

CCCC Upward Bound Programs Newsletter

Fall 2018

CALLING ALL 9th GRADE STUDENTS!

Upward Bound and Upward Bound Math and Science are currently accepting applications from 9th grade students for the 2018-2019 year! Anyone interested in applying to the program should visit our website to download an application.

FREE Tutoring Service for UB & UBMS Students

Tutor.com is a fully online tutoring service. You can get a tutor 24/7 in more than 40 subjects including Math, Science, Social Studies, English, AP[®] Support, Foreign Languages and Business. Tutoring sessions take place in our easy-to-use online classroom, which runs in your web browser. Students received their unique usernames and passwords at the first Saturday Session. Call (919-718-7576) or email (ub@cccc.edu) us if you have any questions about logging in.

HalloWIN Costume Contest:
Check our social media for more details!

Upward Bound Costume Contest



@UBProgramsAtCCCC

@Upward Bound Programs



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Dear Upward Bound Students:

It is our pleasure to have you as a participant in the Central Carolina Community College Upward Bound Programs 2018-2019 program year. With Saturday Sessions, new tutoring initiatives, test prep, and fun special events, we have plenty to dive into with the start of this academic year!

As we settle into the school year and new routines, I would like to remind all students that being selected to participate in the Upward Bound Programs is a distinction and a responsibility. The Upward Bound Staff, your family, counselors and teachers feel you have earned the spot in the program and can live up to the responsibilities inherent in participation. We hope that your expectations for academic achievement and personal growth will even exceed those that the program has for you.

A college education has become a necessity for those who want to succeed professionally and financially. By 2020, less than two years from now, 65% of jobs will require some education after high school. According to the Bureau of Labor Statistics, the pay gap between those with a four-year degree and those with a

high school diploma is at a record high. The message is clear: A college education prepares you intellectually, professionally, and socially for the jobs of the future.

Our job in the Upward Bound and Upward Bound Math & Science Program is to help you find meaningful ways to apply your knowledge and support you as you continue on the path from high school to career through a college education. This year, we will continue to provide you with opportunities to succeed in your precollege performance and higher education pursuits. This includes providing more opportunities for you to explore the STEM fields, offering intensive SAT/ACT and EOC test preparation, hosting some new and exciting special events, bringing you to visit numerous college campuses, incorporating financial literacy as an essential life skill, and providing new resources through our tutoring program. We look forward to working with you this year.

Best wishes,
Ms. Rebeccah Lystash

Summer Academy 2018 Recap



Upward Bound Lee enjoying a tour of Greensboro College.



Upward Bound Math and Science graduating seniors enjoying a night out in St. Augustine, FL.



Students soaking up some sun at the Aquarium.



Upward Bound and Upward Bound Math and Science showing off their artistic sides.



Upward Bound Harnett Senior, Gimelly – enjoying her internship at Angier Fire Station.

Each summer, Upward Bound and Upward Bound Math and Science students participate in one of four extensive summer academies. Program participants commit six-weeks of their summer break to enhance their academic skills and prepare for the upcoming year.

Rising 10th grade students participated in a day program at Central Carolina Community College where they participated in Math and Composition Boot Camps in the morning and then in career-related, hands-on workshops with CCCC faculty in the afternoons exposing them to different aspects of career opportunity and college majors including business, computer networking, health, robotics, and sustainability.

Rising 11th grade students gained firsthand experience of what it entailed to be a college student and to live on campus at a four-year university. Students took courses in English, Math, Science, Spanish, and SAT/ACT Prep at Campbell University. The classes helped prepare students for their junior year course loads, which is typically the most challenging year of high school. In the afternoons, students participated in Residential Life and Physical Activities to expose them to the other elements of college life.

During the summer internship program, rising seniors gained hands-on experience in their field of interest. They worked 25-40 hour a week while being mentored by their site supervisor and the Upward Bound Program Internship Coordinators. Students learned the day-to-day tasks required of a professional in their desired career field and gained exposure to a diverse range of career paths available locally, in Harnett and Lee counties. Rising seniors also gathered once a week with UB and UBMS staff to begin working on their college application and financial aid processes.

