

# UPUP & BEYOND

Volume One, Issue No. 1

UPWARD BOUND NEWSLETTER

Fall 2008

## Welcome To New Parents and Students

We would like to welcome all new Upward Bound Students and Parents joining us this academic year. We are looking forward to working with you and your parents. Please feel free to ask questions and share concerns to the Upward Bound Staff. We are here to help and would like for you to enjoy the Upward Bound experience.

*Without struggle,  
there is  
no progress.*

– Frederick Douglass

***We hope that you had a wonderful summer. Now that school time is here, it's time to get back to work. Remember to turn in your schedules along with your recommitment forms to the academic counselor, Ms T' Ebony Torain. Remember to stay focused because failure is never an option!***

## Meet the Upward Bound Staff

### T'Ebony N. Torian

T'Ebony N. Torain is a twenty-six year old Academic Counselor with the Upward Bound program at Kentucky State University. Before working with the Upward Bound program, she was employed with a character-based abstinence education program in Lexington, KY for almost two-years. Her love for young people can be seen through her desire to see them excel in their pursuit of higher education. She pledges to do all that she can to ensure that each of her Upward Bound students graduates from high school and receive a college degree.

As a first-generation college student herself, T'Ebony knows the importance of receiving a college education. She is a class of 2004 honor graduate from Fisk University where she received her degree in History.

Upon graduating from Fisk, she became a Ronald McNair scholar, W.E.B. Dubois Honors Scholar, Phi Beta Kappa inductee, and graduated college with an overall grade point average of 3.64. She plans to pursue her graduate degree in Public Administration next year. T'Ebony attributes her accomplishments to her faith, family values, and self-determination.

She believes that young people from all backgrounds can achieve their goals if they believe in themselves, work hard, and surround themselves with positive people and programs such as Upward Bound.

### Angela Reynolds

Angela Reynolds, the Administrative Assistant of the Upward Bound at KSU is the new edition to the Upward Bound team. Persevering through various obstacle and challenges, she earned her Bachelor of Arts in Child Development and Family Relations. A recent college graduate herself, Angela understands the obstacles that students may face while pursuing a college degree.

Mrs. Reynolds has an extensive background working with you. She gained experience as a day-care provider and substitute teacher at Rosenwald Child Care Center which was located on KSU campus. She also worked as an Assistant teacher at the Y.M.C.A.'s crayon club.

Her administrative duties at Upward Bound include providing warm customer service, meeting the needs of students and parents, using computer application skills and working effectively and efficiently with fellow Upward Bound staff. She takes pride in working behind the scenes to ensure Upward Bound is running smoothly.

Angela motto is "that if you can believe it you can achieve it". She believes that programs such as Upward Bound is beneficial to helping students achieve their goals. Failure is never an option! She encourages students to have faith in themselves and value their education.

As a new bride to Leland Reynolds and a mother to Leila Reynolds, she truly understands the importance of family. She looks forward to working with the students and their families as well.

# A Note from the Director

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First and foremost--on behalf of the Kentucky State University, I would like to express my gratitude in a sincere thanks to each UB participant and every parent who encourage their child to be in the program. Parents have entered them on an educational journey of enhancement and achievement. UB students, we appreciate you allowing us the opportunity to strengthen your high school academics as well as assist you with your goal of going to college. We will make your journey enjoyable, enriching and memorable.

There may be challenges along the way but with an extra set of hands, you will find yourself stronger and more capable of overcoming your impediments. Let's reflect back to the beginning of the summer component. Some students started with reservations, low self confidence and low grades, but look how you have progress and overcome. Several of our parents have reported that their child has been promoted in Math and Spanish to a higher level while others are taking honor classes. Your accomplishments are our accomplishments; please continue to let us know of your achievements so we can celebrate together!

Remember, you are somebody and you can do all things! The summer is over UB students and you did well, but now it's time to rumble. Students fight failure and do not fear the things you are not certain of during your new academic year. If you need help, let the UB tutors assist you to succeed. Again, we will be offering tutoring and mentoring along with a lot of other great things which will help you. We also have some wonderful culture trips and events planned for the school year. We will from time to time offer you the opportunities to participate in KSU activities so check the UB newspaper and the upcoming website (TBA).

You can call the office at anytime and ask for help or for general information, we are here for you!

