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January 2013



UB Director Inkwell



Attention Senior Parents: Don't wait until the last minute

I walked into a room with a bowl of M&M's and Mary ask for some. I handed her the bowl and she was able to take as much as she wanted, then Carl ask and received as much as he wanted. The bowl passed around the entire room as people asked, they all received as much as they wanted. Karen sat quite and waited to ask at the end of the meeting. I passed the bowl to her but there were only a few M&M's inside of it. Karen took the remaining M &M's but thought, "That's not enough, I needed more". So is the case with Financial Aid.

If you wait until the last minute, you will NOT receive all the aid that you need.

January is the time to begin the student financial aid process for the 2013-14 school years. Federal student assistance programs can help students and their families pay for most kinds of education after high school, this aid is available if your child will be attending college, vocational or technical school.

Upward Bound will be having a Financial Aid workshop for seniors and their parents. The

workshop will be Thursday, January 17, 2013 at 6:00 p.m. at the Bluegrass Community & Technical College Regency Campus. At this meeting important financial aid information will be given to parents and students as well as help in completing the Free Application for Federal Student Aid (FAFSA).

It is extremely important that students apply as soon as possible for financial aid. Kentucky no longer has a Priority Deadline because they have run out of money in the last few years. It is important that we get the FASFA submitted as soon as possible because awards will only be given until funds are depleted.

If you wait until the last minute, you will NOT receive all the aid that will help you and your child pay for their education.

Additional information about the Financial Aid workshop has been mailed to all seniors. Please call 246-6579 to RSVP.



CONGRATULATIONS TO OUR UB DIRECTOR'S LIST STUDENTS



Kaniesha Baker-Cannady Dustyn Lane Lucia Leszczynski Kierra Paquin Anne-Marie Simpson



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Success Takes Every Parent

As we begin the new year, I want to offer some helpful articles from *The Parent Institute* to support you as we partner together to prepare students for success in high school, college and beyond. Their success requires more than just knowledge of academic material. Learning these skills will also benefit them long after they graduate.

Tell your teen that effort is key to success. Teens often think the ability to succeed is something people are born with. Show your teen that what matters is effort. If he has truly tried his hardest, then he's a success in your eyes. Motivate your teen to always do his best by:

- Fostering skills. Can your teen draw? Build things? Spending time on things he enjoys and is successful at makes your teen feel good about himself, which gives him the confidence to tackle things that are more difficult.
- Offering specific praise. "You took the time to do one more draft of your paper. I can tell how hard you worked on this."
- Being realistic. Even though your teen may study his vocabulary words for hours, he may just get an average grade. It's normal for your teen to be better at some subjects than others. Just keep focusing on your teen's effort!

Encourage your teen to take responsibility for learning. Your teen earned a bad grade—actually, a terrible grade—in Spanish last marking period. What should you do?

Perhaps the most useful thing you can do is to help him "own" it. Most teens have quite a knack for placing the blame elsewhere—on the teacher, on the "stupid" test. Instead, help your high schooler figure out exactly what he did to earn the bad grade.

Until your teen takes responsibility for what he did, he's not going to be able to make changes he needs to make. Here are some questions he should consider:

- **Did he invest the time** he needed? How much time did he actually spend working on his Spanish? Did he review the new vocabulary he learned in class? Did he turn in his homework? Did he study for tests? He is responsible for how he uses his time.
- Does he know how to study? Sometimes, teens think that if they just skim the chapter, they have "studied." Teens need to learn that studying is an active process. If he doesn't know how, encourage him to ask his teacher how to study. He can also search the Internet for college study sites.
- **Did he assume** he is just "not smart" in the class? Remind your teen that nearly any subject can be learned with effort.

Teach your teen the importance of follow-through. Whether an athlete is learning to hit a tennis ball or throw a football, follow-through is important. That's also true in other areas of life. Your teen needs to learn that it's not enough to start a task—he has to follow through until the end.

Help your teen think through all the steps that go into a job. Is the laundry finished if it's still in the dryer? Could you leave the groceries in the middle of the kitchen? Of course not—everything has to be put away in its proper place.