For the Summer Bridge Program, the Upward Bound Programs partnered with College and Career Promise to offer program graduates the opportunity to take two college-level courses. COM 231, Public Speaking, provided instruction and experiences that prepared students to deliver speeches within a public setting and in group discussions. In College Transfer Success, ACA 122, students were provided with information and strategies for developing clear academic and professional goals to help them succeed in college. Students also participated in a weekly college transition seminar to prepare them for success as full-time college students.



"I do recommend this program, it has helped me tremendously; and I'm grateful for this wonderful experience."

-UBMS '18 Student

Students also had the opportunity to tour UNC Pembroke, UNC Wilmington, UNC Charlotte, North Carolina Central University and Greensboro College. Upward Bound students also used part of their summer to make a difference in their community through service. Students contributed approximately 240 hours of service to Second Harvest Food Bank and the Salvation Army.

The summer academies concluded with a showcase of student work that was open to families and community members. To culminate the summer experience, students traveled to Atlanta, Georgia, western North Carolina and St. Augustine, Florida on overnight Cultural Enrichment Trips.

Upward Bound Math and Science graduates reflected on their four years in UBMS. In their end of summer evaluation one new graduate stated, "Honestly, I loved this program and it being able to help me finically was a big part of what kept me going and being able to study in the pathway and have actual college class," while another wrote, "I love you all with all of my heart. UBMS will always be a part of me."

A very special thank you to Upward Bound and Upward Bound Math and Science summer faculty, staff and the bus drivers that dedicated their time to ensure program participants had a great summer. Finally, thank you to all the outstanding students that worked hard this summer, here's to Summer 2019!

Basic High School Graduation Requirements vs College Preparation

Fulfilling your high school graduation requirements may not be enough to prepare you for college. Learn how to approach your high school academics so that you'll be ready for college. All of your studying and hard work has paid off. It looks like you're on track for high school graduation. But the question remains: is being ready for high school graduation the same as being college ready? The short answer? Sort of. It's a start, but college eligibility differs in many ways from high school work.

Going Beyond the General High School Requirements

Many high schools require the basics in education. Four years of English, Biology, Chemistry, various forms of math, electives, and the other fundamentals have thus far made up your education. Colleges, however, expect their prospective students to go above and beyond the high school requirements to develop college readiness skills. While it isn't a requirement for most high schools, many colleges desire two years of a foreign language, an extra year of science and/or extra math classes. It's important to check the university requirements as soon as possible. If you are behind in courses, there is always the option of taking a night class at a local community college to catch up. It's never too late to ensure your future plans. Another part of college preparation is standardized testing. The SAT is a requirement for most four-year colleges. Signing up for an SAT preparation course can help you get a leg up, as the test scores can give you an additional boost in the eyes of the college admissions board.

The Difference Between High School and College Work

In high school, we spend around 30 hours per week in class. Our schedules are set, with classes from 8 a.m. to 3 p.m. Every day is the same. Teachers tell us exactly what we need to do, and when we follow these directions, we succeed in our classes. Yet according to a study by McGraw-Hill Education, some college students don't feel that their high schools prepared them for the much more difficult standards of college. Therefore, it may be in your best interest to begin extra college preparation on your own. Part of that preparation is having an idea of what to expect from college. College class schedules are not like what they were in high school. Each class has its own schedule, so Monday may be completely different than Tuesday, and so on. Every student is responsible for knowing when homework and essays are due, as well as when quizzes and tests will occur. Also, in high school you become accustomed to relatively small class sizes where you may always be able to get individual attention from the teacher. However, in college, classes can have 100 students or more, making it a struggle to get any personal consideration. If you're struggling in a class, it's important to make an appointment with your professor to discuss tutoring or extra help, or what you can do to improve in the class. Most professors offer office hours once or twice per week. Email the professor and find out when you can meet with him or her. It'll benefit you in the long-run.

Why College Preparation is Important

College preparation is not just the classes you take or the extracurricular activities you engage in. Preparing your mind to be college ready is just as important too. Essays and tests will be more difficult. Taking notes in class will be essential to doing well in college and will make studying for exam time a lot less stressful than being unprepared. There will be substantial more reading and homework. Work outside of the classroom will be just as necessary for your success as the work inside the classroom. Knowing all this is half the battle.

