

UPWARD BOUND

Fall 2011 Newsletter

HARRIS-STOWE
STATE UNIVERSITY



ABOVE: : 9th grade students at a weekly in-school counseling session at Riverview Gardens

WORDS OF APPRECIATION FROM AN UPWARD BOUND PARENT

We always like to hear how our Upward Bound graduates are doing in their post-secondary endeavors. The following is an email excerpt from an Upward Bound parent about her son's transition to college.

"I think that due to his experience with Upward Bound, the adjustment phase was so easy for him...I have to thank the Upward Bound program because it just clarified and helped Mark place the pieces to the puzzle. He understands what it takes to be successful. Upward Bound is not just a program; it's the people like yourself that make the program work. Thank you so much for the influence you have made in my son's life."

-Ms. Lavonne Jasper, mother of Mark King— 2011 Jennings High School graduate and current University of Alabama-Birmingham freshman

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CONGRATULATIONS!

Shelley Jones
(12th — North Tech) recently received the Outstanding Student Leadership Award given by St. Louis County Executive Charlie Dooley!

Christopher Wade
(12th— Sumner) was offered a \$10,000/year scholarship to Fisk University!



"Destiny is not a matter of chance, but of choice. Not something to wish for, but to attain."

-William Jennings Bryan
American politician
(1860-1925)

MEET THE UPWARD BOUND STAFF!



← HEATHER BOSTIC
Executive Director
of Title III & Sponsored
Programs

Mrs. Bostic oversees the administrative operations of Upward Bound.



← JEAN BOWMAN
Teacher/Counselor

Ms. Bowman is the counselor who works with students from Cardinal Ritter and Jennings. She also teaches History. She has been with Upward Bound since 2003.



← LEAH JONES
Counselor

Mrs. Jones is the counselor who works with students from River-view, Normandy and Sumner. She helps all students with college and career exploration. She joined the Upward Bound staff in 2009.



← LUCILLE SMITH
Secretary

Ms. Smith takes care of daily operations in the Upward Bound Office. She has been with the program since 2006.



← KUO-LUEN CHANG
Mandarin Teacher

Mr. Chang joined the Upward Bound staff this past summer. He is currently pursuing his MBA at the University of Missouri-St. Louis and works in UMSL's International Business Institute.



← GARY TISSOT
Science Teacher

Mr. Tissot has been with Upward Bound for five years. He taught in the St. Louis Public Schools for 37 years. He likes to teach and learn new things, even if the new things are how to do something with old methods.



← PAM SMITH
Mathematics Teacher

Ms. Smith has been teaching with Upward Bound for more than 9 years. She currently works in the Hazelwood School District. She loves sharing her knowledge with the students and watching them grow!



← ALAN MITCHELL
ACT/English Teacher

Mr. Mitchell is in his fifth year with Upward Bound. He has taught 20 years of high school Communication Arts with the St. Louis Public Schools and is currently a consultant teacher. He strives to prepare all students for college by teaching essential reading, writing and test-taking strategies.



← DR. CHING-LING TAI
Mandarin Teacher

Dr. Tai joined Upward Bound this past summer. She has been teaching Mandarin Chinese at St. Louis University High for 25 years. She holds a Ph.D. from the University of Hall in England and an MA degree from Washington University in St. Louis.

ACADEMIC YEAR PROGRAM

In front of a packed house on September 17, 2011, the Upward Bound staff officially opened the 2011-2012 academic year program with our fall orientation. The students have since joined us at Harris-Stowe State University for classes on the first two Saturdays of each month. In addition to History, Laboratory Science, English/ACT Prep, Mathematics and College/Career Counseling, we are continuing to offer Mandarin Chinese. We first introduced the students to this language in the summer. Chinese is one of the five official languages of the United Nations, and one in every four people in the world speaks Chinese. "If you want to move ahead, learn Chinese" (*Time* magazine, 2007).

Counselors Jean Bowman and Leah Jones have begun their weekly visits to our target high schools for counseling sessions with the students. Also, we welcomed a new class of 9th graders this fall. We are excited about their talent, hard work and enthusiasm for Upward Bound!



ABOVE: : Joshua Allen-Johnson (12th—North Tech) and his mother, Ms. Johnson, at Fall Orientation

FINANCIAL AID WORKSHOP

On November 12, 2011, we held our annual financial aid workshop for students and parents. With help from a guest speaker from the Scholarship Foundation of St. Louis, we discussed the types and sources of financial aid, the Free Application for Federal Student Aid (FAFSA) process and searching for scholarships. Students and parents who were not able to attend the workshop are welcome to stop by the Upward Bound office to pick up a folder of information on the topics that were discussed.



