

# Upward Bound Insider

Academic Institute of Central Carolina

TRIO Program

April 2019



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## What is Upward Bound?

The Academic Institute of Central Carolina newly funded Upward Bound Programs are designed to help first generation college bound high school students enter as well as succeed in post-secondary education. Qualifying students are selected from Charlotte-Mecklenburg Schools and are ethically, economically, and academically diverse individuals. Students selected to join the program must be in 9<sup>th</sup>-11<sup>th</sup> grade and attend one of the following schools:

*East Mecklenburg High School  
Garinger High School  
Independence High School  
Rocky River High School.*

## *Greetings from the Executive Director,*

Spring is in the air and the Upward Bound bug is biting. We are excited about what is in store for the upcoming summer. A lot of hard work has gone on behind the scenes and we are especially excited for our spring break trip to Washington D.C.! This experience is going to be great! **Please arrive to the AICC Office at 10:30 PM.**

School is almost out, which means exams are near! Don't wait until the last minute to get help. We have tutoring available. Come by Tuesday and Thursday from 3 to 6 p.m. or get online Monday through Thursday from 3 to 6 p.m. and pass those classes!

Sincerely,

Deborah Kingsberry, Executive Director



Meet our new Academic Coordinator, Mr. Fleming!



**TRIO**  
UPWARD BOUND

***"NINE TENTHS OF EDUCATION IS ENCOURAGEMENT"***

## Contact Us

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### Important Dates

**April 16<sup>th</sup> – 18<sup>th</sup>** – Spring  
Break Trip

**April 25<sup>th</sup>** – Sophomore  
Student Drop-In

**April 27<sup>th</sup>** – UB Senior Day  
(Mandatory for all Seniors)

Please call the office to get  
on the schedule if Academic  
Saturdays does not work  
with your schedule.  
704-536-9007.

## UPWARD BOUND OBJECTIVES AND GOALS

The project is designed to achieve six student objectives.

***Academic Performance-Grade Point Average (GPA):*** 65% of participants served during the project year will have a cumulative GPA of 2.5 or better on a four-point scale at the end of the school year.

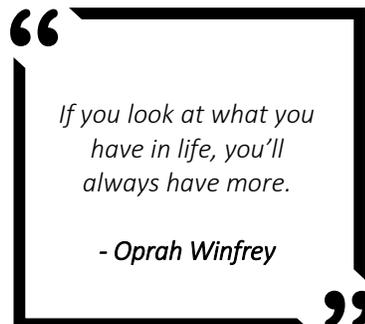
***Performance on Standardized Test:*** 55% of UB students served during the project year will have achieved at the proficient level on state assessments in reading/language arts and math.

***Secondary School Retention and Graduation:*** 85% of project participants served during the project year will continue in school for the next academic year, at the next grade level, or will have graduated from secondary school with a regular secondary school diploma.

***Secondary School Graduation (rigorous secondary school program of study):*** 40% of all current and prior year UB participants, who at the time of entrance into the project had an expected high school graduation date in the school year, will complete a rigorous secondary school program of study and graduate in that school year with a regular secondary school diploma.

***Postsecondary Enrollment:*** 70% of all current and prior UB participants, who at the time of entrance into the project had an expected high school graduation date in the school year, will enroll in a program of postsecondary education by the fall term immediately following high school graduation or will have received notification, by the fall term immediately following high school, from an institution of higher education, of acceptance but deferred enrollment until the next academic semester (e.g. spring semester).

***Postsecondary Completion:*** 40% of participants who enrolled in a program of postsecondary education, by the fall term immediately following high school graduation or by the next academic term (e.g., spring term) as a result of acceptance by deferred enrollment, will attain either an associate's or bachelor's degree within six years following graduation from high school.



## Career Exploration

### Nurse Anesthetist

Nurse anesthetists can use a number of intravenous drugs and inhaled gasses to administer general or regional anesthesia, so surgeons and other physicians can complete procedures with little to no discomfort to the patient.

You might wonder what the difference is between a nurse anesthetist and an anesthesiologist. One way of answering is the education. Nurse anesthetists are registered nurses who specialize in anesthesiology with at least one year of critical care experience and a master's degree, which usually take two years to complete.

Anesthesiologists are physicians, and their education track includes four years of medical school, a one-year internship, three-year residency and sometimes an additional one- to two-year fellowship.

The Bureau of Labor Statistics projects 16.2 percent employment growth for nurse anesthetists between 2016 and 2026. In that period, an estimated 6,800 jobs should open up.

Quick Stats:                      Median  
Salary - \$165,120  
Unemployment Rate - .4%  
Number of Jobs – 6,800

[Resource](#)

## Check Out Our Trip to FSU!



# High School Vs College: 10 Key Differences



## 1. You'll Have More Independence

The biggest change for high school vs. college is that, in college, **you'll have much more independence than you had in high school.** Many people focus on the fact that you'll be living away from your parents, and this is a part of it, but you'll have independence in many other areas as well.

