

Orientation

January 12, 2019

Saturday

10:00 a.m.—11:00 a.m.

Hathaway Hall Auditorium

Spring Orientation

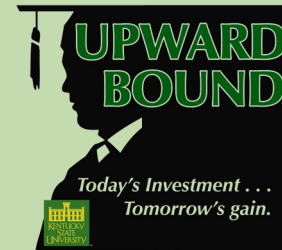
Mandatory for students and parents.

Kentucky State University

Upward Bound

400 East Main Street

Frankfort, KY 40601



**A VERY MERRY
CHRISTMAS
and Happy New Year!**

Winter 2018



Season for Success

T'Ebony Torain

This time of the year is usually known as the Holiday season which encompasses Hanukkah, Christmas, Kwanza, and New Year's Day. While this is an awesome time of the year, I encourage each of our UB participants and family to also recognize it as a "season for success."

According to Webster online dictionary, there are several definitions for the word "season." One definition describes the word as a "suitable or natural occasion." In addition, Webster defines the word "success" as a "favorable or desired outcome."

For some of us, these favorable outcomes can be achieved in the following: achieving good grades, achieving ACT scores that are 21 or higher, saving money, losing weight, establishing and maintaining healthy relationships, attending school, work, or your place of worship on time, joining and being active in a club or organization, etc.

Let's delve deep into the goal to lose weight as it relates to "season for success." Most people believe the holiday season is not the time to focus on losing weight and/or they may believe because it is the holiday season, it will be difficult for one to lose weight. According to them, one should look into another time.

But, it is important to note that when it comes to YOUR desire to achieve a dream or goal, no one can determine the season except you. While achieving these outcomes will result in a great deal of physical, emotional and mental satisfaction, it will not come without these two character traits: determination and discipline. You may face some hurdles during your process. But, training yourself to be faithful during favorable and unfavorable conditions will reap good rewards in the long run.

As 2018 comes to an end, I declare and decree that each of you will experience success in your dreams and goals. Tie up your shoelaces and be prepared to work out **YOUR SEASON FOR SUCCESS!**



We have reached the last month of the year--December. This means we are on the brink of a brand new year. Some of you may look at this month and think to yourself "it is already the end so why keep trying?" BUT WAIT! It's not! I have one simple word for you-FINISH. It is a simple word, yet most people find it to be a difficult task to accomplish. To finish means to bring a task or activity to an end. According to research by the University of Scranton, 92% of people who set goals do not complete them. This means only 8% of people do. That is a huge number of people who start the race but stop somewhere along the way.

Stop worrying about how long it takes and who else is in the race, and FINISH your own race. Developing a habit of completing tasks now is one that carries throughout adulthood. There is somebody waiting for you to finish what you have started.

Let's think for a moment. What would you do without your precious cellphone cradled in your hand? Imagine a life without them. If Martin Cooper, a Motorola researcher, hadn't finished his model for a handheld mobile phone, would we have mobile phones? We can't answer that question definitively because we may have. What we can say, however, is that without his brilliant mind, we wouldn't have had something to build upon. The world was waiting on him to complete his project and we didn't even know it.

I think about so many great things and people that have been impacted by my ability to finish my goals and all of the things I have been impacted by, due to others finishing their goals. It matters! We want to see you reach your full potential by finishing your goals out to the end.

Here is a recap of all of our words of the week. They all connect to you finishing.

- Success**- favorable or desired outcome
- Strive**- (1) to exert oneself vigorously; try hard (2) to make strenuous efforts toward any goal.
- Commitment**- an agreement or pledge to do something in the future.
- Diligent**- characterized by steady, earnest, and energetic effort.
- Accountability**- the quality or state of being accountable, an obligation or willingness to accept responsibility or to account for one's actions.
- Motivation**- to take action.
- FINISH**- to bring a task or activity to an end; complete.

Audrey Palmer, Academic Coach



I am so proud of our Upward Bound students! I know that each of you have incredible potential to succeed. Have you ever heard the quote, "Good things come to people who wait, but better things come to those who go out and get them." Being committed to Upward Bound shows that you have the desire to go out and get the things you want in life. It is investing in your future towards graduation, college degree, and a better life. For that, you should also be proud of yourself. I want to encourage each of you to continue the hard work, be committed to the program, and have the desire to be successful.

