



Upward Bound Summer Program

June 12th—July 19th, 2017

New Student Orientation

Monday, May 22nd, 2017

5:00 p.m.

A.S.B., Room 519

Please bring insurance information!

Make-up date is Wednesday, May 24th @ 5:00 p.m.

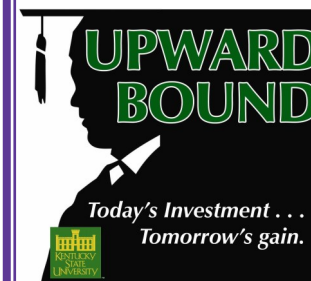
Parent with students who are attending Upward Bound Summer Program for the first time need to attend this orientation. Parents must sign documents for the summer program and provide information for their child's permanent records file.

Kentucky State University

400 East Main Street

Frankfort, KY 40601

Funded by the United States Department of Education
with a grant of \$250,000.00



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2017

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Director

Dear Parents and Students,

Throughout time, one of the things I've noticed about myself is that I don't like change. Rather, I enjoy being comfortable around familiar people in familiar settings because familiarity broods a sense of comfort. Now, don't get me wrong, I can adjust to change; however, if I can prevent change from occurring whether it's good or bad, I notice I subconsciously tend to do so. However, life has taught me that change can work in my favor. Moreover, change can bring about new opportunities, new people, new goals, new ideas, new strategies, new involvements, etc.

I realize there are many people including students that are like me. Change and/or transition can be a challenge for them with a huge influence of the resistance rooted in fear. Fear is a paralyzer—meaning it will keep a person in the same position and the same place year after year. This person may want a fresh start, new opportunity, and/or abundance; however, fear keeps them bound in the same place, same mindset, and same position. Like it or not, change is bound to occur in some form or fashion.

Consequently, wisdom has taught me to switch my vision concerning change to see it positively rather than negatively. Again, it's all about how you "see" change. In addition, here are a few applications concerning change that may assist the UB family:

1. See "change" as an opportunity to assess your life goals. Are you on track or do you need to make some adjustments?
2. See "change" as an opportunity to examine your strengths and weaknesses. What are you doing great? What do you need to improve?
3. See "change" as an opportunity to grow in uncomfortable situations. This will help many students with big dreams and big goals which may stretch your comfortability. For example, accepting the full ride to a college out of state may take you away from your family but improve your quality of life and expose you to greater opportunities.
4. See "change" as an opportunity to start over again. Realize that a fresh start will give you a new opportunity to get "it" right. What is your "it"? Is it your grades, relationships, income, job, education, etc.
5. See "change" as an opportunity to be a blessing to others. A person who seeks out the best in themselves tend to seek out the best in others creating a win-win situation for all involved.

The 2016-2017 academic year was indeed a year of change for me. This year, we wrote for the new Upward Bound grant which will fund the program for another five years (2017-2022). Writing the grant, with guidance from someone with more wisdom and knowledge of UB than me, was a challenge but it stretched me and gave me the opportunity to gain a new skill.

Moreover, with faith I believe we will receive the funding to serve our current students and assist new ones in their dreams of going to college. In order for that to happen, I had to change my outlook on the grant writing process. Next, the year brought about a change in staff. With Mrs. Ayana David-Jacobs leaving the program to become a stay at home mother after almost four years with UB, I had to adjust to finding another Counselor with a passion and love for students—introducing Ms. Adriana Palmer.

To conclude, although change can make one feel uncomfortable and spark a fear in the unknown, most of the time it brings about the best outcome. Our decision as individuals is to choose to embrace it and seize it as an opportunity to walk in whatever newness it may bring~!

Ms. Tee



We welcome our
new
Counselor
Ms. Adriana Palmer!!!!

Greetings Upward Bound Family,

It is my privilege and honor to work with all of you. It feels good to be home. I remember the spring of 2009 like it was yesterday. I was a young girl from the south side of Chicago, IL about to embark on something new. I was a member of a grant funded TRIO program called Educational Talent Search. It was much like Upward Bound in its aim to help first generation and low income college students go to college. I was a troubled youth who was always summoned into my disciplinarian's office with a suspension or detention.

Even though I was smart, college was a farfetched dream of mine. In the Spring of 2009, my life changed forever because Educational Talent Search invited me to go on an HBCU college tour and among the schools we visited was Kentucky State University in little Frankfort. I fell in love with the thought of attending an HBCU or even going to college. I began to understand that college was my way out. I changed my behavior and began to focus and buckle down. I applied and got accepted into 22 schools. The only school I could think about was Kentucky State University. In the fall of 2010, I came to Kentucky State University as a freshman ready for wherever life would take me.

I was granted work study in my financial aid package. I began applying to jobs on campus but there was one office in which I had to interview. It was the office of Upward Bound on the 5th floor of Upward Bound. I got the job. It was an intense office and I had to be on my "A" game. It was in that very office where I sharpened my professional skills and became more acquainted with Upward Bound. I only worked there my freshman year but it was a year full of experiences and fun. As I matriculated through KSU I was heavily involved and became a student leader. I joined Student Support Services, another TRIO program like Upward Bound and Educational Talent Search. They aided in my success through the rest of my collegiate career. I had a burning passion to help students who stood where I once stood and let them know they can make it.

Upon graduation from Kentucky State University in the spring of 2015, I started working as a child care instructor. It was a great experience but I felt it wasn't enough. It was then when I realized that TRIO Programs were where my heart was because it was home. When I say it's good to be back home, I mean it. This has been the most rewarding 3 months of my life. I wake up each day, excited to pour into the next generation.

