

## Fall 2017 Schedule

Please make sure you use the insert in this newsletter to have all the dates for our events and tutoring!  
SENIORS-Your meeting calendar is in the newsletter.

**September 9th—9 A.M. until 10:30 A.M.**

**Hathaway Hall Auditorium**

**Fall Semester Orientation—All parents and students should attend, we will be signing required documents for the fall semester.**

**Students who attended the summer program without missing no more than seven days and was not suspended, will be loading a bus at 10:30 a.m. on September 9th to eat lunch at the Florence Mall, tour Mt. St. Joseph College, and stay overnight at Great Wolf Lodge! Please bring items needed for overnight stay and your swim wear. Rules for attire are same as summer program, girls must have one piece or shirt over a two piece.**

**Estimated return on Sunday, September 10th at 3:00 p.m.**

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



**Upward Bound Director's Address  
T'Ebony N. Torain**

**Which Way Will You Go?**



**F**all 2017 means it's time to bounce back! We have a new school year and opportunity to bounce back from any hurdles that might have entangled us during the last school year. **Moreover, with receiving a new UB grant for the next five years worth over 1.28 million, the UB staff has another opportunity to continue to assist first generation/low income students in their pursuit of a college degree.** Yet, with every opportunity comes a decision. Will you seize the moment? Revert back to negative patterns? Or, ignore the opportunity and miss the chance to make small or big changes that can impact your future and lifetime?

If poor study habits caused you to earn a C rather than a B, then what will you do this year? If eating too much pizza, brownies, and cakes over the summer caused you to gain 10 pounds, what are you going to change during the fall? If leaving home ten minutes before the start of school causes you to be late each day, what are you going to do differently? Positive changes begin with a decision and the decision belongs to you!

As I conclude, I would like to leave you with this quote: Watch your thoughts; they become words. Watch your words; they become deeds. Watch your deeds; they become habits. Watch your habits; they become character. Even with new opportunities to make positive life changing decisions, the same negative thoughts and deeds can produce the same results and can become a part of who you are! Choose wisely!

Love, Ms. Tee



Adriana Palmer  
Academic Coach



What a summer full of fun, surprises, and learning! During the summer component, we read a book called, *The 7 Habits of a Highly Effective Teen* by Sean Covey. These are skills that can be applied to school, work, and even in everyday life. This is a book that helps to build a stronger sense of character. It is truly the ultimate teenage success guide.

Upon reading this book, some students discovered they could do better in various areas, while others believed they obtained good habits. No matter which category you fall under, it's important to know we all have things we can improve upon. A habit is defined as a settled or regular tendency or practice. We develop bad habits of course but there are also good habits. We can always destroy old customs and create new patterns to better ourselves and lives.

If you are looking for some new, good habits, here are some from the book:

**Habit 1: Be Proactive-** To think before one acts and take responsibility for the choice made. Realizing you have the power to make your own decisions and focus on the things you can control in your Circle of Influence.

**Habit 2: Begin with the End in Mind-** Mapping out a plan for your goals before you begin working toward the goals. Define your missions and goals in your life and begin working toward it.

**Habit 3: Put First Things First-** Understanding the roles and responsibilities in your life and being able to appropriately prioritize them.

**Habit 4: Think Win-Win-** A situation where both people or groups benefit. Efforts are made by both sides so that no one loses. Life is an “All-You-Can-Eat” Buffet.

**Habit 5: Seek First to Understand, Then to Be Understood-** Learning to be an effective communicator and adopting great listening skills. Helps you to develop an attitude of seeking to understand first.

**Habit 6: Synergize-** When two or more people are producing more together than they could have done separately; based on valuing differences. It helps you realize creative cooperation and promotes trust and teamwork.

**Habit 7: Sharpen the Saw-** A daily process of strengthening or renewing four aspects of yourself: physical, mental, spiritual, and social/emotional. It can also be called Self- Renewal. Practicing this habit will increase your effectiveness in all the other habits.

**REMEMBER:** These habits may seem simplistic but from them you can set a foundation to build upon your character. Make an investment in yourself by adopting these habits in your life. They will help you at home, in relationships, school, and work. They can even help you on your journey to college.

*“Character is the real foundation of all worthwhile success.”*  
*John Hays Hammond*



## How Confidence Can Affect Children's Performances in School

*Confidence plays a huge role in a child's successes in math, reading, and other school subjects. Read on to learn exactly how it affects student success and how you can help your children to build up their self esteem.*

Low self-esteem and lack of confidence can result in a negative educational experience as well as decreased personal satisfaction outside of school. If your child has declining self-esteem, or has developed very confidence levels, you should look into the causes and long term effects of the situation. Parents can help their children to increase levels of confidence and self-esteem through a variety of therapies and activities.



