

**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 ethnically, economically, and academically diverse individuals.

Students selected to join the program must be in 9<sup>th</sup>-11<sup>th</sup> grade and attend one of the following school's:

***East Mecklenburg  
High School***

***Garinger High School***

***Independence  
High School***

***Rocky River High School***

# Upward Bound Insider



## Greetings from the UB TEAM

Let's celebrate!

It's that time of year again where we highlight the legacy of our African-American roots. As we remember and honor the great minds that put in the hard-work before us, to them we are thankful that we can assemble together with disregard to race. Whether the task you start is big or small, remember to do them well or not at all. Take the time to reflect on your success so far during this academic school year and continue to push for higher academic gains. The Upward Bound staff have worked extremely hard to provide another year of opportunities for all of our students. This should always be an exciting time for each of you to take leaps and bounds towards success, to leave your legacy behind for the next generation. In order to reach success, remember you have to be diligent and intentional about your studies.

Please be reminded that all students must complete a mandatory two hours of tutoring every week. Online and onsite tutorials will be held on Tuesday and Thursday from 3pm until 6pm.

Sincerely,

UB Staff



## Student Objectives

### Contact Us

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### Important Dates:

**Feb. 1: TRIO STEM Activity**

**Feb. 2: Freshmen Drop-In**

**Feb. 4: HBCU Day @ NC State**

**Feb. 8: Conflict Resolution  
Series**

**Feb. 9: Senior Drop-In**

**Feb. 15: TRIO STEM Activity**

**Feb. 16: Sophomore Drop-In**

**Feb. 18: TRIO Sneaker Ball**

**Feb. 22: Conflict Resolution  
Series**

**Feb. 23: Junior Drop-In**

Tuesday's and Thursday's

Tutoring 3PM-6PM

Academic Counseling Sessions

Wednesdays

**UPWARD BOUND OBJECTIVES AND  
GOALS ARE MANDATORY!**

**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.

**“Educating the mind without educating the heart is no education at all.”**

## Study Skills and Strategies

### ❖ Study Smart

- Eliminate Distractions
- Get Started
- Don't put it off- begin with something simple

### ❖ Know Your Learning Style

#### Visual Learners

- Flash cards, notes, charts and diagrams are helpful.

#### Kinesthetic Learners

- Learn best by hands-on activities and moving around while studying.

#### Auditory Learners

- Read aloud, have discussions, listen to tapes, use memory tricks involving rhythm and rhyme.

### ❖ Be Organized

- Break down large assignments into smaller parts, giving yourself deadlines for getting each part done.

### ❖ Take Good Notes

- Don't just hear what your teacher is saying, think about it and try to understand the material.

### ❖ Good Time Management

- Create a study plan.

### ❖ Organize Your Study Time

- Decide what you are going to get done and the order you are going to do it in. Make sure you spend the most time on the most important things.

### ❖ Reduce Test Anxiety

- Start studying early.

### ❖ Practice Relaxation Techniques

## Career Exploration:

### Software Developer:

A computer programmer, sometimes called a software developer, a programmer or more recently a coder, is a person who creates computer software. The term computer programmer can refer to a specialist in one area of computers, or to a generalist who writes code for many kinds of software.

<b>Median Pay:</b>	<b>\$103,620 Per Year</b>
<b>Entry-Level Education:</b>	<b>Bachelor's Degree</b>
<b>Number of Jobs:</b>	<b>241,500</b>
<b>Future Outlook:</b>	<b>The software developer field is growing in both salary and job volume. The BLS projects the software development (applications) field will grow by about 26% by 2028, with 241,500 jobs added by that time. This is compared with an estimated 12% growth for those in computer occupations.</b>



- ❖ What's 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.

<b><u>HIGH SCHOOL</u></b>
<b>High school is mandatory and usually free.</b>
<b>Your time is structured by others.</b>
<b>You need permission to participate in extracurricular activities.</b>
<b>You can count on parents and teachers to remind you of your responsibilities and to guide you in setting priorities.</b>
<b>Each day you proceed from one class directly to another, spending 6 hours each day--30 hours a week—in class.</b>
<b>Most of your classes are arranged for you.</b>
<b>You are not responsible for knowing what it takes to graduate.</b>
<b>Guiding principle: You will usually be told what to do and corrected if your behavior is out of line.</b>
<b><u>COLLEGE</u></b>
<b>College is voluntary and expensive.</b>
<b>You manage your own time.</b>
<b>You must decide whether to participate in co-curricular activities.</b>
<b>You must balance your responsibilities and set priorities. You will face moral and ethical decisions you have never faced before.</b>
<b>You often have hours between classes; class times vary throughout the day and evening and you spend only 12 to 16 hours each week in class.</b>
<b>You arrange your own schedule in consultation with your advisor. Schedules tend to look lighter than they really are.</b>
<b>Graduation requirements are complex, and differ from year to year. You are expected to know those that apply to you.</b>
<b>Guiding principle: You are expected to take responsibility for what you do and don't do, as well as for the consequences of your decisions.</b>

## ❖ High School vs College

