

# News from UPWARD BOUND

## Greetings from UB

It is getting to be the final stretch of the academic year and that presents many different opportunities and challenges. As you prepare for prom, finals, graduation, and the summer over all, remember that it is not about how you started but the integrity that you have to finish the task. Are you locked in to make this school year ending your best one yet?

## Tutoring & Workshops

Every Tuesday  
- Online

Every Thursday  
- Online & In-person

## What's New

Upward Bound would like to welcome our new Academic Coordinator, Mr. Dominique Nixon. Mr. Nixon is a 2013 graduate of Upward Bound. He graduated UNC-Greensboro with a B.A. in political science and with his masters in Public Affairs. Please join us in welcoming Mr. Nixon to the AICC Upward Bound Family.

## Upcoming Events

Academic  
Saturday - May 3  
Mother's Day -  
May 11  
UB EOY Activity -  
May 23  
Memorial Day -  
May 26  
UB Senior  
Celebration. May  
28

# Blooming into May Success


## Study Tips

- Space out your studying, review class materials at least several times a week
- Find a comfortable and quiet place to study with good lighting and little distractions (try avoiding your own bed!)
- Take notes and write down a summary of the important ideas as you read through your study material.
- Take short breaks frequently
- Test yourself or have someone test you on the material to find out what your weak and strong areas are.

## Managing Stress

- Get enough sleep
- Exercise- A brisk 10-minute walk can boost endorphins
- Eat well
- Get organized
- Manage your time wisely
- Get help if you need it
- Stay social





"Life has two  
rules: number 1,  
never quit!  
Number 2,  
always  
remember rule  
number one." —  
Duke Ellington

## Reminder

Students make sure that  
you have all necessary  
forms and documents for  
the upcoming summer  
component in June.

## Want to be Featured

TRIO UPWARD BOUND LOVES TO  
RECOGNIZE STUDENT SUCCESS!  
DID YOU EARN A HIGH GPA? DID  
YOU GET INTO YOUR DREAM  
COLLEGE? HAVE YOU WON AN  
AWARD OR AN ACADEMIC EVENT?  
ARE YOU DOING ANYTHING ELSE  
EXCITING, LIKE PERFORMING IN A  
SHOW OR COMPETING IN A  
CHAMPIONSHIP? PLEASE LET YOUR  
UB COUNSELORS KNOW IF YOU  
HAVE SOME EXCITING NEWS  
ABOUT YOUR ACADEMIC  
JOURNEY! WE WOULD LOVE TO  
SPOTLIGHT YOU!

## Contact Me

FOR MORE INFORMATION, FIND US ONLINE!  
[HTTP://ACADEMICINSTITUTE.EDUCATION/UPWA  
RD-BOUND](http://ACADEMICINSTITUTE.EDUCATION/UPWARD-BOUND)