

Fall Program 2016—Begins on September 10th, 2016

We will be recruiting for new students to join our fall program. If you know of anyone that might be interested, please have them complete an application. They can find applications on KSU web site, school counselor's office or contact UB office and we will mail them the information.

Fall Orientation

All parents and students please plan to attend!

Saturday, September 10th, 2016

9:00 am—11:00 am, Hathaway Hall Auditorium

Tutoring Begins—October 11th, 2016

Ride the bus from your school to KSU. Parents will pick up their child at 6:00 p.m. on Tuesday's and Thursday's. Please refer to tutoring calendar for the days we will not be having a session.

Also, we go by FCHS cancellation due to weather. No School—No Tutoring!

Kentucky State University

400 East Main Street

Frankfort, KY 40601

Funded by the United States Department of Education



Dear Upward Bound Family:

I hope this newsletter finds you all in good health and strength. We made it through the summer and now plowing into the fall semester of the academic year. I would like to thank each parent and participant for your participation this summer. The students were exposed to a plethora of great activities inside and outside of Frankfort. The highlight of the summer was definitely the cultural, enrichment activities in New York. Although we did a great deal of walking, we were exposed to the lights, camera, and action of NYC. I was so pleased with the behavior of the students during the trip. They truly made it a great experience for us all.

Going forth into the 2016-2017 academic year, Upward Bound will continue to provide the resources and tools necessary for your student's high school success and college enrollment. We had five seniors graduate high school and four of them enrolled in college. We are so proud of their achievements and wish them the very best! Now, it is up to the next group of graduating seniors to do their very best to prepare for their college enrollment. It is up to the freshman, sophomores, and juniors to do their very best academically in order to prepare for college enrollment.

As a Director, it saddens me when a student has been in Upward Bound for 2 years or more then choose not to go to college. I have to question that student's purpose of being a part of the program. The purpose should be greater than their friend being a part of the program and/or because of the great trips and activities we provide. It should be because the student has a great desire to go to college in order to better their future. Participating in the six week summer program, attending tutoring, visiting college campuses, and participating in educational workshops are the tools we provide to prepare each participation for college. To spend years participating in these activities but not enrolling in college for reasons that are not urgent or an emergency, is of no avail.

Graduating from high school is great! But, in today's society, a college degree will take you farther, financially and socially, than a high school degree. I do ask that each parent provide us with support in making sure each student that is a part of this program desire to go to college and is doing their best to get there. Remember, Upward Bound is vital resource/tool; but, parent support and student participation by studying at home, doing the homework, and getting good grades is what gets you into college as well as a scholarship.

2016-2017 represents the last year of this grant cycle (2012-2017). Currently, we are in the process of rewriting our grant so we can be funded for years 2017-2022. We do desire your prayers and support during this time. This program has been in existence here in Frankfort through Kentucky State University since 2008. It is a vital part of the community and has produced many high school graduates and college students. Let us work together to make sure we are all doing our part in getting this grant back to Kentucky State University, home of the Mighty Marching Thorobreds! Thanks for all that you do.

Yours Truly,

Ms. Tee



Message from the Counselor—Ayana Martin David-Jacobs

During the summer program component Upward Bound watched a documentary called, “**ON THE WAY TO SCHOOL**”, directed by Pascal Plisson. This life changing documentary shows several students from three different continents daily journey to school to obtain a education.

In Kenya, Jackson and his younger sister travel throughout the Africa heat having to avoiding elephants on a 2 hour walk to school and 2 hours back. In Morocco, Zahira walks 4 ½ hours to get to boarding school, overcoming many obstacles on her journey. In India, Samuel who is physically handicap is pushed in a wheelchair by his brothers for 1 hour to school and back every day. Lastly, in Argentina, Carlito and his sister ride journey on a horse that takes 1 hour and 30 minutes there and back.

After watching the documentary a lot of the Upward Bound students were amazed at how the various students traveled and overcame many trials just to go to school. The purpose of me showing the students the documentary was to show students how privileged they are to obtain a high school education. I hope that all of our UB students understand the opportunity they have in front of them to achieve higher education and to take advantage of being in a **FREE** college prep program.

