



UPWARD BOUND

Educational Empowerment 2 Change the World

TRIO DIRECTOR

MRS. LISA THOMPSON

RISING STAR NEWSLETTER

The University of Texas
 ARLINGTON™
 UPWARD BOUND PROGRAM

WHAT ARE YOU THANKFUL FOR?

As we go about our normal routine this month, remember those who have helped you to achieve all that you have thus far in your lives. Give thanks for the opportunity to reach for higher goals, for the teachers, counselors and mentors who inspire you to excel, for your parents who provide for your basic needs, motivation and stability, for your friends who are there for you, for the opportunity to make a difference in this world, and for your ancestors who paved the way for you to be where you are today.

In the spirit of Thanksgiving, please join us this year for our ANNUAL THANKSGIVING LUNCHEON.

It is an Upward Bound tradition to have a *Thanksgiving Luncheon* where we can share food, fellowship, and fun with our parents and Upward Bound staff and fellow participants, while giving thanks for each other and the program. Parents, participants, program staff and alumni are encouraged to participate and everyone brings a food item that is shared with the entire Upward Bound family. This year's

luncheon, 'A Family Affair', will be held on November 21st in E. H. Hereford University Center Blue Bonnet Ballroom, in the atrium on the first level, from 11:15a to 1:00p.

Turkey, Dressing, Gravy, Cranberry Sauce, Rolls & Beverages will be provided by Upward Bound. All UB participants and their parents are asked to provide side dishes and desserts traditionally enjoyed by your family during the holidays. Our Upward Bound family has grown so bring enough to feed 12 to 15 other people.

Participants must arrive by 8:50 am for the regular scheduled Quality of Life Seminar. All participants are asked to wear Business Casual Clothing. Parents should arrive by 9:30 am for the Parents Workshop.

Again, what are you *Thankful* for? I ask that each of you give considerable thought to this question this month and then let your thoughts become actions by sharing your appreciation with those who you are thankful for.

I am thankful for the opportunity to work with the Upward Bound and TRIO Pre-College Programs staff

who are committed to providing excellence in implementing the program goal and objectives. I am thankful for the parents of the participants for their support and encouragement of their students to stay focused on higher education. I am thankful for the participants who have made a long term committed to being a member of the Upward Bound Program and to reaching their goal of receiving a college degree. I am thankful for the University of Texas at Arlington and administration for supporting and hosting the Upward Bound programs. I am thankful for the support of the target school counselors and administrators. I am thankful for the U.S. Department of Education for the grants and the opportunity to provide motivational and academic skills for the students in our target schools. Finally, I am thankful for my family for their support of my efforts both personally and occupationally.

I look forward to seeing you at our *Annual Thanksgiving Luncheon* on November 21st. It will be 'A Family Affair'.

'GIFTS OF HARVEST' BASKETS

The Upward Bound Programs Community Service Project for the fall semester is 'GIFTS OF HARVEST' Baskets. Our goal this Thanksgiving is to donate at least ten (10) baskets to families in Arlington and Grand Prairie.

EACH BASKET WILL CONTAIN A TURKEY OR HAM AND THE FOLLOWING:	
Stuffing Mix	2 boxes
Turkey Gravy Mix	1 package
Macaroni & Cheese Mix	2 boxes
Green Beans	2 cans
Corn	2 cans
Sweet Potatoes / Yams	2 cans
Cranberry Sauce	1 can
Fruit Salad/ Fruit Cocktail	2 cans
Cake Mix	1 box
Cake Frosting	1 container
Soda (2 Liter)	2 bottles

We can't do it without you. Your support is needed. Let's be a service to our community and share in the spirit of family. We can be the change we wish to see in our communities.

LEND A HELPING HAND:

- Add a family to the list
- Donate items
- Tell others about our project
- Assist in assembly of baskets
- Assist with delivery

Together... We Can.

'GIFTS OF HARVEST' Baskets
 Collection Site — UB Office

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Upcoming COLLEGE TOURS

November 23rd

BAYLOR Univ.
Sic'em Day
7:30am — 6:00pm

December 7th

Freshman /Sophomore
TEXAS CHRISTIAN Univ.
7:00am — 5:00pm

Registration:

Each participant must complete registration forms to attend.

Attire:

Program T-shirt, Blue Jeans, & Comfortable Walking Shoes

Pick-up / Drop Off:
Planetarium Circle Dr.

