

Upward Bound Newsletter



JANUARY 2019

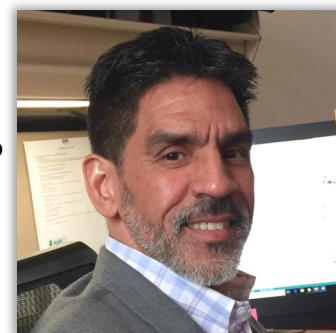
Inside this Issue

- Message from the Director
- Staff Reflections
- Message from KU Admissions
- UB Student Profiles
- Important Upcoming Dates
- Study Tips
- Brainteaser
- Contact Information



Message from the Director

I hope that you all enjoyed a wonderful holiday season with your family, friends and other loved ones and that you have had a safe and productive start to the New Year. Having started in my position as the Director of the Upward Bound Program six months ago (July) during the summer session, It's incredible to think that we are now mid-way through the school year and that our summer session will soon be upon us again. Much has happened over the past six months. Those of you that participated in our summer session, including the one week "Residential Experience" on the Kutztown University campus, can remember how rewarding it was academically, personally and socially. We enjoyed watching you learn and grow as students.



*Mr. José Rosado
Director, Upward Bound*

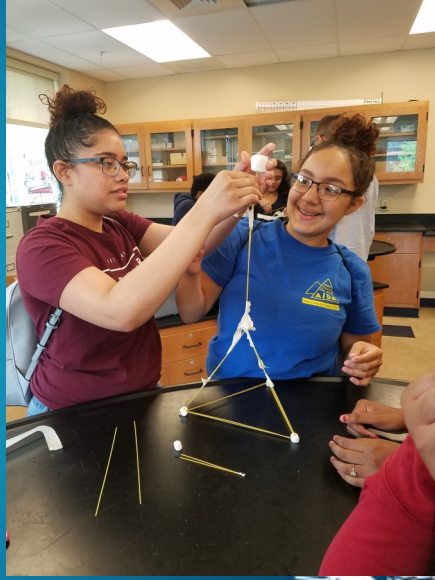
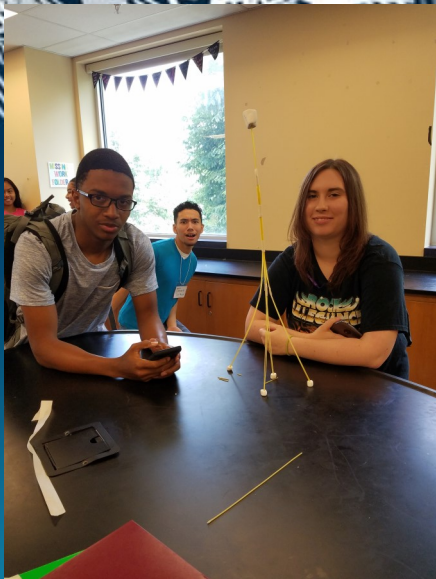
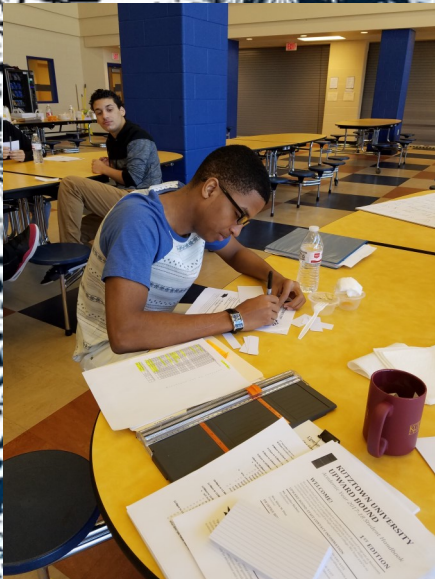
Since the start of the school year, my staff and I have been busy meeting and recruiting new students to the Upward Bound Program. We want to welcome our new students and their families to Upward Bound.

