



## THE STANDARD

Johnson C. Smith University

### DEPARTMENTAL

### STAFF

Dr. Armbrister, President  
Johnson C. Smith University

Magdalyn Lowe-Smith, Director  
Upward Bound Program  
(704)378-1127

Andrina Forward, Academic Coordinator  
Upward Bound Program  
(704) 330-1345

### *The Mission*

*To provide students with the academic skills and motivation needed to complete high school, enter a four-year college/university, and complete it successfully.*



### MESSAGE FROM THE DIRECTOR

#### My Life Matters: A Journey of Introspection

#### Greetings!

After enduring a year of COVID-19, with virtual learning, experiencing and enduring the harsh effects of a pandemic, the Upward Bound Program @ JCSU decided that we would follow CDC guidelines and the protocol of JCSU and imagine Summer Component 2021 in residence. It was not easy, but WE DID IT! With the assistance of JCSU and UB personnel, and more importantly, the dedication and willingness of our parents and students to follow the guidelines put in place During Summer Component 2021, we were VICTORIOUS!

Our success intermingled with our Summer Theme. **Stronger Together**” There’s no “me in Victory...It Takes “us” to be VictoriUS.” Upward Bound staff impressed upon UB participants, **that we are STRONGER TOGETHER and VICTORIOUS (1)** when we unify and embrace “Diversity” **(2)** It is not our differences that divide us, but our inability to recognize, accept, and celebrate those differences and **(3)** As we love our differences, we get to become *Stronger Together*.

Therefore, the Character Development Program for summer 2021 focused on Diversity and Unity. Students were presented five (5) steps on How to Embrace Diversity; (1) Seek Understand; (2) Manage Your Bias; (3) Appreciate the Uniqueness of Each Other’s Purpose; (4) Recognize Limitations and (5) Learn to Forgive and Forget.

Throughout this issue of “The Standard,” you will receive snippets of our theme, along with (1) An overview of Summer Component 2021; (2) Academic Curriculum; (3) Bridge Update; (3) UB Academic Honors (2020 - 2021); and much more...*Enjoy!!!*

# Summer Component 2022

## The Upward Bound Program "Creed"

*I Am An Upward Bound Scholar!  
I adhere to the Upward Bound "Mission"*

- ◆ To complete high school
- ◆ To Enter a college or university
- ◆ To successfully complete the academic Requirements necessary for college/university graduation.

*I Am An Upward Bound Scholar!  
I adhere to the Upward Bound  
"Standards of Conduct".*

- ◆ I represent Upward Bound and present myself as a role model in and out of the classroom.
- ◆ I stand ready to support and encourage all Upward Bound scholars...academically, socially and culturally.

*I Am An Upward Bound Scholar!  
I adhere to the Upward Bound  
"Standard of Excellence"*

- ◆ I am intelligent, responsible, disciplined, respectful, strong and courageous.
- ◆ I strive to obtain and maintain high academic honors.
- ◆ I maintain a positive attitude, at all times.

*I Am An Upward Bound Scholar!*

## Summer Quick Facts

- Dates: June 20 – July 28, 2022
- Summer Color: Blue, Gray, Black
- Summer Trip: Orlando, Florida
- Theme: "My Life Matters: A Journey of Introspection"

## Alumni Corner



# Self-Awareness Week – Opening Sessions



Glenda Horton-Manning  
Motivational Speaker

On June 21, 2021, Raven Solomon graced Upward Bound participants with a powerful presentation, which included the importance of including diversity and unity in one's life to achieve success. Raven is a global Diversity, Equity, and Inclusion thought leader and nationally recognized keynote speaker who helps organizations get future-ready by understanding generations, racial equity, and their intersection. Raven's mission is simple... to solve for racial inequity by breaking down generational and racial barriers in the workplace, replacing them with empathy and synergy that fosters productive working relationships, drives business results, and prepares organizations to compete in the not-so-distant future.

She is the author of the 2019 release *Leading Your Parents: 25 Rules to Effective Multigenerational Leadership for Millennials and Gen Z*, where she shares leadership principles and practical advice for young professionals seeking to transition into leadership positions in today's diverse workplace, and the founder of the Charlotte-based *Center for Next Generation Leadership and Professional Development*, a startup focused on providing soft-skill development to the leaders of tomorrow. In her spare time, Raven consults with Franklin Covey, the world leader in leadership development, in the area of unconscious bias.

