

# UPWARD BOUND NEWS

Upward Bound Newsletter

October 2013

## DIRECTOR'S CORNER

Mrs. Barbara Cary

Welcome back Upward Bound Scholars. Can you believe that we are already in our fourth session of the fall component? Time moves quickly and waits on no one. What will the 2013-14 academic year mean to you? What goals have you set academically? What plans have you made to accomplish these goals? You have available to you an excellent support team, but you are the only one who can make it happen. Your parents, guardians, teacher, family nor friends can do the work for you. It must be you. You must go to school. You must do the school work. You must do the homework.

You are preparing yourself for the 21<sup>st</sup> Century. Times have changed and you are now competing in a global society. Competition is no longer between you and your classmates. You are competing with students from China, Japan, Canada and other progressive countries.

You must now be thinking about what you would like to be doing at the age of thirty. Just like that, you are thirty and what will you be doing? Have you completed college? What type of job do you have? Where will you be residing? At your current age, thirty years may seem a long way off, but decisions you make right now will affect what you will be doing at thirty. Together, let us start planning for a productive and positive future for you. Your **education** dictates your lifestyle. Your lifestyle is determined by your education. Your **education** determined the type of employment you will have. All of the puzzle pieces must fit. Success is when preparation and opportunity meet.

## PRIDE OF UPWARD BOUND – Yusif Mohammed

The Upward Bound program has existed at WVSU since 1966. We know that hundreds of students have benefited from being a participant, especially the young students from 1991 to current. Since 1991, the program has produced teachers, social workers, respiratory therapists, engineers, attorneys, military officers, computer scientists, vice principals, pharmacists and now the program will be able to boast a physician.

Yusif Mohammed, Upward Bound graduate class of 2010 began his first year of medical school at Marshall University School Medicine and will become the first doctor of medicine who is an Upward Bound Alumnus.





## **An Upward Bound Education**

**By Stuart Frazier—Educational Outreach Counselor**

Upward Bound encourages academic excellence so students may be properly prepared for college and beyond. The program offers classes and tutoring to ensure participants achieve high marks in their respective high schools. Academic excellence is paramount in being accepted into a college or university, which in turn can lead to a steady career, financial stability, and good health outcomes. Preparing students to excel in collegiate classes is a cornerstone function of Upward Bound. However, a solid academic record is not the only way to prepare students for life in and past college.

The current education system often stresses accumulation and memorization of facts which then become obsolete after the test. Too little does it foster creative thought or worthwhile experiences among students. When the focus becomes the regurgitation of details without context, without follow-up, and without relevance, students can become bored, distracted, and narrow-minded. In many cases, students may not even retain what they have “learned” once they set down their pencils. They are not properly prepared for the next steps in their lives if all they know how to do is repeat spoon fed information. With little ability to think critically and be engaged in unique experiences, students today are ill-equipped to take on a college atmosphere, find success in a meaningful career, remain in relatively good health and care for their future families.

Upward Bound believes in providing not only academic assistance, but also life experiences outside of the four walls of a traditional classroom. Along with stating the correct answer, Upward Bound encourages students to think about the circumstances surrounding the answer. Students are provided opportunities to see things from a different perspective whether it is travelling to museums, attending theatrical presentations, allowing first-hand witnesses to history speak openly about experiences, or engage in hands-on scientific experimentation. The purpose of an education is to enable people to lead worthwhile lives. Upward Bound affords viewpoints and opportunities that complement the “standard” education of local high schools. Students can adapt these experiences into nearly every aspect of their lives and become a well-rounded, critical thinking individual prepared for the beautiful and unique world ahead.

## SCHOOL CAN BE A TREAT (NOT A TRICK)

**By Catherine Moore—Educational Outreach Counselor**

Do you remember how exciting Halloween was when you were a child? Were you thrilled to put on a costume and parade around from house to house for some candy? Do you think school is as exciting as Halloween? Or has school already become a ghoulish nightmare? Do the teachers remind you of vampires regurgitating the same old information again and again? Is your mind full of spider webs? Has the routine of school started haunting your dreams of a future? Then you need to find a way to avoid your worst nightmare and make school come alive again. Following are a few tricks that can help.

Stop procrastinating since it robs time and derails your best intentions. Do your work early, and avoid the last minute graveyard. When your work is completed, you will have scared off the demons so you enjoy yourself.

Get organized. Not being able to find your necessary tools will make your bones weary since you will be wasting essential time locating what you need. Having everything you need to complete your work—whether in the classroom or at home—will help you finish your work faster and will seem less like a black cat has crossed your path.

Read your assignments. There is a reason the teacher assigned the reading: Important information is contained in the textbook. Do you want this material to come back to haunt you when it shows up on the next exam?

Set a goal, which should include daily, weekly, semester, and yearly goals. You can even set goals for your future. Goals are *what* you want to achieve or change, *when* you want to achieve it, and *how* you are going to reach it. Once you have goals to attain, you can get rid of the cobwebs in your brain because you now have momentum.