Taken from <https://www.campusexplorer.com>

Featured Career



Financial Manager:

Financial Managers are responsible for the financial health of an organization. They produce financial reports, direct investment activities, and develop strategies and plans for the long-term financial goals of their organization.

Duties:

Financial Managers typically do the following:

- Prepare financial statements, business activity reports, and forecasts
- Monitor financial details to ensure that legal requirements are met
- Supervise employees who do financial reporting and budgeting
- Review company financial reports and seek ways to reduce costs
- Analyze market trends to maximize profits and find expansion opportunities
- Help management make financial decisions

Required Education & Experience:

A bachelor's degree in finance, accounting, economics, or business administration is often the minimum education needed for financial managers. However, many employers now seek candidates with a master's degree, preferably in business administration, finance, accounting, or economics. These academic programs help students develop analytical skills and learn financial analysis methods and software. Financial managers typically have a bachelor's degree and 5 years or more of experience in another business or financial occupation, such as an accountant, loan officer, auditor, securities sales agent, or financial analyst.

Pay and Expected Growth:

The median annual wage for financial managers was \$125,080 in May 2017. The median wage is the wage at which half the workers in an occupation earned more than that amount and half earned less. The lowest 10 percent earned less than \$66,480, and the highest 10 percent earned more than \$208,000. Employment of financial managers is projected to grow 19 percent from 2016 to 2026, much faster than the average for all occupations. However, growth will vary by industry.

Taken from www.bls.gov

Senior Highlights

Fall Senior Checklist

Have you....

- ☐ Made a list of the application deadlines for your school?
- ☐ Completed your Free Application for Federal Student Aid (FAFSA)?
- ☐ Completed your Residency Determination Service (RDS)?
- ☐ If you have to retake the ACT/SAT, are you registered?
- ☐ Finalized your personal statement essay?
- ☐ Submitted your applications for any early action deadlines?
- ☐ Applied for at least 4 scholarships?

Financial Aid: Word of the Day

Need-Based Aid: *If the Cost of Attendance (COA) exceeds your Expected Family Contribution (EFC), you will be eligible for need-based aid to cover the difference. You may be awarded a financial aid package that consists of a combination of grants, scholarships, loans and work study opportunities. The total amount of your package will be determined by a combination of demonstrated financial need, federal award maximums, and your school's Available funds. To learn more visit [this website](#).*

November is National Scholarship Month: Here's How to Celebrate

Starbucks has whipped out the red cups, superstores have hung the holiday decorations and everyone has begun the countdown to turkey, stuffing and pumpkin pie. But there's another event worth celebrating this month too: National Scholarship Month! National Scholarship Month is sponsored by the National Scholarship Providers Association and aims to draw attention to the great need for scholarships. The month-long campaign hopes to draw more scholarship opportunities from community organizations, businesses and colleges, which is great news for students. Consider this: the more scholarships that exist, the better your chances of actually winning one.

So how can you get in on the celebrations this month?

1. Update your Fast web profile. How long has it been since you updated your Fast web profile? Weeks, months, years? An outdated profile could mean missed opportunities. The more updated your profile, the better your scholarship matches list. So go back to your profile, update your GPA and test scores if applicable and add any jobs or student organizations that you've been a part of since the last time you cleaned up your profile.

2. Break the ice with Fastweb's Featured Scholarships. So maybe you've never applied to a scholarship before – or you've only applied to one or two. You can ease into the process through our Featured Scholarships. These are opportunities from different sponsors that we've chosen to highlight as easy-to-apply-for scholarships. They typically require you to simply fill out a form, and you're done!

3. Set a scholarship goal. Once you've applied for Fastweb's Sweeps & Promos, set a goal for yourself this month to apply to one or two scholarships per week. If you want to apply for more, go for it! Treat this like a homework assignment. Devote time each week, either on a weeknight or a weekend, to complete these applications. If you find that the time it takes to complete applications is easy, try adding one or two more applications to your plate each week.

4. Make it a habit. After devoting a month to applying to a few scholarships each week, it should become a habit. Take what you've learned over the course of National Scholarship Month, and apply it to every other month of the year. Applying for scholarships is a numbers game; meaning the more you apply to, the better your chances of actually winning. Diligence in your scholarship search and application can lead to big payoffs for college.

