

# Upward Bound Insider

Academic Institute of Central Carolina

TRIO Program

January 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,*

Happy New Year!

Welcome to 2019! Hope that you all had a great holiday break and aced all of your exams!

For this upcoming spring semester, we hope that you look at it as a way to start fresh and leave negativity behind you.

One way to start the new semester off right is utilizing your resources such as tutoring. Don't forget that we are here to help you excel in your academics and we would love to see you all in the offices getting the help that you need. Don't be afraid!

Tutoring is offered online Monday through Thursday from 3pm to 6pm. Just simply go to [academicinstitute.education](http://academicinstitute.education), click on the Upward Bound tab, and then click on tutoring. We offer Math, Science, English, Spanish as well as Khan Academy for other subjects.

Good luck into the new semester, make the most out of it!

Sincerely,

Deborah Kingsberry, Executive Director



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

## Contact Us

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## Important Dates

**February 2<sup>nd</sup>** – Academic  
Saturday with Parent  
Financial Aid Workshop

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

**February 16<sup>th</sup>** – Academic  
Saturday with Parent  
Orientation

**February 26<sup>th</sup>** – Academic  
Counseling Sessions

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.

“ A great *attitude*  
becomes a great day  
which becomes a great  
month which becomes  
a great year which  
becomes a great *life*. ”

## Spring Semester Tips

Spring semester has arrived! And, if you're looking for a fresh start, you're in luck! A new semester is filled with opportunities and there's plenty to do that can help you achieve your goals. Most important of all, from start to finish, make sure to stay focused and motivated on what's important – your semester's success.

### 1. Prep for College

Every month, follow your college prep checklists to get ahead of the game on your college preparations

### 2. Seniors, [Complete Your FAFSA](#)

If you need assistance, call us or come by the office! It is important to note that the earlier you apply for FAFSA, the more money you can get!

### 3. Juniors, Consider AP Classes

Juniors, now is the time to consider adding advanced placement courses to your senior year schedule. But, you have to plan ahead to take advantage of them! Don't be afraid to challenge yourself!

### 4. Apply for Scholarships

Again, call us or come by the office for assistance. There are so many scholarships out there to take advantage of!

### 5. Save, Save, Save!

This year, save more. You're going to need all that dough to pay for Ramen (and tuition) in college - start saving now! Applying for scholarships can help - but every penny saved is a penny earned for your books, tuition, housing (and all other college stuff). It all adds up and you'll be so grateful you planned ahead once you're there.

### 6. Start with a Clean Slate

Let go of last semester – regardless of how it went. You have the unique opportunity for a fresh start, so use it to your advantage.

### 7. Stay Motivated

Easier said than done, but losing focus toward the end of the year is a huge problem that can impact your grades and college admissions (regardless of whether you've already been accepted.)

### 8. Steer Clear of Known Setbacks

You know your vices – so stay away at all costs! Now that you have a fresh start, there's no point in looking back. Make sure you're steering clear of second semester setbacks, like losing focus, assuming you're all set for college or slacking off in your courses. Remember, *everything counts* until the very last day of high school!

[Resource](#)



## STEM: Physician Assistant

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

Physician assistants diagnose illnesses, develop and carry out treatment plans, assist in surgeries, perform procedures and guide patients. Their work is very similar to that of a general internist or doctor, but they are required by law to practice under the supervision of a licensed physician or surgeon.

Physician assistants are expected to continue to be an important part of providing health care services, as they can be trained more quickly than physicians but can provide some of the same services.

The Bureau of Labor Statistics projects 37.3 percent employment growth for physician assistants between 2016 and 2026. In that period, an estimated 39,600 jobs should open up.

Quick Stats: Median Salary - \$104,860

Unemployment Rate - .8%

Number of Jobs – 39,600

[Resource](#)

## Parents: 15 Questions to Replace 'How Was School Today?'

### Tips for Asking Questions:

How and when we ask these questions makes a big difference in the information we receive. First, you don't want to ask all of these questions on the same day. You might ask one or two. After a while, you'll figure out which ones elicit the most meaningful responses. You'll want to ask during a time when you have the ability to focus so that your child feels they have your full attention.

1. Tell me about a moment in class when you felt confused.
2. Tell me about a moment today when you felt excited about what you were learning.
3. Think about what you learned and did in school today. What's something you'd like to know more about? What's a question you have that came from your learning today?
4. Were there any moments today when you felt worried? When you felt scared?
5. Were there any times today when you felt disrespected by anyone? Tell me about those moments.
6. Were there times today when you felt that one of your classmates demonstrated care for you?
7. Were there any moments today when you felt proud of yourself?
8. Tell me about a conversation you had with a classmate or friend that you enjoyed.
9. What was challenging about your day?
10. What do you appreciate about your day?
11. What did you learn about yourself today?
12. Is there anything that you'd like to talk about that I might be able to help you figure out?
13. Is there anything you're worried about?
14. What are you looking forward to tomorrow?
15. Is there a question you wish I'd ask you about your day?

[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.**

Don't forget to follow us!

@UB\_AICC



Instagram