

Upward Bound Program
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MONTHLY MEETING

Next Meeting
February 7
12:00 to 2:00
Engineering Building
Parents Room N-25
Students Room 110

Students are required to attend the monthly meeting. Parents must attend at least **four meetings** throughout the year.



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HARD WORK + COLLEGE PREPARATION= MONEY FOR COLLEGE THE NEW ACADEMIC COMPETITIVENESS

The federal government has created a grant to reward modest income students who work hard and complete a rigorous high school curriculum. It is called the Academic Competitiveness Grant program (ACG). If a student is awarded a Pell grant, he/she is automatically eligible for the ACG if these other eligibility requirements are met:

- U.S. citizenship (that's easy!)
- Enrolled in college fulltime
- Begin attending college the fall immediately after high school graduation
- Completion of a rigorous high school curriculum

Grants are for \$750 the first year and \$1300 the second year.

Sounds great! So how does my child apply? It is easy and it only takes filling out the FAFSA (Free Application for Federal Student Aid). In January you and your child complete the FAFSA and submit it to:

www.fafsa.ed.gov/.

The Federal Student Aid (FSA) office reviews the application and notifies the student of potential eligibility. Your student should then follow up by going back to the FAFSA website. FSA will then inform the colleges your student has applied to of his/her eligibility for financial aid.

WHAT IS A "PROGRAM OF RIGOROUS STUDY"?

Over and over again as we cross the State for college meetings we have been told by college admissions officers and scholarship agencies that they are looking for students who have participated in a curriculum of "rigor." *Rigor what? What is a rigorous high school curriculum?* In New York State, if your children are pursuing the classes in the advanced regents curricula, they are in a "rigorous program of study." This includes:

- 4 years of English
- 3 years of Math (Algebra I, Geometry, Advanced Algebra/Trigonometry, etc)
- 3 years of Science (biology, chemistry, physics)
- 3 years of History/Social Sciences (Global, US History)
- 2 years of a foreign language

Why is this important? There are several reasons to participate in a "curriculum of rigor." First, it best qualifies students to be accepted at the college of their choice. It would be a shame to reach high school graduation and find that the college your children really want to attend won't accept them because they lack the classes needed to enroll. Second, some colleges will accept students who have not fulfilled all of their criteria, however, they will require that the students fulfill any class deficiencies before going on to other college classes. **This means that the students will end up paying the college to take the classes that they could have taken in high school free of charge!** Third, it qualifies students for extra grants and scholarships such as the ACG described above. If the above list of academic requirements sounds familiar, it should because it matches Upward Bound's academic requirements. And now you know why we at UB are so insistent that our students follow this path in school!!

Parent Information!

NEXT MONTHLY MEETING

FEBRUARY 7th 12:00 noon to 2:00 (note change in date)

Planning Academic Schedules

REMINDER: Parents are required to attend at least four meetings throughout the academic year. Research has shown that students are more successful when they have parents who are involved and supportive. Please help us by attending at least four meetings this year. We think you will find the topics informative and helpful! We have scheduled the following dates for our monthly meetings:

January—no meeting
 February 7—Planning Academic Schedules
 March 14—Financial Planning
 April 4—To Be Announced
 May 9—To Be Announced

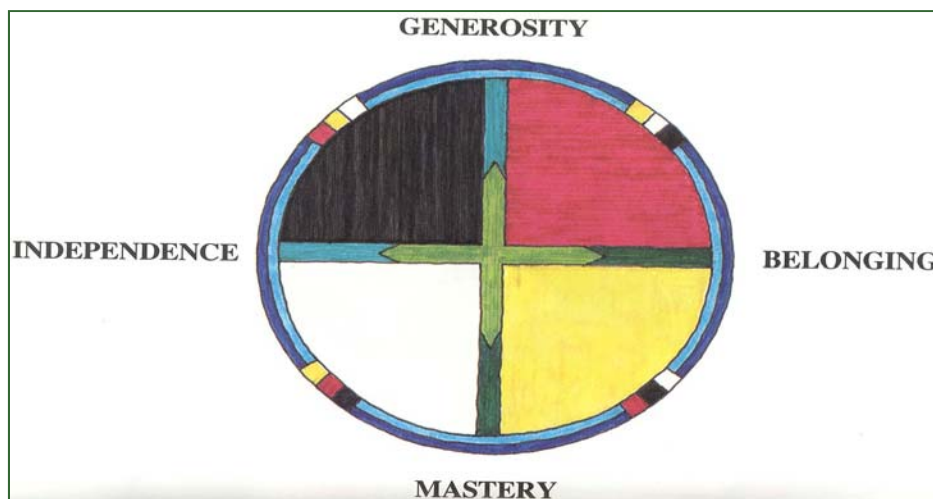
Unless otherwise noted, all meetings are from 12 noon - 2 p.m. Engineering Building,
 Parents meet in Room N-25. Students meet in EB-110

