

UPWARD BOUND NEWS

Upward Bound Newsletter

November 2013

THE DIRECTOR'S CORNER

Mrs. Barbara Cary

Living Life to the Fullest

Have you ever noticed the beauty of the blueness of the sky? Do you enjoy the peacefulness while sleeping when it is raining? Do you enjoy hearing the laughter of friends and families? What brings you joy in your life? Daily, we need to stop and look around us for joy and happiness.

As teenagers you must make a decision to live each day to the fullest. Do you participate in your school's activities? Are you involved in your church? Do you belong to teen organizations? Do you volunteer, or do you just sit around and watch life pass you by? As young as you are, decisions you make now will impact your life forever. Do you

make good decisions about the friends you keep? What are their ambitions? Are you serious about your education? What grades are you making? Are they the best grades that you can make? What you do now determines what type of college you will attend or whether you will attend college.

You are building the foundation for your future. Plan wisely. Talk to people who are doing the things that you would like to do. Find a mentor. Read-Read-Read. Dream Big! One young scholar once said, "Don't tell me to reach for the stars, when they have landed a man on the moon." Success is when preparation and opportunity meet. Make a decision to live your life to the fullest. Be more than you ever expected to be. Upward Bound is here to help you!



Pass the Word – Upward Bound

Has your involvement in Upward Bound been beneficial to you? Have you had experiences that you would never have had before because you are an Upward Bound participant?

Have you been a participant in cultural enrichment activities that you really enjoyed? If you can answer yes to one of these questions, then help us spread the word about Upward Bound.

The Upward Bound program is now taking applications for the Fall Component. If you have a friend who wants to go to college, has at least a 2.25 GPA and is of good character, extend this individual an invitation to join you in the Upward Bound program.

Many times we share a CD, a movie, or even clothing. Why not share an opportunity that will change your friend's life? Upward Bound changes lives by leveling the playing field of life through education.



Are You Really You?

Catherine Moore—Educational Outreach Counselor

"I am not who I think I am;
I am not who you think I am;
I am who I think you think I
am."

This poem—or some version of it—has been attributed to many people, even as far back as Goethe (1749-1832), but what is this poem really saying? What causes you to consider what type of person you really are? Do you see yourself as others see you, or do you see yourself the way you think others see you? How do you actually feel about yourself?

Maybe you think the clothes you wear make you. Or you may think it is the people with which you spend time. Could it be the things you do? Perhaps it is always going along with your peers. Or are you equally comfortable doing things alone? Will you be ridiculed if you step outside the norm? Possibly, you are harder on yourself than others are.

An interpretation of the poem above is that what you think of yourself is the way you perceive others think about you. Because of the way you think others see you, you may not willingly step out from the crowd for fear of being ostracized. But what if your perception of the way others see you is wrong? What if others think more highly of you than you do yourself? What can you do to change your view? You do not always have to be the cool person. You do not always have to follow the crowd. It only takes one person to courageously step out from the crowd to begin a change. Think of the respect you will gain if you boldly take that first leap. Be brave! Stop letting yourself be influenced by the way you perceive others see you. Take a bold step, and be proud of who you are!

SATURDAY ACADEMIC SESSIONS

Mark your calendar, and plan to be at all the Upward Bound Saturday academic sessions!

November 9, 2013
November 23, 2013
December 7, 2013
January 11, 2014
January 18, 2014
February 1, 2014
February 15, 2014
March 8, 2014
March 22, 2014
April 5, 2014
April 12, 2014

**Report cards and
Westest scores
must be submitted
to
Mrs. Cary
Mr. Frazier
Ms. Moore**

Thank You, Upward Bound

By Stuart Frazier—Educational Outreach Counselor

Thanksgiving. A time for all of us to show gratitude for our blessings. Though faced with financial problems, health issues, complicated relationships, family troubles, trials and tribulations, we must remember to remain thankful. It is certainly appropriate to also show appreciation to an institution that has produced attorneys, writers, pharmacists, and teachers. Of course, I mean Upward Bound. Too often we neglect the advantages and joys UB offers. So as we begin this holiday season, let us reflect on four things to be thankful for in Upward Bound.

Opportunity to get ahead. At Upward Bound, students have the opportunity to academically zoom past their fellow classmates. Students are often ranked within their individual schools. The higher the rank, the more likely the student will have more attractive options when choosing a college. It's a competitive world out there, scholars, and you have to put your best foot forward in order to achieve your dreams. With the help of capable and energetic tutors offering their expertise on a weekly basis, there is no reason for any Upward Bound student to lag behind for very long. Plus, academic Saturday sessions can provide the right boost to succeed in challenging classes. And, of course, the summer session allows students to get a first look at what to expect next year. There is no substitute for proper preparation! If you are in the front of the academic pack, you can truly be anything you want.

