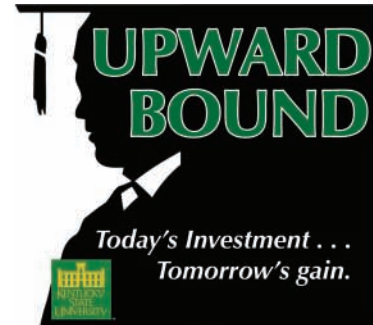


## Upward Bound Program

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



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Volume One, Issue No. 2

UPWARD BOUND NEWSLETTER

Spring 2009

## A Note from the Director

Greetings UB Family,

Time is rapidly passing and the summer component is a month away. Are you excited to get a break? Well, before you start focusing on your break, do not take a break in your classes but finish strong. You are just a few weeks from receiving permanent grades which will follow you right to the Admission Department to determine whether you can attend their college or not. Your grades will also determine how much money you will receive for college and books. So as you can see, you must finish strong!

I want to commend those of you who have been coming to tutoring to stay ahead in your grades. I also want recognize all those who work hard and keep their grades up, as well as, those who attend tutoring striving to get their grades up. Remember, the Upward Bound program is **your support system!** We are investing in your immediate academic progress to shape and broaden your future opportunities. We see your potential and will continue to push for more growth because you are college material and bound for success. Just as a person enters into the Army, some people enter with reservations and others with a mind to become a soldier. It's a tough process and takes others to help shape and mold the person to become a soldier. **If you will let us help you, if you stay with the process, if you will climb over the things that make you want to quit; you will become a college student! A soldier of academics!** You are in a fight for your future, and a lot of things are at risk. Fight for your dreams, call for back up and make the enemy of failure surrender to you! Great things are waiting for you, but you must continue your academic travel to get to them.

Please keep this thought in mind:

"Each student has a choice of how they will climb a mountain or fix a flat tire on a bike, but those who use instructions or take advantage of help and tools given can always make it to the top faster or ride a bike quicker than those who do it by themselves!"

I am excited for you!

Sincerely,

*Gill Finley*

Mr. Gill Finley  
502-597-6935

*"Learning is a process  
of thoughts and experiences"*



## Are U Ready for Summer ????

Upward Bound will be hosting its summer program for the second year on the campus of Kentucky State University. The dates are tentatively set for June 22-July 17th. Students will receive instruction in core subjects including Math, Science, English as well as Computer Applications and Foreign Language. Students will also partake in electives such as Basketball, Cooking, Step classes, and Swimming to name a few. Classes and Electives are also subject to change based upon demand and instructors available to teach. Several students will receive the opportunity to work and take on-line college classes. We will also take several trips to various college campuses. Males and females will be residing in separate dorms. Each dorm will have residential advisors who will be able to assist the students with their living arrangement, safety, and dorm needs. Peer tutor/mentors will also help to tutor and mentor the students in their core subjects, personal, study, and other important skills needed to succeed in college.

Wait? "What about the end of the year summer trip?" This summer Upward Bound will be traveling to the BIG APPLE!!! New York, New York. However, students who were consistently on academic probation and/or missed several Upward Bound workshops and activities may not be able to participate in the end of the year summer trip and work-study program. **(Please call the Upward Bound office for any questions/concerns.)**

# Upward Bound Tutoring Lab: A Proven Success

Upward Bound tutorial program has had a successful first year. Students received free tutoring on Tuesday-Thursday from 4-6p.m. on the campus of Kentucky State University. Tutoring was offered in a variety of subjects including Math, Science, English, and Spanish. Students such as Jillian Barnes, Kyle Lightfoot, and Skylier Hockensmith saw significant improvements in their grades due to their tutorial attendance and hard work. In addition to tutoring, students also received mentoring in their academics, social skills, and study skills. Eboney Johnson, current tutor/mentor, thoroughly enjoyed the mentoring sessions with the students and believed they were inspired. Upward Bound will continue to find new and successful ways to enrich students academically.



From Left to Right: (Student) Keaston Jones, (Tutor) Jessika Pringle, and (Student) Raymond Davis



From Left to Right: (Tutor) Antoinette Mallet and (Student) Kaitlyn Sams



(Student) Thamara Pires and (Tutor) Kendra Joseph



From Left to Right: Sophomore Lauren McCoy and Tutor Allison Colston



From Left to Right: (Tutor) Antoinette Mallet, (Student) Tyler Mattison, and (Student) Robert Cunningham in a mentoring session.



Sophomore Aaron Roberts studying for an exam.



