"The High Standard"

Le Moyne College Upward Bound Program **February 1, 2014**

Director's Dialogue:

Dear Upward Bound Parents/Guardians:

By the time you receive this newsletter, we will be at the half way point of the 2013-2014 academic year. .

Please **mark your calendar** and take advantage of the Upward Bound activities and events. If you are involved, your children will be involved!

Sincerely,

Johnnie Hill-Marsh, Director

2013-2014 Staff

Ms. Johnnie Hill-Marsh, Director

Ms. LaRae Martin-Coore, Academic Coordinator

Mr. Kenyon A. Black, Student Services Specialist

Ms. Simone Adams, Counselor

Marcia R. McGill, Sr. Clerical Assistant

Robin Barkins, Financial Secretary

Ken Curry, Technology Consultant

REMINDER:

If your child is not able to attend Saturday Tutorial, please call the Upward Bound Office at 445-4532 no later than 4:15pm on Friday prior to the Saturday Scholastic Academy. The Office is NOT OPEN on Saturday. If you need to call Saturday morning, parents need to call Ms Martin-Coore at 415-1891 or Mr. Black at 744-0974 to leave a message. Messages left on the office voicemail will not be received until Tuesday.

Upcoming Events

February – Black History Month

8th Parent Advisory Board Meeting 8:45am RH 439
Summer Program Current Student Application distribution

15th & 22nd No SSA – Midwinter Recess
18th Campus Visit – Cornell University
19th -21st Community Service – more details to come

March – Women's History Month

22nd Leadership Conference

29th – No SSA

April

19th -& 26th No SSA – Spring Recess

21st – 25th Campus Visit and Community Service – watch for upcoming details

May - Regents Review Month

24th No SSA – Memorial Weekend
29th Senior Reception

June

7th Last SSA
7th PAB Meeting RH439

Le Moyne College
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Ms. Martin Coore Email: martinlm@lemoyne.edu
Ms. Hill-Marsh Email: hillmajm@lemoyne.edu

Website: www.lemoyne.edu/upward_bound

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2013-2014 Instructors

Jason Adamo	Lab Sciences
Naima Barbour	English as a Second Language
Erin Clarke	SAT Prep/Reading
Kevin Evens	Social Studies
Laura Foster	Senior Seminar/Study Skills
Haleh Tabesh	Math

2013-2014 Tutor Counselors

James Cochran	Brandon Lewis
Marie Harrell	Lorenda Mable
Tiffany Howell	Kahlil Russell-Starks
	Felicia Woodard

Mr. Black

Campus Visit:
Campus visit to Cornell University is Tuesday, February 18, 2014. Those students who have signed up will receive permission slips in the mail. Please be sure to turn them in by the due date to secure your spot. **Students need to arrive at Romero Hall at 7:00am.** Located in Ithaca, NY, Cornell is both a private university and the land-grant institution of New York State, Cornell University is the most educationally diverse member of the Ivy League.

Seniors:
Remember to keep all documents that you receive during the college application process in your Upward Bound Senior Seminar folder. Bring this folder every Saturday so we can make copies and go over these documents with you. Stay focus, active in your classroom, and don't catch "senioritis!"

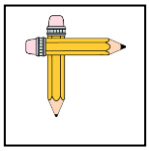
Juniors:
By now you've taken your first SAT. Whewww I know your anxiety was at an all time high. Once you have received your scores we will review them and work on skills and tips to better your score for the May exam. SAT prep will continue during Saturday Scholastic Academy.

Resources on Preparing for College

New York State Grants, Scholarships and Awards – Quick Reference

www.hesc.ny.gov/content.nsf/SFC/Grants_Scholarships_and Awards

Students in New York State are eligible for a number of grants, scholarships, and awards. This webpage offers a guide to these programs and links to more detailed information about each one.



Academic Coordinator's Corner

10 ways to help your teen manage time

1. Give your teen a daily planner or calendar. They're valuable aids for organizing and gauging time.

2. Limit TV, computer, and phone usage so they don't interfere with the time needed to get schoolwork done.

3. Promote proper rest and nutrition. Plenty of sleep and a healthy diet increase energy and the ability to accomplish more.

4. Encourage making a "To Do" list each night so your teen prepares for what needs to be done the next day.

5. Help your teen prioritize. The most important tasks should be completed first.

6. Suggest keeping materials and papers organized. The less time spent looking for items, the more time spent getting things done.

7. Try to prevent your teen from taking on too many activities. Make sure enough time is allotted for schoolwork and sleep.

8. Teach your teen to break large projects into smaller tasks. This will make daunting assignments more manageable.

9. Remind your teen that perfection isn't necessary. Trying to be perfect can cause stress and procrastination.

10. Have your teen combine activities - such as reading while riding the bus - to make effective use of time.

Remember: You serve as a role model for your teen, so manage your time wisely also.

*Taken from The Positive Line

New York State Tax Credits and Deductions Quick Reference

www.hesc.ny.gov/content.nsf/SFC/Tax_CreditsDeductions

New York State students and their families can benefit from a number of tax credits for education. This webpage provides information on New York's 529 College Savings Program, the New York State Tuition Tax Credit/Deduction, and other programs, with links to details about these options.

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