



Academic Institute of Central Carolina TRiO Program

Upward Bound Insider

May 2018

Greetings from The Executive Director

Greetings,

Our April 28th –“Beat Your Best” meeting was awesome. To start let’s thank Dr. Richard T. Wynn, MD for his story and encouraging words. As one of the few African American medical doctors in the Charlotte community, it was kind and inspirational for him to take time from his busy schedule to speak and interact with Upward Bound parents and students.

Let’s thank Mr. Prince Teal, of Teal Consulting to share why Upward Bound is an opportunity and how it began. As a federal Trio employee for many years, his experience and guidance provided to our Upward Bound lends us a jump start to a great summer and a model program.

A special shout out to Mr. Parker, principal of East Mecklenburg for allowing Upward Bound to meet and have space for academic instruction. He is truly an advocate for educational excellence. The words posted in his school goes like this---“So many faces going so many places”- that’s what Upward Bound is.

This is our first year of Upward Bound and it is growing and becoming something great. As I lead this program and provide the guidance I remind every parent, every student and the AICC Staff we can only learn and grow.

Our motto: Upward Bound won’t only make students College Ready; Upward Bound makes students “COLLEGE COMPETITIVE “.

With Kind regards, Deborah Kingsberry, Executive Director

“NINE TENTHS OF EDUCATION IS ENCOURAGEMENT”

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Executive Director

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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.

Contact Us

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Important Dates to Remember

Academic Saturday

May 12, 2018-8:30am-1:00pm

May 19, 2018-8:30am-1:00pm

East Mecklenburg High School

End of Year Celebration
May 19, 2018

Summer Session Commence
June 18, 2018

Residential Summer Session
July 8, 2018
Wingate University

Summer Trip
July 30-August 2, 2018



Upward Bound Objectives and Goals

The project must achieve six student objectives.

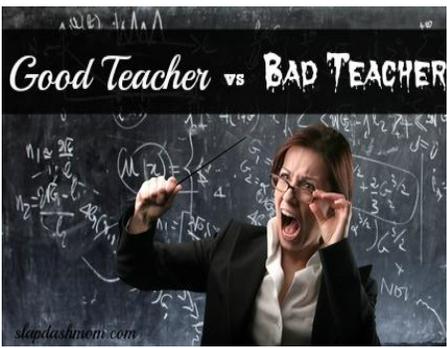
1. **Academic Performance-Grade Point Average (GPA): 65%** of participants served will have a cumulative GPA of 2.5 or better at the end of the school year.
2. **Performance on Standardized Test-55%** of UB students served during the project year, will have achieved at the proficient level on state assessments 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 each year and graduate with a school diploma.
4. **Secondary School Graduation (rigorous secondary school program of study)- 40%** of all current and prior year UB participants, will complete a rigorous course of study and graduate 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 college, will attain either an associate's or bachelor's degree within six years following graduation from high school.

Quote of the month

Intellectual growth should
commence at birth and cease
only at death.

Albert Einstein

Parent's Corner



How Can Parents Tell If Teachers Are Doing a Good Job?

If you want to know if your child's teacher is doing a good job, look for these **Green** flags.

1. Clearly communicated expectations for behavior and modeled those expectations for students.
2. Available for before or after-school assistance.
3. Partner with other teachers who share the same students.
4. Share good news, not just bad news.
5. Responds to your emails, voicemails, or written notes.
6. Invite you to spend time in your child's classroom or to participate in other ways.
7. Have a sense of humor that keeps students interested and makes learning "fun."
8. The classroom rules are fair and applies to everyone.
9. Students know what is expected of them and are held to those standards of performance.
10. Students are engaged in learning and want to share it with you when they get home.

Stress Reduction Tips for Final Exams

1. Remove yourself from stressful situations.
2. Don't overwhelm yourself.
3. Don't sweat the small stuff.
4. Learn how to relax yourself.
5. Change your reactions to situations.
6. Get plenty of rest.
7. Exercise.
8. Do something for others.



What is 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.

GOING TO HIGH SCHOOL CLASSES

The school year is 36 weeks long; some classes extend over both semesters and some don't.

Classes generally have no more than 35 students.

You may study outside class as little as 0 to 2 hours a week, and this may be mostly last-minute test preparation.

You seldom need to read anything more than once, and sometimes listening in class is enough.

You are expected to read short assignments that are then discussed, and often re-taught, in class.

Guiding principle: You will usually be told in class what you need to learn from assigned readings.

GRADES in COLLEGE

The academic year is divided into two separate 15-week semesters, plus a week after each semester for exams.

Classes may have 100 students or more.

You need to study at least 2 to 3 hours outside of class for each hour in class each week. Note: If you are taking 12 credit hours, this is 24-36 hours of study per week.

You need to review class notes and text material regularly.

You are assigned substantial amounts of reading and writing which may not be directly addressed in class.

Guiding principle: It's up to you to read and understand the assigned material; lectures and assignments proceed from the assumption that you've already done so.

High School Vs College



Academic Saturday Highlights

East Mecklenburg High School Academic Saturday-April 28, 2018



Dr. Richard T. Wynn-Keynote Speaker inspired and motivated students and parents



Special Thanks to Principal Parker, Ms. Rodriguez, Mr. Johnson, Ms. McCormick, Ms. Wilson, and Mr. Williams for hosting Upward Bound at East Mecklenburg.

Upward Bound students in Classes



