



May 3rd, 2016

6:00 pm—9:00 pm

Upward Bound Year End Banquet

*Senior Recognition-Awards-Summer Orientation-Parents-Signing Summer
Forms-Dinner-Stipend Checks*

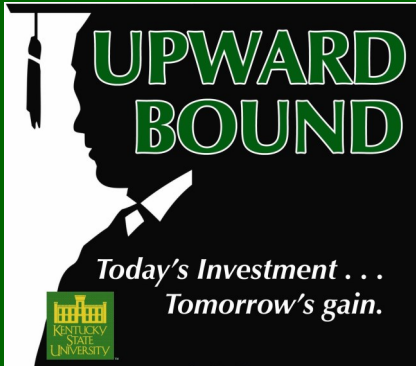


Dates to remember.....

- Saturday, April 16th* *9:00 am—10:00 am Freshman and Sophomores Only-Hathaway Hall
Auditorium, Financial Literacy*
- Saturday, April 30th* *9:00 am - Seniors Only-Exum Center, Louisville Trip*
- Tutoring* *March 22nd, 24th, 29th, and 31st*
April 12th, 14th, 19th, and 21st (School tutoring logs due April 21st)
- May 29th* *New York Money, \$200 due or the required \$165 should be turned in to the office.*
Summer Program—June 20th, 2016 through July 27th, 2016

All information about the summer program and necessary paperwork will be completed on the evening of May 3rd, 2016.

Kentucky State University
400 East Main Street
Frankfort, KY 40601



IN ALL THINGS
Excellence
Spring 2016

Message from the Director

Dear Parents and Students:

We are almost coming to an end of the fourth year going into the fifth and last year of the 2012-2017 grant cycle. This means that in the fifth year, we will be rewriting for a new five year Upward Bound grant that will continue to serve students and prepare them for college. You might ask the question of how does this apply to our students? Each year, our program must submit an Annual Performance Report. This report analyzes if we reached our objectives. For each objective we reach per year, our program gains points. For those we do not meet, we do not receive any points. The more points we accumulate, the more we increase our chances of receiving our grant from the Department of Education once the re-write period is over.

One of the objectives that we have not met for the last two years is “80% of our students receiving a grade point average of 2.5 or above by the end of the year.” Out of all of our objectives, not reaching this goal is the most disappointing. Each of the students in our program are beyond capable of achieving a grade point average of 2.5 or higher. To help our students reach this goal, we provide tutoring on both Tuesdays and Thursdays from 4:00-6:00p.m. We interview and select some of the best college students at Kentucky State University to help tutor and mentor our students.

Moreover, for those students that are unable to attend tutoring at Kentucky State University, they are able to receive tutoring at their high school and bring documentation of their tutoring session to the Upward Bound office. My disappointment lies in the fact that I understand the potential each student has to reach this goal as well as the importance of doing so.

Receiving a grade point average of 2.5 or higher is essential for all students that would like to attend college. In the state of Kentucky, most admission criteria’s from each school requires students to have at least a grade point average of 2.5. However, this is just the grade point average requirement and does not include the ACT/SAT test. Subsequently, the admission criteria may be lower than the criteria for scholarships the universities may offer which is why it is so important for students to strive to receive a grade point average above 2.5.

As the Spring Semester comes to an end, I ask each parent to take the opportunity to sit down with your child for at least ten minutes to discuss their report card and grade point average status. Within the Upward Bound newsletter, you will find a list of in state colleges and their admission criteria. Look at your child’s current and end of the year grade point average and compare them to each colleges admission criteria to determine if they are on track. Even if your child is not interested in attending the college, it will be a good measurement tool to determine where they are academically.

If you determine your child is not on the right track, there is still time for the freshman-juniors to get it right. However, they must put in the effort. Please review the information inside about how to raise your GPA, parents can review information about academics, as well as admission criteria's. Remember, we are always here to assist you!

