

SUMMER PROGRAM

June 11th – July 18th

June 11th – June 29th - - - Residential Component

June 11th—Students move in between 9:00 a.m. and 11:00 a.m.

July 12th—Classes begin at 9:00 a.m. Location: TBA (All seniors must be present for classes.)

July 2nd – July 13th - - - Commute week (Students who are tardy more than 3 times will not be allowed to go to St. Louis, MO.)

July 15th – 18th - - - St. Louis, MO. Educational and Cultural Enrichment Trip

Students will be picked up by parents on Friday and the time will be announced. Times may vary due to activity.

**All students must be in the dorms on Sunday evening by 9:00 p.m.
Check in from 6:00 p.m.—9:00 p.m.**

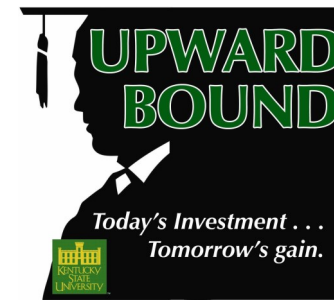
Kentucky State University

Upward Bound

400 East Main Street

Frankfort, KY. 40601

Funded by the United States Department of Education with a grant of \$257,500.00



10 YEARS! It's really hard for me to think that I have devoted ten years of my life, passion, and hard work to Kentucky State University's Upward Bound program. I started the program at the age of 26 years old. I have grown professionally and personally. I have met many great staff, faculty, college students, high school students, and parents. In addition, Frankfort has been an awesome place to live.

At a departmental staff meeting, Dr. Thomas Calhoun, Vice-President of Student Engagement and Campus Life at KSU made a declaration that made me ponder. He said working to ensure student success is more than a profession, it is a calling. This calling is one I have given my life to for years. As a matter of fact, my role in student success started way before Upward Bound. It began in my role as a student liaison at Hopkinsville Community College where I recruited students from high school to attend HCC. It also began in my role as an abstinence educator in Hopkinsville, KY and in Central Kentucky where I have taught hundreds of students regarding the benefits of abstaining from sexual activity and unhealthy activities that could cause negative outcomes for their future.

It appears my life's work has been dedicated to ensuring that students make healthy decisions and positive choices that will guide their future into being successful. It also appears the demographic of students that I have served have been students like myself, those who are first generation and/or low income.

My background defines why I have been so passionate and dedicated to the program. I get to impact the lives of students like me: a girl with a mission and dream to defy the odds of being a stereotype. With the help of so many people from my hometown, especially my family and parents, here I stand. I stand as a Director of Upward Bound and B.R.E.D. Scholars where I have had the privilege of serving not only these two programs but also the GO College program which served Fern Creek High School in Louisville, KY.

If you would have asked me during my teenage years if I would like to dedicate ten years of my life to living in Frankfort, KY. I probably would have told you "absolutely NOT!" I wanted to be star! I wanted my name in the lights! However, my life's purpose led me here and I am so blessed that it did. I received the opportunity to watch students like you, graduate from high school and enroll in college. That's a call I had to answer.

Love Ms. Tee

Message from your COACH!!!!!!

HEY THERE! WATCH IT!

Watch your **THOUGHTS**, for they become **WORDS**. Watch your **WORDS**, for they become **ACTIONS**. Watch your **ACTIONS**, for they become **HABITS**. Watch your **HABITS**, for they become **CHARACTER**.

I wanted to begin with the quote above because we must realize the importance of healthy thoughts. They seem like they are just simple thoughts, but they can develop into something that is so much more. We have talked extensively about the importance of creating healthy habits. It is the key to success. Before you can get to habits, you must first tackle your thoughts.

Let me tell you a little story about a young girl from one of the worst neighborhoods in Chicago. She was always suspended from school, fighting, and getting bad grades. One day, someone encouraged her to not think about where she was in that moment but instead to think on where she wanted to be. It was tough to see past the current situation she was in but she tried. Guess what? She is here today as your Academic Coach typing this address.

I truly have enjoyed this year. It has made me realize that I am in the field of my dreams. My first full year seemed to have blown away but it was filled with a lot of laughter, learning, and love. Going into my second year, I challenge you to reach higher than ever before, dream bigger than ever before, and push harder than ever before. I want each of you to take advantage of each opportunity given and push forward to be all that you can be. There is no limit to what you can/cannot do, there is no dream too far for you to reach.

If you think it, believe it, you will achieve it.

Situations may come up and they may cloud our minds. Push past it! We may not always believe we can do anything right away but when you have someone to give you positive encouragement and inspire you to think, THAT is when your life begins to transform for the better.

Mental stability is HUGE. Let's all make a pact to commit to healthier thinking and stability. I believe in you, but will YOU believe in you?

With Love,

Ms. Audrey

P.S. Upward Bound is one of the resources and an extra arm of support. If you need someone to talk to, please come see us in the Upward Bound office. If you feel as if life is getting too hard to handle and you believe you have can't talk to anyone, please see the information below.

Suicide Prevention Lifeline

<https://suicidepreventionlifeline.org/help-yourself/>

(800) 273- 8255



think
before you
send

Before technology and social media, if we had strong feelings about someone, we either had to call them, write a letter, or go visit them. These options took time and were inconvenient.

But now.....because we always have access to cell phones, computers, and the internet, we never have to wait. The second we have a thought or an emotion, we have a way to share it immediately. All we have to do is type it out, and click "send."

Today we are never forced to sit with our feelings and think about them, or forced to take time to consider what the smart thing to say would be. And this often leads to problems.

