

**MEET THE STAFF:**

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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 ethically, 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

Greetings,

Women's History Month is celebrated in March. In the United States, Women's History Month traces its beginning back to the first International Women's Day in 1911. Our country finally found it appropriate to acknowledge a group of citizens who have historically been silenced. As we celebrate Women's History Month, let us also lift up the voices, contributions and bravery of women in the margins. This Women's History Month, Upward Bound is devoting time for celebrating and amplifying women's contributions to academia, art and popular culture.

Spring is quickly approaching. As you may know, this is a time of year that students make the most academic and social learning improvements. Make school a priority. Very soon the weather will change with spring right around the corner. It can be challenging to keep our students focused on learning. What can you do to make school a top priority for your student? Keep these ideas in mind:

- Make attendance your number one priority. Let your child know that unless they are sick, they must attend school (and be on time.) Make an effort to schedule appointment after school hours.
- Show you care. Talk about school activities and projects. Make an effort to attend as many school events as you can.
- Remain positive. Try to set a positive example for your student, even when your own day has been challenging. If you show a positive attitude about your work, your child may feel better about their own.

Sincerely,

UB Staff,



**Contact Us**

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**Important Dates:**

**March 1: NC Black College Expo**

**March 4: Academic Saturday**

**Garinger High School**

**9AM-1PM**

**March 11: NC TRIO Scholars  
Bowl**

**March 15: TRIO STEM Activity**

**March 22: Women's History  
Workshop**

**March 27: NCCU College Tour**

**Tuesday's and Thursday's**

**Tutoring 3PM-6PM**

**Academic Counseling Sessions**

**Wednesdays**

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

**TUTORIALS!!**

Online and/or Onsite tutoring sessions will

**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.

**"An investment in knowledge pays the best  
interest".**

**– Benjamin Franklin**

## HIGH SCHOOL SURVIVAL SKILLS:

### HOW TO DEAL WITH STRESS



Tips to help reduce your stress:

#### - Have a healthy escape from school

Give yourself a little bit of 'me' time each day. A good idea is to use this 'me' time to do something physical: physical activity reduces stress.

#### - Lighten up and laugh a little

Be able to laugh at yourself even when things don't go your way.

#### - Reward yourself for doing well

When you know you have performed well on a given task, don't be afraid to give yourself a pat on the back.

#### - Keep things in perspective

Take a second to look at it from a different point of view.

#### - Be positive

Focus on the benefits of overcoming hurdles

#### - Stay away from drugs and alcohol



## Career Exploration:

### Physician Assistant:

Physician assistants, also known as PAs, practice medicine on teams with physicians, surgeons, and other healthcare workers. They examine, diagnose, and treat patients.

<b>Median Pay:</b>	<b>\$112,260 per year</b> <b>\$53.97 per hour</b>
<b>Entry-Level Education:</b>	<b>Master's Degree</b>
<b>Number of Jobs:</b>	<b>118,800</b>
<b>Future Outlook:</b>	<b>Employment of physician assistants is projected to grow 31 percent from 2018 to 2028, much faster than the average for all occupations.</b>



## 5 FACTS about Goal Setting:

1. Specific, realistic goals work best.
2. It takes time for change to become an established habit.
3. Repeating a goal makes it stick.
4. Roadblocks don't mean failure
5. Stay positive, and trust the process.



### Step 1: Define goals.

Write down several of your academic goals for the school year. These might include short-term goals, such as obtaining a B average in all classes or graduating high school with a 3.6 GPA. Goals should be measurable, within your control and specific enough to work toward.

### Step 2: Identify the things standing in the way of those goals.

Put each goal at the top of a separate piece of paper and list the obstacles between you and achieving that goal.

### Step 3: Create an action plan.

Once you have defined several goals and listed the challenges confronting each, think about how to tackle those roadblocks one by one. Talk with someone about what needs to happen in order for you to overcome the problems named in Step 2.

### Step 4: Assign target dates.

Assign a due date to each step in your action plan. If short-term, you can add a date to your overall goal as well, but for long-term goals, it is more important to create a specific and realistic to-do list to help you along the way.

