Letter from the Director

The heart of a parent is to ensure that their child succeeds in life without incurring any unnecessary hardships. Yet, communicating this necessity to your child can be challenging. Communication between parent and child can be difficult at times. Let’s face it, communication barriers have broadened in this current age of iPad, iPod, Twitter, and Facebook. However, effective communication regarding your child’s future is critical to his or her success. Effective communication can leave a lifetime of positive impressions upon your child. As a parent, your greatest impression can occur during a morning ride to school. It can also occur during breakfast, lunch, or dinner. A positive impression can also occur during a trip to the movies or special outing. During your discussions with your child, it is important to allow them to fully express themselves. Allow them to communicate their goals and dreams. Offer advice on how they can achieve them without being negative. It is important for students to be realistic about their future careers and aspirations; however, let them feel free to dream in your presence.

Try to be as creative as possible with your communication method. Send them a text. Make a surprising phone call while pretending to be an admissions counselor at a college or university that they are interested in attending. Sit down with your child and play a game. Even though you may not know how to play, take the time to share your passion for their advancement during the game. Before you initiate conversation with your child, make sure you do some research. Read up on the college or university they are interested in attending. Research and prepare to discuss helpful ACT testing tips and/or other valuable information. Look up the cost of a college course at a local college or university. You can rest assured that your brief moment of communication will change your child’s outlook upon their future.

You are the greatest resource and support system for your child. Although you may not know every detail about attending college, you can ignite their curiosity and dreams. You will be the fuel system to keeping the vehicle of education alive in their lives. Your child’s outcome is your investment, so take a brief moment to help make a change. Remember, the Upward Bound staff is here to help. Call us or stop by the office. We will do our best to assist both of you in making your dreams come true.

Gratefully,

Gil Finley
Director
“Education means inspiring someone’s mind, not just filling their head” -Katie Lusk

Mr. Finley’s Millionaire Message

In today’s changing economy, you have to do your best to stay aware of things that can affect your credit score. A negative credit score can impair one from getting a new car, house, and/or loan. Below are a few ways to strengthen your credit and build a strong financial future. This information was taken from an article written by LaToya Irby from About.com.

5 Ways To Build a Good Credit History

1. Charge only what you can afford to pay
When you get into the habit of charging only what you can afford, it lets future lenders and creditors know that you are a responsible borrower. You’ll find it easier to borrow money and get new credit when you show that you know how to only borrow what you can pay back. Not only that, only charging what you can afford helps you avoid excessive debt.

2. Use only a small amount of the credit you have
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3. Start with only one credit card
Many first-time credit card users accumulate a collection of credit cards within their first few years of using credit. Don’t do this. The more credit you have, the more you’ll end up using. Learn how to be responsible with credit before you apply for additional credit cards.

4. Pay your balance in full and on time
If you’re only charging what you can afford to pay, you may not know every detail about attending college, you can ignite their curiosity and dreams. You will be the fuel system to keeping the vehicle of education alive in their lives. Your child’s outcome is your investment, so take a brief moment to help make a change. Remember, the Upward Bound staff is here to help. Call us or stop by the office. We will do our best to assist both of you in making your dreams come true.

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Diabetes:
Finding the Strength to Move Forward
By Angela Reynolds

Diabetes is a metabolic disorder known as Diabetes Mellitus. The food we consume and the type of fuel our bodies use for energy. When the sugar is not broken down and converted into energy, diabetes can occur.

There are two types of diabetes, type 1 and type 2. Type 2 diabetics usually have too much sugar in their blood which is also known as Hyperglycemia. Too much sugar in the blood can damage the kidneys, eyes, heart, nerves and brain. Type 2 diabetics feels tired, fatigue, excess hunger, increase appetite, unexplained weight gain.

As a Type 2 diabetic, I can tell you that it is not easy. I was diagnosed in 2005 at the age of 25. Upon hearing my diagnosis, I was in denial. I ignored my symptoms and pretended I did not exist. I would lie to my family when I was asked about my health, just to make them satisfied. I ate and took my medicine. My daughter was born healthy and perfect. I figured that if I use that small amount of effort to take care of myself, I can make a difference in my health. I had to make changes to make sure that I am around to watch my daughter grow up. I believe that people and situations are placed in your life for you to find that motivation to keep moving forward. Leila was mine.

A change in life begins with change of mind. I was so scared of the consequences of not taking care of myself. I did not want to face kidney failure, heart attack, stroke, limbs amputation, nerve damage, blindness and death. Seeing my daughter smile and holding her little hand is all the motivation I need to keep moving forward.

Sources
Medical News today www.medicalnewstoday.com
American Diabetes Association www.diabetes.org

Get Rid of Stinky Thinking

For some of us the winter season can shape or mold our mentality and emotions. The dismal outlook upon the weather can transfer upon one’s productivity and attention span while in class. Moreover, the productivity or lack thereof transfers to one’s academic performance. Sometimes dismal weather can cause students to get into a sad or negative mindset. This is not the time to give in to your feelings or emotions. Instead it’s the time to kick our brains and attitudes into full gear and prepare to work to receive the best grades you can achieve.

While working with admissions counselors at various institutions across Kentucky, I understand the importance of students performing at their optimal level throughout high school. Most colleges require certain grade point averages and ACT scores in order for a student to be admitted into their institution. Students who do not meet these requirements may be put on the waiting list, asked to submit additional information such as letters of recommendation and/or personal statement, or denied altogether.

Tips to help build effective study habits

1) Choose a quiet place—one that’s free of distractions.
   Why it helps: Music, television, and talking to other people can distract you. A quiet spot helps you concentrate on your work and can help you avoid making mistakes.

2) Find a comfortable, well-lit spot.
   Why it helps: A comfortable chair and good light help you keep all the focus on your work—and keep your eyes from straining.

3) Clear your work space and get organized.
   Why it helps: A clean work space helps you know where everything is located. Have all of your class notes, books, and supplies (such as a ruler or a calculator) organized means less time searching for what you need.

4) Pick a time that’s best for you.
   Why it helps: Do you study better in the afternoon or after dinner? Is there a time when your study place is less busy? These are important questions to answer before sitting down to study.

Article taken from Channing Bete’s Studying for Success