Tutor Kendra Randle working with Freshman Sophia Bellamy



From Left to Right: Mariah Wilson (student), Kendra Joseph (tutor), and Keaston Jones (student)



From Left to Right: (Student) Morgan Brown, (Student) Kaitlyn Sams, and (Tutor) Philieshia Motley.

# Radiant Songbird



## My interview with Angela Reynolds, the Administrative Assistant

Mrs. Reynolds is the quiet force behind our program. She undertakes a great deal of responsibility and handles it with professionalism, grace, and a beautiful smile. I had the pleasure of interviewing her today so the UB audience can gain insight into this radiant songbird. Sit back and enjoy.

### What is your favorite color?

Purple-Because it is the color of royalty.

### What is your favorite genre of music?

I love all types of music but my favorite artists are Whitney Houston, Mariah Carey, and Celine Dion.

### Can you sing?

Yes. I am okay. I have sung for Kentucky State University, Gospel Ensemble, Oakland University's Chorus. I have also sung at the Fox Theater in Detroit, Michigan for Finney High School Concert Choir. I have also competed in several district and state choral competition, entitled MSVMA.

### What do you do during your leisure time?

Spend time with my husband and daughter. Read. Clean.

### How old is your daughter?

1 years old.

### Do you want anymore children?

I don't know yet! (Laugh).

### What is your goal?

My goal is to eventually open my own child care facility and become an entrepreneur. I will hopefully like to pursue a Masters Degree in Special Education.

### What is your favorite quote?

If you believe it, you can achieve it!

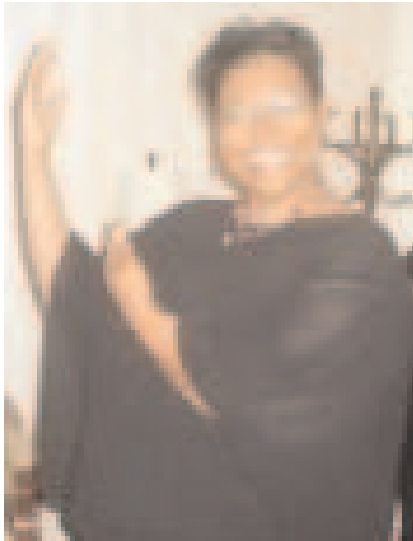
### What do you like best about your job?

Helping the students to get into college which is our main goal.

### Is there anything else you would like us to know?

I don't believe in giving up. I believe in endurance, persistence, and ambition.

I would also like to thank each of the parents for being courteous when I make phone calls. I know sometimes it can be nerve-wrecking but I am calling to make sure everything in our office runs effectively and efficiently. I appreciate your time and consideration and look forward to working with you and your child during the summer program. If you have any questions, please feel free to contact me at anytime. I am always happy to assist you.



## What's In It For Me?

Throughout the year, the staff of Upward Bound will be looking for various enriching activities for our UB participants. Our motto is Today's Investment, Tomorrow's Gain. We believe that by investing in our student's academic progress, they will see a bountiful gain in their grades, study habits, college acceptance, and scholarships. As Upward Bound students, it is important to work hard, attend UB Saturday Sessions, and tutoring. By doing your part, we will do our best to reward you with various activities that could enrich you academically.

## Kentucky Girls STEM Collaborative Conference

This year Upward Bound will take seven young ladies to the annual Kentucky Girls STEM Collaborative Conference. The Kentucky Girls STEM Collaborative Project is an organization that brings together businesses and organizations for the purpose to motivate girls to pursue educational choices in science, technology, engineering, and mathematics. Upward Bound students selected will receive the opportunity to travel and tour the University of Kentucky. They will also visit various industries and facilities in Woodford and Fayette County. The young ladies who will represent Upward Bound at University of Kentucky are as followed: Raeneisha Henton (WHS), Sandra Amponsah (FCHS), Kristina Kelly (FCHS), Sara Plotner (WHS),

Thamara Pires (FCHS), Stephanie Robinson (FCHS), and Sophia Bellamy (FHS). Congratulations Ladies!

## 20th Annual National Student Leadership Congress

Franklin County High School Junior, Christopher Murphy, was selected by the Upward Bound staff to attend TRIO programs 20th Annual National Student Leadership Congress. Students selected to participate in this event will travel to Washington D.C. and reside on the campus of American University. Participants will also attend a mock congressional session, visit various cultural, historical sites, and attend workshops. Chris was selected by the UB staff because of his academic achievement, leadership development, and overall growth during his junior year. Each year Upward Bound will select an outstanding, dedicated Upward Bound student to attend the conference. Good Job Chris!

