

# Upward Bound Newsletter

## Summer 2008

**Monroe County Community College  
Upward Bound  
Program at Monroe High School**



### UPWARD BOUND SUMMER PROGRAM AT THE MONROE COUNTY COMMUNITY COLLEGE

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Through the partnership with Monroe County Community College Upward Bound Program, students from Monroe High School, and Monroe Junior High School had the opportunity to spend 6 weeks on the M.C.C.C. campus working on their math, science, English, Spanish language skills, Studies Success, computers, and Tae Kwan Do. Each student was given a course schedule, and they had to go to different campus locations to attend their classes. The ages of the students ranged from incoming 9th to incoming 11th graders.

Throughout the 6 week program, students also had the

chance to participate in various field trips to nearby colleges/universities, and local businesses. Students also participated in a Robotics and Diversity workshop

The goal of the program was to inspire students to higher education, and prepare them for their journey through high school. At the end of the summer program, students finished up the summer with a 4 day trip to Memphis, Tennessee. Students participated in event filled days staying in downtown Memphis. There students went on cultural trips to museums, presentations, and famous landmarks.



Ms. Sue Birdwell, right, assists student Malarie Babik, left, with her math.



DR. DAVID NIXON SPEAKING AT THE UPWARD BOUND AWARD AND RECOGNITION BANQUET. THE EVENT WAS ATTENDED BY STUDENTS, PARENTS, AND STAFF MEMBERS.

### UPWARD BOUND PROGRAM AWARDS AND RECOGNITION BANQUET

The Upward Bound Program end of the school year "Awards and Recognition Banquet" was held at the Monroe County Community College on the evening of Thursday, June 5, 2008.

Awards received by Upward Bound students consisted of Honor Roll, Super Scholars with all A's and B's, Upward Bound student of the year, Most Hours Completed, Most Improved, and Positive Attitude Award.

The keynote speaker for the event was M.C.C.C.'s President Dr. David Nixon. He gave a motivational speech on his humble beginnings. The event closed with remarks from Monroe High Principal Mr. Ralph Carducci.





Ashley Stevenson, Robyn Monk, Sharvae Davis, & Shanea Byrd pose in front of Loretta Lynn's Restaurant. We stopped for dinner on the way to Memphis.



## UPWARD BOUND SUMMER TRIP TO MEMPHIS, TENNESSEE—DAY 1

At the end of the summer program at M.C.C.C., the students who participated are rewarded with a cultural trip. This summer the Upward Bound students went to Memphis, Tennessee. While in Memphis, the students attended and visited many cultural aspects of Memphis.

On the first day, students visited the Center for Southern Folklore. The Center of Southern Folklore highlights the music, traditions, crafts, and cultural history of the Memphis/



Delta region. There the students saw a performance by David Bowen, and had a southern style dinner. Then the students visited, the Burkle Estate, the site of an underground railroad, and the home of W.C. Handy, the "Father of the Blues." The next stop for the day was a visit the National Civil Rights Museum. Contained within the museum is the Lorraine Motel, the site where Rev. Dr. Martin Luther King, Jr. was assassinated. Day one wrapped up with dinner at the Hard Rock Café on Beale St.



## MEMPHIS, TENNESSEE—DAY 2

Day two began with a visit to the University of Memphis, and lunch on campus at Tiger Hall. From there it was off to the home of the "King of Rock and Roll." Yes, no trip to Memphis would be complete without a visit to Graceland, the home of Elvis Presley. Students toured Elvis' home,

and special exhibits that displayed Elvis' gold records and awards, along with an extensive display of career mementos, stage costumes, jewelry, and photographs.

From Graceland, it was off to the Oak Court Mall for three hours of power shopping. Then it was time for

our final dinner in Memphis. We went to the Food Network's "Down Home with the Neely's", Neely's Barbeque for authentic Memphis-style barbeque. Students had barbeque ribs, chicken, and pull-pork.



Bryce Althouse in Tae Kwan Do at M.C.C.C.

## U.B. ACADEMIC SCHOOL YEAR 2008-2009 AND ACT DEADLINES

The Academic school year for the Upward Bound Program will begin in October. The date is yet to be determined. Ms. Lambert will notify students of the return date. Tutorials will take place after school Tuesday, Wednesday, and Thursday from 2:30 to 4:30 PM in rooms F-106 and F-108. If you have any questions, contact Ms. Lambert in Room F-108, email her at

[lambertd@monroe.k12.mi.us](mailto:lambertd@monroe.k12.mi.us) or call at 265-3577.