Start contemplating about what you want to do once you graduate. Ninth grade is not too soon to begin preparing for life after high school—and twelfth grade is not too late. There are steps at each grade level that are necessary to smooth the path to college. Find out what these stages are. Begin today so you will avoid the ghosts that will pop up if you wait until the last minute.

Hopefully, these few tricks will give you more control over the horrendous thoughts rolling around in your head. With this advice, you will gain more control, so school will seem more like a blessing and less like a curse. Having control will lighten your load, and make the year go quickly. **Now isn't that a treat?**



## FREE RICE

Did you know that every Upward Bound scholar is required to contribute 1000 grains of rice each month? Sounds like a lot. It really is not, if you are hungry. Contributing 1000 grains only means that in a month of 30 days you answer five questions per day. This will be virtually impossible because once you start, you will find it almost impossible to quit, and your grains of rice accumulate quickly. In this educational game, you may choose any academic subject that you like. A question pops up, and when you answer it correctly you have earned 10 grains, just like that! Ten questions will yield 100 grains of rice, so you see, all you have to do is answer 100 questions per month, which equates to approximately three questions a day. Suppose math was not your strong course and you want to improve. Why not select this as your subject, improve your grade and feed the hungry at the same time. To join the FreeRice.com program, please follow these steps:

Instructions:

1. Go to [freerice.com](http://freerice.com)
2. Click on **GROUPS** and then **FIND GROUPS**.
3. At **SEARCH GROUP** type "**UPWARD BOUND**" and hit enter key. When the names appear, find

### UPWARD BOUND/MATH SCIENCE

4. If you are not already part of the group, please click on **JOIN** on the right hand side. Then **SIGN UP**. If you have already joined, please click on **VIEW**. Then **LOGIN**.



Points are checked each month to make sure you meet your quota.

It is imperative that you use a name that identifies you, and it is equally important that you join the group each time so your points will be added to the WVSU total count. If you have difficulty, please call Ms. Katherine Moore at (304) 766-3085.

## TUTORING AVAILABLE AT THREE SITES

Are you having academic difficulty and don't know where to turn? Are you suffering needlessly or just giving up and now you are failing the course? Have no fear, Upward Bound tutoring is available for you. Upward Bound tutoring is being offered at South Charleston High School, Capital High School and West Virginia State University.

Tutoring is offered at South Charleston on Tuesdays from 2:15 p.m. to 4:30 p.m., Capital High School students will be able to receive tutorial support on Wednesdays from 3:00 p.m. to 5:00 p.m. and any student may come to WVSU on Thursdays and receive academic support from 3:30 p.m. to 5:30 p.m.

**Please** note if there is a school cancellation or early dismissal tutoring will also be cancelled. Upward Bound scholars receiving a "C" in Math, English, History or Science are required to attend tutoring. If your school or church offers tutoring, you may attend those tutoring sessions; however, an exemption form must be signed and completed by the tutor and submitted to Mrs. Cary.

## BIRTHDAY WISHES!

<i>August</i>	<i>September</i>	<i>October</i>
Ashley Akers Allan Balunovic Kaytlin Baxter Monet Brown Tiffany Caldwell Joshua Cohen Derick Elkins Alexandra Jackson Brianna Johnson Danielle Keeton Jillian Minor Jazmine Perry Kacy Pennington Michaela Torian	Taylor Baldwin Michael Davis Natalie Freeman Brianna Harris Jakobi Harris Taylor Harris Olivia Jeffries Fredrick Johnson Issaiah McFarland Octavia Mitchell Kahdija Myers Casinda Nelson Jaleesa Nunez` Isaiah Patterson Andrea Proctor Caitlyn Rickman Haley Sansom Daniel Tawney Breanna Taylor	Jessica Anderson Quincee Baxter Cameron Brooks Deja Davis Zachary Davis Krista Denard Kel'lese Miller Katherine Nelson Shania Pauley Harley Smith 

### FORMER UPWARD BOUND SCHOLARS LEADING THE CHARGE

The largest student organization at West Virginia State University is an organization called **LEAD**. **LEAD** is an acronym for **Leaders Excelling to Achieve Dreams**. This organization began in 1995 and consisted of students who had participated in an Upward Bound, Gear Up or Talent Search Program in the country. In the year of its origin, the organization was selected **organization of the year**.

LEAD is a leadership organization designed to offer former TRIO participants an immediate network of friends and support. Currently, there are thirty one members involved in the organization. The co-chairs are Shawn Shamshiry and Jessica Holstein, Victoria Cohen, serves as secretary, and Logan Seals, as Treasurer. Ever giving back, the organization first community service project was working with the mentally challenged residents of the ARC. Students spent enjoyable time helping clients of the ARC paint pumpkins for Halloween. They purchased art supplies from funds generated from a bake sale held in the University Student Union. LEAD, follow, or get out of the way, here come the TRIO participants, paving the way for others.

## SATURDAY ACADEMIC SESSIONS

Mark these dates on your calendar and plan to attend all of the academic sessions of your Upward Bound Program.