If you're upset or angry about something, give yourself time to cool down. If you have to write a text, a post, or a message to get your feelings out.....write it, and then save it as a "draft." Or go old school and write your thoughts down on a notepad or in a journal.

Here's the bottom line: Things happen, and sometimes we have strong feelings about these things. The healthiest, smartest thing to do when life and feelings happen is to **STOP AND THINK BEFORE YOU CLICK SEND.**



- ◆ Put your phone away during dinner, family times, and whenever you're interacting with others.

- ◆ To help you get a good night's sleep, turn off all devices an hour before you go to bed, and put your phone in another room to charge.

- ◆ Leave all of your devices at home and spend some time outside. Take a walk or go for a hike. Shoot hoops, or read a book in the park. Enjoy life for a while without the ringing or buzzing of a phone.

Articles from: www.woodburnpress.com

COLLEGE & CAREER

President Brown speaking to the students.

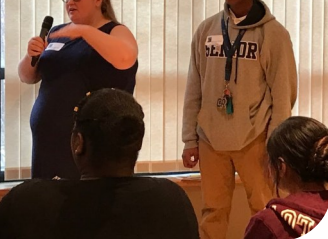


We love our parent volunteers!



Seniors

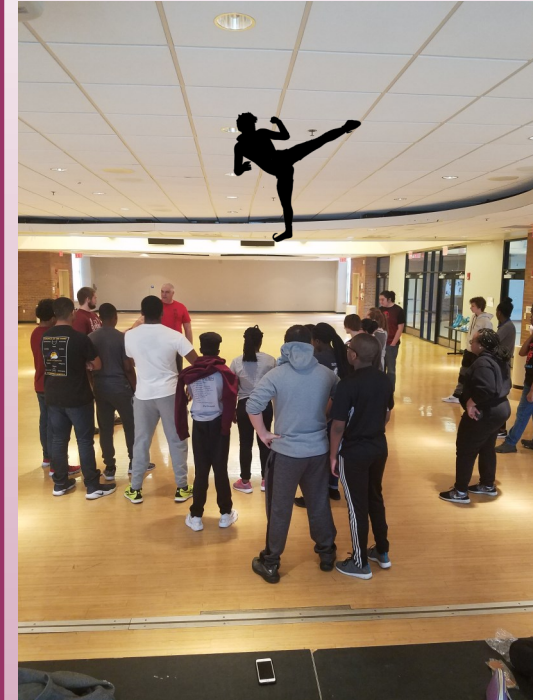
Appreciation award



COLLEGE



ORIENTATION



Nutrition Class



Freedom Museum

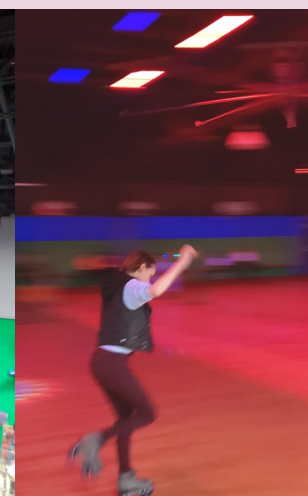
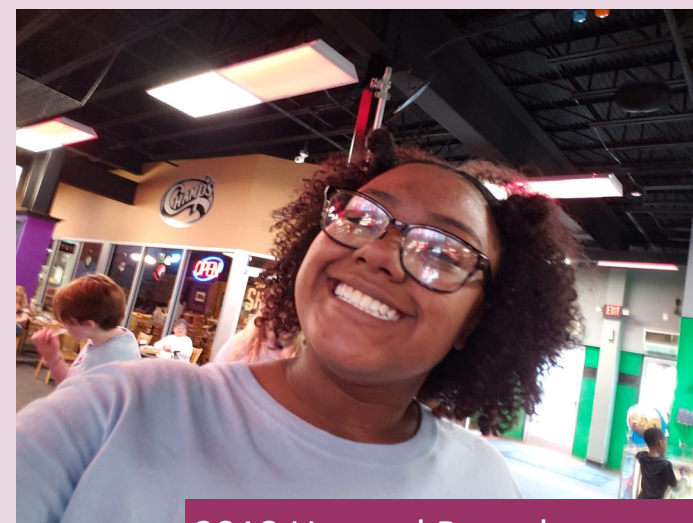


Pound Fit Class





Accepting for his Uncle



2018 Upward Bound summer component June 1th—July 18th

Are you ready?



JUNE 11TH – JULY 18TH Example of their daily schedule

Monday, June 11th

Weekly Schedule

Monday-Thursday

9:00 a.m. – 11:00 a.m. Move in dorms and IDs (all students staying on campus)

6:30 a.m. – 7:30 a.m. Wake up and showers

7:45 a.m. – 8:45 a.m. Breakfast

9:00 a.m. – 12:15 p.m. Classes

1:35 p.m. – 4:20 p.m. Activities

4:30 p.m. – 5:30 p.m. Dinner

5:45 p.m. – 9:00 p.m. Activities

9:10 p.m. – 10:00 p.m. Shower, Snacks, Dorm Life

10:00 p.m. – 10:25 p.m. In Room

10:30 p.m. – Lights Out

Friday

7:45 a.m. – 8:45 a.m. Breakfast

Campus Tour

TBA - Parents will pick up students

Sunday

6:00 p.m. – 9:00 p.m. All students should be in their dorm by 9:00 p.m. on Sunday.

University of Kentucky campus tour and University of Kentucky Dental School departmental visit.



GPA

23 Upward Bound students obtained grade point averages of 2.5 or above. (Not all students are pictured.)



Honoring Ms. Tee for 10 years of service to U.B.



SENIOR TRIP



New K.S.U. Students