**Juniors Please Note the following ACT Deadlines.**

**Test Date**  
 October 25, 2008  
 December 13, 2008  
 February 7, 2009

**Registration Deadline**

September 19, 2008  
 November 7, 2008  
 January 6, 2009



# 10 TIPS TO IMPROVE CONCENTRATION

With the new school year upon us, it is time to get back into the some better habits. To become a better student it is important to start with better habits. The following concentration tips are starting points for students in their endeavor to be a successful student

(1) **Intend to Concentrate**— Humans tend to do what they tell themselves to do. Therefore, it's easier to concentrate if you set a specific length of time to study.

(2) **Prepare to Concentrate**— Have everything you will need before you begin to study, for example, pencils, paper, textbooks, ...

(3) **Use Concentration Promoting Activities**— Study with a pen or pencil in hand and condense what you read into organized notes.

(4) **Vary your Study Activities**— If your study style is not to focus on one subject for long periods of time, then vary what you do.

Read and take notes for awhile, then do another subject for awhile.

(5) **Find a Non-Distracting Environment**— Study in the same place and use that place only for studying. Remove any distractions, such as, i-pods, t.v.s, ... .

(6) **Set Up a Specific System for Studying and Learning**— An effective step-by-step plan for studying and learning makes concentration easier. For example,



Picture Above: From left to right, Amber Lewis, Emily Kern, and Steven Taylor work on improving their Spanish language skills.



(Continued)

take main ideas and turn them into questions and place them on one side of notecard. On the other side use the details that clarify and explain each main idea as answers for your questions. Frequently and regularly look at the questions and practice reciting answers aloud from memory. Then, turn the notecard over to check your answer. If right, move on to the next notecard. If wrong, don't move on until you read the answer aloud and quiz yourself again until you get it right.

(7) **Eat Regular and Well-Balanced Meals**— Research suggests those with healthy diets earn higher grades. Avoid quick uppers such as sugary snacks because quickly rising and failing blood sugar levels negatively affect concentration. High fat foods cause sluggishness and drowsiness. Snack on fresh fruits and vegetables.

(8) **Get Plenty of Night-time Sleep**— Fighting sleepiness lowers concentration.



Willibe Thomas, Marissa Sulfaro, Jessica Russell, Shanea Byrd, Bryce Althouse, and Kaitlyn Minney receive the "Certificate of Dedication" at the Awards Banquet.

(Continued)

(9) **Set Daily, Weekly, Monthly, and Trimester Goals**— It is easier to concentrate and feel motivation when you have goals and can see yourself progressing toward those goals.

(10) **Take Regular Study Breaks**— It is normal for concentration time to vary individually from 5 min-

utes on up. Take short 5-minute breaks when concentration wanders.

Source: University of Central Florida's Student Success Center website. Author Dennis H. Congos, Certified Supplemental Instruction Trainer.



Charisse Byrd earns the "Most Improved" Student of the year in the Upward Bound Program.



U.B. Staff at Award Banquet. From left to right: Mrs. Stacey Langton, Mr. Anthony Quinn, and Ms. Dannielle Lambert

## Anthony Quinn, Program Director

The past summer we had a very successful and productive program. Congratulations and thanks to all of the Upward Bound students who participated in the 2008 MCCC Summer Program. We hope that you enjoyed coming to campus and taking part in all of the activities that we provided. The summer program from June 23, until August 6, 2008, consisted of classes in math, science, English, computer literacy, and Spanish. In addition, we took a variety of field trips to local businesses, colleges/universities and museums. The last week of the summer program was set aside for a final field trip. This

summer we enjoyed a trip to Memphis, TN. Highlights included visiting the National Civil Rights Museum, Graceland, Center for Southern Folklore; that included a southern style lunch; the University of Memphis, the W.C. Handy Museum, and the Burkle Estate (part of the Underground Railroad), dinner at Loretta Lynn's Kitchen and Gift Shop, Neely's Barbeque, and the Hard Rock Café. We are excited about our upcoming academic year at Monroe High School, and we are thrilled to once again work with your students. Finally, I would like to thank our dedicated parents because without your help the program could not be successful.

Mr. Quinn



*“Nine tenths of education is encouragement”*

— Anatole France

## Dannielle Lambert, Academic Coordinator

Congratulations for making it through the summer program! It was a great success. It was an awesome experience for our Monroe High students to spend six weeks at the Monroe County Community College.

We are looking forward to our second full year at Monroe High School. I would like to welcome all of the new incoming 9th graders, whom we spent the summer program with, to Monroe High School.

I would also like to wish every student a successful school year. This is just a reminder that each of you will need to meet with me to discuss your goals for the first trimester, and for the school year. Even if you are playing a sport you must still meet with me

Good Luck! Ms. Lambert

### Inspirational Quotes:

“Shoot for the Moon, even if you miss it you will land among the stars.”