## Foot Prints & Hand Prints to... Peace in the Community.

Presenter, Glenda Horton Manning

Mrs. Manning presented our participants with topics that elicited the critical thinking skills of our participants for ensuring "Community Change." Students discussed the following: (1) Challenges in their community; (2) Their feelings about topics such as Violence, Homelessness and (3) Racial Unrest; (4) How they would make changes today and tomorrow if given a chance; (5) Diverse populations in bringing about change and (6) The value of unity in Community Change.

# Self-Awareness Week – Opening Sessions



Glenn and Sandra Matlock  
Nazareth Project  
Motivational Speakers/Counselors

*Glenn Matlock* is a Mechanical Engineering retiree, who was employed for thirty-two years in Component Engineering at Delphi-Packard Electric, Warren, Ohio. He has participated in many community service programs and served as a member of the Teen Straight Talk Advisory Board and as a mentor for incarcerated youth in the City of Warren Juvenile Justice System. As Co-Director of the Nazareth Project, Mr. Matlock has coordinated adult and youth mentoring teams to address the health and social well-being of youth in urban and diverse communities, including retreats, colleges, churches and juvenile justice centers throughout Ohio, Pennsylvania, New York and North Carolina. Mr. Matlock attended Southern Colorado University and Moody Bible College and is graduate of Kent State University. A veteran and sergeant of the United States Army, he served four years in Communications in Colorado Springs and Germany. He is currently serves as an Elder, Sunday school instructor and member of the finance committee of Restoration Christian Life Ministries, Warren Ohio.

*Sandra Matlock*, a retiree of Second National Bank of Warren, Ohio, worked in banking for 25 years, where she served as an employee benefits specialist and community development Director. She has participated in many community service programs, including Chairwoman of the City of Warren Community Development Advisory Committee, United Way Allocation Committee, Juvenile Justice Center and Teen Straight Talk. She is Co-Director of Teen Straight Talk and currently serves on the board of Rivergate High School, Warren, Ohio.

Ms. Matlock received her B.S. in Counseling and M.A. in Theology through Trinity College of the Bible and Theological Seminar. She is an employee benefits specialist through TrustMark Employee Benefits School, Charlotte, NC and an abstinence and rites of passage instructor through the Ohio Abstinence/National Family Life and Education Center, Columbus, Ohio. She is an ordained minister.

## Teen Collaboration

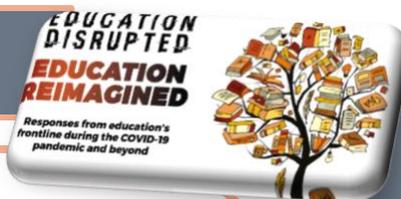
Who Am I? What Can I Contribute?  
Presenters, *The Salt Factory*

Members of the Salt Factory presented participants with the importance of learning to collaborate well with others and how it contributes to a teen's capacity to respect the perspectives of others, to solve problems creatively, and to resolve conflicts appropriately. They brought this concept to life by assigning students partners to learn about collaboration through music. The following areas were



# Personal Development Workshops

# Let's Get Smarter!!!



One of the goals of the Upward Bound Program is to challenge participants academically. Bringing this goal to fruition was especially challenging during COVID-19. However, this UB program “Reimagined” how we could provide our participants with a quality program, yet do so in a safe environment. This goal was accomplished during Summer Component 2021. Students were required to take classes in the core curriculum (English, Math, Science and Foreign Language), Life Long Learning and Electives:

## Core Curriculum

**English** (1-4) – Maxine Hedgepeth

**Math** (Math I, Math II) - Malik Richardson

**Math** (Math III, AFM, Pre-Calculus) – Michael Owens

**Spanish** (All Levels) – Isabel Gaitan-Malta

**Rosetta Stone** – Isabel Gaitan-Malta

**Science** (Earth & Environmental., Biology, Chemistry, Physics) – Candace Hamlin



## Life-Long Learning

**STEM - Discovery Place** (9<sup>th</sup> – 11<sup>th</sup> Grade)

**Current Affairs** (10<sup>th</sup> Grade) – Joann Summerville

**Speech Communication** (12<sup>th</sup> Grade) - Professor Jemayne King



## Electives:

**Spoken Word** – Trinity Hallums

**Art** – Dioveris Lopez

**Photography** – Robert Burns, II



# STEM PROJECT



In accordance with our STEM initiative, the Upward Bound Program was privileged to partner with Discovery Place for four (4) weeks during Summer Component 2021. A team of Discovery Place educators brought the magic of STEM learning to our students through hands-on exploration, and one-of-a-kind experiences. Students engage in exciting educational experiences in a broad array of subject areas such as physical science, plant and animal biology and engineering through inquiry, experimentation, critical thinking, and problem solving. Classes were developed by grade bands and are aligned with North Carolina State Standards and Next Generation Science Standards. The curriculum for each grade were as follows:

Grade 9	Grade 10	Grade 11	Grade 12
Club Code	Make	Anatomy & Physiology	Engineering
What is a Computer? What's Scratch?	Egg Drop Challenge	Biochemistry of Cells	Civil Engineering Part I
Name Animation	Bridge Challenge	Viruses & Vaccine Education	Civil Engineering Part II
Shapes Challenge	Boat Challenge	Cardiovascular Connections	Mechanical Engineering Part I
Lego Maze	Discovery Place Project Runway	The Art of Listening	Mechanical Engineering Part II
Pong Scratch Cards	Video Game Controllers	Musculoskeletal System & Prosthetics	Aeronautical Engineering Part I
Intro to Game Design	Interactive Information	The Brain & The Body	Aeronautical Engineering Part II
Making a Game /Presentations	Paper Airplane Challenge/Present	DNA: Defining New Abilities	Biomimicry Part I Biomimicry Part II



Congratulations!!!

Upward Bound

Class of 2021



Martha Guardado  
University of North Carolina @  
Charlotte



Nylah Hamlin-Walker  
University of North Carolina  
@ Greensboro



Valentine Hernandez  
Central Piedmont Community  
College



Nina Lucas





## Academic Honors & Awards 2020-2021

On Saturday, July 24, 2021, the Upward Bound Program celebrated with an end-of-year Awards Ceremony. Students were given special recognition for their academic honors as well as other categories selected by staff. The following awards were granted for the 2020-2021 Academic Year Component (September 2020 – May 31, 2021) and Summer Component 2021.

### Certificate of Achievement – Academic Year (2020-2021)

#### 3.0 – 3.5

Elycia Blakely, Janiah Blakely, Ekijah Cook, Keristan Harden, Shawn Owensby, Jr. and Seth Underwood

#### 3.6 – 4.0

Parker Brellove, Karma Compton, Tavien Julius, Zahir Wilborn

### Certificate of Achievement – Summer Component 2021

#### 3.0 – 3.5

Elycia Blakely (3.33), Parker Brellove (3.16), Dylon Butler (3.33), Ekijah Cook (3.0), Keristan Harden (3.33), Zary Miller (3.16), Shawn Owensby, Jr. (3.5), Mason Riley (3.16), Janaiyah Roseboro (3.33), Asiyah Swain (3.5), Seth Underwood (3.16), Zahir Wilborn (3.16), Joshua Wilson (3.5)

#### 3.6 – 4.0

Janiah Blakely (3.66), Karma Compton (3.83), Tavien Julius (3.66), Vanessa Lucas (3.83), My'Shell Whitmire (4.0)

Highest Average Academic Year 2020-2021 – Parker Brellove – 4.0  
Highest Average Summer Component 2021 – My'Shell Whitmire – 4.0

# Awards Ceremony

## “Certificates of Achievement - Instructors”

### Candace Hamlin (Science)

#### Earth & Environmental Science

Top Scholar – Karma Compton (98%)  
Second Top Scholar - Mason Riley (97%)  
Third Top Scholar – Tavien Julius (94%)

#### Biology

Top Biology Scholar (95%) – Shawn Owensby, Jr.  
Second Top Biology Scholar (94%) – Zahir Wilborn

#### Chemistry

Top Chemistry Scholar (95%) – Dylon Butler  
Second Top Chemistry Scholar (93%) My’Shell Whitmire

### Maxine Hedgepeth – (English)

**English I** – Karma Compton  
**English II** – Shawn Owensby, Jr.  
**English III** – Janaiah Blakely  
**English IV** – Vanessa Lucas

### Malik Richardson (Math I & II)

#### “All Star Scholar Awards”

**Math I** – Karma Compton  
**Math II** – Shawn Owensby, Jr.

#### “Rising Star”

Elycia Blakely

# Awards Ceremony (Continued)

## “Certificates of Achievement - Instructors”

### Michael Owens – Math III

**Academic Honors** – My’Shell Whitmire  
**Honorable Mention** – Seth Underwood

### Isabel Gaitan-Malta – Spanish

**Five Star Student** – Jannah Blakely  
**Heart of Gold** – Elycia Blakely  
**Super Reader** – Karma Compton

### JoAnn Summerville – Current Affairs

**Most Improved Award** – Seth Underwood & Tristan Price  
**Academic Achievement Award** – Vanessa Lucas, Janaiyah Roseboro Johnesha Glenn