Article taken from <https://www.fastweb.com>

You hit "Submit", but you're not done yet!

Before you kick back, make sure you have completed the following steps to complete your college application submission:

- ✓ Sent your ACT/SAT scores
- ✓ Requested a transcript (free through CFNC)
- ✓ Requested a CCCC transcript (CCP students only)
- ✓ Made sure the school is listed on your FAFSA (and adding it if needed)
- ✓ Sent your resume, activity list, and other details to your recommenders (don't forget to say "thank you!")
- ✓ Requested a fee waiver from Ms. Rachel or your school's Guidance Counselor (*not needed on Common App submissions*)

Congratulations to our seniors who have already begun to receive acceptance letters! Collectively, our Upward Bound and Upward Bound Math and Science senior class of 2019 has already submitted at least 20 college applications!

Show Me the Money

Quick recap on where and how to find stellar scholarships. **Remember, start local!**

💰 [CFNC Scholarships](#)

💰 University websites

- ❖ Search for the "financial aid" or "scholarships" sections on the website after submitting your college applications; chances are, they have a wide array of funding options for students!

- ❖ See [this example](#) from Appalachian State University- note the deadline is November 1st!

💰 Ask your club, band, parents' employers, or church leaders if they offer college scholarships, you might be surprised!

💰 Ms. Rachel's Monthly List of 10 Scholarships (sent via email and distributed at our monthly work sessions)

💰 Subscribe to the [JLV College Counseling Blog](#) and receive automatic emails with new scholarship opportunities!

💰 [Social Media Related Scholarships](#)



Five Great Reasons for High School Students to Volunteer

Volunteer work presents a great opportunity for teenagers to prepare for the future, as well as to improve their communities. In addition to boosting social skills and awareness of local organizations and social issues, high school students who volunteer often may have an advantage over their peers when headed off to college.

1. Gaining New Skills

With each new volunteer activity comes training. These skills may seem basic or trivial at the time of training, but may also provide building blocks for future success. For example, by managing the receipt, sorting and distribution of donations from community sponsored school supply drives, teens might learn how to use spreadsheets to keep track of inventory. These skills are a great foundation for a job in management, accounting, or running a small business.

2. Adding to the Resume

If a teen's pre-college resume is limited to summer employment at the local pizza place and basic computer skills, it might be time to add a few lines. Commitment to community volunteer work over time shows that a teen is willing to work for something without monetary compensation--much like a college internship, apprenticeship or job shadow experience--which may be a requirement of college programs.

3. Giving Time

One of the most selfless acts anyone can do is donate their time and talents. Teens who are busy with after-school sports or work to help support their families and still make time to volunteer on evenings or weekends show outstanding character and resolve to make a difference. High school students are particularly well-suited to find time to mentor younger youth, connect with residents at a senior center or assist with one-time special events held on weekends.

4. Showing Responsibility

Just like going to a job, committing to a volunteer position shows responsibility. Teens working on becoming more reliable should get involved in volunteer programs relating to their hobbies to naturally build responsibility. For example, teens who love to read can find volunteer opportunities with a local library and teens who enjoy sports can coach athletics at an after-school program for children.

5. Earning Credits

Some high schools mandate a specific number of community volunteer work hours before a student is eligible for graduation. Many volunteer opportunities can translate to high school or college credits. It is important to discuss these opportunities with guidance counselors and administrators before beginning volunteer work.

Article taken from <https://www.unitedway.org>

Alumni Spotlight

Allie Chavis



High School: Triton High School, UBMS 15'

College: Campbell University

Major: Criminal Justice

1. How did Upward Bound Math and Science prepare you for college?

"Upward Bound Math and Science led me out of my comfort zone and encouraged me to think differently. I was very narrow minded before starting the process; I knew I wanted to go to college, I knew what I wanted to major in and I thought I had it all figured out. However, Upward Bound Math and Science encouraged me to think above and beyond. I never would have explored college options outside of the state if it weren't for this program. I also would not have had a backup school in mind. Upward Bound Math and Science is the reason I was confident with my choice of attending Campbell University. Without proper research and knowledge of the University, I could have chosen the wrong school to attend."