# SPOTLIGHT!!!

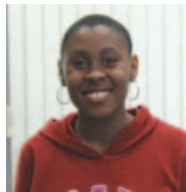
## Past And Current UB Staff Are Doing Great Things

**Shanelle Walker**, former Residential Assistant for Upward Bound's summer program, was voted as Student Government Association president at Kentucky State University for the 2009-2010 school year.



**Kendra Randle**, current Tutor/Mentor for the Upward Bound program, was voted as SGA secretary at Kentucky State University for the 2009-2010 school year.

**Deonna Foster**, current Tutor/Mentor for the Upward Bound program received an award for her 3.72 grade point average in KSU's Bridge class and for the highest grade point average for Kentucky State University's Student Ambassadors.



**Phileisha Motley** who is also a current Tutor/Mentor was recognized as the Outstanding New Ambassador for Spring Semester.

**Jessika Pringle**, Tutor/Mentor for the Upward Bound program, was recognized for her 3.25 grade point average also for the Bridge program.



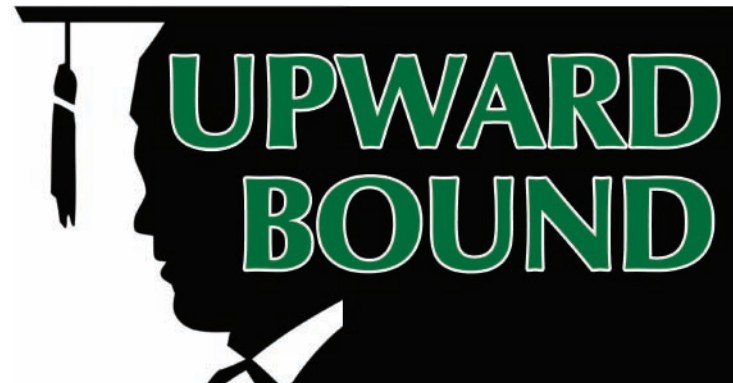
**James Jenkins**, former Peer Tutor/Mentor for the Upward Bound program will be graduating this year and pursuing a graduate degree. James continued to support our program throughout the school year by visiting UB students during tutoring and stepping with his

fraternity brothers at our First Annual Spring Bling. Jenkins is a member of Phi Beta Sigma Fraternity, Inc.

**Derale Miller**, also a former Peer Tutor/Mentor for the Upward Bound program is planning on playing professional football. Derale will be attending several camps this summer and will also be graduating in May!



**Rhaslyn Robb** will also be graduating from Central State University and planning law school thereafter. She is currently working for a law firm in Ohio. Rhaslyn was a former Peer Tutor/Mentor for the Upward Bound program.



### CONTACT INFORMATION:

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

## WORKSTUDY PROGRAM

UB students will receive the opportunity to earn work skills and extra income while participating in the summer program. Upward Bound students interested in working during the summer program were encouraged to complete a job application and return them to the UB office by Thursday, April 30th. Students will take part in an interview and job selection process. The program is designed to give students to gain valuable job skills and career development opportunity in order to prepare them for the workforce.



## Upward Bound First Annual Spring Bling



Students enjoying the party



Phi Beta Sigma's  
strolling



Upward  
Bound  
Staff



Members of Phi Beta Sigma Fraternity

## Who keeps calling our house?

Some of you may have wondered who were behind the voices on the phone from the Upward Bound office. Well, Upward Bound would like to take the opportunity to formally introduce you to our 2008-2009 work study students. These young ladies were a tremendous help to our program and were behind a great deal of leg work needed to get our administrative duties accomplished. So, without further ad due, introducing



#### Aeja Henderson-

Greetings! My name is Aeja Henderson and I am nineteen years hailing from the great city of Cincinnati, Ohio. I am a freshman here at Kentucky State University and I plan to pursue my career as a nurse. I only plan on staying here at K-State until I receive my Associate's degree, then I plan on returning home to get my Bachelor's degree in nursing. Once I pursue my career as a

nurse I plan on working at Children's Hospital. During my first year here at K-State I have had the privilege to work with the Upward Bound program. Through working with them I have gained a lot of knowledge and understanding of what to expect

in the real world. Upward Bound is a great place with both great people and having great experiences.

