

Ohio University Upward Bound Program



THE DRUM



The Drum Empowers; The Drum Communicates; The Drum Unifies
Winter Quarter

Winter Quarter 2006

Planning: The Key to Making Success Your Destination!

By Ayanna M. Jordan, Director

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Quick Facts

www.ohiocollegegoalsunday.org/

This website provides information on when Financial Aid professionals will be at sites throughout Ohio to help with the FAFSA.

www.regents.state.oh.us/sgs/financialaid.html

This website provides a list of grants and scholarships that are available to students within the state of Ohio.

Upward Bound has monthly Saturday workshops with our participants to help with their personal, academic, and college development. Our December workshop for UB seniors focused on college admission preparation and goal-setting. As a group activity, they were given the challenge of listing at least five goals for the New Year that they'd like to achieve before high school graduation. It was definitely exciting to listen to them explain their reasons for making certain choices because it affirmed that not only are they growing to understand the importance of planning and setting personal goals, but are committed to successfully fulfilling them.

After completing the activity, they shared their "resolutions" with one another. **Simone Savannah** from Columbus Africentric Secondary expressed how she wants to maintain her involvement in the community and write her valedictorian speech; **Rachel Gulley** from River Valley High School said that she is committed to graduating at the top of her class and wants to be more prepared for leaving home after graduation; **Samantha Leffler** from Nelsonville-York High School shared with us her anxiety about leaving home and that one of her main goals is to

spend quality time with her family in an effort to curb some of her fears.

The seniors were very passionate in their discussion about how to "stay on track" in order to be successful in their plan of action. This sparked the idea to create goal achievement strategies. Here is the fantastic list that they put together as a team:

Get Support. Tell a friend or family member about your goals so that they can help to motivate you. Make sure to enlist the support of positive friends or family members because negative feedback will discourage you.

Be Disciplined. If your goal is to have better study habits, incorporate more studying into your daily schedule to create a routine.

Stay Positive. Don't put yourself down! Recite daily affirmations to stay motivated and keep your spirits lifted.

Keep Focus. Remember why the goals have been set and what will be achieved by remaining committed to them.

It was very important, after defining their personal goals and creating strategies for achieving them, that our seniors "sealed the deal" made with themselves with a commitment contract. The contract serves as tangible evidence of their goals and also creates an avenue for daily action and daily review which are useful ways of gauging progress and sustaining commitment to the end result.

The workshop was a very positive and productive opportunity for seniors to learn that planning and goal-setting, however big or small, are critical tools for empowering change, creating life as they want to live it, and successfully making their dreams a reality.





Upward Bound Welcomes Its New Staff Member

By Tiffany Laipply, Academic Advisor



Tiffany Laipply
Upward Bound
Academic Advisor

I am from Hackney, Ohio, a very small community in Morgan County. I attended Fort Frye High School where I was in the marching, concert, pep, and jazz bands. I decided to go to Ohio University because it was close to home, but not too close! I have always been interested in politics so I majored in Political Science and Public Administration. After looking for a job and substitute teaching for about a year I decided to go back to Ohio University and get my masters degree in education. It was during this time that my interest and passion for my Appalachian background really grew and led me to research and write my thesis on Appalachian high school students. This research was on how high school students in Appalachian areas really do not have good resources on their own culture and heritage that they can be proud of. I always felt like being from Southeast Ohio was a good thing but that the rest of the

country has historically tried to make us ashamed of our culture. This research was a way to make me feel like I could help other people feel good about this area as well.

substitute teaching again and came back to Ohio University to continue my work at the AAC. While there I had the opportunity to work closely with the College Adjustment Program (CAP) students, another TRIO program. I helped them with tutoring options so that they had every opportunity to succeed in their education.

During my master's program, in Teacher Education, I worked at Ohio University's Academic Advancement Center (AAC) helping students get connected with tutors. After receiving my Master's degree I started

On October 24, 2005 I began working with Upward Bound. I really feel like my interest and research in Appalachian young people will serve to help Upward Bound students further themselves academically and personally in their quest for education.