COLLEGE READINESS

Every child deserves to be ready for college. The Upward Bound Program is committed to helping its' participants prepare for successful completion of high and post secondary programs of study. In order to assist students with reaching their full potential, the academic and non-academic college preparatory services offered by Upward Bound must be paired with:

• Student Commitment to Goals

Preparation for college begins with students ability to visualize their future and set academic goals. Students must also be willing to devote the time and effort needed to sustain themselves and develop problem-solving skills to conquer obstacles. Talk to your child(ren) about their career aspirations and help them set long-term and short-term goals.

• Parental Involvement

The contributions of parents are critical factors that impact a child's academic performance. *The parent's role is significant in the success of the child.* Get involved; demonstrate your support and commitment to your child's future. Parents who help their children to realize their dreams make all the difference.

• Challenging Courses

Students who complete a college-preparatory sequence of courses not only do better on college entrance examinations, but they are also more likely to succeed once they are admitted to college. *This will*

UB I COORDINATOR MS. LONITA FANTROY

create a foundation for college success. Encourage your child to enroll and commit to the rigors of challenging courses.

• Test Prep

Earning competitive scores on standardized tests are of major importance. Adequate test preparation is essential; similar to sports, band, and other extra-curricular programs students are involved in they must schedule time to prepare for testing. Peterson's Student Edge, a comprehensive online college planning resource center available to all program participants. Encourage your child(ren) to log on to www.mystudentedge.com — UB participants have 24/7 access, four practice tests for SAT, ACT, TAKS, PSAT with individualized course development for each student, college & career resources, etc.

• College Prep Services

eProfiles is a web-based system support by The Council for Opportunity in Education that enables TRIO students to electronically compile and highlight their high school achievements, showcasing themselves to colleges of their interest. eProfiles helps students select colleges that are a good fit and enable students to begin dialogues with admissions and diversity offices. Student profiles are viewed by colleges and universities around the nation. www.coenet.us

• Tutoring Services • College Tours • Life Skills / Study Skills Seminars • Community Service Projects

They are all key components of college readiness designed to help students realize their dreams.

UB I COUNSELOR MS. REBECA TEZAGUIC

TOP TEN WAYS TO BOOST YOUR GPA!

Let's start off with answering the first question that may come to your mind. What is G.P.A.? G.P.A. stands for Grande Point Average. It is a relative measure of your average grades earned in your classes that is set to a scale. The most common scale is 4.0, which is accepted by most colleges. Most students in the Arlington independent school district are not on the 4.0 scale, which means that students should put in the extra effort to keep track of their GPA by converting their average to the 4.0 scale. This will give you a better idea of where you might stand when it is time to apply to colleges and more initiative to track your grades and plan ahead. One important note is that you are in control of your G.P.A. Every assignment, project, test, quiz etc., matters! *In the end, what you see is what you have earned.*

Another factor to consider is that taking advanced placed courses or honors courses results in a weighted GPA, meaning you will receive a higher scoring for classes that are more rigorous. However, colleges consider both the unweighted and weighted G.P.A.

How do colleges calculate GPA in the admissions process? Some students take courses that "weigh" more than others, which can boost their GPA and their class rank. But how do colleges treat these different weights when they read your application? For more info, check out this article: <http://greatcollegeadvice.com/weighted-or-unweighted-gpa/>

1. *Keep Track of your G.P.A;* out of sight is out of mind. Keep reminding yourself that it is there and important for the future.
2. *Take Advanced Placement courses.* Weighted or unweighted, this is a great way to boost your G.P.A
3. *Convert your G.P.A to a 4pt scale;* this will give you the advantage of knowing how a college may look at your G.P.A., but more importantly, it is a subtle reminder that you should work on it continuously.
4. *Complete ALL assignments,* projects, etc.
5. *Make up any missing assignments.*
6. *Attend tutoring* for any class you're struggling in or that is simply more challenging. You don't need to be failing to get help!
7. *Don't take too many "fluff" courses,* although these are tempting because it seems like an easy 'A' should boost your G.P.A. In the end, most colleges will strip your average of all fluff.
8. *Take 4 Math, Science, Social Studies, Foreign Language and English Courses,* no matter what the District requires. Going above and beyond is beneficial, especially if colleges will strip down your average to only the meatier subjects (core curriculum).
9. *Make up any courses you may have failed.*
10. *Be competitive.* When you get to your senior year, don't slack off. Your G.P.A and class rank are not set in stone until ALL final grades are in.