Please remember as you go through life that it doesn't matter what it looks like, anything you set your mind to, YOU CAN DO IT! Your circumstances can't dictate your future. YOU are in control of YOUR destiny. If you believe you can achieve, you will succeed. Remember that we will always be your arm of support at Upward Bound. Go be great, I can see your future and it is bright!

SUMMER 2017



Monday-June 12th

11:00—12:00 Move in

12:00—1:00 Student ID's

Tuesday-June 13th
Thursday

Example of Daily Schedule, Monday-

7:00-7:50 Breakfast

8:00-12:15 Exum Center for classes

12:20-1:20 Lunch

1:30-3:00 Computer lab, game room

3:00-4:30 Library and study time

4:30-5:30 Dinner

5:35-9:30 Activities

9:30-10:00 Dorm Life

Friday

7:00-8:00 Breakfast

8:05 Exum to load bus for college tours-Return time TBA

July 3rd-4th

Celebrate July 4th—No Upward Bound

July 5th

Starts Commute Week-9:00 A.M. return on July 5th all other days 8:00 A.M.

July 17th-July 19th

Summer Trip



Summer Orientation

Welcome to our new

Tutor/Mentors

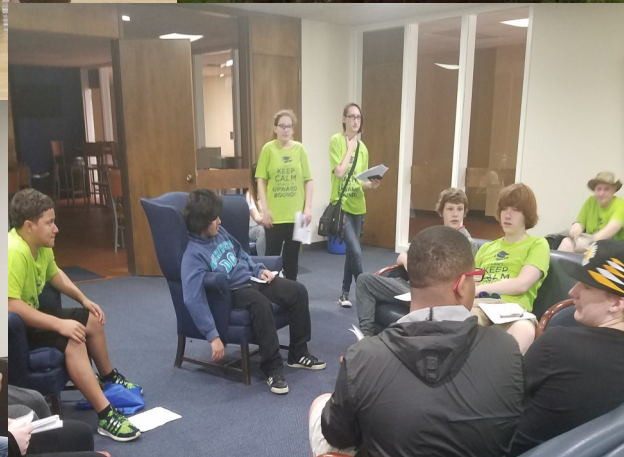
And

Resident Assistants

They are excited and ready to assist our students.



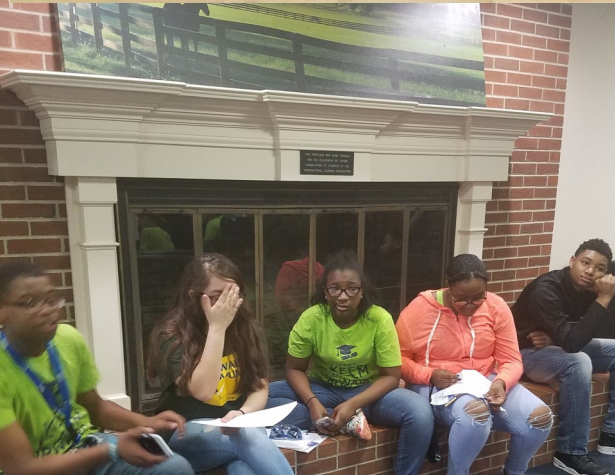
EVENTS



Midway staff giving our students trivia questions about their tour. Who won?



Upward Bound students had some moves during their cultural dance and drum workshop!



2017 Upward Bound "Year End Banquet"



(Top) Phillip Robinson past Upward Bound student and rising sophomore at KSU.



We hope you all enjoyed the banquet.



Proud of our seniors!



Thanks to Dr. Wheeler for attending!



SO PROUD OF YOU—LOOK AT ALL THE COLLEGES

THEY GOT IN

Bellarmine, Berea College, Campbellsville, Eastern Kentucky University, Hanover, Jackson State University, Kentucky State University, Miles College, Northern Kentucky University, Tennessee State University, Thomas More, Transylvania, University of Hartford, University of Kentucky, University of Louisville, Western Kentucky University, and Xavier University to name a few!



Final Choice:

Lataisa Taylor—Western Kentucky University

Avaughndre Douglas—Miles College

Nakiyah McGee—University of Louisville

Tasjma Duffie—Tennessee State University

Alysa Weaver—Berea College

Alexis Bowen—Western Kentucky University

Caeden Yett—Campbellsville University

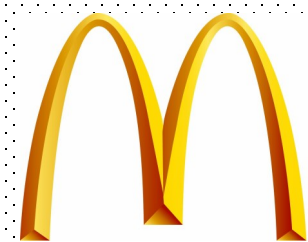
Benedicta Wiafe—University of Kentucky

We wish you all much success in your college endeavors.

Seniors receiving their gifts to prepare them for college!



The "Gill Finley Leadership Award" was presented to Nakiyah McGee and Benedicta Wiafe who received a \$700 check to assist with college expenses. Thanks Mr. Finley and all of those who made this possible!



Special **"Thank You"** to Mr. Joe Graviss, Graviss McDonald's of Frankfort, for supporting our seniors. They all received a \$25.00 gift card from him showing his support to our community.

Mr. Graviss wrote "May you have much success in your endeavors and may those that you touch "pass it on" and continue to help make our community great!"

Shout out to our three participants that work at McDonald's of Frankfort, Nakiyah McGee, Chayden Reed, and Elijah Best.

We ask that our parents show their thanks by supporting McDonald's of Frankfort!

