## S.T.E.P Bulletin

## **UB Parent Newsletter**

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Bluegrass Community and Technical College Upward Bound Program

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# Success Takes Every Person

## A New Year Brings a Fresh Start

Welcome to 2012! If you are anything like me, the beginning of a new year brings a feeling of a fresh start with the opportunity to evaluate the successes and failures of the past year and cast a fresh vision for the year ahead. In Upward Bound, our vision for 2012 is to continue the growth of the program to serve students with excellence.

Currently, we are building new partnerships between our program, business leaders and community organizations. We believe we can do even more to help students when we have significant community support. If you are aware of any businesses or organizations that would like to partner with us, or if you would like to become more involved in helping Upward Bound, please contact us so we can connect you with those opportunities.

Also, we are continuing our year-long focus on *Character Development*. During the fall term, we talked about building positive character as it relates to school, friends, and parents. During the spring semester, we will discuss building positive character in the areas of sex and dating, addictions, and selfworth. I have really enjoyed talking with the students about these topics so far. As you interact with them at home, I hope you are seeing some evidence of their growth in these areas.

I'm anticipating great things for our students in 2012. They are capable of accomplishing so very much. As they integrate positive character development and a strong work ethic, I am excited to see all that they achieve. ~ Jessica Creech

#### **UPWARD BOUND STAFF**

Sharonda Steele, Director

Jessica Creech, Student Development Specialist

Erica Williams, Administrative Support

#### **Parent Announcements:**

#### WELCOME BACK!

- \* Tutoring: Tutoring resumes during the week of January 17th. Students are allowed one excused absence per month. All other absences result in a \$5 deduction from stipends.
- \* Financial Aid Night:: Financial Aid Night for seniors and parents will be held on Thursday, January 26th at 6 p.m. at BCTC's Regency Campus. Students and parents will receive important financial aid information and help filling out the Free Application for Federal Student Aid (FAFSA).

#### \* ACT Spring & Summer Test Dates:

Test DateRegistration DeadlineFebruary 11, 2012January 13, 2012April 14, 2012March 9, 2012June 9, 2012May 4, 2012

(Students can register online at www.actstudent.org. Fee waivers are available in the UB Office.)

#### \* Spring Return Trip Dates:

February 18, 2012 March 17, 2012

April 21, 2012 May 19, 2011

No return trip in January. Check announcements for further details.

We're on Facebook: Search: BCTC Upward Bound

#### FROM THE DIRECTOR...

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

I walked into a room with a bowl of M&M's and Mary asked for some. I handed her the bowl and she was able to take as much as she needed, then Carl ask and received as much as he needed. The bowl passed around the entire room as people asked, they received how much they needed. Karen sat quiet and waited to ask, so by the time the bowl was passed to her there were only a few M&M's inside of it. Karen 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 2012-13 school year. Federal student assistance programs can help students and their families pay for most kinds of education after high school. The 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 26, 2012 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.

We will be sending additional information about the Financial Aid workshop at a later date. Please call 246-6579 or 1-866-774-4872 ext. 56579 to register.

## Studies show writing can help teens work through problems

At times, a teen my feel as if he's the first—or the only– person to deal with an issue. He may feel like his parents or friends could never understand what he's going through.

If this sounds like your teen, you may have noticed that your efforts to talk to your teen don't always work out so well. But that doesn't mean you're powerless to help him!

Recent research has found that simply writing about thoughts and feelings has a big impact on helping people cope. So next time you notice your teen is upset about something, hand him a pen and some paper. You'll be helping him heal—and helping him strengthen his writing skills at the same time.

To help your teen make the most of the time he spends writing:

- **Give him some starters.** How does he feel about his situation? How would he describe it? He may want to write as if he were talking to a friend who doesn't know anything about the situation.
- Encouraging him to reflect. Tell him to ask himself how pouring his feelings out on paper made him feel. He doesn't' have to tell you; he just needs to think about it.
- Respect his privacy. If your teen knows you aren't going to read his writing, he will be more honest—and get more out of the experience.

**Source**: A. Enayati, "How words have the power to heal," CNN Health, www.cnn.com/2011/Health/06/29/writing. healing.enayati.