I now live in Marietta, Ohio with my husband, cat Daisy, and two dogs Dave and Ringo.

"Sometimes you have to give a little in order to get a lot."

- Shirley Chisholm

Warning Signs of A Possible Scholarship Scam

- Scholarship application fees
- Having to pay a fee in advance
- Having to pay to get information about an award
- Guaranteed winnings
- Instances where everybody is eligible
- The report of unclaimed financial aid
- Someone submitting your scholarship application on your behalf
- Scholarship matching services claiming to have influence with the scholarship sponsors
- Overstated claims of high success rates
- Excessive hype

Advising Corner



Hey Students!

Don't forget to go online for your tutoring needs at :
smarthinking.com

We also encourage you to check out this website:
www.bls.gov/oco/home.htm

This website will give you the opportunity to look at facts about different jobs such as: earnings, expected job prospects, what workers do on the job and working conditions. It is important that you begin thinking about different career options. This site will help you to narrow down your choice of colleges based on what the college offers in relation to your career choice.

Also, Mrs. Laipply will be at your school for advising. To find out when log onto the Upward Bound website at:
<http://www.ohio.edu/education/candp/ub/>



“The quality, not the longevity of one’s life is what is important.”

-Martin Luther King, Jr.

Black History Month Facts

- “I’m Black and I’m Proud” was a slogan of the 1960’s that promoted Black pride.
- “Jumping the Broom” is an old-time expression that refers to the wedding ceremony.
- The Civil Rights Act of 1866 gave Blacks “full and equal benefit of all laws.”
- The three colors of the flag of the Black Movement are red, black and green.
- Andrew Young was the first Black American Ambassador to the United Nations.
- With Thomas Edison, Lewis Latimer co-invented the light bulb.
- Blacks, Indians, and some Whites were slaves in American history.

Upward Bound Student Accomplishments

Athens High School

Patricia Hardee is in the process of writing a novel.

Africentric High School

Autumn Fly participated in a dance performance through her school.



Breeanca Madison will be appearing in the next edition of “Who’s Who in American High Schools.” *Breeanca* has also been excelling in basketball, particularly against their biggest rival team. As a result, Adrian College in Michigan is considering her for their basketball program.

Eastern High School

This past summer *Tyler Lee* won a contest through StandOnline.org for his submission of an original anti-smoking commercial. Tyler also starred in the commercial which was filmed in Cincinnati Ohio. That commercial can now be seen on television as well as standonline.org.

Federal Hocking High School

Tabitha Gibson is in the National Honor Society and is also a senior captain of her softball team.

Morgan High School

Beth White has had two original poems published on poetry.com.

Santana Snyder won the “Voice of Democracy” contest for her school and her district. She will be going to the State Competition on January 28th.

Nelsonville-York High School

Samantha Leffler won second place in the Daughters of the American Revolution essay contest. Samantha will be performing at the Stuart’s Opera House in the role of Bet in the play, “Oliver.”



Celebrating Black History Month

Do you know how these people impacted Black History?
Try to match these names to their accomplishments.

- | | |
|-------------------------|--|
| 1. Augustus Jackson | a. I founded my own business and made the first hair care products for Black women |
| 2. Guion Bluford | b. I created the recipe for a frozen desert known as ice cream |
| 3. Vanessa Williams | c. In 1983, I became the first Black woman to be crowned Miss America |
| 4. Shirley Chisholm | d. I’m a famous musician who is known as the “Father of Blues” |
| 5. Daniel Hale Williams | e. In 1983, I became the first Black astronaut to orbit the earth. |
| 6. Madame C.J. Walker | f. I was the first doctor to successfully perform open-heart surgery |
| 7. W. C. Handy | g. I was the first Black woman elected to Congress |
| 8. Benjamin Carson | h. I invented the traffic light |
| 9. Garrett A. Morgan | i. In 1987, I was recognized as the principal surgeon in the 22- hour separation of the Siamese twins from Germany |

Answer Key: 1.b 2.e 3.c 4.g 5.f 6.a 7.d 8.i 9.h



Upward Bound Students Share Their New Year's Resolutions

"Your world is as big as you make it."