Your Director,  
*Gill Finley*  
502-597-6935



# The Academic Counselor's Corner

by T'Ebony Torian

## STRETCH

Upward Bound students must be determined to be successful in their academic, personal, and social endeavors. Regardless of the obstacles and challenges that you might face, the mental outlook you obtain must stretch above and beyond your current circumstances. Stretching causes one to be pulled forth, lengthen, or drawn out. It can be a painful process; however, the end result is accomplished. Stretching your mental outlook can cause you to see yourself as "somebody special" when others may dictate the opposite. Stretching your mental outlook will allow you to view yourself as a college graduate even if you've repeated a class or grade in high school.

Many successful athletes, scholars, and musicians have been stretched beyond their limitations. Michael Phelps was raised by a single mom and viewed as an average student in school; yet, today he has received eight Olympic gold medals. Stevie Wonder was born blind and sent to a school for the blind; however, he is one of the most accomplished musicians. His music speaks as one who has vividly seen the wonders of the world. W.E.B. DuBois was the first black man to graduate from Harvard with his PH.D; he was also one of the co-creators of the NAACP, and graduate of Fisk University. Yet, with all of his accomplishments, the obstacles he faced is seen from the following quote: "One ever feels his twoness-an American, a Negro; two souls, two thoughts, two unreconciled strivings; two warring ideals in one dark body, whose dogged strength alone keeps it from being torn asunder."

In order to help you maintain a positive mental outlook, we will be utilizing Sean Covey's *Seven Habits for Highly Effective Teens*. In each newsletter, we will publish material from his book. Below are seven habits that will hopefully stretch your mental process concerning your academic, social, and personal endeavors.

### **HABIT 1: Be Proactive**

Take responsibility for your life.

### **HABIT 2: Begin with an End in Mind**

Define your mission and goals in life.

### **HABIT 3: Put First Things First.**

Prioritize, and do the most important things first.

### **HABIT 4: Think Win-Win**

Have an everyone-can-win attitude.

### **Habit 5: See First to Understand, Then to be Understood**

Listen to people sincerely.

### **Habit 6: Synergize**

Work together to achieve more.

### **Habit 7: Sharpen the Saw**

Renew yourself regularly.

*\*Taken from Sean Covey's Seven Habits for Highly Effective Teens*

Your future lies within your hands. How others receive you lies within how you perceive yourself. Compared to your ancestors, you are blessed with insurmountable advantages and opportunities. As your Academic Counselor, I am committed to helping you achieve your goals of graduating high school and receiving a college education. Together let us stretch our imaginations in order to come up with the best possible tools and opportunities that will positively shape your future!

## REMINDERS

Upward Bound students and parents are responsible for making sure that I receive their grades, progress report, and other important academic information such as CATS scores, ACT, PLAN, and/or EXPLORE scores on the expected due date.

\*Receiving information on a later date or not at all can result in loss of student privileges.

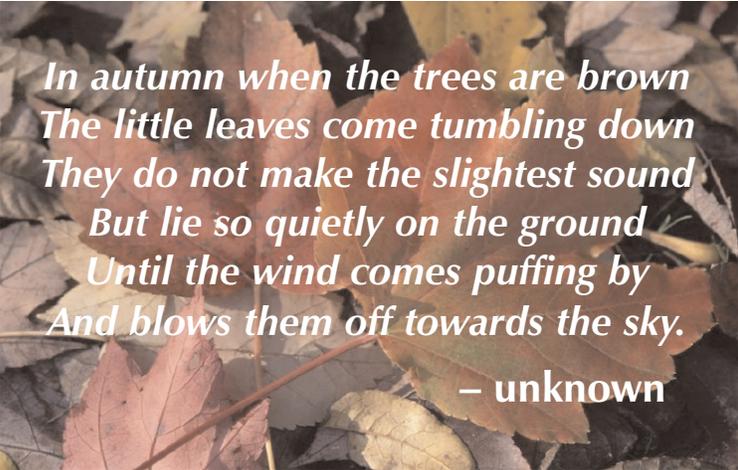
Saturday Sessions attendance is mandatory; failure to attend will result in loss of stipend and other privileges.

Students must maintain at least a 2.5 in order to remain in the Upward Bound program.

Students are required to attend either Upward Bound or school tutoring if their grades fall below a 2.5 or if they receive below a C in any subject area.

Students are required to attend Upward Bound club sessions at their schools.

Counselor will meet with each student during the year for one on one counseling.



*In autumn when the trees are brown  
The little leaves come tumbling down  
They do not make the slightest sound  
But lie so quietly on the ground  
Until the wind comes puffing by  
And blows them off towards the sky.*

– unknown