

# Upward Bound Insider

Academic Institute of Central Carolina  
TRIO Program  
September 2018



**Deborah J. Kingsberry**

*Executive Director*

**Percell W. Hobbs**

*Assistant Director*

**Chantal Caldwell**

*Academic Coordinator*

**Raegan Kendrew**

*Administrative Assistant*

**Diarel Riley**

*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.*

*Greetings from the Executive Director,*

Hello,

Happy September! I hope the transition into the school year is going well for you all.

The staff is looking forward to seeing you as we start tutoring October 1<sup>st</sup> online and in person, as well as Academic Saturdays starting on October 6<sup>th</sup> at East Mecklenburg High School at 8:30am.

I want to reiterate the mission of Upward Bound and its benefits for students and parents. Upward Bound is an academic program and thus provides all students the tools and resources to get you into college. The overall goal of Upward Bound is to increase the rate at which participant's complete secondary education than enroll in *and* graduate from institutions of postsecondary education.

So from each of you, Upward Bound want full participation and positive attitudes! Please recognize and take full advantage of these amazing opportunities Upward Bound provides and give your best. In return, it gives the staff the motivation and energy to keep working hard for each of you.

Sincerely,

Deborah Kingsberry, Executive Director




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

## Contact Us

Academic Institute of  
Central Carolina  
7506 E. Independence Blvd.,  
Suite 127

Charlotte, NC 28227

704.566.9036. Office

704.536.9828 Fax

[www.academicinstitute.education](http://www.academicinstitute.education)

## Important Dates

**October 1<sup>st</sup>** – Tutoring begins

online-3:00pm-6:00pm

Monday-Thursday

In-person-3:00pm-6:00pm

Tuesday & Thursday

**October 6<sup>th</sup>** – Academic

Saturday 8:30am

East Mecklenburg High

**October 15-19<sup>th</sup>** – Free

college application week

**October 31<sup>st</sup>** – College tour

Catawba College &

Pfeiffer University

8:30am-3:30pm

FAFSA, Scholarships, and  
College applications  
assistance is available the  
entire months of October and  
November. Remember, the  
best Financial Aid Packages  
are given to those who apply  
early, so please don't wait.

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.

“  
It always seems  
impossible until  
it's *done*.  
-Nelson Mandela  
”

## You're Invited!

**What:** Open House

**When:** Saturday, October 6, 2018

**Time:** 10:00 AM – 2:00 PM

**Where:** Upward Bound Office, 7506 E. Independence Blvd, Charlotte, NC 28215



Join us on our Fall Open House to celebrate the new school year! We will be having free food, games, supplies and prizes for all attendees. This will also be a great opportunity to invite potential participants to learn more information. (Academic Saturday is on this day, so please stop by afterwards!)

## SAT Prep

This month we are covering the SATs. It is *crucial* to start planning and gathering information *now* to be successful on your SATs. Below are the dates and deadlines to be aware of when starting to prepare and take the SATs and ACTs. (We will be covering the ACTs next month.)

| 2018-19 SAT Deadlines |                       |
|-----------------------|-----------------------|
| SAT Dates             | Registration Deadline |
| October 6, 2018       | September , 2018      |
| November 3, 2018      | October 5, 2018       |
| December 1, 2018      | November 2, 2018      |
| March 9, 2018         | February 8, 2019      |
| May 4, 2018           | April 5, 2019         |
| June 1, 2019          | May 3, 2019           |

| 2018-19 ACT Deadlines |                       |
|-----------------------|-----------------------|
| ACT Dates             | Registration Deadline |
| October 27, 2018      | October 14, 2018      |
| December 8, 2018      | November 2, 2018      |
| February 9,2019       | January 11, 2019      |
| April 13, 2019        | March 8, 2019         |
| June 8, 2019          | May 3, 2019           |
| July 13, 2019         | June 14, 2019         |

To register, please visit [collegeboard.org](http://collegeboard.org) and create a free account. We do waiver the fee for your first test, so before you register come see us!