2013	2014
September 14	January 11
September 24	January 18
October 12	February 1
October 19	February 15
November 9	March 8
November 23	March 22
December 7	April 5
	April 12
	May 10



## TRIO PROGRAMS CARES

For decades students involved in Upward Bound (UB) and Student Support Services (SSS) have found ways to make our society better by taking the responsibility of giving back. Student Support, through its student organization NYANSA have conducted clothing drives, adopted families for Thanksgiving, sponsored Christmas parties for children of WVSU students, and held can food drives for Union Mission and the Men's Shelter. Upward Bound, a sister program of the SSS program has also played an integral role in serving the community.

Participants have contributed eye glasses to the Lion's Club to assist in providing eye glasses to people in Third World Countries. They have collected cell phones for recycling for victims of domestic violence. Thousands of pop tabs have been contributed to the Ronald McDonald House to assist in providing lodging for families of sick children. Sojourners, Union Mission, Salvation Army, Men's Shelter and the WVSU Food Pantry are some of the agencies who have been recipients of the Upward Bound can food drives. Many children and adults have been warmed from the coats and jackets contributed to various agencies by students in the Upward Bound Program. In recent years, Upward Bound scholars have had the opportunity to spread their generosity worldwide through the Free Rice Program. Free Rice allowed the Upward Bound Scholars the opportunity to feed the hungry by contributing 10 grains of rice for every correct answer in an exciting educational game. All Upward Bound students must participate in the Community Service component of this program. **We make a living by what we get. We make a life by what we give.**

## ACT TESTING

Juniors and seniors are strongly encouraged to take the ACT/SAT numerous times. No one likes to take standardized tests. This is a given fact, but do you realize that the more you take the ACT or SAT, the more familiar you become with the process of the test? You become more aware of the types of questions that are being asked. If you want to improve your scores, you must practice. What is your plan for success? What is your intended outcome? A suggestive plan could reflect some of the following considerations:

When will you take the ACT/SAT?

Have you received a waiver from Upward Bound?

How many times do you plan to take the exam?

How many times have you taken the ACT/SAT?

Plan to do a practice test at least once a week.

Plan to do twenty questions per day. You really don't know how much this one strategy will improve your score.

Plan to review your cards once a week **faithfully**.

What score do you need to be a Promise recipient?

What is your current G.P.A.?

What do you need to be a Promise Scholarship recipient?

Did you put Upward Bound as a receiver of your scores?

**Handle your business! Just do it!**

Test Dates	Deadline for Registering	Late Registration Deadline
October 26, 2013	September 27, 2013	October 11, 2013
December 14, 2013	November 8, 2013	November 22, 2013
February 8, 2014	January 10, 2014	January 24, 2014
April 12, 2014	March 7, 2014	March 21, 2014
June 14, 2014	May 9, 2014	May 23, 2014

**Please note, Upward Bound does not pay the late fees for ACT or SAT examinations. Please be mindful in order to be considered for the Promise Scholarship, ACT exams must be taken before January 2014 to be Promise ready.**

## WHERE ARE THEY NOW?

As we all know, the purpose of the Upward Bound Program is to prepare young scholars to graduate from high school and to enroll in college immediately upon high school graduation. Look where we find some of the graduates of the Class of 2013.

Graduate	High School	College or University Attending
Gabrielle Taylor	Capital	West Virginia State University
Deseree` Green	Capital	West Virginia State University
Richard Wheeler	South Charleston	West Virginia State University
Chelsea Terwilliger	Nitro	West Virginia State University
Austin Coleman	Capital	University of Charleston Beckley
Austin Connor	Sissonville	University of Charleston
Jazmine Ross	South Charleston	Fairmont State
Destiny White	South Charleston	Fairmont State
Clara Maynard	Chapmanville	Marshall University
Satanisha Miller	Capital	West Virginia State University
Ryneishah Leach	George Washington	West Virginia State University
Lucas Swisher	South Charleston	West Virginia State University
Ivy Fouts	South Charleston	Marshall University
Jamerica Edwards	South Charleston	Marshall University
Shaleigh Prowse	South Charleston	Marshall University
Kayla Prince	South Charleston	Marshall University
Ariane Burs	Capital	KVCTC
Kaelin Daniels-Brown	South Charleston	KVCTC
Joshua Daubenspeck	South Charleston	West Virginia University
Jacob Day	Nitro	West Virginia State University
Honore` Dean	South Charleston	Marshall University
Andrew Guinn	St. Albans	West Virginia State University
Jennifer Miller	South Charleston	KVCTC
Daisha Overstreet	South Charleston	Kent State
Jasmine Richmond	Capital	Marshall University
Miranda Slater	South Charleston	West Virginia State University
Monica Tran	Capital	Carolina Tech Central Carolina
Justin Wojcieszak	Teays Valley Christian	Tech
Jeremy Scott	Capital	Marshall University
Mary Albrecht	St. Albans	West Virginia University
Andre Cunningham	Capital	Marshall University
Kayla Prince	South Charleston	Marshall University
Adam Roberts	St. Albans	Marshall University
Jeremy Scott	Capital	Marshall University
Shawniece Stewart	Capital	West Virginia University
Celeste Taylor	South Charleston	Alice Lloyd College KVCTC