#### Ebony Pope

My name is Ebony Pope, and I am from Cincinnati, Ohio. I am currently a freshman at Kentucky State University. My current g.p.a. is a 4.0. I received an Academic Achievement Scholarship due to my g.p.a. being above a 3.5. My major is Political Science, and my minor is English. When I complete college, I plan on beginning my career as a lawyer. College is a very important asset in

order for me to fulfill my aspiration of becoming a lawyer. Attending college can open many doors for people; the doors you may not be able to open with having only a high school diploma. Working with the Upward Bound Program has influenced me tremendously. The Upward Bound Program has helped me with dealing and/or accepting people who are different from me. The students come from different backgrounds, and they all have different insights on life. I enjoy working with the Upward Bound Staff and Students.



# Eastern Kentucky University TRIO Day

In February, Upward Bound students participated with over 500 TRIO students from across Kentucky on the campus of Eastern Kentucky University for TRIO day. TRIO day is a nation wide initiative granted through the Department of Education with the purpose of allowing students in programs such as Upward Bound, Upward Bound Math and Science, Educational Talent Search, and Student Support Services to come together. Students participated in a variety of workshops such as Middle Eastern Dance, Sign Language, Alcohol 101, Social Dance, and Dining Etiquette. They also viewed displays from various departments including African-American Studies, American Sign Language and Interpreter Education, AmeriCorps, Management, Marketing, etc. Upward Bound Students Tamara Pires, Gill Finley, Sandra Amponsah, and Stephanie Robinson represented Kentucky State University in the Upward Bound Scholar's Bowl. The students did very well for their first time. Although they did not make it into the Top Five, they are excited about participating in the Scholar's Bowl next year and plan to compete hard against the other schools.



*From Left to Right: Sade Blackman and Kayla Lightfoot*



*From Left to Right: Kayla Lightfoot, Alex Whatley, Keaston Jones, Gill Finley, and Kyle Lightfoot*

*Kentucky State University Upward Bound Students at Dance Seminar during TRIO Day at Eastern Kentucky University.*



## W.I.N.G.S. (We Invest in The Next Generation of Scholars)

Upward Bound's parent support group, W.I.N.G.S., has taken flight. Several parent meetings have been held throughout the year to discuss various activities and events as well as protocol and procedures that would benefit and provide on going support to the Upward Bound program. Parents also elected officers to serve on the parent advisory team for the year. We are excited about this new initiative. If you are interested in becoming a part of W.I.N.G.S., please feel free to contact Betty Plotner at 502-352-7426.

# The Academic Counselor's Corner by T'Ebony Torain

## Academics With Attitude I GOT A NEW ATTITUDE

In the 1980's a popular song was released by Patti LaBelle entitled, A New Attitude. Check out some of the lyrics:

*I'm feelin' good from my head to my shoes  
Know where I'm goin' and I know what to do  
I tidied up my point of view  
I got a new attitude  
Runnin' hot, runnin' cold  
I was runnin' into overload  
It was extreme, ex-ex-ex-ex-extreme  
It took it so high, so low  
So low, there was nowhere to go  
Like a dream  
Somehow the wires uncrossed, the tables were turned  
Never knew I had such a lesson to learn  
I'm feelin' good from my head to my shoes  
Know where I'm goin' and I know what to do  
I tidied up my point of view  
I got a new attitude*

In this song, Labelle was proclaiming to the world that she had been through some difficult circumstances; however, through the midst of her trials she learned to develop a new attitude. This leads me to the next question. How does one define the word "attitude"? Dictionary.com defines attitude as a state of mind, feeling, and/or disposition. A person's attitude can be seen both positively and negatively. As in Labelle's song, her positive outlook on her circumstances helped her to develop a new attitude.

During the third term, most Upward Bound students witnessed their grades take a huge nose dive compared to the first and second term. There could be several explanations as to why this occurred; yet, a huge reason can be due to the development of a negative outlook upon one's academics. This outlook can be attributed to burn-out, stress, pessimism, and/or low confidence in one's abilities.

The time is nigh to change your attitude towards your academics. For many of you the grades you receive will be your ticket to college and a good education. Without that ticket, you may not get very far. Several students who were struggling academically begin to witness the power of developing a positive

mindset. You have witnessed a stark increase in your grades, study habits, and test scores. You may have begun the program with low grades but like the 2009 Kentucky Derby Winner, *Mine that Bird*, you have are headed towards first place. Many of you were like the horses that left the gate with a momentous thrust; but, outside conditions both predictable and unpredictable left you far from your goal.

Nevertheless, you can still make it! Begin now by changing your attitude. Develop the mindset of the tortoise. Regardless of how fast the rabbit outpaced him, he was still determined to make it to the finish line. Or, live by the old proverb my father taught me when I was little "when life gives you a lemon, make lemonade." The attitude you possess will dictate how far you will go in life. Push toward the finish line! Get a new attitude.

