

# Upward Bound Insider

Academic Institute of Central Carolina

TRiO Program

February 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 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.*

## *Greetings from the Executive Director,*

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.”

Sincerely,

Deborah Kingsberry, Executive Director



**TRiO**  
UPWARD BOUND

***“NINE TENTHS OF EDUCATION IS ENCOURAGEMENT”***

## Contact Us

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### Important Dates

**March 2<sup>nd</sup>** – Academic  
Saturday

**March 7<sup>th</sup>** – Junior Student  
Drop-In

**March 12<sup>th</sup>** – Academic  
Counseling Sessions

**March 16<sup>th</sup>** – Academic  
Saturday

**March 21<sup>st</sup>** – Senior Student  
Drop-In

**March 23<sup>rd</sup>** - College Tour  
(Fayetteville State University)

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

## STEM: Physician Assistant

*Science, technology, engineering, and mathematics are commonly grouped and known as STEM for short.*

Dentists identify and treat problems concerning a patient's mouth, gums and teeth. Their duties include extracting teeth, fitting dentures and filling cavities. Some choose to specialize in areas that range from treating serious oral problems and diseases to straightening teeth and performing oral surgeries. They are assisted by dental hygienists, who complete a patient's teeth cleaning, and by dental assistants, who usually help with recordkeeping and instrument sterilization. The Bureau of Labor Statistics projects 19.4 percent employment growth for dentists between 2016 and 2026. In that period, an estimated 25,700 jobs should open up.

Quick Stats: Median Salary - \$151,449

Unemployment Rate - .9%

Number of Jobs – 25,700

[Resource](#)

# 5 Things for High School Students to Remember

### 1. Take time to think about what you like to do, and dream and imagine ideal careers.

There are so many opportunities, so many different types of jobs and careers in a wide variety of industries — and there are also other career paths that are just emerging.

Even if you are fairly sure of a career choice, take the time in high school to explore similar (or even vastly different) careers. Explore all your options. Examine your likes and dislikes and take a few career-assessment tests.

### 2. Challenge yourself in high school, but don't overwhelm yourself.

Do get the most out of high school as possible. When you can, take the tough and challenging schedule of classes; you'll learn more — and it will look good to the college admissions staff.

Obviously, you need to stay focused on getting good grades, but don't overload your schedule — or yourself — so that it makes you sick or burnt out. Be sure to include at least one fun course in your schedule.

### 3. Work, volunteer, or otherwise gain some experience.

As with your education, the more you are exposed to, the more options will open to you as you search out careers.

There are even a growing number of internship opportunities for high-school students. Seek work and volunteer experiences in and out of school. And from a practical standpoint, work experience looks good on college applications — and on future job applications and resumes.

### 4. Get as much education as you can.

We are now a society in which many jobs and careers require additional education or training beyond high school. Some careers even require a graduate degree before you can work in the field.

### 5. Talk with as many adults as possible about careers and colleges.

The best way to find out about different careers is to ask people — family, neighbors, friends, teachers, counselors — and get them to tell you about their career and college experiences.

If you have not already, begin to build a network of adults who know you and are willing to assist you in your educational and career endeavors. And for careers that truly interest you, consider asking each person if you can shadow him/her at work.

You could also consider conducting informational interviews at the same time as the shadowing, or as a less intrusive method of learning more about jobs and careers.

[Resource](#)

# Announcements

## Academic Saturdays

- Academic Saturdays will now take place on the 1<sup>st</sup> and 3<sup>rd</sup> of each month from 8:30am to 1pm at Garinger High School. The next one will take place on February 2<sup>nd</sup>.

## Verizon Users! Please Download the Remind App!

- Recently, we learned that Verizon will be charging Remind a new fee that will make it impossible to send free text messages. As a result, Remind will end text messaging for people who has Verizon as a carrier. To still receive notifications from us, please download the mobile app as well as enable email notifications (which can be done through the app) by January 28th. Both will be free of charge.

## SAT/ACT Testing

- Make sure that you are aware and are staying on top of the SAT and ACT dates and deadlines!

### SAT Test Dates:

Test Date	Deadline	Late Registration	Online Score Release
March 9, 2019	February 8, 2019	February 27, 2019	March 22, 2019
May 4, 2019	April 5, 2019	April 24, 2019	May 17, 2019
June 1, 2019	May 3, 2019	May 22, 2019	July 10, 2019

### ACT Test Dates:

Test Date	Deadline	Late Registration	Online Score Release
Feb 9, 2019	Jan 11, 2019	Jan 18, 2019	Feb 19; Mar 5, 2019
Apr 13, 2019	Mar 8, 2019	Mar 25, 2019	Apr 23; May 7, 2019
June 8, 2019	May 3, 2019	May 20, 2019	June 18; July 2, 2019
July 13, 2019	June 14, 2019	June 24, 2019	July 23; August 6, 2019

**All Juniors are advised to take the SAT/ACT their junior year in order to be eligible to get free college admissions vouchers. Please talk with your counselor for more information.**

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