

Academic Institute of Central Carolina TRiO Program

Upward Bound Insider

February 2018

Greetings from the Executive Director, Deborah J. Kingsberry

When in high school, my counselor recommended me to join the Upward Bound Program at the University of Notre Dame in South Bend, Indiana. I had no idea at that time how Upward Bound would change my life or the friends I would make for life. While I knew I wanted to attend college, I had no real knowledge of the process, much less which college I wanted to attend. When Upward Bound took us on a college tour to Ball State University, I knew Ball State was the perfect fit for me. It was because of that college tour, I found my alma mater and the rest is history.

I am an Upward Bound alumna, and I know first-hand Upward Bound works. It is my goal to make sure each student has the same experience I had, and make history as well and impact their lives. My staff and I work tirelessly to ensure every Upward Bound student is successful in school, and have the opportunities to “beat their best.”

These Upward Bound Programs are very fortunate to have The Dream Team principals, counselors, and students from our schools:

Student's Schools

Garinger
Independence
Rocky River
East Mecklenburg

Principals

Dr. Gwaltney
Mr. Legrand
Ms. Turner
Mr. Parker

Counselors

Mr. McDonald
Ms. Williamson
Mr. McNeil
Ms. McCormick
Mr. Williams
Ms. Wilson

A very special thanks to Mr. Parker and the East Mecklenburg High School team for agreeing to be our Home School for the 2017-2018 School year and for allowing us to have Academic Saturdays at East Mecklenburg.

Upward Bound has a lot to offer each student. I want each student to fully utilize every trip, tutoring session, cultural event, SAT/ACT prep classes and college tours to change your life like it changed my life. The best is yet to come so get ready for your Upward Bound experience. So visit our web site and let's get started.

Ms. Kingsberry

NINE TENTHS OF EDUCATION IS ENCOURAGEMENT

The logo for TRiO WORKS features the word "TRiO" in a large, white, sans-serif font with a red dot above the 'i'. Below it, the word "WORKS" is written in a smaller, white, sans-serif font. The entire logo is set against a black rectangular background.

Deborah J. Kingsberry

Executive Director

Percell W. Hobbs

Assistant Director

Vacant

Academic Coordinator

Justin Johnson

Tutor Coordinator

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 ethnically, economically, and academically diverse individuals. Students selected to join the program must be in 9th -11th grade and attend one of the following schools:
East Mecklenburg High School
Garinger High School
Independence High School
Rocky River High School

Contact Us

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Important Dates to Remember

Spring Break Trip

April 4-5, 2018

End of Year Celebration

April 19, 2018

Summer Session Commence

June 18, 2018

Residential Summer Session

July 8, 2018

Summer Trip

July 30-August 3, 2018



Upward Bound Objectives and Goals

The project is designed to achieve six student objectives.

1. **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.
2. **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.
3. **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.
4. **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.
5. **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).
6. **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.

Quote of the month

Education is a shared commitment
between dedicated teachers, motivated
students and enthusiastic parents with
high expectations.

Bob Beauprez

Parent's Corner



Aha Parents!!

Raising teenagers is no easy job. These are some tips to help you stay connected with your child.

1. Listen To Them.
2. Create a special ritual.
3. Inquirer about their day.
4. Hug them daily.
5. Spend time together.
6. Try something new with them.
7. Ask your child to teach you something.
8. Volunteer with them.
9. Give them some freedom.
10. Remind them they are very special.
11. Give unconditional love, no matter what.
12. Have fun together.
13. Give them chores to complete.
14. Show up to their events.
15. Be their sounding board.

Student's Study Tips

Study Alone: Avoid studying with your friends, and stick to studying by yourself. If you study with classmates you do not know very well, establish a goal for the group and work towards that goal. It is easy to get off topic when working in a group of people.

Get it All Out: Set all books, notebooks and any other materials you need out before you start studying. This will prevent you from getting up to retrieve things and getting sidetracked doing something else.

Snack Healthy While You Study: Skip the junk food and caffeinated drinks. These choices will leave you feeling sluggish in a short period of time. Instead, drink water and eat fruit, vegetables, dairy, or a protein such as peanut butter.

Turn Your Notes into Flash Cards: While reading important facts in your notes, jot them down on flash cards so it will be easy to look at them again before the test. **Narrow it Down:** If you try to study every single thing the teacher said, you will go crazy. Instead, focus on the most important topics. Once you have studied the important things, move on to the finer details.



What's the difference between High School and College? A lot!! The Upward Bound Insider will introduce a new piece every month to help explain. This information is a reprint from Texas A&M University Student Counseling Services.

HIGH SCHOOL

High school is mandatory and usually free.

Your time is structured by others.

You need permission to participate in extracurricular activities.

You can count on parents and teachers to remind you of your responsibilities and to guide you in setting priorities.

Each day you proceed from one class directly to another, spending 6 hours each day--30 hours a week—in class.

Most of your classes are arranged for you.

You are not responsible for knowing what it takes to graduate.

Guiding principle: You will usually be told what to do and corrected if your behavior is out of line.

COLLEGE

College is voluntary and expensive.

You manage your own time.

You must decide whether to participate in co-curricular activities.

You must balance your responsibilities and set priorities. You will face moral and ethical decisions you have never faced before.

You often have hours between classes; class times vary throughout the day and evening and you spend only 12 to 16 hours each week in class.

You arrange your own schedule in consultation with your advisor. Schedules tend to look lighter than they really are.

Graduation requirements are complex, and differ from year to year. You are expected to know those that apply to you.

Guiding principle: You are expected to take responsibility for what you do and don't do, as well as for the consequences of your decisions.

High School vs College

