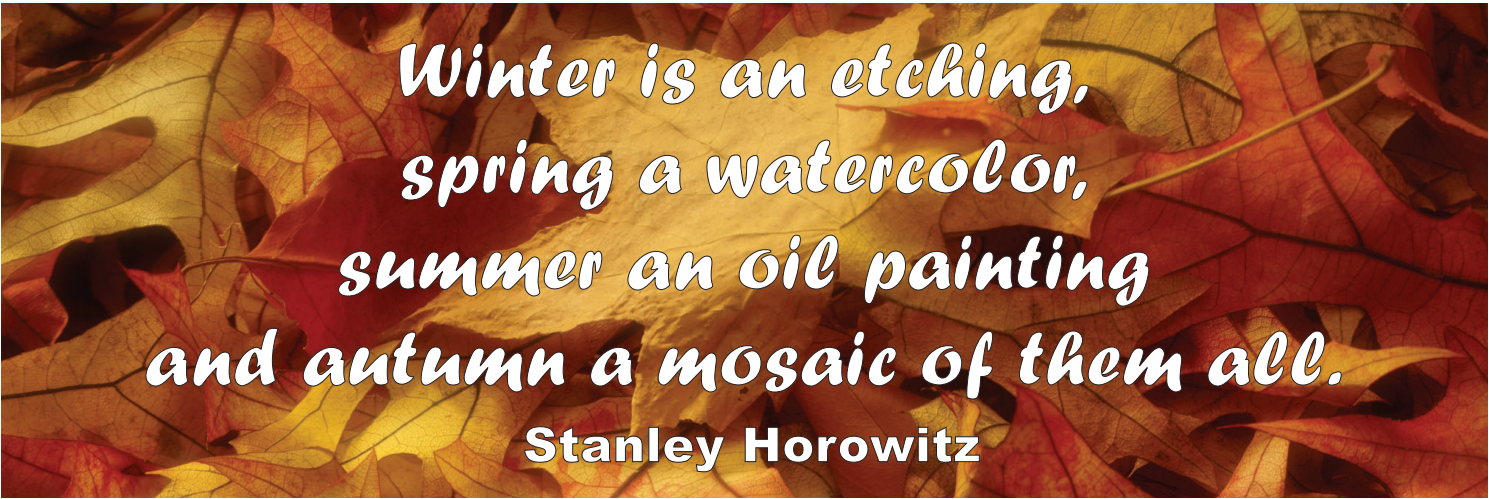
Gabrielle Brown
Frankfort High School

Van Stills
Franklin County High School

Keaston Jones
Franklin County High School

Raenieshia Henton
Western Hills High School

Ebony Franklin
Frankfort High School



2010 Leadership Team

Upward Bound would like to announce this year's 2010-2011 student leadership team. These young ladies and men were nominated and voted upon by their UB peers. Student representatives were selected by UB staff. Below are the dates and times of their meetings. All leaders and representatives are required to attend. Failure to attend at least two leadership meetings per semester will result in dismissal from leadership position in which transition in office will take place. The new leadership team, meetings, and dates are as followed:

Elected positions

Raeneisha HentonPresident
Stephanie RobinsonVice-president
Sophia BellamyCorresponding Secretary
Jasmine Washington.....Treasurer
Gill FinleySgt. at Arms
Georan Cardwell.....Mr. Upward Bound
Rebecca ColemanMs. Upward Bound

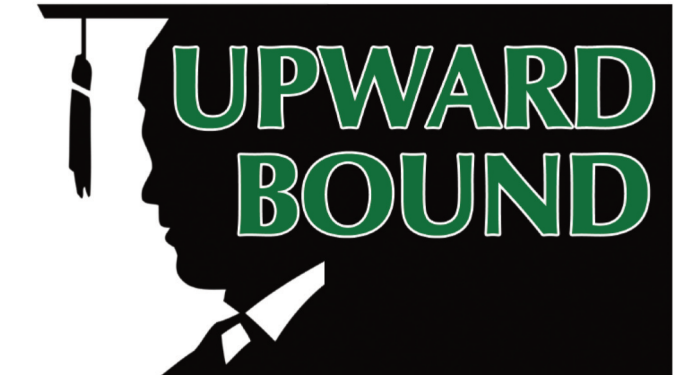
Appointed positions

Katelynn Plotner.....Freshman Representative
Nancy AdaneSophomore Representative
Asia KingJunior Representative
Jacon Hobbs.....Senior Representative

Leadership Meeting Schedule

Sunday, September 19th, 4:00 p.m.
Saturday, October 9th, 12:30-2:00 p.m.
Sunday, November 21st, 4:00 p.m.
Saturday, December 4th, 12:30-2:00 p.m.

