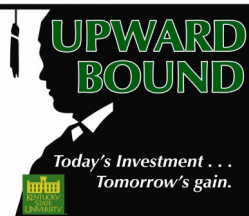


Looking back at our summer program:



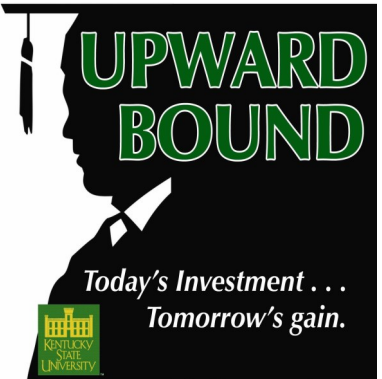
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B.R.E.D. UNIVERSITY SUMMER PROGRAM

**BE BOLD**  
**BE RESILIENT**  
**BE EDUCATED**  
**BE DETERMINED**  
**BU @ KSU**



Message from the Director:

Summer 2015

Hello Students and Parents:

It is my belief this message is finding you in a great place in each of your lives. This has been an amazing year for Upward Bound and I am so proud to share in your lives. It has been almost three years since I have been the Director of Upward Bound and GO College and what a blessing and challenge it has been.

We have completed another summer component and I believe this summer was one of the best I have been a part of since being with Upward Bound. Our goal was to build character into each of our students by introducing **B.R.E.D. University: Be Bold! Be Resilient! Be Educated! Be Determined! B.U. @ KSU!** Students learned to be advocates for themselves by participating in speech and debates, poetry recitations, college simulations, and other activities that encouraged them to advocate for themselves.

Studies prove that students from low income and first generation households drop out of college because of a lack of understanding for the admission and financial aid process, a lack of understanding of the college experience, etc. Our goal this summer was to teach students how to navigate through different departments and inquire of department workers about the purpose as it relate to the college. The purpose of this activity was to teach students how to be bold and ask questions and to be educated on the various departments and functions of the departments within Kentucky State University. We also wanted them to work together to build resiliency and determination in completing a task.

The students did an awesome job completing this project and the winners received a gift card to Applebee's. It was awesome watching them run across campus and work together to get this done. In addition to core classes, college visits, fun activities, S.T.E.M. activities, and work-study, we concluded our summer with an educational and cultural trip to Myrtle Beach, South Carolina.

Parents, thanks so much for your support. The UB staff truly appreciate it! As we go forth with the academic component, we are coming into the fourth year of the Upward Bound grant cycle. Which means after this year, we will rewrite for a new UB grant.

Receiving the new grant will have a great deal to do with parents making sure students are doing their part. This includes maintaining grade point averages at 2.5 or above, attending UB events and activities, being faithful to Upward Bound, graduating from one grade level to the next, graduating from high school, attending college, and graduating from college.

Let us work together to make this year and next year successful so that future students can benefit from Upward Bound. If you need anything, feel free to contact the Upward Bound office at any time. We are here to assist you!

Gratefully,  
Ms. Tee



**Summer 2015**—Hard to believe it is over!

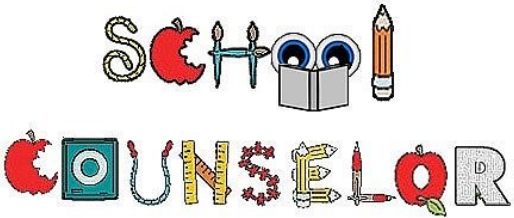
We are missing all of our students already. The summer went so fast!

The staff would like to say **“Thanks”** to everyone that made the summer program a success. Thanks to the following: **students, parents, teachers, tutor/mentors, residential assistants, KSU** dormitory and cafeteria staff.

We are proud of the great summer we had and you helped make that possible!



# Stewarding Your Own Education and Opportunities



In life you can be your own worst enemy and hold yourself back or you can be your greatest asset and take control of your own destiny. We’re in a generation where young people want handouts and things done quick, fast and in a hurry. They are called the “microwave generation”. You have to know that in education no one can study for you, take test for you, do your homework, and apply to college and many other things. You have to take control of your own education.

Upward Bound is a college prep program for students who are first generation, low-income and or at risk for academic failure. We provide the resources and you have to put the resources to action. I would like to say that we have an awesome group of students that come to tutoring, meetings, Saturday sessions and participated during the summer program.

However, as your Academic Counselor I would like to encourage my UB Students to go the extra mile this school year, be more diligent and grab hold of your destiny. You can achieve a 21 or above on the ACT. You can receive a full ride to a University. You are somebody. You can do all things!!!! But, you have to put forth the effort! I love and believe in you all so much!