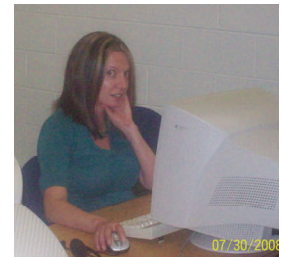
Les Brown

“When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has been opened for us.”

Helen Keller

“Only those who dare to fail greatly can ever achieve greatly.”

Robert F. Kennedy



# Happy Birthday!

## July

Bryce Althouse  
Shannon Worden  
Sharvae Davis

July 16  
July 16  
July 19



## August

Cierra Clay  
Shanea Byrd  
Ebony Bias  
Kaitlyn Minney  
Brittany Stockard

August 5  
August 10  
August 13  
August 26  
August 26



## September

Willibea Thomas  
Jesse Murray  
Tim Grant

September 12  
September 15  
September 16



## Third Trimester Honor Roll Students

Alyssa Briggs  
Addison Hendrick  
Emily Kern  
Amanda Sharpe

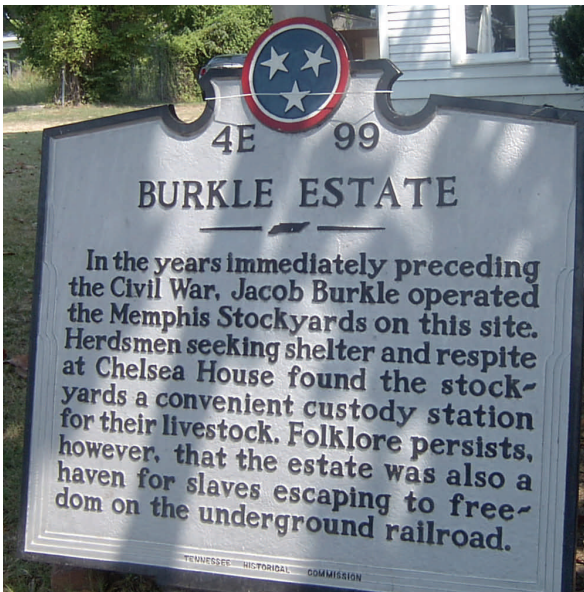
Amber Stroede  
Marissa Sulfaro  
Katie Tigney



# Pictures from the Summer



Students pose for a picture at the Burkle Estate.



Students participating in a Robotics Workshop at MCCC. From left to right, Shanea Byrd, Reyes LaSalle, Katelin Maton, Valencia Wright, Sharvae Davis, and Ashley Stevenson



Robyn Monk and Reyes LaSalle experience an exhibit at the Great Lakes Science Center in Cleveland, Ohio.



Students pose for a picture on Beale St. in Memphis



Students watching the performance of David Bowen at the Center for Southern Folklore

# Tips to a Great Start to the New School Year

## Attendance Matters

The best ways to get involved with your student's education is to make sure they attend school regularly. Your student can't learn if they are not in class. To work with your student's school: discuss attendance with your student. Explain the importance of attendance and punctuality—if they did not show up to their job, they would get fired. Attending school is no less important. Communicate with their teachers.

If your student must miss class (because of severe illness or a family emergency), talk to the teacher to see how the three of you—the teacher, your student and you—can work together to make sure they stay on track. Set a good example. Make sure that you attend school events whenever possible. Ask your student about school every day and encourage them to get involved in school activities.

*Source:* "School Attendance, Truancy, and Your Child," Directory, [http://www.direct.gov.uk/en/EducationAndLearning/Schools/YourChildsWelfareAtSchool/DG\\_4016117](http://www.direct.gov.uk/en/EducationAndLearning/Schools/YourChildsWelfareAtSchool/DG_4016117).



## Homework/Study

Students managing their time will help make homework easier. By now, your teen know that homework is their responsibility. However, with more homework than they have ever had, along with after-school activities, it may be hard to figure out how they will get it all done.

Help them: Prioritize. They should make a "to-do" list or use a planner. Put the most important tasks first, and the least important last. Use their time wisely. They can read on the ride home from

school or on a break at work. Avoid procrastination. Starting a project right away means they will finish more quickly and won't waste time worrying about it. Keep a schedule. If they work best after dinner, that is when they should do their homework every day. They can tell friends not to call after 8 PM. Get enough sleep. Homework will seem less difficult when they are more awake.

*Source:* "Time Management Tips for High School Students," CollegeBoard.com, <http://www.collegeboard.com/student/plan/college-success/116.html>.

## Upward Bound Contact Information

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Tim Grant studying



Addison Hendrick and Shannon Worden



Picture above: From left to right, Valencia Wright, and Asia Jackson studying in one of their summer classes at the MCCC.