All meetings will take place in ASB Room 519. Students are encouraged to be prompt.



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Please feel free to contact us with your questions and/or concerns. We are here to help you.

STEP UP TO THE CHALLENGE!

Most of us have seen the commercial in which the announcer shouts "Next up, Algebra 2!" "Who will step up to the challenge?" A student simply states, "I will." My question to each of you is the same. "Who will step up to the challenge?" To be prepared for college level course work, it is important for each Upward Bound student to take upper level courses. Honors, Advanced Placement, dual enrollment and dual credit are examples of upper level courses.

Such course work prepares high school students for college. It is our belief that each Upward Bound student is capable of undertaking the challenge. For more information, please contact your school counselor or the Upward Bound office.

Subsequently, we would like to announce that two of our very own Upward Bound students are taking a college class on the campus of Kentucky State University. Senior, Lauren McCoy (FCHS) and Junior, Sophia Bellamy (FHS) are enrolled in Interpersonal Communications which is taught by Professor Jennifer Miles. Professor Miles has also taught a class

on communications and etiquette to the Upward Bound students during the summer of 2009.

In order to assist these students during their enrollment process, Upward Bound staff worked alongside Roberta Mason, Coordinator of Community and Advising Non-Traditional Students-Continuing and Distance Education. Any UB student interested in taking a college class can contact Ms. T'Ebony at (502) 597-5724 or contact Mrs. Roberta Mason at (502) 597-5614 or via email at Roberta.mason@kysu.edu.

The Academic Counselor's Corner by T'Ebony Torain

Adversity: Can you handle it?

How do you handle adversity? Do you run from it? Do you attack it head on? Let's face it. Regardless of age, each of us will encounter adversity in our lives. Yet, it's not adversity that determines our fate, it's how we handle the adverse situation. Webster online dictionary defines adversity as "a state, condition or instance of serious or continued difficulty or adverse fortune."

Throughout the school year, adversity can occur in the form of a difficult class, stringent teacher, challenging assignment, tedious project, worrisome friend, or treacherous foe. It can even occur through a personal

situation with family or yourself. Whatever the situation may be, never allow adversity to keep you from achieving your goal of attending college. Instead, dig your heels in and persevere. Study, work hard, and lean on trusted adults to help you. Sooner or later, you will see some positive results.

Adversity is bound to occur in each of our lives. How will you handle it?



Upward Bound 2010 Fall Semester Workshop Dates

SEPTEMBER 18TH

9:00-11:15a.m. (Split sessions)

OCTOBER 9TH

9:00-11:15a.m. (Split sessions)

NOVEMBER 20TH

TBA

DECEMBER 4TH

9:00a.m-TBA

DECEMBER 18TH

TBA

**Dates and times are subject to change.*

Senior Seminar Meeting Dates and Time

Below are the dates and times of Upward Bound senior meetings. Each senior is required to attend. During these meetings we will discuss college entrance and financial aid information. Again, all seniors are required to attend.

**SUNDAY, AUGUST 29TH
5:30P.M.**

**SUNDAY, SEPTEMBER 19TH
5:30P.M.**

**SUNDAY, OCTOBER 17TH
5:30P.M.**

**SUNDAY, NOVEMBER 21ST
5:30P.M.**

**SUNDAY, DECEMBER 12TH
5:30P.M.**

SUMMER In Review

Wow! Where did the time go? We just completed our third summer component and what a summer it was. Where do we start? Let's see, maybe with students residing on the campus of Kentucky State University where they attended classes that prepared them for their next grade level. Or how they were enriched in college and senior seminars, ACT test prep, cooking, karate, Spanish, and fitness and conditioning.

Students also toured the campuses of Northern Kentucky University and Centre College. In addition, to building on networking academic success, our primary program emphasize was upon networking and collaboration building. Students strengthen their networking and team work skills by participating in joint activities with the following Upward Bound programs: Elizabethtown Community College, University of Louisville, and University of Kentucky.

Through these collaborations students were able to participate in a fashion show, basketball and volleyball competitions, games, jewelry making and a host of other activities. Finally, the program concluded with a summer trip to Charleston and Myrtle Beach, South Carolina. This year's summer program was a success.



SEE MORE
SUMMER
photos
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