- Georgia Douglass Johnson

Benefits of Exercise

- Excessive physical activity burns calories, so the more you get up and move, the more calories you will burn.
- Exercise increases your metabolic rate.
- Exercise will help you sleep better.
- Exercising improves mood and due to the chemicals it releases in the brain called endorphins, it gives you an overall feeling of well-being.
- Exercise reduces the risk for several diseases including heart disease, adult-onset diabetes, high blood pressure, colon cancer and breast cancer. It is also effective in treating some mental illnesses, such as depression.

Emily Brown

To get a six pack and keep my straight As!

Autumn Fly

To keep my GPA and graduate from high school.

Tabitha Gibson

To graduate with honors.

Steadman Golden

To stop being lazy.

Alyssa Hunt

To raise my GPA to 3.7.

Rachel Gulley

To become better prepared for the Navy and the coming school year.

Patricia Hardee

To score well on my ACT this spring.



Samantha Leffler

To maintain a 4.0 and be able to speak at graduation.

Alexandra Niceswanger

To have a better attitude.

Josh Riley

To get all As!

Chaz Saunders

To get a car to go with my license.

Krystal Payne

To keep my GPA above 3.5

Simone Savannah

To grow mentally, spiritually, and emotionally

Christina Smith

To stop procrastinating!

Carter Smith

To get accepted into Ohio State and have fun!

Danielle Timms

To go to a RK concert and be nicer.

Sarah Williams Thorton

To get my nose pierced.

Let's Get Ready to Move: Exercise

Exercise, like most things, can get a little boring if there's no variety. So, mix up your routines. Whether your indoors or outdoors there is a exercise perfect for you!



Jumping Rope



Jogging



Walking



Yoga



Stretching



Martial Arts



Welcome New Upward Bounders! New Student Orientation 2006

On Saturday, January 7, 2006, Upward Bound had its “New Student Orientation” for it’s incoming sophomores. This year the program recruited 53 new students into the program. For the past 39 years, the Ohio University Upward Bound Program has provided social, cultural and educational services to students throughout Southeast Ohio.

“Education is our passport to the future, for tomorrow belongs to the people who prepare for it today.”

-Malcolm X

Upcoming Workshops and Activities

Saturday, Feb. 18
National TRIO Day Reception
Walter Hall Rotunda
Athens Campus

Saturday, March 18
Wittenberg University Campus Tour and Information Session
Springfield, Ohio

Saturday, April 7-9
OAEOPP Student Leadership Conference
Columbus, Ohio

Saturday, May 20
Aviation Exploration & TAP Testing
McCracken Hall
Athens Campus

Saturday, June 3
Summer Residential Phase Orientation
Ping Center Lounge
Athens Campus



Registration begins



Let’s see who gets this door prize!



Students recite the student creed



Mmm....Lunch



A look from above



The Upward Bound staff



*“Be the best!
Be the best!”*

- Dr. Ronald
McNair

Upward Bound is a successful pre-college program of rigorous academic instruction, tutoring, and counseling. The program provides high school students with the opportunity to enhance the academic skills necessary to successfully complete high school and enter college.

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Upward Bound Birthdays!

January		February	
Dominique Easter	2	Jennifer Muncy	6
Charles Saunders	5	Anna Pierce	11
Michael Fennell, Jr.	10	Elizabeth Doczi	21
Jamie Franklin	14		
Sarah Crouch	16		
Justin Zuber	25		
March			
Pamela Wilson	4		
Sylvia Perry	6		
Marshon Durr	9		
Autumn Fly	16		
Kayla Lowery	17		
Matthew Wycuff	28		



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