I hope each of you have a wonderful holiday season and come back with a new zeal in 2019!

Ms. Webber, Administrative Assistant



10 HABITS OF SUCCESSFUL STUDENTS

1. **Get Organized.** Making a plan for what you're going to do and when you're going to do it will make sure you're always ahead of the curve - literally.
2. **Don't multitask.** Studies have shown that multitasking is physically impossible.
3. **Divide it up.** Studying isn't fun to begin with, and forcing yourself through a study marathon will only make it worse. Dividing your work into manageable chunks and rewarding yourself when you finish each chunk will make studying (more) fun.
4. **Sleep.** Don't underestimate the importance of those eight hours of zzz's every night! Getting a good night's rest will sharpen your focus and improve your working memory.
5. **Set a schedule.** Do you work better right after school or after you've eaten dinner? Are you more productive in 90-minute blocks or half-hour spurts? Find a schedule that works for you, and stick to it.
6. **Take notes.** Taking notes will not only keep you more engaged during class, but will also help you narrow down what you need to study when exam time rolls around. It's much easier to reread your notes than to reread your entire textbook!
7. **Study.** This one might be obvious, but did you know that there's a right and a wrong way to study? Review your material several days ahead of time, in small chunks, and in different manners (for example, write flashcards one day and take practice tests the next). In other words, don't cram.
8. **Manage your study space.** Find a place that will maximize your productivity. Look for places away from the television and other distractions. Whether it's your local library or just the desk in your bedroom, set aside a study space that you'll want to spend time in.
9. **Find a study group.** Sitting down with a group of people who are learning the same things as you is a great way to go over confusing class material or prepare for a big test. You can quiz each other, reteach material, and make sure that everyone is on the same page. After all, teaching someone else is the best way to learn.
10. **Ask questions.** You're in school to learn, so don't be afraid to do just that! Asking for help - from a teacher, a tutor or your friends - is a surefire way to make sure you truly understand the material.

<https://opportunity.org/learn/lists/10-habits-of-successful-students>





Senior Meetings

4:00 p.m.—5:30 p.m.

Hathaway Hall, Room 300

Thursday, January 17th

Thursday, January 31st

Thursday, February 7th

Thursday, February 21st

Thursday, February 28th

COLLEGE

Thursday, March 28th

Thursday, April 11th

Thursday, April 25th

Thursday, May 2nd—Exit Workshop

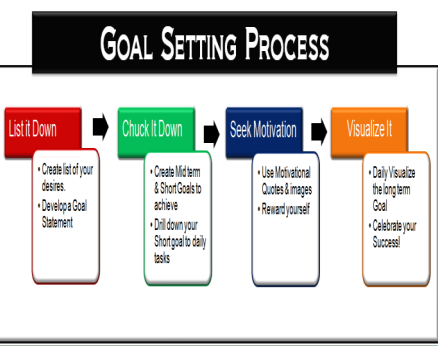
Parents and students should attend.



The holidays are a time for road trips! Here are some tips to stay healthy away from home while also saving money:

- **Pack a cooler.** Plan on eating only one meal per day at a restaurant. Instead, pack a cooler with fruit, water, and lean lunch meats.
- **Bag up healthy snacks.** Nuts, grapes, raisins, and similar foods will keep you healthy and full.
- **Take a break.** While it's not food, exercise is important, too. Plan some stops in your drive to get out and stretch and move a bit.
- **Splurge a bit.** Come on—it's the holidays! Don't deprive yourself of all fun! Eat a cookie, slice of cake, or a big steak! Just remember that the steak is a reward for the apple you ate earlier in the car! - Dr. Kristopher Grimes

We want to wish all the Upward Bound students, parents, and staff a **“Very Merry Christmas!”** We are looking forward to a bright New Year with each of you.



Every successful person did these 2 things: set a specific goal and devised a plan for achieving it.

That goal setting process included 6 proven steps that I continue to follow today. I don't mean to sound dramatic here, but these six steps really did make a difference in my life. At a minimum, it took me to the next level.