The same is true for homework. It isn't finished until it's handed in. That means it needs to go into his backpack at night so it can get to the right class tomorrow. When your teen does follow through, point it out. "I appreciate that you followed through to the end on that."

Page 2 THE UB GAZETTE

UB STUDENT DEVELOPMENT SPECIALIST

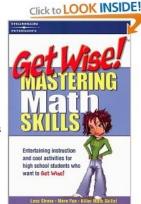
Welcome back to second semester. It's hard to believe a new year is here and, soon, summer will be also. All of you are at different places as the school year begins to wind down. So, here's a little advice for each of you.

Seniors—You are coming to the end of high school and beginning of college. This can be a very stressful, fun, overwhelming, exhilarating time. I'm proud of all you've accomplished over the past four years. Continue to give your best effort over the next few months. Remember, now isn't the time to slack off! When you have your college degree in your hand, you have my official permission to slack off—but not before. I'm expecting big things from you!

Juniors—You're three years into high school and need to begin making some concrete decisions about college. Senior year will fly by and is very busy for most people. Start narrowing your list of colleges you want to apply to so you can have enough time to make a wise choice. If you have questions, write them down and then ask me or Mrs. Sharonda. We can't read your mind but, if you ask, we're here to help.

Sophomores—Now that you've been in high school for a year and a half, you've adjusted to it and are gaining momentum. Now is the time to take your studies seriously so you can create great opportunities for yourself. If you need help in a class, work on Khan Academy or call the UB office for extra tutoring. Also, you need to start thinking about what you want your life after high school to look like. Some planning and dedication can make it happen.

Freshmen—Congratulations on finishing your first semester of high school. The next three years will fly by and you'll be off to college before you know it. Take some time to ask yourself what has gone well for you this first semester and what could have gone better. Upward Bound is here to help you, but much of your success depends on your effort and perseverance. Work to develop those characteristics because they will pay off for you now and long after you graduate.





Happy Birthday



					*
Aaliyah Jones	1/16	Iesha Bailey	3/18	A'lexis Burroughs	5/08
Ah'Zhia Green	1/30	Josh Green	3/25	Brittany Ford	5/10
Yesenia Grant	2/08	Adam Houghton	3/31	Alexis Bell	5/12
Heidi Bradley	2/10	Dustyn Lane	4/06	Tracy Patton	5/20
Haydon Rodgers	2/12	Ieshia Mays	4/09	Lucy Leszczynski	5/23
Angela Marshall	3/31	Kierra Paquin	4/17	Pratiksha Bhattrai	5/27



UB Stipends



Stipends (up to \$25 a month) are issued to UB students that are in good standing academically and are based on the student's participation in Upward Bound Weekly Tutoring Sessions on Khan Academy and Monthly Return Trips.

Policies

- Stipend amounts will be based on participation from the prior month (example: October participation amounts will be reflected on the November stipend)
- Participants must sign in-person for stipends and checks will only be released to the student named on the check.
- Upward Bound will hold checks for one month from the specified pick-up date (monthly return trips). After this time, remaining checks will be voided and all funds forfeited by the participant.
- All checks are void after 90 days of issue
- Checks will be treated like cash stipends; therefore, any lost or destroyed checks are the sole responsibility of the participant.

Penalties

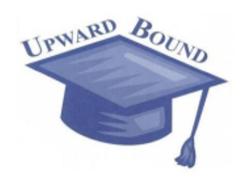
• \$5.00 will be deducted for any unexcused absences from a Return Trip

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We're on Facebook:
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www.facebook.com/upward.bound1

"Taking Learning To New Heights"

2013

RETURN TRIP DATES

February 16, 2013 March 16, 2013 April 20, 2013 May 18, 2013

UB ANNOUCEMENTS

- Check the UB website for scholarship opportunities
- No Return Trip in January
- Check the UB website every month to see which college will be highlighted.
- Remember to log into Khan Academy for tutoring



ACT Test Dates



Test Date

February 9, 2013 April 13, 2013

June 8, 2013

Registration Deadline

January 11, 2013 March 8, 2013 May 3, 2013

Late Fee Required

Jan. 12—Jan. 18, 2013 Mar. 9—Mar. 22, 2013 May 4—17, 2013