We are also very happy to announce that most of our seniors have applied to numerous colleges and the college acceptance letters continue to pour in. We are very proud of the commitment these students have made and we look forward to continuing to provide them support as they prepare for college. Two of our college going seniors are featured in this month's newsletter and others will be featured in the following months.

As the school year progresses, we continue to plan and provide resources and services to support and guide our students in their pursuit of their academic goals and overall well-being. We also enjoy meeting with our students and providing services in our office during our office hours and after school during our tutoring sessions (Mondays and Wednesdays). Speaking for Ms. Richter, Mr. Metzger and our teachers, we are very excited to greet our students during our Saturday Sessions and eager to engage and interact with them during the fun activities and lessons that we have prepared including interacting and engaging with our guest speakers. We are looking forward to bringing in other guest speakers and visiting college campuses on future Saturday Sessions.

We hope that you will continue to grow and benefit from your participation in the Upward Bound Program and that you share your experiences with your peers and classmates and encourage them to come meet with us.

Best Regards,
José Rosado



Staff Reflections



Ms. Jennifer Richter
Coordinator, Upward Bound

A Message from Ms. Richter

"Don't use the past as an excuse to miss out on your future." -Alan Cohen

New Year, New You! It's never too late to be your best self. With the first half of the year past us, it's important to reflect on not only our accomplishments but also the areas we need to improve upon. It's a great time to start developing healthy habits to ensure your success at school and in your future career. A habit is something that you do often and regularly, sometimes even without knowing that you are doing it. If you want to start making positive changes in your life and developing healthy habits, here are a few tips: (1) Start small and focus on one area you would like to change. (2) Think about WHY you would like to make this change and HOW you can do so. (3) Make a plan by creating a **S.M.A.R.T** goal. Your goal should be Specific, Measurable, Achievable, Relevant and Time-ly. (4) Make a commitment to your goal by sharing it with family and friends. (5) Stick with it! By following through on your actions, experts say after 90 days these changes will become a habit. (6) Finally, don't forget to celebrate your successes both big and small!

— Ms. Richter



Mr. Dan Metzger
Instructional Assistant,
Upward Bound

Ready for Warmer Weather...

This is about the time of year that I begin thinking about warmer weather. Anyone with me? Warm weather also brings with it our 2nd Summer Academy! This is our six-week experience where students take five weeks of classes and day trips before piling on the bus for their overnight camp week at Kutztown University. Reflecting on last summer, it's tough to describe how great it felt to see our students working hard in their classes at Allen, touring college campuses, and spending a nonstop week at KU...and we can't forget the food!

We have been busy planning an even better program for the 2019 Summer Academy. We are giving the program a make-over, considering all your recommendations from last year to give you the best possible experience. Please continue to let us know what you would like to see and do this summer! In my opinion, the best part of the Summer Academy is seeing friendships form among our students, relationships build with the tutor counselors, teachers, and other mentors, and knowing these bonds will continue into the coming school year and beyond. The Summer Academy is just one way Upward Bound helps our motivated young women and men accomplish their goals of entering college. I am so proud to be a part of the team.

— Mr. Metzger

UB Student Feature

UB Student Discusses Her Senior Year

Hello, my name is Veronica Acosta and I am a Senior at William Allen High School. I was born and raised in Matanzas, Cuba and I attended school in Cuba until the start of my Junior year (11th grade). I came to the United States from Cuba last year, along with my mother and my younger brother. We came to Allentown where we joined with my father who came to the United States five years ago.