2. What advice would you give to current Upward Bound Math and Science and Upward Bound students?

"I would encourage all students to explore options outside of their comfort zones and to trust not only in the process of Upward Bound and Upward Bound Math and Science but also to trust in the professionals that lead the program. They truly are there to help."

3. What was your favorite thing about Upward Bound Math and Science?

"I enjoyed the trips that Upward Bound and Upward Bound Math and Science offered, specifically the campus tours because without being in the program, I never would have toured a campus on my own."

Parent's Corner: How to Help Your Child Prepare for College

As a parent, you play a pivotal role in helping your child understand how to prepare for college in high school. The sooner you start supporting an environment of learning and encouraging success in high school, the better your child's chances will be when it comes time to submit college applications. To find out what you need to do, read the tips below. Remember, every teenager is different and some teens may have different ideas about college in mind. Foster support, but also show them that they have many options available depending on their interests.

Set Appropriate Goals

For most students, high school can be a stressful and demanding chapter in their lives. Be sure to keep a regular dialogue with your child about how they feel their academic progress is going and how you can help ease their stress and concerns about college. If it seems like a class is too easy, it may be time to talk to the school about placing them in a more advanced one. Conversely, grades should be a priority, and if they aren't it's important to be willing to help your child establish better study habits and even create a more productive work environment for them.

Maintain a Healthy Routine

College preparation is not solely limited to stellar study habits. In fact, a regular and healthy home environment is crucial. That may start at the simplest level by allowing your teen to sleep. According to the National Sleep Foundation, sleep directly affects your child's mental development and can help develop their memory, maintain a healthy weight, perform well in school, and avoid depression and anxiety. So just how much is enough? It's recommended that teens get between eight to nine hours of sleep per night. In addition, what we eat directly affects our memory and energy levels. So, limiting high calorie and low nutrient snacks like chips and candy, and discouraging consumption of sugary sodas and fruit drinks will help in the long run. Opt for iron rich foods, like peanut butter, leafy green vegetables and lean meats, which have been linked to increased energy levels.

Get to Know the High School Guidance Counselor

A school guidance counselor will not only be knowledgeable about college admission deadlines and requirements, but will also be able to gauge what universities may be suitable for your child. Get to know the guidance counselor personally with a phone call or visit. It will also be helpful to do so when it comes time to receive scholarship information or advice on college admissions. A study by Newsweek found that 70 to 75% of students feel they need more guidance on courses to take and, what extracurricular activities to join, as well as more academic advice from faculty members. Forming a relationship with your child's guidance counselor may help facilitate your child reaching out to their counselor as well. Counselors are also extremely knowledgeable about the type of courses your child should enroll in to best prepare them for college. They will likely recommend that your child take advanced placement courses, as many colleges will see moderate success in these as a higher achievement than perfect grades in simpler classes.

Visit College Campuses

Each child will be different, but try to open a dialogue and think about what type of college environment would best suit them (whether it be a large state university or a small liberal arts setting). Visiting several types of college campuses early in their high school career may give them (and you) a better sense of which colleges would be a good fit for your child.

Encourage Community and Extracurricular Involvement

Encouraging your child to become involved in activities in and outside of school may also help get them succeed in college. The Newsweek study found that students who engage in extracurricular activities are not only happy students but also the most successful in the classroom. Encourage your child to join a sports team or an academic club, or maybe volunteer work or traveling. It should also be noted that a summer job could be an invaluable resource in teaching your child about responsibility, discipline, and teamwork. If it's in a field that they are also interested in, it could also be an opportunity to explore and meet professionals that may help them later in their career.

Discuss the Personal and Social Responsibilities of Going to College

For many students going away to college may be their first time away from home, so it's important to discuss the social and personal implications they may face. Open a dialogue about underage drinking. According to recent studies, more than half of college freshman will face an opportunity to drink within their first week of college. And over 159,000 first-year students are forced to leave school every year for alcohol or drug related reasons. Have a frank discussion with your child about the implications to their success if they participate in it. In addition, an important aspect to cover will be how your child budgets their expenses. Decide if your teen will be using a credit or debit card, what their limit should be, and provide ways for them to budget how they spend what they're allotted.

