Hello UB, it is a new academic year and I would like to wish you all a Happy & Successful Year. As we move forward, we would like to acknowledge that our program is in a period of transition. Ms. Jordan, our former Director, left us to pursue other interesting and fun adventures. Ms. Hopkins our academic advisor also left to become the Director at After School-Stars in Columbus. We would like to wish them all well and hope they come back to visit us soon with exciting stories about their new adventures and experiences.

In all of this transition, we at UB have you in mind and have assembled a capable and experienced staff to replace our departed staff. Mr. Kwabena Owusu-Kwarteng our Resident Director from the summer is acting as the Interim Director. Ms. Katharine Macy and Mr. DC Moore are going to be our new academic advisors. We would like to welcome them all to the team and wish them a happy and exciting year at UB as well.

Going forward, we encourage you, UB students, to remember why you are in school and part of the UB family. You need to maintain the focus on your academic goals so you can get into the college of your choice. It is also important to seek out environments that will help you succeed and to be mindful of the small steps that add up to create the big picture. Don’t be afraid to ask questions and seek help because, without asking, nobody knows to help. This is why UB and your teachers are here.

We hope to see you at the upcoming UB workshops with your energy and fun ideas. Also, you can help UB out by spreading the word about it in your schools and communities. We are recruiting the next generation of awesome students and we appreciate any help you can offer. Good luck and remember it is the small steps that make the big picture.

Kwabena Owusu-Kwarteng
A few familiar faces…
A few new faces…
All committed to helping you achieve your goals!

**The Upward Bound Office Team**

**Kwabena Owusu Kwarteng**
Interim Director

**DC Moore**
Academic Advisor
Graduate Assistant

**Jahnna Lydic**
Student Worker
The Renowned Office Expert

**Kari Resler**
Administrative Associate

**Katie Macys**
Academic Advisor
Graduate Assistant

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**We are all here to help you succeed!**
OU Student and Alumnus: What Has Upward Bound Done for Me?

Upward Bound has given me so many opportunities over the years. I joined UB so that I would not have to sit at home alone all summer, but it turned into so much more. We all know about the academics and how they help us when school starts the next year, but UB can give you so much more than academic help. When I started UB there was only one other person from my school and they ended up leaving the first week. This forced me to get to know other people and they became some of my best friends. I met people from all different cultures (mainly with the Tutor Mentors) and this is something you don’t get to experience coming from southern Ohio schools. I pushed myself to do the best I could in my classes and because of this I was able to travel to four different places in the US that I had never been before. I now work for UB in the office and that has helped me decide what route I want to take when getting my Master’s degree. Not only did I receive a job, but I made new friends and dealt with new situations that allowed me to grow as a person. None of this would have been possible without Upward Bound.

I am a nursing student getting my Bachelor’s in Science of Nursing. With this I will be able to become a RN. I always thought that was all I wanted to do, but working with UB this summer and continuing year I have learned I can do so much more. I am now going to pursue a Master’s degree in Science of Nursing joint with a Master’s in Business Administration. I would never have discovered this if it were not for UB. I would not have made the friends I did and overcome the situations I have had to deal with if it were not for UB. These things have all made me the person I am today.

In short, without UB I would not be the same person. The experiences you take away from here last for a lifetime and really do help you become the best you, you can be. I love this program and urge anyone who ever thinks about leaving to stick it out. I have been there as well, so close to walking away, but I am so glad I never did. Work hard and you will get more out of life than you know.

“None of this would have been possible without Upward Bound”

“Just Kidding”

Home computers are being called upon to perform many new functions, including the consumption of homework formerly eaten by the dog.

- Doug Larson -
SO MANY BIRTHDAYS!
HAPPY BIRTHDAY TO YOU ALL!

**August**
- Joshua Parker
- Marcus Rodgers
- Jessica Sperry
- Marilynn Sprague
- Katalin Clark
- Dalton Miller
- Roberta Morris

**September**
- Austin Crabtree
- Trisha Brown
- Micah Thomas
- Caleb Debacker
- Karissa Jones

**October**
- Cassidy Cleland
- Cassey Graham
- William Dutcher
- Brandi Lanning
- Chloe Musick
- Ashley Goode
- Matthew Jordan

**November**
- Michaela Pope
- Jacob Sizemore
- Stephen Sprague
- Morgan Tucker
- Lakota Boetcher
- Christina Richmond
- Abbagail Arrington

**December**
- Maryaha Houk
- Jessica Clemons
- Erica Swart
- Justin Tolliver

**Happy Birthday**
I am so blessed and thankful to have such an awesome job at the Duke University Medical Center in the Department of Psychiatry and Behavior Sciences. This year marks my 3rd year here. I was promoted from a Data Technician to a Clinical Research Coordinator. I coordinate and run three federally-funded research studies with adults diagnosed with ADHD and who smoke cigarettes. Also, since 2009 I have had the amazing opportunity to volunteer at El Futuro, Inc., a non-profit community-based agency providing mental health and substance abuse treatment to underserved Latinos in North Carolina. My role at EF has blossomed. I analyze data and provide feedback so that the organization can continue doing fantastic work. Specifically, I compile data on the referral process at EF. I also analyze depression, anxiety, and functional impairment symptoms and then am able to report whether treatment is helping clients. Additionally, I pull data together for many reports that go back to current and potential funding sources that help EF maintain grants and get new ones. My co-workers and bosses at Duke recently partnered with El Futuro to nominate me for an MLK Jr. Community Caregiver Award from Duke University. Also, I was recently nominated by El Futuro for the North Carolina Governor’s Volunteer Service Award.