THE CIRCLE OF COURAGE

INDEPENDENCE

Power in Western Culture was based on dominance, but in tribal traditions it meant respecting the right for independence. In contrast to obedience models of discipline, native teaching was designed to build respect and to teach inner discipline. From early childhood, children were encouraged to make decisions, solve problems, and show personal responsibility. Adults modeled, nurtured, taught values, and gave feedback, but children were given abundant opportunities to make choices without coercion.

Persons with a strong sense of **"Independence"** feel in control of themselves, their behavior, and their lives. They have a well developed sense of autonomy and accept responsibility for themselves and their actions. On the other hand, those who have a lessened or absent sense of independence are likely to engage in "scatter-brained" behavior, be easily swayed by others, and blame circumstances/others for their actions.





SAT and PSAT TESTS

Be sure to ask for a FEE Waiver from your guidance counselor!

SENIORS needing to take the SAT should sign up before February 10th in order to take the test on March 14th.

DON'T put it off - do it now so you will have time to take it again if you need to!

SOPHOMORES/JUNIORS - see your guidance counselor ASAP to sign up for the PSAT!

Happy Hol i days

On Saturday, December 6, Upward Bound hosted our annual Holiday Party. We hosted over 100 people, including students, family, and friends. After enjoying yummy pizza from Nirchi's on the Parkway, we played bingo and many prizes were won. Special thanks to the donors who made it possible to provide so many wonderful prizes! Wegmans, Giant, Price Shopper, Wal-Mart, Tully's, Moe's, Mario Pizza, Quiznos, Old Country Buffet, B-Sens, B-Mets, Starbucks, Willow Run, and various individual donors. Special kudos to Sal for organizing the party and making it such a wonderful success. The Upward Bound Staff wish you all a very Happy New Year!!

RECRUITING FOR UPWARD BOUND

The recruiting schedule for Upward Bound is changing. We will begin recruiting in the fall for the rest of the academic year AND for our 2009 Summer Program. If you have any friends who are interested, tell them to talk to their guidance counselor AND let Sal, Dwayne or Nita know so we can make sure they get information! Don't wait until Spring or it will be TOO LATE!



THE FOLLOWING SCHOLARS MADE THE HONOR ROLL IN THEIR SCHOOL

**Elizabeth Babcock
Bruce Bailey
Kortney Butler
Scott Cardozo
Olivia Chase
Cody Dickhaut
Stephanie Durham
Jordan Egan**

**Jocelyn Feggins
Jeremiah Fettinger
Danielle Hendrickson
Shannon Jimenez
Brittany Ketchum
Amanda Michalski
Shannon Mill
Shamicka Mill
Destinee Parvin**

**Maimoona Rahim
Jessica Rucker
Lenny Shugar
Kateri Sibley
Melissa Torres
Chris Warren
Alex Womack
Monique Woolfolk**

CONGRATULATIONS TO ALL OF YOU FOR A JOB WELL DONE!!!

CONGRATULATIONS AND KEEP UP THE GREAT WORK !!!

Upward Bound
Binghamton University
P.O. Box 6000
Binghamton, NY 13902-6000

RETURN SERVICE

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U.S. Postage
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SCHOLARSHIPS



It's never too early to start thinking about money for college. Money may not make you any happier, but it will make it easier to finish your bachelor's degree.

Go to the guidance office at your high school for information!

We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called Opportunity and its first chapter is New Year's Day. **Edith Lovejoy Pierce**

Cheers to a New Year and another chance for us to get it right. **Oprah Winfrey**



JANUARY CAP

College Action Plan



Sophomores

Attend Tutoring
Community Service (3 Hrs.)
No Monthly Meeting

Juniors

Attend Tutoring
Community Service (3 Hrs.)
Have your letter of reference
completed for your portfolio

Seniors

Obtain FAFSA Pin online
Submit for at least one scholarship
Attend Tutoring if needed