



Tutoring—starts back on Tuesday,
January 16th, 2018.



Spring Orientation

Mandatory for students and parents.

Hathaway Hall Auditorium

10:00 am—11:00 a.m.

Saturday, January 27th, 2018

Kentucky State University
Upward Bound
400 East Main Street
Frankfort, KY. 40601

Happy Holidays to all of
our UB students and
families.

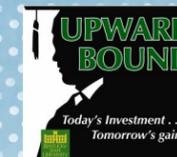
We love you,
Ms. Tee, Ms. Audrey, and
Ms. Webber



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with a grant of \$257,500.00

Upward Bound HOLIDAY NEWSLETTER

2017



DIRECTOR, T'EBONY TORAIN

The Christmas season is my favorite time of the year. As I spend time with my family, it gives me a time to reflect. There are so many things in the past I wish I can go back and change. I wish I would have listened to my dad when he said “take your time growing up, girl.” I would have strove harder to get better grades. I would have spent more time with my little sister. If I could go back and get those younger years again, I would. Unfortunately, I am unable to do so. I am also unable to correct my past mistakes; however, I can move forward and make an intentional effort to build a better future for myself. During the summer and presently, we are discussing Habit I by **Sean Covey's Seven Habits for Highly Effective Teens**. Habit I is “Be Proactive: Take responsibility for your life.”

Not only am I reading this book, I'm also reading **Seven Habits for Highly Effective People** by Stephen Covey. Stephen Covey is the father of Sean Covey. In both books, the author discusses the importance of being proactive and/or taking responsibility for your own life which also includes your actions.

I have discovered throughout my lifetime, it is so easy to blame others when situations **do not** work out in our favor; subsequently, it is easy to take credit when situations **do** work out in our favor. When it comes to being prepared for college, I have found that students are pretty much responsible for whether they are admitted or not admitted. There are many factors that contribute to gaining college admission; however, good character and strong self-efficacy, believing in your capability to reach a goal, plays a huge role.

In addressing the importance of being proactive, Sean Covey imparted the following key nuggets:

- 1. Listen to your language. Rather than saying “I'll try” say “I'll do it”.**
- 2. Strive to become a victor rather than being a victim.**
- 3. Transform into a can do person rather than a non-can do person. Can do people wait for something to happen while people with a non-can do attitude wait for something to happen to them.**

While there are so many other nuggets, these three seem to stick out the most. Going forth into a new year, I humbly ask each of you to join me in developing seven healthy character habits. Let's start with being proactive by taking responsibility for your own actions. This can start with attending tutoring, studying, attending class, speaking with teachers about subjects in which you need assistance, being respectful to others, etc. You will find that when developing these habits, big pay offs will occur. Giving these nuggets strong consideration going forth, I encourage each of you to have a memorable, joyful Merry Christmas and prosperous New Year!

Yours Truly,

Ms. Tee



Message from your COACH!!!!!!

I'm not sure if you all realized, that my job title changed from Academic Counselor to Academic Coach.

Now what is the purpose of a coach? According to an internet source, a coach's job is improve the individual (s) performance of the job. It involves either enhancing current skills or acquiring new skills. Look below at the picture. You see the comfort zone level? Well, my job is to push you past that and into your greatest potential. I believe in each and every one of you! That means I will always be in your corner, pushing you to your best. Despite the struggles we may face and the mistakes we will make along the way, we WILL get there!



With that said, I realize the holidays are approaching and the semester is nearing the end. That doesn't mean we stop pushing toward our GREATEST potential. We push harder. Great sacrifice reaps great rewards. Let's become and stay motivated. Here's a game plan to do that:

SET GOALS: When you set goals, you make a clear path for you to follow. It helps you stay focused when you have the motivation of completing a goal.

MAKE YOUR GOAL PUBLIC: Tell someone. Write it down. Once you do that, you have made a promise to keep your word. And now you have cheerleaders to hold you accountable.

PLOT YOUR PROGRESS: Check out your stats and see the evidence of your making progress. If it helps, make a visual representation of where you have come from to now.

CELEBRATE ALL VICTORIES: Do not let anyone downplay any progress. Be it large or small, making moves towards your goal is a MAJOR victory. Celebrate it, embrace it, and keep going for more.

BREAK UP YOUR GOAL: It's okay to make smaller goals within your larger goals. This helps to build your confidence.

USE REWARDS: Reward yourself when you achieve a milestone in your goals.

GET HUNGRY: Think about the last time you won, or got an A. How did you feel? Take that feeling and use as a means to get hungry for your next win. It will boost your motivation

These are just a few ways you can get yourself motivated. Your Upward Bound family will be right here as you push and achieve all that you can. If you need help making a plan for success or just need an extra push, let us know. We want to be here to help coach you through.

Merry Christmas—Ms. Audrey



I want to wish you a Very, Merry Christmas and a Happy New Year! I hope you get to experience wonderful moments with your family, peace in your lives, times to reflect, and the opportunity to make wonderful memories.

My most wonderful memories as a child came from spending time with my family. Even though they are no longer with me, I can see my mom in the kitchen cooking and baking all those wonderful things we had at Christmas. I loved walking through the woods with my dad to find the perfect Christmas tree. Those memories are precious to me and I will cherish them always.



Love, peace, and hope from me to each of you this Christmas!

Ms. Webber



Preparing for College..... Make the most of school right now!

Develop good study habits.

Make good grades.

Take challenging classes.

Get involved.

Set personal goals.

Explore your career options.

Open a savings account.

Get organized.

No pass, no drive!

In Kentucky, you can't get your learner's permit or driver's license if you don't pass four courses each semester, if you have more than nine unexcused absences or if you drop out. If you already have your permit or license, the Kentucky Transportation Cabinet will take it away.



Freshmen—Go to kheaa.com and register for a free, personalized account and begin exploring scholarships.

Sophomore—Think about what career you may like. Explore careers at kheaa.com.

Junior—Start your personalized College plan. Take the ACT.

Senior—Narrow your list of schools. If needed retake the ACT. Attend college fairs and financial aid. Attend your senior meetings for important information.

www.kheaa.com



Kentucky State University
Homecoming Parade



In memory of John Morgan. He was supportive of UB.



Student Worker or Batman!)



2018

TUTORING

January—16th, 18th, 23rd, 25th, and 30th.

February—1st, 6th, 8th, 13th, 15th, 20th, 22nd, and 27th.

March—1st, 20th, 22nd, 27th, and 29th.

April—10th, 12th, 17th, 19th, 24th, and 26th.



Ashwood Christmas Party

Pound Fit Class



Western Kentucky
University and
Corvette Museum
Tour!



A sinkhole
formed
under the
National
Corvette
Museum,
swallowing
eight cars.



REMINDER

We operate on the Franklin County School schedule. If school is closed due to weather, there will be no tutoring at K.S.U. for all students.

If the weather is bad and we have a Saturday event scheduled, we will try to notify you of its closing. However, the main priority is for you to remain safe!



Western Kentucky University—Bowling Green, Kentucky