Chance to expand horizons. Throughout your time at Upward Bound, you will take part in many different cultural, social, and academic experiences. Traveling around the country, sampling food from various restaurants, meeting interesting and outstanding people, and witnessing mind-blowing and thought-provoking presentations can shape your overall outlook on life. These experiences can open the doors of your soul and further develop your beliefs and viewpoints. Being a well-rounded and thoughtful individual certainly can prepare you for the challenges college and

post-graduate life doles out on a daily basis. In Upward Bound, you are being trained to better understand the world and your place in it.

More college, less money. As we all know, the purpose of Upward Bound is to get students into college. One advantageous tool used is the Bridge Component. This, of course, gives UB students the opportunity to earn college credit while still in high school. While this may seem like more and more classes to bog you down, "bridging" can actually help you graduate from college faster. And because Upward Bound is free for participants, you can get your degree at a fraction of the price. For instance, if you bridge and complete 30 credit hours before graduating high school, you have essentially completed one year of college. At an average of \$253 per credit hour, you save almost \$7,600 in tuition! Upward Bound brings your dreams closer and keeps money in your pocket.

Lasting friendships. Upward Bound is often compared to a family. We are all in this together, striving to be the best we can. There is no judgment, only acceptance. Your skills, personality, and beliefs are welcomed and encouraged. But what happens after leaving the nest? Campus life can get pretty hectic without a solid support system. However, being in Upward Bound has prepared you to meet new friends and socialize, as well as keep in contact with folks that are going through the same apprehension and uncertainty as you. Often there is a contingency of former Upward Bound participants on many college campuses. For example, on the campus of West Virginia State University, there are almost 30 former Upward Bound scholars pursuing their academic dreams. Many continue to get together and have even formed the student organization known as L.E.A.D. (Leaders Excelling to Achieve Dreams). To be in Upward Bound is a unique experience that cannot necessarily be shared with others. Continuing those relationships is truly a satisfying achievement.

Vice President Joe Biden Visits West Virginia and Upward Bound Scholars Were There!

Saturday, November 2, 2013, was a special day for many West Virginians. On this day, the sitting Vice-President visited the State. As the keynote speaker at the annual Jefferson/Jackson Dinner, Vice-President Joseph Biden came to celebrate the retirement of Senator John D. (Jay) Rockefeller. Senator Rockefeller has served the state of West Virginia for more than 50 years. He has been a former VISTA Worker, Governor, College President and Senator. He has been responsible for sponsoring much of the legislation that significantly affects the people of West Virginia, such as, the CHIP Program, Black Lung compensation, and affordable health care, and has increased TRIO funding.

The dinner featured Governor Earl Ray Tomblin, First Lady Joanne Tomblin, former Governor Gaston Caperton, Secretary of State Natalie Tennant, Congressman Nick Joe Rahall, Judge Todd Kaufmann, Judge Jennifer Bailey, Delegate Meshea Poore, Delegate Charlene Marshall and other dignitaries. Special tributes were extended to Senator Rockefeller for his dedication and devotion to the people for West Virginia.

Upward Bound Scholars served as volunteers for this auspicious occasion. They were given the rare opportunity to be in the same room as the Vice-President of the United States. Jacob Lovejoy, Michaela Torian, and Malik Smith were selected to work with the personal Secret Service agent for First Lady Michelle Obama. Other Upward Bound and Upward Bound Math-Science Scholars who were selected to participate are below:

Anna Bradshaw	Affioná Brown
Monét Brown	Tiffany Caldwell
Chris Cunningham	Scarlett Hager
Destini Hall	Ashleigh Johnson
Danielle Keeton	Jazmine Martin
Ayanna Morris	Jessica Rhodes
Ashley Smarr	Ariana Swayne
MaKayla Swayne	Jocelyne Terry

Each was responsible for various duties that ended with an overwhelming night of celebration and praise.

TUTORING SCHEDULE

Tutoring for all Upward Bound scholars is available at the following locations and times:

South Charleston High School
Tuesdays 2:15-4:30 P.M.
Capital High School
Wednesdays 3:00-5:00 P.M.
West Virginia State University
Thursdays 3:30-5:30 P.M.

NOTE: Upward Bound scholars who receive a "C" in math, English, science, or history are **required** to attend tutoring.

WHO?

Who will feed the hungry?
Who will support the poor?
Who will clothe the naked?
Who will warm the cold?
Who will aid the helpless?
Who will burn the torch?
Who will start the fire?
Who will fight for right?
It starts with you and me.