Yours Truly,

Ms. Tee



Perseverance

In this life, things happens. Regardless if you are rich, poor, young, and/or old, unfortunate situations occur. However, when life happens perseverance is your friend. According to Webster Online Dictionary, perseverance is doing something despite difficulty or delay in achieving success. Perseverance is an attitude because when obstacles come your way your attitude should be, “I will get through this.” “I will overcome this.” “I can make it!”

Everyone in this life has gone through trying times, will go through trying times, or will have to overcome trying times. It’s how you carry yourself during those times that matters.

A lot of teenagers think they are the only person to go through something or no one understands. I want to encourage parents and students to believe there is nothing new under the sun. What you may be going through, someone else has overcome. When you think you can’t make it, someone is a living testimony that you can. Never give up. Persevere.



I am here to help you persevere,

Ayana Martin David-Jacobs

“It does not matter how slowly you go as long as you do not stop.”

Confucius



“ Adversity, and perseverance and all these things can shape you. They can give you a value and a self-esteem that is priceless.

Scott Hamilton



Joyce Adane will be graduating from Franklin County High School and she plans to attend University of Louisville, majoring in biology. We are so proud of Joyce when she started at Upward Bound she was very shy but she has definitely came out of her shell. She set high goals for herself and is part of our “21 and Above” club, making a high score on her ACT.

We love you and wish you the best!

Rebecca Ash will be graduating from Western Hills High School and she plans to attend Eastern Kentucky University, majoring in nursing. Rebecca took advantage of taking dual credit courses here at Kentucky State University which should allow her to graduate early from college.

We love you and wish you the best!



Amber George will be graduating from Franklin County High School and plans to attend Bluegrass Community and Technical College, majoring in social work. We see why she choose social work because she has a great compassion for peers and others.

We love you and wish you the best!

Kaitlyn Simpson will be graduating from Franklin County High School and plans to attend Campbellsville University, majoring in elementary education. Kaitlyn exhibits a positive outlook and attitude in and outside the classroom. She will be a great mentor for elementary children.

We love you and wish you the best!



Phillip Robinson will be graduating from Franklin County High School and plans to attend University of Kentucky, majoring in engineering. Phillip realized how important his ACT score was in order to assist him to college. He is part of our “21 and Above” club for his ACT score and we are so proud of him. We didn’t think he would like the lace so we gave you a stripe design, showing the boldness that you represented as being the only male senior this year!

We love you and wish you the best!

All other Upward Bound students, congratulate these seniors when you see them. Take the time to talk to them about their college journey and receive valuable information from them. I’m sure all the seniors will agree their time here with Upward Bound has gone quickly. They can give you some good advice on things to accomplish, things they wish they had done and their journey with Upward Bound.

Seniors, we will miss each of you! Remember we are still here for you so call us with any of your needs.

Love you— Ms. Tee, Mrs. Ayana and Ms. Webber

Parental Involvement in Academics



When it comes to academics, there are numerous ways for parents to be involved. Helping with homework, meeting with teachers and attending school events are just a few of them. However, when parents don't take an active interest in these activities, their child's grades are more likely to suffer. Homework, for instance, is a major area where parental involvement is important. Parents who regularly communicate with their children about their assignments can have a positive impact on their learning and grades, whereas children of uninvolved parents are less likely to complete homework, which can negatively impact scores. Uninvolved parents can also project negative feelings about school, which can have undesirable consequences on grades.

Home Learning Environment

The home learning environment is another critical aspect of a child's school performance. A setting in the home that is conducive to learning can have a positive impact on grades, but parents who are disengaged are less likely to provide this. Children with inadequate home environments are often unable to do homework or other school projects, which can lead to poorer academic scores. This inadequate environment can be something as simple as not having a quiet place to concentrate, or a much greater parenting problem, such as abuse or neglect.

Communication

A child's grades can also suffer when parents cannot or will not communicate with teachers, counselors or even their own child about academics. In a study done by students at Harvard's Graduate School of Education, researchers discovered that family communication had a direct impact on student engagement. The children of parents who regularly spoke with teachers about their child's academic work were more likely to be actively involved in their child's learning, which can translate to better performance and grades. The same is true for children whose parents regularly communicate with them about school. Kids with unresponsive parents have a more difficult time learning.