Last, but certainly not least, I have applied for Clinical Psychology Ph.D. programs and am currently in the interview process, so officially I cannot say that I am going to grad school next year. Unofficially, though, I am going to grad school next year! Becoming a Clinical Psychologist has been my career goal since before I began Upward Bound, and I am so happy to report that I continue to move in the direction of my goals. I am ever-indebted to UB for propelling me in high school to achieve high expectations as an undergraduate at Kent State. And, perhaps, more importantly, UB helped shape my research aspirations as a Clinical Psychologist. I can say with certainty that I will work with and serve underserved communities through research and clinical work.

“I AM EVER-INDEBTED TO UB FOR PROPELLING ME IN HIGH SCHOOL...”

**SAT Test and Registration Dates**

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<tr>
<th>Test Date</th>
<th>Registration Deadline</th>
<th>Late Reg. Deadline</th>
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<tbody>
<tr>
<td>May 5, 2012</td>
<td>Apr. 6, 2012</td>
<td>Apr. 20, 2012</td>
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**SAT Only; all other dates include Subject tests.

*Fee waivers are available in the UB office. Please call or stop by!*
**Senior Tips!**

**Make a college admissions/financial aid folder.**
It’s a great way to keep your college applications and financial aid information organized!

**Make a checklist.**
As you complete another task in the college admissions process, check it off your list of things to do. It’s a great way to make note of your accomplishments!

**Make copies of everything!**
You should always keep personal records of applications, forms, receipts, etc., just in case you need to verify specific information with the colleges/universities and/or financial aid agencies.

**Ask for help!**
If you’re unsure about some part of the process, don’t be afraid to ask questions. Call the Upward Bound office toll free at 1 (866) 593-0728. We’re here to assist you!

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**Time Management Tips**

◊ Keep important dates (papers, exams, presentations, meetings, interviews) on a calendar so you can be ready for “crunch” times by planning ahead.
◊ Keep your schedule balanced. Plan time for school and work responsibilities AND for recreation, socializing, and fun!
◊ Study at a regular time and a regular place – Consistency helps!
◊ Study as soon as you can after a lecture to keep the information fresh.
◊ Limit study sessions to no more than 2 hours on one class – Take a break!
My cousin Kellan participated in Upward Bound, she talked to me about doing the program and I thought, “Well, I don’t really want to spend my summer doing school work, but it seems like it would be kind of fun. Maybe I will try it out.” I am glad that I decided to do this program because these two years have been very helpful to me. When I went my first year, I was thinking that it was going to be some easy work, I was wrong about that. It takes a lot of hard work but it was all worth it. Upward Bound will benefit you greatly, it gives you a feel for college life and it helps to prepare you for your next few years of high school. There are so many things that Upward Bound will teach you such as managing time and stress, study skills, how to write college entrance essays, how to find the right college and major for you, and so much more. You will make so many good friends and memories at Upward Bound.

This program has taught me so many things. One important thing that UB has taught me is that studying is very important. I didn’t study much in school and I was always able to get by that way. During the summer phase, I didn’t study for my tests and quizzes and when I got them back, I realized that I really needed to sit down and study. I now know that studying is very important for college. UB has helped to prepare me for my junior and senior year and college. It has helped me better realize what it takes to be in college. When I first came to Upward Bound, I didn’t really have much of an idea about what I wanted to go to college for or where I wanted to go to college at. This program has helped me to narrow down my choices of college majors and where I wanted to attend college.

My advice to you would be to do Upward Bound, it may be a challenge but challenges are good for you. Like me, you may think that you don’t want to spend your summer doing school work, you just want to take a break from it; well it is not just school work, there is so much more to it. The staff always has activities planned for you every weekend that you don’t go home, you also have time to just relax and hang out with new friends. So now, when you are thinking about maybe participating in this program, think about how much this program will benefit you in life, and how this program will help you to get into the college of your dreams and achieve your career goals.

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**ACT Test and Registration Dates**

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<th>Test Date</th>
<th>Registration Deadline</th>
<th>Late Reg. Deadline</th>
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<tbody>
<tr>
<td>Dec. 10, 2011</td>
<td>Nov. 4, 2011</td>
<td>Nov. 5-18, 2011</td>
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*Fee waivers are available in the UB office. Please call or stop by!*
October 22 Workshop:

Let’s Get Organized

Learn how to get organized, manage your time, prioritize what you have to do, and succeed in all that you do.

November 19 Workshop:

ACT Prep and Stress Management

Get the chance to practice crucial test taking skills for the ACT. Also, learn how to manage your stress so you can continue your success throughout the year.

December 10 Workshop:

College Experience 101

Get the chance to ask questions about the college experience from current students and alumni!

We look forward to seeing you at all of the following events!
“UB has made me have a positive attitude towards all things, good and bad, at all times. It has taught me positive studying and how to manage better money making jobs. And how to spend wisely. UB is a marvelous program for High Schoolers. Thanks.”

Kimberly Lawson ’93

“UB is a wonderful program that helped me prepare for college a tremendous amount.”

Heather Parks ’02

“Before I attended UB I really wasn’t sure if I was going to go to college after I graduated, but during my time at UB I understood the importance of an education. Thank you so much.”

Damana Dupler ’98