## 2. You'll Be Treated Like an Adult

Along with your increased independence, **you'll also be treated like an adult in college as opposed to a child under your parents' care.** In college, you'll no longer need to bring your parents' permission slips to sign, you'll be trusted to make your own choices for what you want to study, and you can arrange meetings yourself, without Mom and Dad helping you.

## 3. There Will Be a Wider Variety of Classes to Choose From

In high school, you didn't have a lot of choice in regards to which classes you took. You could probably choose a few electives, but your schedule was mostly filled with the standard math, science, English, and social studies requirements that all students had to take.

In college, even if you attend a smaller school, you'll have many more options. **They'll be a wider variety of classes to choose from,** and many of them will focus on more specific topics like astronomy, ancient Roman history, French literature, the geography of the United States, and more. Many college students like this increase in class options since it makes it easier for them to choose class options since it makes it easier for them to choose classes on topics they're really interested in.

## 4. Classes Will Have Different Formats and Sizes

Each class you took in high school probably had about the same number of students and consisted mostly of lecturing, maybe along with some individual or group work. This isn't true in college. Classes can range from two to 500 students, and their format can vary widely as well. Classes may be completely lecture-based, require hands-on lab work, or be discussion-based where you spend most of class time engaged in conversations or debates with your classmates and professor.

## 5. Your Schedule Will Be More Complicated

In high school, school started and ended the same time every day, and your class schedule was probably the same for every day of the week. In college, things get a little trickier. Some classes meet three times a week for an hour and a half, some meet five times a week for an hour, some meet once a week for three hours, etc. This means you'll likely be starting and ending class at different times during the week, and **you may end up with a different class schedule for every day of the week.**

## 6. Classes Will Require More Critical Thinking

Is college hard compared to high school? Going to college isn't just like attending four more years of high school. This is a big step up in your education, and **your classes will be more challenging** and expect you to keep up. You'll be tested less on memorization and basic regurgitation of facts and more on critical thinking skills and being able to apply what you learned in class to other situations.

## 7. You'll Spend Less Time in Class

Most full-time college students spend about 15-20 hours in class a week, which comes out to about three or four hours a day. This is probably much less time than you spent in high school classes every day which means you'll have a lot more unscheduled time to spend how you think is best.

## 8. You'll Have More Schoolwork

Don't get too excited about spending less time in class; college definitely knows how to keep you busy. **The general rule of thumb is that you'll spend about three hours a week on schoolwork for every one hour of class you're in.**

## 9. You'll Have More Social Opportunities

Even if you were a social butterfly in high school, you'll have tons more opportunities to be social and make friends in college. There will be sports teams to join, parties to go to, clubs you can be part of, and more. Most colleges are large enough to have something for everyone, **so you're bound to find an activity you're interested in**, whether that's a recreational hockey team, the student government group, a club focused on promoting renewable energy, and more.

## 10. You'll Get Fewer Grades in Class

In high school, you probably had daily homework assignments you had to complete and got a grade for. These, along with some larger projects, quizzes, and tests made up your final class grade. If you got a low score in one, it was usually fine since there were plenty of other chances to make up for the low grade.

Once you start college, you may find that many classes have far fewer assignments, meaning you'll receive fewer grades and each of those grades are worth more. Instead of regular homework assignments and quizzes, **many college classes are based only on a midterm grade and a final grade.** This means you need to take those exams/papers/projects very seriously because if you mess up on one of them it'll be very hard to raise your class grade back to where you want it to be.

[Resource](#)

## 5 Ways to Finish the School Year Strong

It's that time of the year that makes everyone excited! Teachers, staff, faculty, and students are all looking forward to a few months of freedom while also enjoying the sun. But you have to cross the finish line first.... Below are five tips to get you to be able to enjoy summer.

### 1. Set Goals

Setting goals for yourself both personally and academically will help you stay on track. Whether your goal is to get straight A's or pass your AP tests, make your own goals and try your absolute best to achieve them.

### 2. Stay Organized

Staying organized will prevent you from losing or forgetting about assignments. Keep track of your assignments and test dates in a planner or calendar to stay organized and prepared for upcoming final projects and tests.

### 3. Don't put off responsibilities

Slacking and procrastinating are just ways of putting off responsibilities. Putting off school-related responsibilities will leave you scrambling and stressed at the last minute. Do what you need to do when you need to do it, and you will be well on your way to finishing strong!

### 4. Remember what you've worked for

It may help to remind yourself of all the hard work you've put in this year. One bad performance on a final test or project could undo all of your efforts for a certain letter grade.

### 5. Get motivated

It is time to get motivated! Whether you have to bribe yourself with rewards or create penalties for not trying your best, do whatever it takes to stay motivated and beat "summer fever!"

[Resource](#)