UB II COORDINATOR MR. DEON NEWSOM

SEIZE YOUR OPPORTUNITIES

Life is complete with boundless opportunities, both good and bad, and depending on the decisions we make, those opportunities can either create great rewards or major misfortunes. It is left to our individual discretion as to what route we choose to take. No matter what circumstances or problems we face, it is our exclusive decisions that determine whether we excel or relent.

Upward Bound is an opportunity; an opportunity to invest in your future and change the course of your family's history through education. All that we offer — tutoring, test prep, academic courses, workshops/seminars, field trips, college tours, a summer residential program and much more — serves a purpose and that is to ensure the tools necessary for your victory. Our staff is dedicated to your success but that alone is not enough. It takes a commitment from you to seize this opportunity and claim the benefits provided through our program.

Like many others, this opportunity was not made available to me when I was in high school. Although I was fortunate to enter college and graduate with a bachelor's degree, Upward Bound would have made the admission process much clearer and I would have definitely enjoyed the many experiences afforded through a program such as UB.

Upward Bound can only benefit you if you are present and ready to fully participate. It does no good to be labeled as a participant and miss the services and activities provided. My charge to you is that the next time you come on campus, arrive with a new mindset. Make a resolution to not let this opportunity go unused. Absorb every drop of knowledge available and watch the great rewards that come as a result.

Next month we will discuss distractions which can come in the form of people and things. Until then, think about the things in your life that keep you from focusing on what's important.

OPTION REQUIREMENTS — NOVEMBER 2009		
Option I	81% or Higher in each class	1 AEC - 1 QLS - 1 ATRC
Option II	76% or Higher in each class	1 AEC - 1 QLS - 2 ATRC
Option III	75% or Below in any class	1 AEC - 1 QLS - 3 ATRC (1 ATRC per week)
Note: 2 nd Report Card due 11/21 and 5 Hours of Community Service due 11/30		

PARENTS' ASSOCIATION

We encourage all parents to *get involved* in the Parents' Association. The collaborative efforts of parents, teachers, students, community, and academic assistive programs are necessary to advance college readiness.

- Goals:** Provide on-going support for the Upward Bound Students.
- Objective:** (1) Establishment of a Parents' Association Scholarship fund; and
 (2) Give a scholarship to at least one graduating senior each year.

STUDENT ADVISORY COUNCIL (S.A.C)

The advisory council through which executive officers may make recommendations to the program Director relative to interests, concerns and issues that affect the students of the UT Arlington Upward Bound Programs.

Executive Officers

MARIANA GLORIA, President; RAMON SAUCEDA-MEDINA, Vice President; HAI DOAN, Treasurer; BRENTON GRIGSBY, DONOVAN SMITH, and CHRISTIAN RODRIQUEZ

PARTICIPANT ACHIEVEMENTS

Congratulations...

Christian Rodriguez, GPHS
 TRiO Quest — PhotoEssay Semifinalist 2009
 "THE VIOLIN"

Ramon Saucedo-Medina (MHS), Octavia Ard-Jordan (BHS), Christopher Carter (SGPHS)
 TRiO Quest—ThinkQuest Quarterfinalist 2009
 "URBAN DANCE"

november BIRTHDAYS



- 8 Danny Pena Jr.
- 8 Harlee Boutsabouabane
- 9 Amanda Hutson
- 15 Jazmin Rodriguez
- 16 Aieriel Lewis
- 19 Alan Gloria
- 19 Sheletha Osby
- 29 Emily Frytz
- 29 Amaka Udeji

Happy Birthday
 from Your
 Upward Bound
 Family!

NOVEMBER 2009

Looking
Ahead



DECEMBER

- 1 ATRC
- 2 ATRC
- 3 ATRC
- 5 AEC
- 8 ATRC
- 9 ATRC
- 10 ATRC
- 11 Holiday Activity
- 12 AEC

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3 ATRC	4 ATRC	5 ATRC	6	7 AEC
8	9	10 ATRC	11 ATRC	12 ATRC	13	14 AEC
15	16	17 ATRC	18 ATRC	19 ATRC	20	21 QLS
22	23	24	25	26	27	28
29	30					

ANNUAL THANKSGIVING LUNCHEON — 'A FAMILY AFFAIR'
NOVEMBER 21st

For More Information — Visit the Upward Bound website at www.uta.edu/upward

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UPWARD BOUND PROGRAM

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