Upcoming Events

November

- 🔊 1st – School Visit (LCHS)
- 🔊 1st – College Advisor Office Hours (LCHS)
- 🔊 7th – School Visit (THS)
- 🔊 7th – College Advisor Office Hours (THS)
- 🔊 7th – Senior Work Session (Harnett County)
- 🔊 8th – School Visit (SLHS)
- 🔊 8th – College Advisor Office Hours (SLHS)
- 🔊 10th – UNC - Special Events
- 🔊 13th – Senior Work Session (Lee County)
- 🔊 14th – School Visit (WHHS)
- 🔊 14th – College Advisor Office Hours (WHHS)
- 🔊 15th – School Visit (OHS)
- 🔊 15th – College Advisor Office Hours (OHS)
- 🔊 17th – Saturday Session
- 🔊 17th – SAT & ACT Test Prep
- 🔊 28th – School Visit (HCHS)
- 🔊 28th – College Advisor Office Hours (HCHS)
- 🔊 29th – School Visit (LCHS)
- 🔊 29th – College Advisor Office Hours (LCHS)

December

- 🔊 4th – Senior Work Session (Lee County)
- 🔊 5th – School Visit (WHHS)
- 🔊 5th – College Advisor Office Hours (WHHS)
- 🔊 5th – Senior Work Session (Harnett County)
- 🔊 6th – School Visit (OHS)
- 🔊 6th – College Advisor Office Hours (OHS)
- 🔊 8th – Saturday Session
- 🔊 8th – SAT & ACT Test Prep
- 🔊 12th – School Visit (THS)
- 🔊 13th – School Visit (SLHS)
- 🔊 15th – EOC Math 2 and English 1 Test Prep
- 🔊 15th – SAT & ACT Test Prep

Upward Bound Fall Edition

We Are Currently Accepting Applications for 9th Grade Students!

The Upward Bound (UB) program and Upward Bound Math and Science (UBMS) at Central Carolina Community College is a federally-funded educational program which provides FREE services to high school students in preparation for college and careers in the fields of math and science. The Upward Bound program at CCCC serves 60 Harnett County high school students and 60 Lee County high school students. The Upward Bound Math and Science Program at CCCC serves 62+ Harnett County high schools students.

If you are interested in participating in the Upward Bound or the Upward Bound Math and Science program, please follow the instructions below in order to complete the application process. Please note that your application cannot be processed without completing all of the requested information.

1. Complete the entire application by supplying all required information as outlined:
 - [Download Application](#)
 - [Download Counselor Recommendation Form](#)
 - [Download Teacher Recommendation Form](#)
2. Complete the Family Income section and submit a copy of 1040, 1040A, or 1040EZ Income Tax Return for parent(s)/legal guardian(s) for the previous year.
3. Include a typed, one-page personal statement about your interests, ambitions, and goals after high school.
4. Sign the Release of Information Authorization.
5. Sign the Parent/Guardian Certification indicating that your application is complete and accurate.
6. Submit one (1) Counselor Recommendation Form from a guidance counselor including a recent report card, transcript, and copy of test scores.
7. Submit one (1) Teacher Recommendation Form. *If you are applying to the Upward Bound Math and Science Program, this recommendation must come from a math or science teacher.*
8. Return the completed application to: Upward Bound, College Access Programs/TRIO, Central Carolina Community College, 1105 Kelly Drive, Sanford, NC 27330.

Once your application has been received, you will be notified by mail of your application status. If you have any questions, please contact our office at (919) 718-7576. Thank you for your interest in Upward Bound and Upward Bound Math and Science!

The Upward Bound Programs are federal TRiO programs designed to provide opportunities for participants to succeed in their pre-college performance and ultimately in their higher education pursuits. The goal of the programs is to prepare students with the skills and motivation necessary to graduate from high school, and to matriculate in and graduate from an institution of post-secondary education. All three of Central Carolina Community College's programs are funded by annual grants from the U.S. Department of Education. The Upward Bound Harnett Programs is currently funded at \$315,075.00 annually, the Upward Bound Lee Program is funded by a \$315,016.00 grant, and the Upward Bound Math and Science program is funded by a \$315,125.00 grant.