ABOVE: Shoniece Jackson (12th— Normandy), Tyankhes White (12th— Cardinal Ritter) and Ms. White (mother of Tyankhes) at the Financial Aid Workshop

STUDENTS AND STRESS—Special Feature by Ms. Jean Bowman

Everyone has stress at some point in his/her life. The trick is how one deals with the stress. The most common signs can be grouped into four categories: physical, behavioral, emotional and cognitive.

The physical signs are probably the easiest to identify because they are so visible. Some signs may be twirling hair, batting eyes, a racing heartbeat, sweating, blushing or restlessness. These signs can become chronic which often results in frequent colds, hives, insomnia, low energy level or headaches. These tics can develop into serious ailments such as heart disease or infectious maladies such as skin breakouts. Behavioral signs might include overeating, smoking, drinking, anorexia, memory loss, confusion, change in habits or drug use. Emotional signs of stress may include boredom, lack of attention and motivation, worry, anger, crying spells, high anxiety level, holding grudges or poor concentration. Cognitive signs include repeatedly going over the same upsetting event which causes the inability to move on. Sometimes, people keep having negative thoughts which keep beating them down.

As you can see, many of these signs overlap and tend to lead to having two or more types of stress at the same time. If you can identify the type of stress, you may have an easier time lessening the effects of the stress. You must remember, however, that there will always be stressful situations in life, but if you can identify the type of stress and the catalyst that triggers a certain type of response then you will be able to prevent, or at least lessen, a great deal of stress.

If you don't try to minimize the level of stress, it could lead to serious consequences. You could develop habits that are life-threatening such as drinking too much, smoking or drug use. These habits may provide a temporary relief period, but one pays a high price such as illnesses that can and in many cases cause an untimely death!

Stress can cause low performance in school or a job because it often leads to poor decision-making and accidents. It also leads to problems in relationships. Stress can cause high anxiety and fear. Many times, those who suffer from high anxiety don't do well on tests. These factors cause people to avoid many things they shouldn't because they are afraid.

So what can you do to reduce stress? You should be aware of your reactions to stress. You should try and reinforce positive reactions to stress by refusing to give in. Keep telling yourself, "I can do this! I can handle this!" You can talk with friends, parents, teachers, pastors or anyone you can trust about your worries and problems. You can also practice relaxation techniques such as deep breathing, positive self-talk or exercising.

Lastly, use your time wisely by making a weekly schedule and setting realistic goals and priorities. Engage in community services such as visiting a nursing home or reading to small children at a daycare. You could volunteer at your old grade school by reading or helping students with assignments. Helping in the community is a wonderful way to relieve stress. Just try it. You will like it, and it works every time!

UPCOMING EVENTS

December 10, 2011 – LAST UPWARD BOUND SESSION OF THE SEMESTER

Students will begin preparing for final exams in the coming weeks. Please stop by the Upward Bound office or consult with one of the teachers or counselors for final exam study tips.

We wish all students a safe and happy holiday season!

January 14, 2012 – CLASSES RESUME FOR THE SPRING SEMESTER

February 11, 2012 – ACT TEST

Registration Deadline: January 13, 2012

Stop by the Upward Bound office for test tips, study materials and fee waivers.

February 25, 2012 – INFINITE SCHOLARS SCHOLARSHIP FAIR

9 a.m.—Noon, St. Louis Airport Marriott Hotel

Students should bring their ACT scores, transcripts, letters of recommendation and college essay to the fair. The colleges can admit students and award scholarships on site!

To register: www.infinitescholar.org

February 25, 2012 – TRIO DAY

The annual TRIO Day celebration will be held at Harris-Stowe State University this year. Students from all TRIO programs across the St. Louis area will be in attendance for a day of inspiration, specialized workshops and fun! HSSU Upward Bound students who are interested in attending must sign up in the UB office by Saturday, February 11, 2012.



ABOVE: Sumner students Tiarra Mitchell (11th), Yadah Smith (12th) and Raymond Stepney (11th)

BELOW: Riverview students Lawrence Jones (10th), Adonis Jones (10th) and Aaliyah Butler (11th)



UPWARD BOUND STAFF



Heather Bostic	Executive Director of Title III and Sponsored Programs
Jean Bowman	Teacher/Counselor
Leah Jones	Counselor
Lucille Smith	Secretary

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