

SPRING ORIENTATION

January 28, 2017

Hathaway Hall Auditorium

Parents and Students

10:00 a.m.—11:00 a.m.



EVENTS

February 11th, Exum Dance Studio, Cultural Dance/Drum-10:00 a.m.

February 25th, Hathaway Hall, Workshop-10:00 a.m.

March 11th, Aviation Museum, Exum Parking Lot –9:00 a.m.

March 25th, KSU Ballroom, Annual College II Career-9:00 a.m.

April 15th, Midway College, Exum Parking Lot –9:00 a.m.

April 29th, Senior’s Trip—TBA

May 2nd, KSU Ballroom, Senior Banquet/Summer Orientation—6:00 p.m.

TUTORING

JANUARY 2017

Tuesday 17th

Thursday 19th

Tuesday 24th

Thursday 26th

Tuesday 31st

FEBRUARY 2017

Thursday 2nd

Tuesday 7th

Thursday 9th

Tuesday 14th

Thursday 16th

Tuesday 21st

Thursday 23rd

Tuesday 28th

MARCH 2017

Thursday 2nd

Tuesday 21st

Thursday 23rd

Tuesday 28th

Thursday 30th

APRIL 2017

Tuesday 11th

Thursday 13th

Tuesday 18th

Thursday 20th

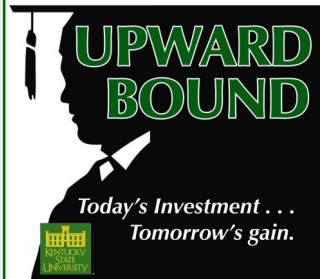
Tuesday 25th

Thursday 27th

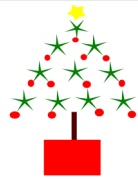
Kentucky State University

400 East Main Street

Frankfort, KY 40601



Happy Holidays!



T'Ebony Torain, Director
Winter 2016

Season's Greetings and Merry Christmas to my Upward Bound Family and Friends!

Christmas, my favorite time of the year, is here. I love everything about the Christmas season: family, friends, snow, gifts, and good food. I don't know about your family but during the Holiday Season, there is a lot of laughter and loud talking in our household. The overall theme of love, the purpose of the Holiday, is shared and the warmth from the heater blazing throughout the house speaks of comfort, satisfaction, and appreciation.

However, there are many during this season who don't feel the shared treasure of love; rather, many people are battling depression, loneliness, and/or grief over the loss of a loved one. Some people feel low because of unfulfilled dreams, ambitions, or goals that were not achieved as December 31st becomes January 1st of the New Year. Keeping this in mind, it is crucial that we do our best to show and demonstrate love to those who are hurting, lonely, facing depression, or battling negative thoughts. You may not know who they are personally, but a warm smile and bright "Hello, how are you?" doesn't hurt anyone.

Try reaching out while you are shopping in the mall by smiling at those who pass you by or saying "Thank you!" to the cashier. Or, add extra money as you tip your server and/or write them a note expressing how great of a server they were. You can also call a relative to see how they are doing and/or write a family member in jail or prison (please make sure you let your parents know beforehand).

On December 10th, we did our very best to demonstrate love and compassion to the elderly who were away from their family during the Holiday Season. Please don't think that playing games, singing songs, and/or sitting near them was small or meant little. In their eyes, we did a great deal to make their lives better! Being a college ready student, is more than getting good grades, studying, taking challenging classes, it also involves being compassionate and making the lives of others around you better. As we move to next semester, let us keep compassion in mind as we strive to do our best to become better people!

We also ask that you send up your prayers as we wait on feedback from the Department of Education upon whether or not we will receive another grant for the 2017-2022 new grant cycle. The grant was submitted on November 30th and we are waiting to hear feedback.

Have a Merry Christmas and Happy New Year! See you on January 17th for tutoring!

Love,

Ms. Tee

As all of you know by now, there is a new addition to the DaVid-Jacobs family!

Mr. Josiah DaVid-Jacobs was born a little early on December 1st weighing 5.0 pounds.

They are both doing great!

Ms. Ayana will not be back until the first of February. So students, keep up the good work for her and seniors keep applying to college!

She wishes you and your families a **Very Merry Christmas and A Happy New Year!**

Also, **“Thank You”** to all of those who participated in the surprise baby shower!



Keep those GPA's UP.....