**Academic Success** Experts continuously debate whether students are successful because they are confident, or if they are confident because they are successful. Either way, it has long been agreed that confidence and academic success are linked. Teachers are firsthand witnesses to this in the classroom. Confident students are the ones who are willing to answer questions or perform demonstrations on the blackboard. Likewise, these students are the ones with the higher grades, which will reinforce and increase their self-esteem. Students who answer questions wrong, fail homework assignments or tests, and struggle when asked to complete a math problem for the class, start to develop a poor self-esteem because they know they are behind in their skills.

**Study Schedules** Set a regular study schedule so your child knows when they are expected to study.

When they are working on school problems, make sure you're in the room along with them. You'll be able to tell which skills they're struggling with and answer their questions.

**Skill Gaps** A skill gap is when an individual fails to master a single skill within a subject. For example, common mathematical skill gaps include multiplication, division, fractions, or graphing. When a child develops a skill gap and it goes undetected, it will likely lead to numerous other skill gaps. This is because these fundamental math or English skills are needed to build new skills in later grade levels and more advanced classes. If you notice your child has low self-confidence, or they are struggling with some individual skills, then your child probably has one or more skill gaps. Since skill gaps can create a domino effect, it is important to help your child immediately. Make sure the lines of communication are completely open with your child. Be able to talk with your child about school and the joys or concerns that academics can bring. This can make it easier for students to tell parents or teachers that they don't understand a topic.

**Positive Feedback** Even if your child hasn't mastered a certain skill, make sure to somehow compliment them. For example, if they worked hard with their math assignment, make sure to say, 'Way to stick in there! I'm proud of your determination!' If children fail to receive positive feedback when they are struggling through their work, their self-esteem is likely to drop more. Parents can use small rewards to show their children they are proud of their hard work or mastery of a skill. Rewards could be a trip to a park, a special dessert, extra television or video game time, or any other treat that your child would enjoy.

The article can be found at the following link: [http://mathandreadinghelp.org/articles/How\\_Confidence\\_Can\\_Affect\\_Children%27s\\_Performances\\_in\\_School.html](http://mathandreadinghelp.org/articles/How_Confidence_Can_Affect_Children%27s_Performances_in_School.html)

**"Confidence."**  
- is something you  
create within yourself  
by believing in who  
YOU are.



## SENIOR MEETINGS

THURSDAY’S FROM 4:00—5:30 P.M.

ALL SENIORS MUST COME PREPARED TO APPLY TO COLLEGES, SCHOLARSHIPS,  
FINANCIAL AID, ETC. PLEASE BE ON TIME AND MOST OF ALL BE DILIGENT!

September 7th—Responsibility

September 28th—College Readiness/EKU Rep.

October 11th—FAFSA Assistance Workshop

October 17th—ACT Prep

October 26th—ACT and Test Anxiety

November 9th—Scholarships

November 30th—Motivation

December 7th—FOCUS

December 14th—Goals

January 11th—Scholarships

January 25th—Balance

February 8th—Decisions

February 22nd—Paying for College

March 1st—Campus Support Services

March 22nd—Proactive

April 12th—Personal Bank Account

April 26th—Surviving College

May 10th—EXIT WORKSHOP

PARENTS AND STUDENTS



**Stipends for senior meetings. Senior meetings are mandatory!**

If you attend eight or more you will receive \$30.00

Seven—Five                      Receive \$20.00

Four—Two                        Receive \$10.00

Only One                         Receive Zero

May 10<sup>th</sup> will be the exit workshop for **students and parents**. All students that attend will receive a \$25.00 gift card. This meeting does not count toward stipends.



KENTUCKY STATE UNIVERSITY

UPWARD BOUND

2017 - 2018

STIPENDS

### 2017-2018 Events

Students will receive \$10.00 for each session they attend.

#### Tutoring at K.S.U.

4:00-6:00 PM

#### Fall-Attendance

14 or more      \$20.00

13-11             \$15.00

10-6              \$10.00

5 or less         Zero

#### Spring-Attendance

21 or more      \$20.00

20-14             \$15.00

13-11             \$10.00

10-8               \$ 5.00

7 or less          Zero

#### Tutoring at School

#### Fall-Attendance

11 or more      \$10.00

10-6              \$5.00

5 or less         Zero

#### Spring-Attendance

21 or more      \$10.00

20-14             \$5.00

13 or less        Zero

Stipend amount will only go towards the place where you attend tutoring most frequently!

**Tutoring at School** – Tutoring logs will be due to the main office on the following dates for the fall semester:

October 31<sup>st</sup>

November 30<sup>th</sup>

December 8<sup>th</sup>

The spring semester will be due:

January 30<sup>th</sup>

February 28<sup>th</sup>

March 30<sup>th</sup>

April 30<sup>th</sup>

If the tutoring logs are not received on the due date then that month of attendance **will not** count towards your stipend check. These may be emailed to joann.webber@kysu.edu or faxed to 502.597.5502.





They named it!



Golf anyone?



Morehead State University, Morehead, Ky