My first experience here in the Allentown School District was as a student in the Newcomer Academy. The Newcomer Academy is a school for non-English speaking students that arrive in the Allentown School District. At the Newcomer Academy, I had many positive experiences. The smaller school made it possible for me to make friends and get to know my teachers. I also began to learn how to speak, read and write in English. I was very happy to start my Senior year at William Allen High School. I have really enjoyed my experiences at Allen. I was very nervous at first because I had heard about some of the problems at the school, but

my experiences have been very good. I have made many more friends and I joined several clubs like Latino Leadership, Health Careers, and Best Buddies. I also joined the Upward Bound Program. The Upward Bound Program has helped me research different colleges and apply to the colleges I am interested in attending. Upward Bound has also helped me feel more confident in speaking English and interacting with my teachers.

Attending school in the United States is very different from Cuba. In Cuba, the Communist Government does not allow for individual expression and does not promote academic growth. Here in the United States, we have computers in our schools and we get to use technology in our education. In Cuba, the students are limited to using old books in school. In Cuba the schools are small and old. They don't provide transportation, school lunches or even clubs. In Cuba, the schools all have dress codes and the students must wear uniforms like here, but the girls must wear skirts.

My parents have been my biggest supporters and have influenced my education. Although my mother did not graduate from college, she has always supported me and has been an inspiration to me. My father was an English Professor (teacher) in Cuba and always encouraged me to do well in school and always talked to me about going to college. My parents dreamed of coming to the United States to provide me and my brother with the opportunity to get a better education.

I have applied to Northampton Community College and I plan on starting my education there as I pursue my goal of becoming a dentist.



Veronica Acosta, UB Senior

A Message from Irma Aguirre, Kutztown University Admissions Counselor

At Kutztown, you'll grow, not into someone new, but into yourself. At your best, there's no limit to what you can do. When you visit our award winning campus, you'll discover excellence everywhere and in everything you do. We encourage our students to dig deep and find their inner greatness. Because when they do, they'll discover just what they are made of – pure gold. The Office of Admissions at Kutztown University encourages all students to apply to our institution. This place is the place we all call home, our campus offers so many diverse opportunities for our students. We take pride in our golden bears, their personal growth, and their academic pursuits. Creativity flourishes, hard work meets strong character, and our office wants to help you have the opportunity to ROAR here. We vouch to providing support for all students to reach their unique potential. It's Good to be GOLDEN #ChooseKU



Student Feature & Program Announcements

UB Senior Discusses College Plans

Hello, my name is Yanalit and I am currently a senior at Building 21 Allentown High School. I live with my grandmother, my aunt & cousin. The way my family has influenced my education is that they have always supported me through all of my years of going to school. They have always taught me since I was younger that education is of big importance in my life. Some of my hobbies that I like to do on my free time are hanging out with my family, I like singing, dancing, & hanging out with my friends. Also, I love to volunteer in my free time at places such as The Elderly Home & doing community service for my neighborhood. Some of the interests that I have are I like to run and would like to be on the track team this year.



Yanalit Maldonado, UB Senior

I will be attending Kutztown University. I chose this college because since ninth grade I have always wanted to attend this college. Also, I have met some very successful people that have graduated from this college and it has very good education programs. My career goal that I would like to accomplish when I graduate from Kutztown University is to work as a social worker. One of my long term life goals is to become a Motivational Speaker for youth and adults. I grew up without either of my parents in my life and when I was younger I wanted to have someone that I was able to look up to when I needed motivation to get through rough times. That is why I would like to be able to accomplish this goal. I want kids to know that they are not alone and that no matter what, they can always continue to do their best. I want to be able to make a positive change for children and want them to know that education will always be an important piece of their life.

At Our Saturday Session on December 1st...



Students participated in a competitive game of SWAT the Word: College Edition. Students were divided into three teams and given college planning trivia questions. Each team raced to the word bank posted on the wall where they needed to swat the correct answer. The "Green Team" was victorious, earning them bragging rights.

Detective Luiz Garcia delivered a motivational talk to Upward Bound students. Detective Garcia shared his personal path to learning how resilience leads to personal success, encouraging students to start "planting the seeds" of their goals so they can focus on realizing them in the future. UB thanks Detective Garcia for sharing his time with us!