—C. L. Moore

Ten Facts About Me



This is my first year as an Educational Outreach Counselor for Upward Bound. I came as the Summer Component was just beginning. New Students, new buildings, and new job responsibilities I assumed from day one. In fact, I was tossed into a classroom to cover for a teacher as soon as I stepped on campus. But I would formally like to tell you ten things about me.

1. I am from Clay County.
2. I am the fifth child and youngest daughter of six children.
3. I drive an hour and ten minutes to work one way each day.
4. I have a fifteen-year-old black and white tuxedo cat named Kitty Boy.
5. I am a former Upward Bound participant who attended the West Virginia University Institute of Technology program.
6. I graduated from West Virginia University Institute of Technology with a Bachelor of Arts in language arts
7. I furthered my education by attending Marshall University and obtaining a Master of Arts degree in speech communication and an Education Specialist degree in leadership studies.
8. I have previously taught in both secondary schools and higher education.
9. I like to read, crochet, embroider, and craft in my leisure time.
10. If I had a million dollars, I would give a substantial portion to my church and renovate my house. (I do not play the lottery, so this will probably never happen. Yet, I can always dream!)



Free Rice Participation

Every Upward Bound Scholar must participate in the Free Rice program. Every scholar is expected to contribute 1000 grains of rice per month to this program designed to feed the hungry. One thousand grains of rice are accumulated by answering educational questions. Each question answered correctly generates 10 grams of rice. Each month basically has 30 days. If you were to answer 3-4 questions per day, you could easily contribute 1000 grains of rice. You have the opportunity to feed a hungry person. What will you do? Others are depending on you. What can you do? Make a promise to yourself that you will make a difference in our world. Do your part; participate in the Upward Bound Free Rice Program.

From September 2013 through October 2013, Upward Bound scholars have collected 300 cans of food that will be donated to the Men's Shelter and Mountain Mission.

Thank you and keep up the good work. So many are depending on you.

Upward Bound Spotlight Sissonville Students

Last week I visited Sissonville High School. This was my first time visiting the school but certainly not my last. The five active Upward Bound students at Sissonville are in the November spotlight.



Sierra Alexander

Grade: 10

Years in Upward Bound: 2 years

Favorite Subject: English

Career Goal: OB/GYN or forensic scientist

Favorite UB Moment: traveling to Pittsburgh



Jessica Anderson

Grade: 10

Years in Upward Bound: 2 years

Favorite Subject: biology

Career Goal: become a nurse and write a novel

Favorite UB Moment: trip to Washington, D.C., UB Production during the first summer in UB, and hanging out with new people from other schools



Krista Denard

Grade: 10

Years in Upward Bound: 2 years

Favorite Subject: science

Career Goal: veterinarian

Favorite UB Moment: the trips



Nolan Rose

Grade: 12

Years in Upward Bound: 4 years

Favorite Subjects: science and band

Career Goal: architecture

Favorite UB Moment: traveling on the trips



Shania Pauley

Grade: 9

Years in Upward Bound: 1 year

Favorite Subject: English

Career Goal: neonatal nurse

Favorite UB Moment: meeting new people and working with others



NOVEMBER BIRTHDAYS

Farhan Ahmed
 Majesty Hicks
 Ashleigh Johnson
 Steisha Kinney
 Destana Mason
 Lila Waller
 Autumn Stennett
 Thalia Smith
 Venese Thomas
 Dominic Walker
 Diamond Williams

*Happy
 Birthday!*



Are You Doing Your Part?

We have the opportunity to live in the greatest country in the world. With all of its faults, and far from perfect, the United States still is that beacon of hope, the promise of a better life and the country where we are able to live in freedom and prosperity. We have the opportunity to earn a living, where we wish, and worship where we want without fear of imprisonment or death. Many do not know where their next meal will come where they will sleep at night. You can do your part in helping to ease their despair. You can be an active participant in the Upward Bound Community Service program. You can contribute cans of food, pop tabs, eyeglasses or cell phones to our monthly academic sessions. All of these items help other agencies serve the people who are the most vulnerable in our society. Please do your part so you can be a valuable part of the solution.



STEP AFRIKA!

Thirty-five Upward Bound Humbles, Ayanna Morris, and Upward Bound Math- and Zhane Watson joined Science students attended the dancers on stage for Step Afrika! in Ferrell Hall some impromptu steps.

on November 4. Step Afrika!

ka! is an internationally renowned group devoted to the traditional art of stepping. Yellow Rose, a clogging team from Columbus, Ohio, also performed three dancing. Brian Williams, a es.

graduate of Howard University, blended African dances and fraternity stepping to form Step Afrika!

Upward Bound Scholars Ariana Swayne, Alysha

and Zhane Watson joined the dancers on stage for Step Afrika! in Ferrell Hall some impromptu steps.

The Center for Organ Recovery and Education (CORE) made a short presentation about organ

donations and held a reception afterwards.

