

**Fall Semester**

**Tutoring**

**September 24<sup>th</sup>, 2019**

**The afterschool tutoring will begin on Tuesday, September 24th. All students with a GPA below 2.5 or a D/F in any subject must attend tutoring on Tuesday and Thursday of each week. Students with a GPA above 2.5 may attend both days, however they are only required to attend one day per week. The tutoring sessions are held in the Academic Service Building, Room 501. Also, please look at the calendar closely due to KSU schedule or school schedules tutoring may not be weekly.**

Kentucky State University

Upward Bound

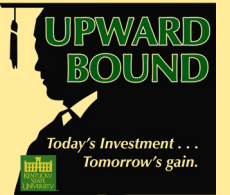
400 East Main Street

Frankfort, KY 40601

*Funded by the United States Department of Education with a grant of \$287,537.00*



*Summer*  
*2019*



*T'Ebony Torain, Director*

Upward Bound's "Full S.T.E.A.M. Ahead" summer was filled with great lessons, events, and activities, students participated in the following:

#### **Classes**

- Robotics
- English
- Math
- Computer Science
- Spanish

#### **Events**

- Murray State University tour
- West Virginia State University tour
- KSU Environmental Education Research Center
- University of Pikeville
- Big Sandy Heritage Center Museum
- Frankfort Ft. Hill - American Civil War Battlegrounds
- Universal Studios-STEM Educational program in Universal

#### **Workshops**

- Etiquette Dinner
- KSU Library Tour
- Independence Life Skills
- Mental Health Awareness
- Speech and Poise
- The Great Debaters
- Financial Literacy
- Careers in Accounting
- KSU Cooperative Extension Demonstrations
- Electives - walking in confidence, money management, video production, and athletic conditioning

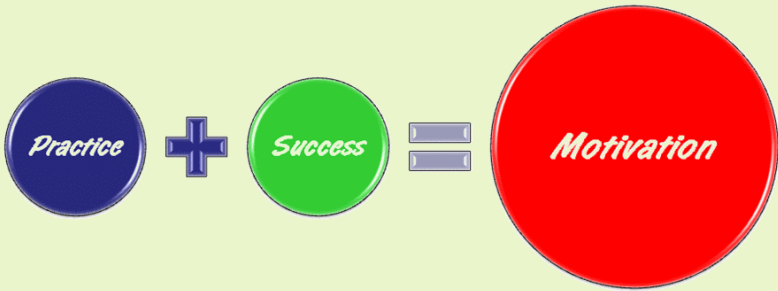
Ending our summer with a trip to Atlanta, GA and Orlando, FL was an icing on the cake.

Stay tuned for the academic year which will comprised of more great academic and college readiness activities as well as new changes. Our beloved Academic Coach, Ms. Audrey, has transitioned to the position of Advisor at Kentucky State University. In her new role, she will be advising college students.

While we will miss Ms. Audrey, she will now be able to help you as a college student should you choose to attend Kentucky State University. We wish her the best. We will soon meet our new Academic Coach who will bring a great deal of experience and excitement to the program.

Love Ms. Tee

*Tips on how to motivate your child to do better in school.*



1. Keep a relationship with your **kids** that is open, respectful and positive. ...
  2. Incorporate the “when you” rule. ...
  3. When you are invited in. ...
  4. Ask the teacher. ...
  5. Identify a study spot. ...
  6. Break it down. ...
  7. Be kind but firm. ...
  8. Lack of **motivation** or anxiety?
- For more information go to: <https://www.education.gov.gy/web/index.php/parenting-tips/item/2048-10-ways-to-motivate-your-child-to-do-better-in-school>

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## FALL 2019—EVENTS

Saturday, September 21st	TBA
Saturday, October 5th	10:00 a.m.— Dr. F. Erik Brooks, Director of Whitney Young Program (Overcoming barriers to get to college) Hathaway Hall Auditorium
Tuesday, October 15th	4:30 p.m.— 6:30 p.m. FAFSA Assistance Workshop with KHEAA Representative, Tre Sims, Hathaway Hall 300
Saturday, October 19th	10:00 a.m.— Louisville Slugger Factory/Museum and Mall. load bus at Exum (bring spending money)
Saturday, Nov. 2nd	10:00 a.m.— Midway University Tour Preview Day, load bus at Exum
Tuesday, November 12th	4:30 p.m.—5:30 p.m. Communications 101, Junior and Seniors workshop
Saturday, December 7th	10:00 a.m.—11:30 a.m. Ashwood Christmas party, parents will drop off and pick up students at Ashwood (across from Frankfort Hospital)