Accountability

Accountability is another component of parenting, and demanding academic responsibility of students can result in more active learning and better grades. However, disengaged parents often do not have these accountability demands, and their children's grades can suffer as a result. When lack of parenting leads to little or no consequences for a negative action, like not doing homework, the person who suffers the most is the child.

Taken from: http://www.ehow.com/info_12307728_lack-parenting-home-affect-childrens-grades-school.html

HELP !

Trying to help your child—Comprehension and Understanding

- There are many reasons your teen might have poor grades. The first thing to do is to find out if he understands the subject. If this is the issue, extra help may be necessary. Consider a tutor or talk to the teacher about some one-on-one time during study hall. Often parents don't know the subject their children are struggling with enough to help, but if you do, this is a great time to bond with your child over his homework. Be patient as you share your experience with him, and avoid doing it for him. Remember that he will never learn it if he does not do the work. Look for ways to use the things he loves to teach the subjects he is struggling with.

Ongoing Struggle

- Many children have ongoing struggles with certain subjects. As they move from one grade to another, those subjects become more difficult to learn, which could be another reason your child has bad grades. Finding the reason for this ongoing struggle may be the only way to help him. Many parents and teens are embarrassed by learning difficulties, but the National Center for Learning Disabilities says that the earlier you pinpoint the issue and get help, the more quickly your child will become successful in school.

Positive Reinforcement

- Most parents could create a list a few pages thick of the behaviors and attitudes that drive them nuts about their children. However, it is important for parents to remember amidst all those frustrating actions that there are also many positive ones. When your teen is struggling with grades, find those positive attributes and commend him for them. It is often difficult to slow down long enough to consider them and even more challenging to find the right moment to let your child know that you see what he is doing. However, this seemingly small act can have a huge impact on your teen's motivation in school.

Taken from and to see other articles go to: http://www.ehow.com/how_5894755_discipline-teen-bad-grades.html

Application Deadlines: Fall Admission - June 1st by 5:00 p.m.
Spring Admission - October 1st by 5:00 p.m.

Scholarship Timeline: December 15: Deadline to apply and submit all materials for mentored scholarships.

January 15: Deadline to apply and submit all materials. You must submit the scholarship application, the admission application, and any required materials by this date to be considered.

Required: We also do not have hard and fast minimum GPA and ACT/SAT score requirements. We look at a student's complete portfolio, and in case of scores/GPA that would not indicate success we accept further information such as letters of recommendation, student statement, etc. to make a more informed admissions decision.

If they have lower than a 20 composite ACT and/or lower than a 2.5 GPA, being admitted will require more effort and documentation. So strive for higher!

ADMISSION

Colleges admission and scholarship deadlines:

KENTUCKY STATE UNIVERSITY

Inspiring Innovation. Growing Leaders. Advancing Kentucky.

November 1—Early Admission Deadline

April 1—Regular Admission Deadline

Scholarship application—February 15

- Average GPA 2.5
- Average ACT 18



Berea College

Admission Deadline: Priority #1 October 31

Priority # 2—February 29

Final April 30

Most of our students score between 20 and 30 on the ACT (1410 -1980 SAT) and have a cumulative high school GPA of at least 3.0 in a strong college prep curriculum. Students may take either the ACT or SAT.

Average Accepted:

- SAT Critical Reading: 500 / 603
- SAT Math: 520 / 623
- SAT Writing: 510 / 593

SPALDING UNIVERSITY

Applying:

When applying to Spalding University, it's important to note the application deadline is rolling.

The average GPA of our incoming students this year was a 3.2 GPA and 21 ACT, 990 SAT CR/M.

ADMISSION

JCTC

Deadline is March 1

All new first-semester students must complete an Admissions Application, attend Orientation and take the COMPASS assessment. The COMPASS is a placement test consisting of English, Math and Reading.

GPA 2.5

19 is average ACT scores



Fall Admission: August 1

Spring: December 1

Summer: May

Freshman Scholarship
Deadline: February 1

All students must have a minimum GPA of 2.0

The Average freshman GPA: 3.20

The Average ACT freshman composite: 21.6

Required GPA to enroll: 2.5 or higher out of a 4.0 scale

Required ACT to enroll: 20 or higher.