WV eMentoring

Ninth grade students are involved in an exciting program sponsored by the College Foundation of West Virginia (CFWV). If you are in the 9th grade and a participant in the Upward Bound program, you should be actively involved in this program. Have you been in contact with your mentor? Have you completed your assignments? Are you enjoying participating in the eMentoring program? This program is scheduled to last only ten weeks, so enjoy it while you can.

CFWV – The College Foundation of West Virginia (CFWV) offers free college career planning resources, including www.cfwv.com, a free website to help students and families plan, apply, and pay for education and training beyond high school. Check it out.

Congratulations – Monét Brown, Destini Murray-Hall, Alysha Humbles, and Savanna Thomas are recipients of Marshall University's Outstanding Black Student Scholarship.

Do I Really Need to Read All This Material?

Do you know that if your teacher assigns pages from the textbook to read, the teacher actually expects you to read those pages? Why would a teacher give you an assignment if he/she did not expect you to do the assignment? Reading material is an assignment, just like any other. The teacher expects you to read the information to supplement what he/she is telling you in the classroom. A teacher does not have time to explain everything that is contained in the textbook. Thus, he/she asks you to read that information.

But how should you read? Did you know there is a method called SQ4R that will help you retain what you have read? The letters SQ4R represent survey, question, read, recite, record, and review.

Survey—Do a quick overview of the material before beginning the actual reading. Determine how long this reading will take you and whether the reading is challenging or easy. Figure out your purpose for reading. "Because the teacher told me so" is not your reason. Then answer this question: What do I need to know?

Question—Create questions from the headings and subheadings. Also, check out the end-of-the-

chapter questions.

Read—Actually read the material one section or one paragraph at a time. While you look for different material, depending on the subject, you need to pay attention to vocabulary in all subjects.

Recite—Answer the questions that you just created from the headings and subheadings. If you can answer the questions, read the next section and answer those questions. If you cannot answer the questions you just created, then you need to re-read the section until you can answer the questions correctly.

Record—Write down the main idea and important points. Be sure to include supporting details. Also, record the answers to the questions you just created and at the end of the chapter.

Review—Identify key words or terms. Focus on major concepts or events. Be sure to combine your reading with studying. Learn to make connections between what the teacher is saying in class and what you read.

Follow the SQ4R method, and you will become a better reader, which will cause your grades to improve. Now isn't that what you want?

CAREER SPOTLIGHT

Journalism

FACTS

- Eighth largest growing field
- Average starting salary: \$32,000
- Job market currently good

Begin Preparing Now

- Write for the school newspaper
- Begin a clip portfolio (copies of your published articles)
- Learn marketable skills
- Learn from other people in the profession
- Learn from other students
- Ask questions
- Write essays for scholarships
- Join the yearbook staff

Fields of Study

- Advertising
- Broadcast journalism
- Online journalism
- Photojournalism
- Print journalism
- Public relations
- Radio/TV production and management
- Sports journalism

Congratulations!

Naomi Grace Frazier, weighing 6 lbs. 3. oz., arrived on October 24. Mr. and Mrs. Stuart Frazier have eagerly welcomed this little bundle of joy. Please congratulate Mr. Frazier on becoming a dad.



ACT DEADLINES

TEST DATES	DEADLINE FOR REGISTERING	LATE REGISTRATION DEADLINE
DEC. 14, 2013	NOV. 8, 2013	NOV. 22, 2013
FEB. 8, 2014	JAN. 10, 2014	JAN. 24, 2014
APR. 12, 2014	MAR. 7, 2014	MAR. 21, 2014
JUNE 14, 2014	MAY 9, 2014	May 23, 2014

SAT DEADLINES

TEST DATES	DEADLINE FOR REGISTERING	LATE REGISTRATION DEADLINE
DEC. 7, 2013	NOV. 8, 2013	NOV. 25, 2013
JAN. 25, 2014	DEC. 27, 2013	JAN. 14, 2014
MAR. 8, 2014	FEB. 7, 2014	FEB. 24, 2014
MAY 3, 2014	APR. 4, 2014	APR. 21, 2014
JUNE 7, 2014	MAY 9, 2014	MAY 28, 2014

Juniors and Seniors: ACT and SAT waivers are available for Upward Bound participants. Contact Mr. Frazier at 304-766-5142 or sfrazier2@wvstateu.edu or Ms. Moore at 304-766-3085 or cmoore34@wvstateu.edu.

ONE

One tree can start a forest.
 One smile can start a friendship.
 One hand can lift a soul.
 One word can frame the goal.
 One candle can wipe out darkness.
 One laugh can conquer gloom.
 One hope can raise your spirit.
 And . . . one choice can change your life.