# Senior Class



## The path to college checklist:

- ◇ Narrow your list of schools and visit.
- ◇ Check with your high school counseling office for scholarship resources.
- ◇ Take or retake the ACT or SAT.
- ◇ Complete online admissions applications.
- ◇ Attend college fairs and financial aid nights.
- ◇ Fill out the **FREE APPLICATION** for Federal Student Aid (FAFSA at [fafsa.gov](https://fafsa.gov) as soon as possible **STARTING OCTOBER 1**. Some aid is awarded on a first-come, first-served basis.
- ◇ **Attend all of your Upward Bound senior meetings. These meetings are very important to prepare you for college and college enrollment. They are also mandatory.**

## What everyone should do:



## Freshman

- ◇ Take electives that involve your interests.
- ◇ Go to [kheaa.com](http://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](http://kheaa.com)
- ◇ Take the ACT or SAT.

## Juniors

- ◇ Talk with your school counselor or college coach about your college plans and financial aid.
- ◇ Take the ACT or SAT.
- ◇ Review and search colleges on [kheaa.com](http://kheaa.com) and begin planning college visits.

www.kheaa.com



# Why is a 2.5 important?

## Kentucky Educational Excellence Scholarship (KEES)

The KEES program provides scholarships to students who earn at least a 2.5 GPA each year of attendance at a certified Kentucky high school. The better you do in high school, the more you earn toward college. You may also earn awards for ACT/SAT scores and Advanced Placement (AP), International Baccalaureate (IB) or Cambridge Advanced International (CAI) test scores. Home school and GED graduates may earn awards based on their ACT scores.

## KEES Base Award Amounts

For each year you earn a 2.5 or better GPA, you can earn the base amount listed below. For instance, a high school freshman who earns a 3.5 GPA would have a \$375 scholarship for each year of college. Amounts may change based on available funds.

<https://www.kheaa.com/website/kheaa/kees?main=1>

GPA	Amount
2.50	\$125
2.60	150
2.70	175
2.75	187
2.80	200
2.90	225
3.00	250
3.10	275
3.20	300
3.25	312
3.30	325
3.40	350
3.50	375
3.60	400
3.70	425
3.75	437
3.80	450
3.90	475
4.00	500



## FREE TUTORING

The school bus will drop students off at KSU on Tuesday and Thursday for tutoring. The students must adhere to the school systems bus regulations during their ride to Kentucky State University.

The parents will pick up their child at 6:00 p.m. at the side parking lot of the Academic Service Building. All students must be picked up in this area so we can maintain supervision.

The tutoring program will operate on the Franklin County Schools Systems schedule. If they are closed due to weather, fall break, Christmas break, or etc. we will also be closed. We will also close when KSU is on break, please watch the dates on your calendar carefully.

Frankfort High—Bus # 5

Franklin County —Bus # 12

Western Hills—Bus # 31

## 3 strategies to improve memory and study skills



It's the perfect time to think about implementing some new study strategies before the school year starts. Psychologist Kenneth Higbee, author of "[Your Memory and How It Works](#)," recommends the following:

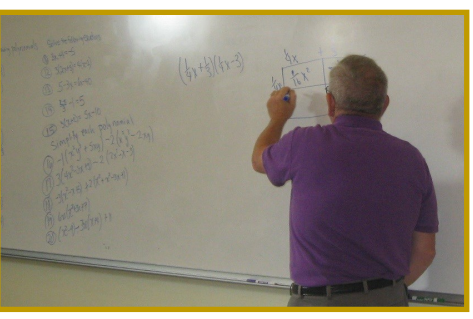
- 1. Space it out.** The brain remembers better when it's given information in small doses — like three one-hour study sessions rather than one three-hour study session.
- 2. Use whole and part learning.** If you need to learn a large chunk of material, is it better to learn it straight through or should you learn small pieces at a time? Higbee recommends employing both, reading the whole section through once or twice to get a basic understanding before breaking it into smaller parts to learn each one in detail.
- 3. Use a study system.** A study system is simply a standard method of approaching the study of any material. One of the best known methods is the SQ3R: Survey, Question, Read, Recite, Review. To survey, read the various structural parts quickly without digging too deep.