What if instead of a paper with an **“A”** written on the top, your teacher handed you **\$103,800** in cash. Be a pretty good Christmas gift right? Wishful thinking right?

Actually, no. Because that A on your paper is actually worth.....

\$103,800 to University of Alabama

(<http://scholarships.ua.edu/types/out-of-state.html>)

Full tuition + room & board scholarship to Alfred State College in New York

(<http://www.alfredstate.edu/catalog/3351.htm>)

\$48,000 at University of Arizona

(<http://financialaid.arizona.edu/types-aid/scholarships/scholarships-0>)

\$184,000 to University of California

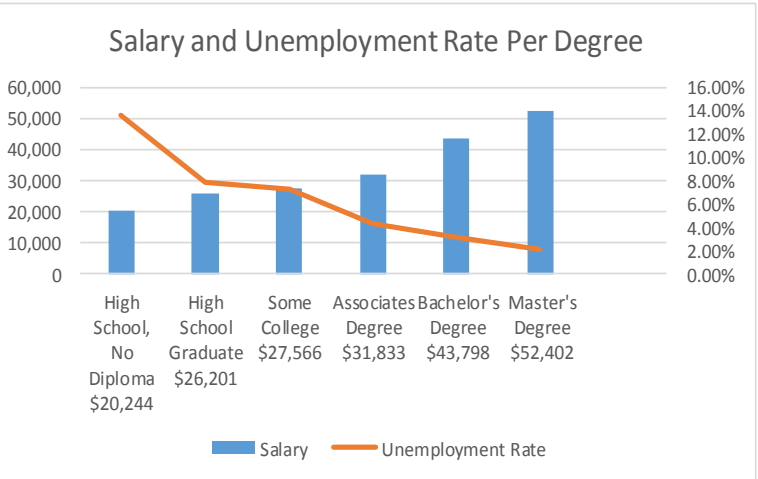
Your grades are potentially worth hundreds of thousands of dollars (<http://student-tutor.com/blog/top-10-merit-scholarship-schools/>) in money toward college.....and the best part about it? **You don't need to have a 4.0 GPA.**

In fact even an 11th grade student with a 2.6 GPA still has hope! Learn how to calculate and improve your High School GPA. Work hard for those “A’s” just look what they are worth! Give yourself the best Christmas present ever that will last you a lifetime.

<http://student-tutor.com>

★
**Happy
Holidays**
from School Counselor Blog

**Why is a college education
important?**



KHEAA



Remember..... Upward Bound operates under the Franklin County School System weather alert. If school is closed due to weather we will not have Upward Bound tutoring. If the weather is bad on a Saturday event we will contact you, but we never want you to risk getting out if the roads are bad!

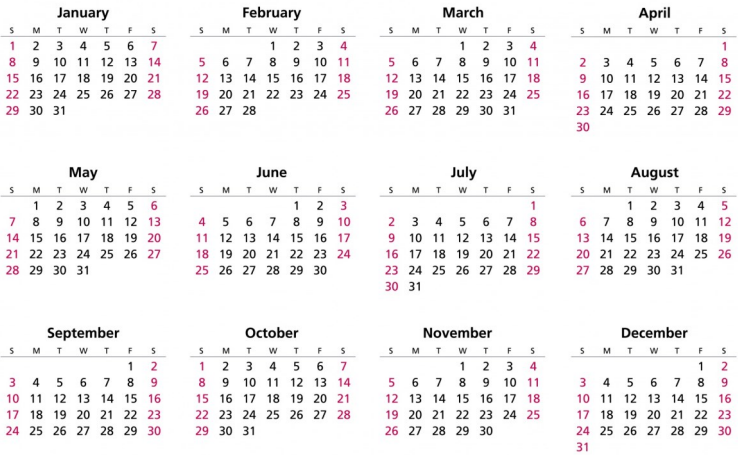
January 2017.....

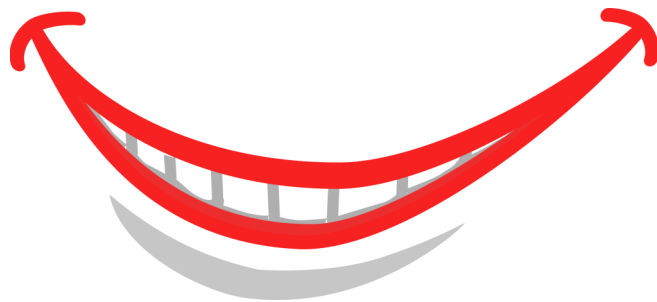
Please Mark Your Calendar!