Here are the **steps to goal setting as outlined in *Think and Grow Rich*** by Napoleon Hill.

1. You must have a specific goal. For example, saying you want to make more money isn't specific enough. You should assign a specific dollar amount to it like, "I will make an extra \$10,000/month."
2. You MUST have a specific time in which to achieve your goal. Now, I know you've likely heard this before but are you doing it? So to use the same example from above, "I will make an extra \$10,000/month by June 1, 2013." That gets my juices flowing. I can feel the urgency in that goal.
3. You must write down your goal. Many people like to skip this step or deem it as unimportant. DON'T be one of those people! Writing something down always makes it seem more important. Put it somewhere you'll see it daily. For my goal setting process, I keep them printed out and on my desk where I see it daily and then I schedule time every Monday to review my goals to make sure I'm moving forward each week to achieve them.
4. You must develop a plan to achieve your goal. Ah, now this is where the rubber meets the road. Wanting to earn \$10,000/month by June 1 is a great goal. Can you get there doing what you're doing today? Do you need to find a business with an extra stream of income and follow their training system? Do you plan to invest your money differently? What are the specific action steps you will take to achieve your goal? This step answers, "How will I achieve my goal?"
5. You must decide the price you're willing to pay. If reaching your goal was easy, you would have done it by now, right? So there's going to be something or some things you'll need to give up if you've set your goal high enough. You identify those in this step. To make an extra \$10,000/month, you may need to give up tv or get up an hour earlier every day. Figure out what that is for you and make it happen.
6. You must think about your goal every day. Your dreams keep you going but your goals keep you on course. I do some reflection in my goal setting process. I put them in the present tense versus future so I can actually feel them happening and can see it.

For instance, I say to myself, "It feels amazing to be making an extra \$10,000/month. My saving account is growing every day." It sounds a little cheesy but it works!!!

I know these 6 proven steps to goal setting work. I'm living proof and know so many others who've implemented these into their lives with similar results. So if you're serious about doing something special with your life, sit down right now with a pad of paper (or iPad) and write down your goals following these 6 proven steps to goal setting.

If you plan your work and work your plan, I know it will work for you. It may not happen overnight, it may be a struggle at times, but with your persistence and determination, you can accomplish amazing things and live a remarkable life!

Article taken from: <https://www.mattmorris.com/6-proven-steps-to-goal-setting>



FALL EVENTS



Kentucky State University's
High School Day



Cultural Enrichment Activity
Folk Dancing



December 15th—Christmas Party with Ashwood residents.



EVENTS



January 12th
10 am—11 am

Spring Orientation
Hathaway Hall Auditorium

January 26th
10 am—11 am

Forensic Science
Hathaway Hall Auditorium

February 9th
10 am—11 am

Quinton Higgins
Hathaway Hall Auditorium

March 2nd
8 am

University of Louisville
Load bus at Exum

March 23rd
9 am

From College II Career
Student Center Ballroom

April 13th

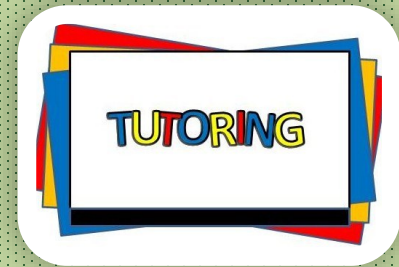
Senior Activity—TBA

April 27th
9 am

Centre College
Load bus at Exum

May 7th
6 pm

Year End Banquet
Student Center Ballroom



Tuesday, January 15th
Thursday, January 17th
Tuesday, January 22nd
Thursday, January 24th
Tuesday, January 29th
Thursday, January 31st
Tuesday, February 5th
Thursday, February 7th
Tuesday, February 12th
Thursday, February 14th
Tuesday, February 19th
Thursday, February 21st

Tuesday, February 26th
Thursday, February 28th
Tuesday, March 19th
Thursday, March 21st
Tuesday, March 26th
Thursday, March 28th
Tuesday, April 9th
Thursday, April 11th
Tuesday, April 16th
Thursday, April 18th
Tuesday, April 23rd
Thursday, April 25th