



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

2016 Events

January 18th—8 AM MLK/Lexington
Exum Center at 8:00 am

January 30th—9 AM Hathaway Hall
How I overcame my
first year of college

February 6th—8 AM College Tour
Exum Center at 7:45 am

February 20th—9 AM Hathaway Hall
Workshops

March 2nd—8 AM Pulse Surgery
Exum Center at 8:00 am

March 19th—9 AM College II Career
KSU Ballroom

April 16th—9 AM Freshman/Sophomores
Hathaway Hall

April 30th—Graduating Senior's Only

May 3rd—6 PM Senior Banquet and Summer
Orientation, KSU Ballroom, 4th Floor



Winter 2015

Message from the Director

Greetings Upward Bound Parents and Students:

I hope this newsletter finds each of you in good health and strength. It's the most wonderful time of the year! It's the Christmas and winter season: a time of joy, family, and much excitement. This can also be a time of sadness for those who have lost loved ones or struggle with depression or loneliness during this season. Let's make sure we spread joy and warmth to others and try to love on those who might be in need.

I know many of you expect from me a reminder about striving to maintain the best grades and UB attendance as possible. While doing so is important, it is also important for us to make sure we strive to show love to those in need and to those who are less fortunate during this time. The holiday season is about love. If you watch the news, it seems the message of love is waxing cold in the world today. But, it all starts with each of us with a simple act of kindness such as giving someone a warm smile, donating food to the homeless shelter, visiting the nursing homes and hospitals, encouraging someone who feels sad, lost or depressed.

There are so many ways to share love to one another and even those we don't know. But, it begins with one simple act. I hope that in some form or fashion the Upward Bound staff have shown love to our parents and/or students. It is important for each of our students to know much they are loved and appreciated. We value all of you and as we go into the new year, remember that while doing your very best at school is important, showing love to others is more important than anything in this world!

Love yourself, love others, and love your family.

Yours in love,

Ms. Tee



Happy Holidays! Kudos to all the Upward Bound students that have worked hard thus far throughout the school year. You're halfway through the year and a step closer to college. I hope that every student has a chance to rest and enjoy family and friends during the holiday.

However, while you are off for the next two weeks, it would be a great opportunity to study for the ACT when you have some downtime. Juniors will be taking the ACT the first week of March. Sophomores, before you know it, you will be a junior and freshmen it's always great to get a head start.

In Upward Bound, we encourage all of our students to shoot for a 21 and above on the ACT. We also encourage our students to hit benchmarks in the ACT subject areas. Students that do not reach the benchmarks in the different subject areas may have to enroll in remedial courses in college. Taking remedial courses are expensive and they do not count towards your college degree.

Please read about the ACT Benchmarks and the importance of being college ready. Below is a link for students to practice for the ACT for FREE!!!

<http://www.mhpracticeplus.com/act.php>

The Benchmarks are scores on the ACT subject-area tests that represent the level of achievement required for students to have a 50% chance of obtaining a B or higher or about a 75% chance of obtaining a C or higher in corresponding credit-bearing first-year college courses. These college courses include English composition, college algebra, introductory social science courses, and biology. Based on a sample of 214 institutions and more than 230,000 students from across the United States, the Benchmarks are median course placement values for these institutions and as such represent a *typical* set of expectations. The ACT College Readiness Benchmarks are:

College Course	ACT Subject-Area Test	ACT Explore® Benchmark Grade 8	ACT Explore® Benchmark Grade 9	ACT Plan® Benchmark	The ACT® Benchmark
English Composition	English	13	14	15	18
College Algebra	Mathematics	17	18	19	22
Social Sciences	Reading	16	17	18	22
Biology	Science	18	19	20	23



Love,
Nyana Martin David-Jacobs

10 Opportunities for High Schools Students During Winter Break

Most high school students look forward to winter break as a welcome break. High school life is busy and stressful with classes, study time, activities, and friends. While students do deserve some rest time, they should not let opportunity pass them by either. Winter break = A little extra time to get ahead on a path to success. Here's the compromise, high school parents: After a little rest and recovery, there will still be enough time for a student to do something that looks good on the college application.

Ways for a student to make the most of winter break down time:

- 1. Volunteering in the community.** Winter break is a great time for students to clock time doing community service. Good places to look to are the public library, a nursing home, hospital, soup kitchen, homeless shelter, community center or church/synagogue. There are also organizations with extensive databases of locations looking for holiday help, including The United Way and Volunteer Match. Volunteer work will count more if it is done in an area of the student's interest.
- 2. Taking an educational trip.** Consider nearby places to visit, such as a museum, national monument, historical house or even a cruise. It's best if experiences can connect with what a child is studying in school or possibly wants to study in college. For example, if a child is studying U.S. History, a trip to Philadelphia or Washington D.C. will make the lessons all the more exciting and meaningful. If a child wants to be an environmental conservationist, the Ambassadors of the Environment Youth Program onboard a Paul Gauguin cruise may provide great insight, fun and resume building into a vacation. If a physical trip is out of the question, try an electronic field trip. [The National Parks Foundation](#) and the [Smithsonian Institution](#) are two places that offer virtual field trips that give students a close-up view of popular destinations around America and the world. Talk during or after the real or virtual trip with your child to help the child analyze and find meaning in the experience.
- 3. Studying for the SAT and ACT.** Students can really, seriously improve their scores by doing a little SAT study every day. It will be much easier to concentrate on the test without the distractions of daily homework assignments.
- 4. Visiting colleges.** The more colleges a student has a chance to see, the better, meaning even freshmen should do some visiting. Schools can be local or near a vacation destination. Winter break is not the best time to get a full campus flavor because students are on their breaks, too. However, admissions reps are at work. So go visit schools that are not even on your student's list. Students on a stay-cation can go on virtual college tours. There are an ever growing number of schools and sites that offer them. (TYPE: "Virtual college tour" into Google and go from there).
- 5. Looking into jobs.** The job market is tight but temporary holiday jobs may be available. If that's not a real possibility, winter break is a good time to begin looking for a summer job. It's not too early. Many employers will hire summer help well before the end of the semester.
- 6. Doing a short term internship.** Winter break is a good opportunity to explore a career. A student can spend time shadowing someone in a field or career of interest.
- 7. Working on the college application.** Most deadlines have passed, but there are still some that haven't.
- 8. Searching for scholarships.** Here is a link to a past blog on how to find scholarships: [How to Apply for a College Scholarship](#).
- 9. Taking classes.** In the two weeks off, there are a number of options. A language immersion course could prove incredibly helpful.
- 10. Enjoying some down time.** Like adults, students need some down time. The relaxing time will give a student time to recharge.

Source: <http://internationalcollegecounselors.com/10-opportunities-for-high-schools-students-during-winter-break>



Reminder:

If Kentucky State University is closed due to snow, Christmas Holiday or any other reason, tutoring is cancelled.

If the schools are closed due to snow, we go by the Franklin County School System announcements. If Franklin County is closed for any reason, then tutoring will be cancelled.

We will try and contact all the parents by email and/or phone calls when at all possible. The local television stations

announce both Franklin County and Kentucky State University closures due to weather.

The Saturday events are based on road conditions but we always ask that your safety come first!

Welcome
SEPTEMBER
be sweet!



Peace Corps Workshop—Being Funny!



NOVEMBER

University of Kentucky
Health Science Center



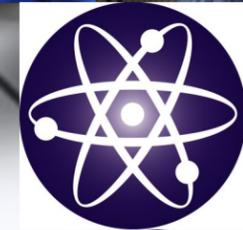
Events

October is
Breast
Cancer
Awareness
Month



Asbury College
and
Equine Tour

Surprise
Event!!



Science



KSU Homecoming Parade—UB Students won 3rd place for their float!





Christmas is the time to spread the message of love, harmony and peace. Of course it is a time to get showered with gifts and wishes, but in the midst of all the commercialism, we should not forget the real spirit of Christmas. Here are some of the best **inspirational messages** from a few of our Upward Bound students/staff that reminds us that Christmas is not only about fun and gifts, but of love and generosity.



Have a Happy Holiday!
 Joy is near
 Words are unclear
 Love is Big
 and
 Hope is growing
 Now love, live, laugh with friends
 P.S. - I think it's snow-
 ing.....with love a friend!



Hey this is Phillip wishing all of the KSU UB family and friends a very Merry Christmas and a Happy New Year.

As we celebrate, let us all remember the true meaning of CHRISTmas.
 Happy Holidays!



Wishing the UB staff, students and parents a Merry Christmas & a Happy New Year from my family to yours! -Becca Ash

My Christmas wish to you is bundled in this little tree.
 Wishing each of you joy, love and peace,
 a year full of health and happiness,
 and enjoying the greatest gift of all—our family!
 Merry Christmas and Happy New Year. . . . Ms. Webber

Dear Parents/Students:

While completing the fall stipend checks it became very clear that some students are not attending the mandatory once per week tutoring. Please make sure that your child attends either our tutoring at Kentucky State University or the after school tutoring. If they stay at their school they must have a tutoring log completed. The following are next semester's tutoring dates:

January—Thursday, January 21st and Tuesday, January 26th

February—Tuesday, February 2nd; Thursday, February 4th; Tuesday, February 9th; Thursday, February 11th; Tuesday, February 16th; Thursday, February 18th; Tuesday, February 23rd and Thursday, February 25th.

March—Tuesday, March 1st; Thursday, March 3rd; Tuesday, March 8th; Thursday, March 10th; Tuesday, March 22nd; Thursday, March 24th; Tuesday, March 29th and Thursday, March 31st.

April—Tuesday, April 12th; Thursday, April 14th; Tuesday, April 19th and Thursday, April 21st.