UB Extras

Let's Stay Sharp!

SAT Brainteasers

Math: There are b bricks that need to be stacked. After k of the have been stacked, then in terms of b and k , what percent of the bricks have not yet been stacked?

- (A) $b / 100(b - k) \%$
- (B) $100(b - k) / b \%$
- (C) $100b / k \%$
- (D) $100k / b \%$

Verbal:

Although they never referred to it -----, the two actors had a ----- agreement never to mention the film that had almost ended their careers.

- (A) vaguely...clandestine
- (B) systematically...presumptuous
- (C) longingly...haphazard
- (D) obliquely...verbose
- (E) directly...tacit

(Stop by the UB office to see if you came up with the right answers!)

Success Tip

Be mindful of your time. School, studying, work, family, and friends – and yourself. So many things need your time and attention, so be sure you find a healthy balance. Also, being **on time** for school and other obligations goes a long way to increasing your success!

Important Testing Dates

SAT:

Date	Registration Deadline
3/9/19	2/8/19
5/4/19	4/5/19
6/1/19	5/3/19

ACT:

Date	Registration Deadline
4/13/19	3/8/19
6/8/19	5/3/19
7/13/19	6/14/19



Celebrating Birthdays! September – January

UB wishes a very happy birthday to all students who have celebrated a birthday this school year!

September

Briana Garmon — 9/10
Elijah Crumble — 9/15
Jaunte Williams — 9/17
Veronica Acosta Segundo — 9/22

October

Jordan Rich — 10/2
Catherine Siguencia — 10/8
Elias Sanchez — 10/10
Jeremy Santos — 10/22

November

Yohaliz Algarin — 11/1
Brandon Ruiz — 11/2
Sha'kayla Brown — 11/9
Ana Mejia — 11/9
Thea Mareenel Tugade — 11/10
Aliana Caro — 11/22

December

Zulemy Rosario — 12/7
Corey Stanley — 12/21
Alsier Pugh — 12/23
Aida Perez — 12/26
Jean-Claude Pabulo — 12/27

January

Natasha Matos — 1/5



Save the Dates!

Date	Event	Time	Location
1/30/19	Community Service Work Group	2:50 to 3:50pm	WAHS 8-125
3/9/19	Saturday Session	9am to 1pm	WAHS, NGC
3/29/19	Teacher Vs. Student Basketball Game	6:30PM	WAHS Gym
5/4/19	Saturday Session	9am to 1pm	WAHS, NGC
6/1/19	Saturday Session	9am to 1pm	WAHS, NGC
Monday, 6/24—Friday, 8/2	Summer Academy	TBD	WAHS & KU
Monday, 6/24—Friday, 7/26	Summer @ Allen	TBD	WAHS
Monday, 7/29—Friday, 8/2	KU Camp Week	TBD	Kutztown University

Contact Upward Bound

WAHS Office Hours:

Mr. Rosado: M/Th 8:30-4:00 (or by appointment)

Ms. Richter: M/T/W 8:30-4:00 (or by appointment)

UB Administration Cell Phone (voice/text): 484-705-8343

UB Email: upwardbound@kutztown.edu

WAHS UB Office: 9th Grade Center (NGC) 8-007

WAHS UB Office Phone: 484-765-5275

Mr. José Rosado, Director

Phone: 484-646-4107 Email: rosado@kutztown.edu

Ms. Jennifer Richter, Coordinator

Phone: 484-646-4101 Email: jrichter@kutztown.edu

Mr. Daniel Metzger, Instructional Assistant

Phone: 484-646-4101 Email: dmetz571@live.kutztown.edu

Visit us on the web: <https://www.kutztown.edu/about-ku/administrative-offices/academic-enrichment/upward-bound.htm>

NOW ACCEPTING APPLICATIONS!

Come by our office or visit the website to pick one up!

CC#: 4532003019

Upward Bound

PO Box 730

Kutztown, PA 19530