2017

Tutoring starts back next semester on Tuesday, January 17th.

Parents and students need to attend the mandatory orientation on Saturday, January 28th from 10:00 am—11:00 am in Hathaway Hall Auditorium.





Have you heard the expression, “**Smile and the World Smiles With You**”? One thing is for certain, everybody has their good days and bad! But if you work on making **YOU** feel better then school, work and life will be better. If you’re a student or a parent, life brings us obstacles but we have the power to overcome! Take the time during this busy holiday season for yourself!

10 WAYS TO FEEL BETTER ABOUT YOURSELF

- 1. Keep going.** Don't let life's changes throw you off track, but remember that most extenuating circumstances are temporary. Gain more clarity by staying the course and channeling your energy in a positive direction.
- 2. Trust yourself.** Believe in your inner resources, no matter what, and you'll grow from the experience. I believe that the answers usually lie within and you are probably smart enough to figure out what you need to do. Give yourself a little time and have patience.
- 3. Be friends with life.** Remember that the world is not out to get you and it does not punish you. You do that to yourself. Learning to focus on other opportunities or in another direction can give you some perspective.
- 4. Watch your thoughts.** Your thinking will never be 100 percent positive. You must learn to dismiss the negative thoughts and stay open to other ideas that will help you move in a positive direction. Start recognizing negative thoughts and use your mind to quell them.
- 5. Summon the strength you have inside.** Learn to access and direct your strengths to the highest good for all concerned. Believe that your strength and intelligence can help you deal with anything. Remember that you have survived worse.
- 6. Learn to love yourself.** You do not have to be who you are today, and your life is not scripted. Changing how you feel about yourself means creating a strategy, gathering some new tools, and making yourself into the person you want to be. A good way to start is to stop doing things that hurt.
- 7. Don't want too much.** Desire can be a powerful motivating tool, but wanting something too much can be very painful and very expensive, so don't live beyond your means or covet the unattainable. Seek your desire, but keep your integrity.
- 8. Don't get insulted.** It is wise to be dispassionate about critical comments. Human's will always bump heads, but consider the source, and if it's the other person's issue, ignore it. Learn to respond instead of react, and don't show your ire (temper).
- 9. Recognize that disappointment is part of life.** Even the most successful people have to deal with disappointment, but they've learned how to use it to get to the next level of life. The trick is to process your feelings, then take some kind of action.
- 10. Deal with your fears.** Overcoming fear makes you stronger, and being a little scared can make you better. You want to have butterflies; you just want them flying in formation. It helps to understand and admit your fears. Then you can kick them to the curb.

Feel good about yourself, no matter what life brings. Know that each time you wake up, you have another chance to make things better. Don't waste it.

Christmas Party with the residents at Ashwood Assistant Living

Read this article by **Carol Bradley Bursack** talking about how the holidays can affect the elderly:

It's very human to feel that **holidays should be happy times**, with generations of traditions coming to the forefront. After all, we say we celebrate holidays. Doesn't that mean happiness? The reality, however, is that many people can feel isolated and lonely during this sometimes forced "season of good will."

Elders can have an especially hard time with the holiday season. While aging and maturity can bring the wisdom of years for many people, there are **inevitable losses** that come to even the most healthy individuals. Many of these losses are emotional and social in nature. Spouses become ill or die. Other aging relatives and friends become seriously ill, or die. Neighborhoods change, often leaving even those well enough to remain in their own homes feeling friendless and isolated. The holidays can bring this isolation and a feeling of loneliness to a head.

SO UB WE ARE SO PROUD OF THOSE WHO TOOK AN HOUR OR SO OUT OF YOUR SATURDAY SCHEDULE TO BRIGHTEEN THE DAY FOR THOSE YOUNG ADULTS AT ASHWOOD. IT WAS LOTS OF FUN AND I KNOW THEY ENJOYED HAVING YOU! THANKS FOR CARING AND BRINGING A SMILE TO THEIR FACES!!





FISK UNIVERSITY

*Thanks to everyone
who attended
"Operation
Help Haiti Food
Packing Party"!*



Tour of Tennessee State University