After that, study the sections in great detail, and then recite by going through headings and subheadings in the textbook and saying what you know from memory. The final review shouldn't take that long, perhaps a few minutes of each study session.

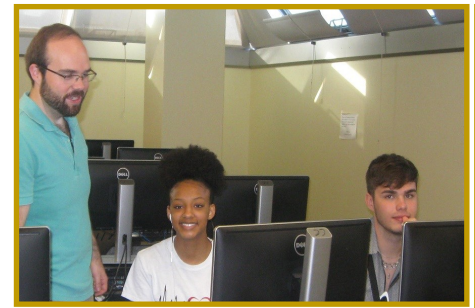
<https://www.bostonglobe.com/lifestyle/health-wellness/2013/08/18/strategies-improve-memory-and-study-skills/>



# Summertime Fun Summer Activities for Kids



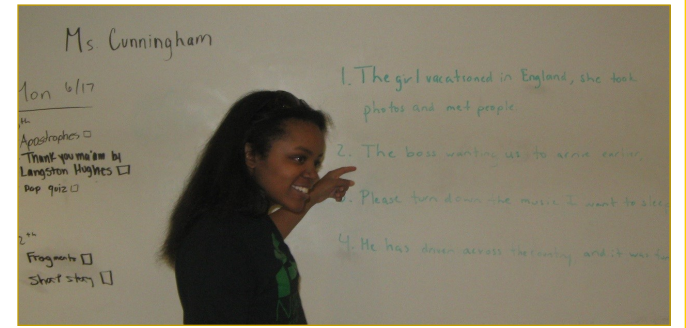
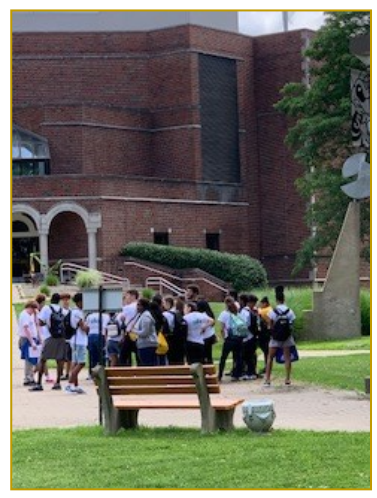
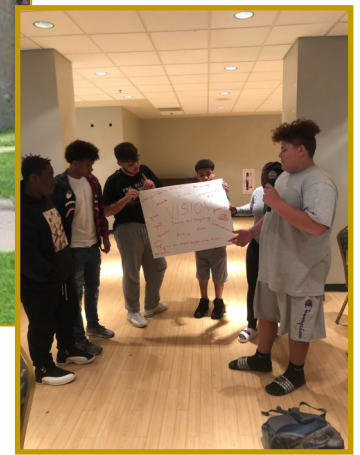
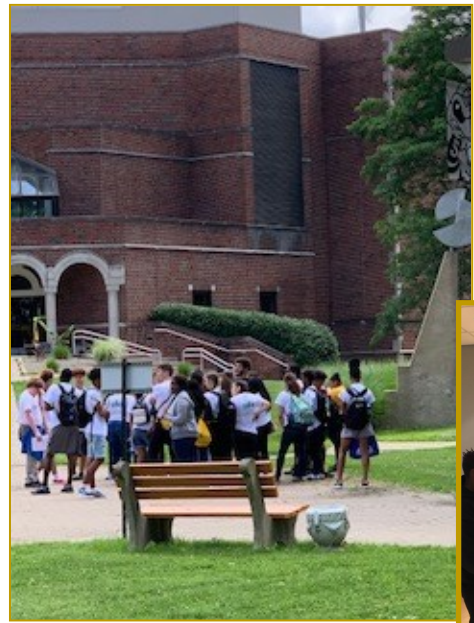
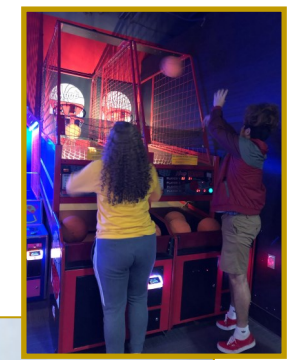
Math Class



Computer Science Class



Spanish Class



English Class