



As you read this edition of the U.B. Parent Newsletter, I want to remind you that your student's success is truly a joint effort. Our theme this year is "Together We Win". Winning is dependent upon all of us fulfilling our important roles: students, parents, and Upward Bound working together as a team.

Students must work hard and strive to achieve their goal of pursuing a college education. Upward Bound must provide quality services and activities to help students succeed in high school and be prepared to enter college. Parents--your role is critical. You are called upon to provide encouragement and support to your child as well as reinforce the goals of Upward Bound.

This year we are focused on each student's academic success and will work diligently to be sure each Upward Bound student is successful. In order to do this we will need the support of parents and families, but more importantly students. Students, whether you know it or not, you, the student play a very important role in this process. When you work hard in school and achieve at the highest level, you help add to the success of the program. Your personal achievements reflect positively to colleges and on the program.

Additional, as we always do at the beginning of the academic year, we will be accepting new students into the program. We look forward to accepting even more outstanding students from each of the target schools. Please recommend your friends who are also committed to becoming better students and pursuing a postsecondary education.

Although the group changes a little bit from year to year, Upward Bound remains the same. The program still has as its goal, to encourage and motivate students to pursue academic excellence and postsecondary education.

Welcome to new participants; and to those who are returning from last year, welcome back. Let's all work to make 2015-2016 the best year yet!

Sharonda Steele

Upward Bound Director

School Visit Dates...



	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
BOYLE CO.	17 th 9:00 a.m.	1 st 9:00 a.m.	10 th 9:00 a.m.	7 th 9:00 a.m.
BRYAN STATION	9 th 10:30 a.m.	7 th 10:30 a.m.	11 th 10:30 a.m.	2 nd 10:30 a.m.
DANVILLE	17 th 10:00 a.m.	1 st 10:00 a.m.	10 th 10:00 a.m.	7 th 10:00 a.m.
GEORGE R. CLARK	9 th 2:00 p.m.	7 th 2:00 p.m.	11 th 2:00 p.m.	2 nd 2:00 p.m.
LAFAYETTE	15 th 9:00 a.m.	6 th 2:00 p.m.	17 th 9:00 a.m.	9 th 2:00 p.m.
OMC	11 th 10:00 a.m.	9 th 10:00 a.m.	13 th 10:00 a.m.	4 th 10:00 a.m.
STEAM	16 th 10:30 am.	14 th 10:30 a.m.	18 th 10:30 a.m.	10 th 10:30 a.m.
TATES CREEK	15 th 2:00 p.m.	6 th 9:00 a.m.	17 th 2:00 p.m.	9 th 9:00 a.m.

Your Social Media Personality

Colleges, universities and employers are increasingly checking out your social media to try and get an idea of what kind of person you may be. One 2006 survey suggests that up to 77 percent of employers are Googling and researching applicants. And those doing the research eliminated about 35 percent of candidates from consideration based on the information they uncovered online, including inappropriate pics, bad mouthing others, poor communication skills, negative or discriminatory comments and doing things they clearly shouldn't have been doing.

Imagine being a college or job candidate sitting in front of the decision maker. He or she looks across their desk and says, "Well, I looked you up online and found..." Is what they found out about you something you think will make a good impression?

What's your reaction?

Here are some tips for keeping your online reputation as squeaky clean as possible so that what you do today doesn't haunt or hurt you in the future:

- **Check your friend list.** Who you friend and associate with, including groups, is a reflection on you. Connect with friends with common interests, including school, college, and personal interests. Do your Facebook friends reflect your personality? Are there any friends to un-friend or groups to drop?
- **Check privacy and security settings to control what others can see.** Check them periodically, because social media policies often change.
- **Clean up your "digital dirt."** Remove, or request to have removed, anything that may tarnish your current or future reputation. What pics should you remove from your wall — yours and those others posted?
- **Google yourself once a month.** Take the time to see what's out there in cyberspace with your name attached. Everyone else can find the same thing. You can also use Google Alerts and you'll receive an email when your name shows up. Another similar service is SocialMention.com, which searches social media.
- **Before posting something, do the "Grandma Test."** Ask yourself: is this post something that I would want my grandma, or someone else that I know and respect, to see?
- **Keep is positive.** Use social media to demonstrate your positive personality. Do you want to be seen as someone who is positive or only complains and whines?
- **Cool down.** Before you post something you may regret, take a breath or two. Maybe wait an entire day. It's too easy to get caught up in the moment and post something nasty. (See "keep it positive" above.) Be mindful what you say about schools, friends, teachers, enemies, and anyone or anything else.
- **Get a real headshot.** You had fun at that party, but is that really the impression you want to make in your profile picture? A picture really is worth a thousand words. Have a friend shoot a good pic, head and shoulders only, against a plain background. Smile. It's doesn't need to look like a mug shot.
- **Be yourself.** It may seem like the opposite of what I've been saying, but it's important to be yourself. Your social media personality may be the first impression someone has about you. Make sure your posts reflect your unique personality. Make a good impression by posting about your career interests, hobbies, community activities, achievements, and other things that can tell someone who you are as a person.

Remember, everything you post and upload to the Internet, someone can download for future use, be archived forever, and potentially displayed when you least expect it. It's something that you should keep that in mind anytime before you post something.

Counselor's Corner

Welcome to a new and exciting school year with Upward Bound. This year we are joining forces with students and parents to work towards student's academic success. This year's theme, Together We Win, focuses on using resources that are available to students, and developing an educational team that can help them win. As a participant in Upward Bound students have access to a variety of services that will help them succeed academically. Upward Bound is here to help students accomplish their goals, but they have to take responsibility for their own education. Students are the coach of their educational team and in order to take home the championship they have to utilize every member of the team. This includes the support of parents, use of school resources and fully participating in Upward Bound.

Parents are a major part of their child's team, and without their support and parental push, students struggle. They need you to show interest in their studies and to endorse the importance of education. By making sure students attend school, tutoring, UB activities, and holding them responsible for their education, parents are showing students that they are stepping up to the plate and doing their part for the team.

During September school visits students received a Playbook For Academic Success, which covers topics such as learning styles, note taking and accountability. As we work through the playbook students will gain skills that will help them build their educational team and increase their academic success.

If we work together we can help our students reach the elevated success that they are all destined to reach.

TOGETHER we reach for success, TOGETHER we accomplish goals, TOGETHER we aim higher, and TOGETHER WE WIN.

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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facebook.com/upward.bound1

"Taking Learning To New Heights"

RETURN TRIP DATES

9:30 AM @ BCTC Leestown Campus

October 17, 2015 (Fall Parent Meeting)

March 19, 2016

November 21, 2015

April 16, 2016 (Spring Parent Meeting)

December 12, 2015

May 21, 2016

Senior's Financial Aid Night

January 7, 2016

UB ANNOUNCEMENTS

- No Return Trip January or February (Senior Financial Aid Night January 7, 2015)
- Remember to complete your 2 hours of tutoring per week. Please contact the UB office if you have questions or need individual tutoring.
- Summer 2015 students: Remember in order to start receiving your stipends for the year you **must** return the Summer 2015 Parent Evaluation form.
- **Student and Parents:** Please sign up for Remind, this is the best way for UB to contact and notify you as a group!
- All participants must receive and maintain a **2.5 grade point average** in order to continue participating in the program.
- Please notify the office of any activities you are involved in. We want to support you academically and personally.

REMEMBER: *Upward Bound is here for you! If you have questions or concerns please contact us*