

# Upward Bound Insider

## MEET THE STAFF:

**Deborah J. Kingsberry**

*Executive Director*

**Raegan Kendrew**

*Administrative  
Assistant*

**Dominique Jackson**

*Program Coordinator*

**Marvin Fleming**

*Academic 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 ethically, 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.*

Hello,

I would first like to wish all of you and your families a happy, healthy, and relaxing Thanksgiving holiday!

As we reflect on the many things for which we are thankful for, I want to take this opportunity to share just a few of them with you. We are thankful for our students who have the drive to succeed throughout their academic journey and beyond- they give us a daily reminder of what is important and why we are here. We are thankful for the continued support of the parents in helping our students succeed. We are also thankful for teachers, tutors, and school support staff for their contribution to the Upward Bound program. We could not do the work we do without you.

Upward Bound is committed to encouraging and providing students with the necessary tools for academic and professional success. We want to remind all seniors to complete their senior checklist by December 14<sup>th</sup>, 2019. The checklist includes the FAFSA, scholarships, and college applications. Feel free to stop by the Upward Bound office for assistance.

Sincerely,

Deborah Kingsberry, Executive Director



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

## Contact Us

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### Important Dates

**November 2<sup>nd</sup>, 2019** – STEM  
Laser Quest

**November 5<sup>th</sup>, 2019**- Wake  
Forest University College  
Tour

**November 16<sup>th</sup>, 2019** –  
Academic Saturday @  
Garinger High School

**November 21<sup>st</sup>, 2019**–  
SENIOR DAY @ UB office  
4pm-6pm

**November 21<sup>st</sup>, 2019**–  
Financial Aid Seminar @ UB  
Office 4pm-6pm

**MANDATORY  
TUTORIALS!!** Online  
and/or Onsite tutoring  
sessions will be held  
every Tuesday and  
Thursday from 3pm until  
6pm. Every student  
**MUST** complete 2 hours  
every week.

## 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.

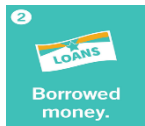
There is no end to education. It is not that  
you read a book, pass an examination,  
and finish with education. The whole of  
life, from the moment you are born to the  
moment you die, is a process of learning.  
Jiddu Krishnamurti

# \$ FINANCIAL AID 101: \$ GETTING MONEY FOR COLLEGE

- **What is financial aid?**
  - Monies allocated to help pay for college.
  - Financial aid is NOT based on merit (grades or what your GPA is); it is based on financial NEED (how much money do you need)
- **How do you receive financial aid?**
  - Students must apply for financial aid via [fafsa.ed.gov](https://fafsa.ed.gov) each year by completing the Free Application for Federal Student Aid (FAFSA) as close to January 1<sup>st</sup> as possible.
    - The results on the FAFSA help to determine how much financial aid a student receives.



- **There are four basic types of financial aid:**
  - **Grants:** money that does not have to be repaid.
  - **Scholarships:** money that does not have to be repaid
  - **Work-Study:** money earned while working on a college-campus; this money can be used to help pay for your tuition or can be given to you in the form of a check for you to spend however you would like (i.e. personal expenses, travel from Charlotte to your college/university, etc.)
  - **Loans:** money that does need to be repaid



- **It is okay to have a few loans to help invest in your education and future.** You just don't want to have \$100,000 worth of loans within your first four years of undergraduate. I encourage all of you to gain a graduate degree as well, and for the most part, in graduate school, you are only offered loans in the form of financial aid; you don't want loans on top of loans!

## FAFSA Tips & Common Mistakes to Avoid:

- **Apply for the FAFSA EARLY**
- **View and print FAFSA Checklist**
- **Use the IRS Data Retrieval**
- **Avoid leaving blank fields**
- **Avoid entering the wrong federal income tax information**
- **Don't be afraid to ask for assistance**

## GATHER THIS INFORMATION



Social Security number

A# 123-456-789

Alien registration number



Federal tax information or tax returns



Records of untaxed income



Cash, savings, and checking account balances



Investments other than the home in which you live

## Career Exploration

### Computer System Analyst

Quick Stats:

Industry: Business

Median Salary: \$88,270

Unemployment Rate: 2.1%

Number of Jobs: 54,400

Computer systems analysts leverage both their knowledge of information technology and business to design better computer systems and processes for their clients. Analysts will research the best technologies to help the organization's overall computer system – the hardware, the software and the networks – run more efficiently and effectively.

They also test the systems and train their organization in them. And when the inevitable hiccups arise, computer systems analysts are the ones who troubleshoot the problems.

The Bureau of Labor Statistics projects 9.1 percent employment growth for computer systems analysts between 2016 and 2026. In that period, an estimated 54,400 jobs should open up.

[Resource](#)





## 5 Effective Tips to learn organization skills:

1. Learn multiple ways to prioritize.
- 2.. Use a planner.
3. Schedule due dates, with reminders in your phone.
4. Track your time, and use it wisely.
5. Stay consistent with your routine.

## Organizational Skills for Teens

### Organization System.

Teens deal with a lot of paperwork every day at school. Keep organized with the right tools. Stay Prepared with a three-ring, cloth binder with an accordion file, a pouch for pencils and pens, and an assignment notebook to keep track of homework, projects and upcoming tests. Get in the habit of removing unnecessary papers from the binder once a week to prevent it from becoming a wasteland.

### Study Space.

Designate a space in the house as a study area and use it every day. It can be a desk in his room, a counter in the mud room, the kitchen table or a lap pad in a quiet corner of the living room. Wherever the study space, it should be free of distractions.

### Calendar.

Families with teenagers benefit by keeping a family calendar to track sports practices, appointments, meetings and project due dates. Check the calendar daily. Talk about what steps they plans to take in the days before a project is due. Teens can stay further organized by planning their daily tasks in a weekly planner.

### Routine.

Encourage routines in the home. Incorporate a study time in the routine, such as after dinner. When you get in the habit of doing homework at the same time every day you are more likely to stay on top of the work. Be sure to get adequate sleep.

## Announcements, Highlights, and Shout-outs!!

### ANNOUNCEMENTS

- Upward Bound will host another Parent Financial Aid Workshop is on Thursday November 21<sup>st</sup>, 2019 from 4pm until 6pm at the AICC Office.
- Students must complete an extracurricular activity release form when requesting permission to participate in the activity during an Upward Bound scheduled event.
- If student is using Khan Academy, join Ms. Jackson's classroom by going to [khanacademy.org/join](https://khanacademy.org/join). Enter class code H6K86FJG.
- For the month of November and December, Upward Bound will highlight student leaders that have shown excellent academic achievements, exemplary attitude and behavior, and goes above and beyond inside and outside the classroom.

### HIGHLIGHTS & SHOUT-OUTS



*Shout-out to Sarai Monge and Michelle Sanchez for their hard work and dedication towards their academics.*

*Shout-out to this group of students for their continued engagement in the Upward Bound activities.*