Mrs. Ayana

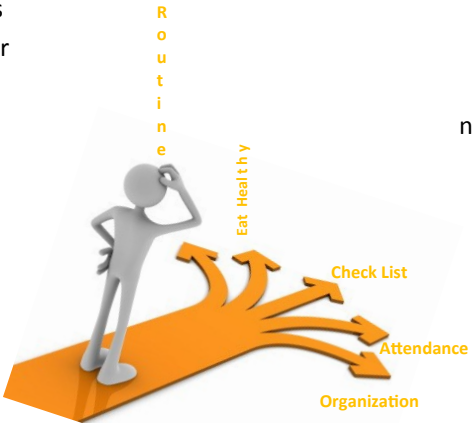
## Below are some tips to go the extra mile during the academic school year.

1. Sit in the front of your classes.
2. Bring all your materials to class (notebook, books, pencils, pen etc.).
3. Seek help from your teachers or tutors if you are not understanding the subject material.
4. Spend at least an hour looking over notes and studying your class material at home.
5. Study for the ACT now, don’t wait until the last minute.
6. Purchase a planner and keep up with all homework assignments and quizzes.



## Five Simple Ways to Succeed in School

1. Establishing a **routine** helps to set you on a path of success even before you step foot in the classroom. Set your alarm and wake up the same time every morning so you are not rushing around and feeling stressed in the morning.
2. **Eat a healthy** breakfast (lunch and dinner). It is hard to concentrate on a boring lecture when your hungry or you’re coming down from a sugar high. If you fuel your body, you fuel your brain.
3. It’s very satisfying to make a **check list**. Writing down or making flash cards then check off each task once completed. This keeps you from being overwhelmed and also from forgetting anything that needs to be done. Marking off your list lets you know your one step closer to being done with a busy day.



4. Try to avoid missing school and always be in **attendance**. Simply showing up is an important component to success. If you do miss, email your teacher or get notes from at least two friends.
5. **Organization** of your papers and notes is a key. After a big unit test, arrange all your notes in a folder. When midterms and finals roll around, you’ll be organized.

## Get your mind set!

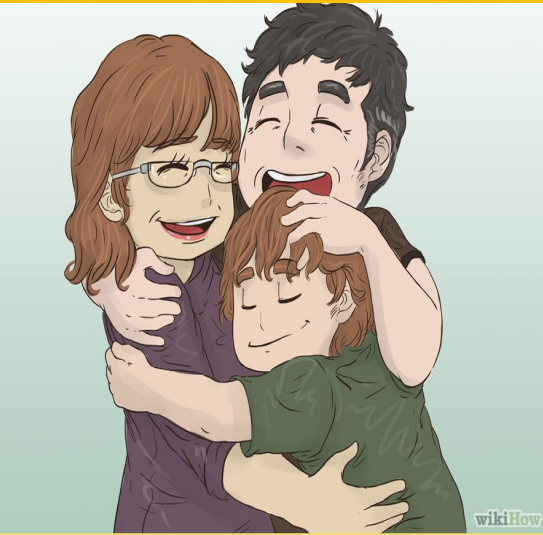


## B.R.E.D. University

hopefully has given you the jump start you need to have a successful 2015-2016 school year. For freshmen, it’s a fresh beginning to start making great grades! Sophomores, if your grades need improving to help receive scholarships this is the year to do it. Juniors, work harder than ever. Seniors, stay on track don’t slip now!

Couple of reminders about people you can count on—teachers and parents. (Below)

## Get ready to start school with the right attitude!



## Be respectful to your teachers.

You may think that it's cool and funny to be mean to your chemistry teacher, but when your midterm grade rolls around and your C+ was not rounded to a B-, you'll have another thing coming. Though you won't love all of your teachers, it greatly benefits you to be polite to them, show up to their classes on time and at least act interested in course material. Sleeping in class is not permissible.

When you apply to college, you'll need several teacher recommendations, so it's better to start building your relationships early.

## Don't be a jerk to your parents.

Though you may not exactly be best friends with Mom and Dad during your freshman year of high school, you should treat your parents like your friends, not your enemies. After all, they cook for you, they give you rides, and they probably give you some of the spending money you need to go to the mall with your buddies. So don't look back on your life and regret being mean to your parents just because you were moody or because your crush rejected you. Having your parents on your side will make your high school experience much better than having them against you.