Some things to reflect on to appreciate education are:

Knowing that there are a lot of students that don't have the same opportunity as you.

Recharge your mind.

Take ownership of your destiny.

Motivate yourself and pin point your reasons of wanting to obtain a college degree.



Time to get ready for a new school year—new year, new slate.

- 1.) Re-establish school routines at least two weeks in advance. Get up early and eat breakfast at the time you would during school.
- 2.) Parents discuss this years responsibilities and expectations.
- 3.) Create an area designated for school things like backpacks and lunch boxes.
- 4.) Set a time and place for homework.
- 5.) Have after school plans .
- 6.) Have sick day plans . Either family member or another child's parent that can pick your child up if they become sick.
- 7.) If your school has orientation, plan to attend.
- 8.) Take the time to talk with your child's teacher either in person or email.
- 9.) **Make it a family affair. Together, you and your child can plan for success in school. For instance, sit down with your child to create a routine chart. Ask your child what she wants to do first when she first gets home from school: play outside or do homework? Her answers go on the chart. The more kids have ownership in creating a routine for themselves and setting expectations, the more likely they are to follow it.**



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Please support those who supported our Upward Bound Senior banquet!

Thanks to each of you for your contributions.

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Even though your teen is out of diapers **you still have a huge influence on them.** They still look up to you and want to make you proud. Your support throughout their high school years will have an enormously positive effect on their grades and attitude towards school and studying.

It can be difficult to know just exactly how you can help your teen with their studies. After all, it's probably been a while since you've opened a math or chemistry book!

So here are 5 practical things you can do with your teen to help them reach their academic potential at high school.

1. Figure out their learning style - Despite what many people think, anyone can learn how to study effectively. To do so, your teen simply needs to figure out what study habits and techniques work for THEM.

Part of learning how to study as effectively as possible involves figuring what your predominant learning style is. Once your teen knows what theirs is, they can integrate study techniques associated with this style into the way they study.

Never again will they have to be frustrated by not knowing what to do when they sit down to study.

2. Make a weekly timetable—The most common topics parents ask us about are motivation and time management.

How can I get my teen to do school work regularly? How can our family fit everything in during the school week?

Sound familiar?

There's something wonderfully powerful about scheduling study time in advance. So our answer is to draw up a timetable of your teen's normal school week and **let them assign the times** when they're going to complete homework and/or study.

3. Figure out some 'Reasons Why' - There's one very consistent difference between motivated teens, and not so motivated teens...

Motivated students have personal reasons *WHY* it's important to do well at school.

Motivated students all have some idea as to what they want to do when they leave school. Either they have a career in mind, or a college they want to go to, or **they simply know it's important to keep their options open by getting great grades.**

Unmotivated students who aren't feeling driven to do well should think about THEIR future.

What are they interested in? What can they see themselves doing in 5-10 years time? Do they want to work at the supermarket for the rest of their days or would they like to get a good education and have the world as their oyster?

Have a chat with your teen about what reasons will motivate them to get off the couch and over to their desk.

4. Goal Grades—Another great motivator for any student is for them to decide what grades they want to aim for this year. This will give your teen a target to work towards – something to keep focused on.

Secondly, when they achieve their goal grades they'll be so chuffed with themselves it will spur them on massively to keep giving school their best shot. There's nothing like the sense of accomplishment and reward that comes with achieving goals.

5. Study with them—Studying can be a chore. Especially when exams are looming!

But it doesn't have to be a total slog 100% of the time. You can help your teen study effectively and make it more enjoyable by getting involved.

Flash cards are a fabulous tool you can use with your teen, and they're incredible simple to make!

We also found it really helpful to have our parents ask us questions from our study notes when studying for exams. It doesn't matter if you don't understand the content of what your teen has been studying – just you asking questions from their notes will massively help their recall.

If you can talk about the real life relevance of what they're learning it will show them *WHY* what they're learning is important. This plays a huge part in keeping your teen interested in their school work. So sit down and have a chat about what they're learning and *why they're learning it.*

You know your teen better than anyone, so you may find that there are tons of other things you can do at home to help them enjoy what they're learning and improve their memory retention.

June 20th—July 27th, 2016

Summer Program



Summer