BCTC

Admission—July 16

Scholarships dates vary

High School Diploma or GED

ACT Scores :

18 English/Writing

19 Math



Early Action Track	August 1 - Application available for undergraduate admission	Regular Decision Track
December 1	Apply for Admission Deadline	February 15
December 1	Competitive and Academic Scholarship Deadline	Early Action only
December 1	Competitive Diversity Scholarship Deadline	Early Action only
December 1	Honors Program Application Deadline	Early Action only
February 15	Housing & Living Learning Program Application Deadline	April 1
February 15	FAFSA Submission	February 15
May 1	Enrollment Deposit & Advising Conference Fee Deadline	May 1
May 1	Scholarship Acceptance Deadline	May 1

We don't have required scores. The average ACT is 25.5 and the average GPA is 3.64.

Western Kentucky University



Fall Semester Deadline—August 1st

General Scholarship Deadline—January 15th

ACT composite of 20 or greater, or

SAT (math plus critical reading) of 940 or higher, unweighted high school GPA of 2.50 or higher

- Average Accepted GPA—3.2 ACT Composite: 18 / 25

Bellarmino

Early action—November 1

Regular—February 1

Scholarship—February 1

Students who possess a 21 ACT or a 990 SAT, have a 2.5 cumulative grade point average in a college prep curriculum, and are ranked in the top 50% of their class are generally admitted.

Average Accepted GPA—3.23

Accepted—Most had SAT scores of 1500 or higher, an ACT composite of 21 or higher, and a high school average of a "B" or higher.



How to Increase GPA by Marissa Willman, Demand Media

Your grade point average, or GPA, is the calculated average of your course performance based on a numeric scale for letter grades. Your GPA is an indication of how well you performed in your high school or college courses. Many prospective employers and university admission officers consider your GPA along with your application. If your GPA is lower than you would like it to be, you can raise it by achieving higher grades in subsequent courses.

Step 1

Determine your current GPA by checking with the admissions and records department of your school or by calculating it from your transcripts. You may use an online calculator (see Resources) or calculate it by hand. GPA is calculated by assigning a point value to your grade for a course and then multiplying the point value by the number of credit hours the course holds. Repeat this for all courses you have taken and determine the sum of the point values. Divide this number by the total number of credit hours you have completed.

Example: A=4, B=3, C=2, D=1, F=0 Johnnie has five classes and received one of each grade. Grade total is 10 divided by 5 his five classes so his GPA is 2.0

Step 2

Determine the grades you need to achieve to raise your GPA to a desired value. Make it your goal to earn these grades for the semester.

Step 3

Retake any courses that are significantly lowering your GPA. Most institutions allow you to retake courses in which you received a "D" or "F" grade to raise your grade. Check your school's policy to make sure you will receive credit for retaking a course. Earning a better grade in courses you previously failed can have a significant impact on your GPA.

Step 4

Attend all scheduled classes and do not show up tardy. Information may be presented in class that is not covered in the textbook or assigned reading. Take notes during your classes to remember key points and important concepts

Step 5

Complete all assigned reading, in-class assignments, homework, and projects. Completing these items ensures you are reviewing course material while earning points for the course. In some courses, these assignments may have a significant impact on your final grade.

Step 6

Seek out a tutor or study group to help you learn the course material. Ask classmates if they would be interested in meeting for a weekly study group, or find a student who has already passed the course to tutor you in the subject.

Step 7

Ask your teacher about any material you do not fully understand. Many instructors want their students to succeed and appreciate your extra effort to do well in the class. Seek them out during his or her office hours or after class to go over the course material.

Step 8

Prepare for exams by reviewing all study guides. Organize a study session with a group of fellow classmates as well. The course exams may count for the majority of your course grade; to raise your GPA, you must do well on exams.

Step 9

Ask your instructor for an extra-credit opportunity to increase your course grade. Not all teachers accept extra credit, but it can help boost your GPA if allowed.