Tip #1  
Make sure you get oriented to the overall structure and format of the SAT.

Tip #2  
The SAT has a particular style of asking questions, so you need to become familiar with the content and feel of the Sat.

[Resource](#)



## 4 Things You Need to Know Before Picking an SAT Date

### Help Your Child Succeed at School!

*1. Develop a partnership with your child's teachers and school staff*

- Attend parent-teacher conferences, get to know who's who at your child's school

*2. Support your child academically*

- Find out how your child is doing, make sure their homework gets done

*3. Get involved with your child's school*

- Volunteer or learn what the school offers

*4. Get informed and be an advocate for your child*

- Ask questions, let the school know your concerns

*5. Support your child's learning at home*

Show a positive attitude, give encouragement

[Resource](#)

### 1. Deadlines for college applications

It's important to consider deadlines for your college applications when scheduling an SAT date so your scores will be delivered on time. Typically for a high school senior, regular decision deadlines are in **December or January** and the most common early action or early admission deadline is in **November**. **Be sure to check the official deadlines for the colleges you plan on applying to.** Use them as a guideline when figuring out when to take the SAT. And leave time for multiple attempts in case you want to retake the SAT.

### 2. Make time to practice

Give yourself enough time to prep before the test date you choose. The more prepared you are, the more confident you'll feel as you approach your SAT date. Set aside study time during breaks (summer and winter). Going on vacation? Take your study materials with you just in case you have some spare time. Here are a few quick links to get you started with your SAT prep:

- [Official SAT Practice on Khan Academy](#)<sup>®</sup>: Free and personalized study for everyone. Take official full-length practice tests, use interactive practice, and get a tailored practice plan based on your PSAT/NMSQT results.
- [Daily Practice App](#): SAT prep you can use anytime, anywhere.
- [SAT Practice Tests](#): Simulate test day with official full-length SAT practice tests.
- [Sample Questions](#): Check out these questions so you'll know what to expect on test day.

### 3. School and personal commitments

You have a lot going on—classes, homework, extracurricular, exams, jobs, family, and more. Consider these when picking a test date. Try to avoid taking the SAT at a time you might be EXTRA busy with finals, AP Exams, family occasions, big games, or school club events.

### 4. High school classes help you prepare

The SAT tests general concepts you're learning in your high school classes. All the English/language arts classes you've been taking since middle school will come to your aid when you take the SAT. Math classes like trigonometry, geometry, and algebra (elementary and intermediate) will be helpful too. So, if you haven't taken a trig class yet, that's a topic you might spend more time

focusing on. If you've already taken classes like geometry and algebra, you can use your knowledge as a guide when you're practicing and during the test.

### When should you take the SAT for the first time?

*Take your first SAT in the spring of your junior year.* This is the most logical time to take the SAT because it gives you time to make a study plan during the winter and during breaks. (Or even before that if you're trying to be super prepared.) Once you get your SAT scores back you can use them as a guide to help you prepare for the next time you take the SAT if you need to.

### When should you take the SAT a second time?

Didn't reach your goal the first time? That's totally okay—you have time to prep harder and get the score you want. **Test again in fall of your senior year.** There are three fall SAT test dates (August, October, and November), and **67% of students improve their score the second time around.**

### Resource



## IMPORTANT INFORMATION!

1. College Application Emphasis Week is during October 15 – 19, 2018, where many North Carolina colleges and university will waive their application fees. Please take advantage of this opportunity because college application fees are expensive. Upward Bound will provide fee waivers for college and universities within the United States of America to also defer this expense. To take part and learn more information, visit [cfnc.org](http://cfnc.org).
2. All Seniors will participate in SAT and ACT preparation classes during Academic Saturdays during the fall semester!
3. Upward Bound is recruiting 9<sup>th</sup> graders from East Mecklenburg, Garinger, Independence, and Rocky River High Schools to join the program.