### Dr. Jemayne King – College Communications

**Highest Merit Award** – Vanessa Lucas

### Discovery Place STEM Project

**Outstanding Maker Awards** – Shawn Owensby, Jr. & Parker BreeLove  
**Most Accomplished** – Seth Underwood  
**Best Collaboration** – Ekijah Cook, Keristen Harden

# Awards Ceremony (Continued)

## “Certificates of Achievement - Instructors”

### Dioveris Lopez – Art

**Outstanding Artist** – Vanessa Lucas

**Most Improved** – Naiem Lawrence

**Class Helpers** – My’Shell Whitmire & Janaiyah Roseboro

### Robert Burns, II – Photography

**Photographic Excellence Awards** – Joshua Wilson & Mason Riley

### Trinity Hallums – Spoken Word

**Persistence & Growth Award** – Tavien Julius

**Versatile Creativity** – Asiyah Swain

## Bridge Awards

Valedictorian Award – Martha Guardado (4.1667)  
Salutatorian Award – Nylah Hamlin-Walker (3.4643)

# Awards Ceremony (Continued)

## Photo Gallery (Awards Ceremony)







The Upward Bound Program concluded Summer Component 2021 with a trip to Charleston, SC. Participants enjoyed two days of activities that were both educational and fun. For example, they toured Charleston and learned about 30+ years of Charleston's history. They visited the "Angel Oak Tree (1,400 years old), Mother Emanuel AME Church, the memorial of Philip Simmons, who is a celebrated Iron Worker responsible for beautiful iron gates in front of Charleston's historic homes, students toured the McLeod Plantation and learned about the history of slavery. Further, students were educated about horseback riding before actually riding them (in the rain)! Lastly, they were able to relax and enjoy a dinner cruise on the Ashley River and eat delicious food.



# Information Spotlight

## “COVID-19 and Your Mental Health”



**Worries and anxiety about COVID-19 and its impact can be overwhelming. Social distancing makes it even more challenging. Learn ways to cope during this pandemic.**

By Mayo Clinic Staff

The COVID-19 pandemic has likely brought many changes to how you live your life, and with it uncertainty, altered daily routines, financial pressures and social isolation. You may worry about getting sick, how long the pandemic will last, whether you'll lose your job, and what the future will bring. Information overload, rumors and misinformation can make your life feel out of control and make it unclear what to do.

During the COVID-19 pandemic, you may experience stress, anxiety, fear, sadness and loneliness. And mental health disorders, including anxiety and depression, can worsen.

Surveys show a major increase in the number of U.S. adults who report symptoms of stress, anxiety and depression during the pandemic, compared with surveys before the pandemic. Some people have increased their use of alcohol or drugs, thinking that can help them cope with their fears about the pandemic. In reality, using these substances can worsen anxiety and depression.

People with substance use disorders, notably those addicted to tobacco or opioids, are likely to have worse outcomes if they get COVID-19. That's because these addictions can harm lung function and weaken the immune system, causing chronic conditions such as heart disease and lung disease, which increase the risk of serious complications from COVID-19.

For all of these reasons, it's important to learn self-care strategies and get the care you need to help you cope.

Self-care strategies are good for your mental and physical health and can help you take charge of your life. Take care of your body and your mind and connect with others to benefit your mental health.

### **Take care of your body**

Be mindful about your physical health:

- **Get enough sleep.** Go to bed and get up at the same times each day. Stick close to your typical schedule, even if you're staying at home.

**Participate in regular physical activity.** Regular physical activity and exercise can help reduce anxiety and improve mood. Find an activity that includes movement, such as dance or exercise

anxiety and improve mood. Find an activity that includes movement, such as dance or exercise apps. Get outside in an area that makes it easy to maintain distance from people, such as a nature trail or your own backyard.

- **Eat healthy.** Choose a well-balanced diet. Avoid loading up on junk food and refined sugar. Limit caffeine as it can aggravate stress and anxiety.
- **Avoid tobacco, alcohol and drugs.** If you smoke tobacco or if you vape, you're already at higher risk of lung disease. Because COVID-19 affects the lungs, your risk increases even more. Using alcohol to try to cope can make matters worse and reduce your coping skills. Avoid taking drugs to cope, unless your doctor prescribed medications for you.
- **Limit screen time.** Turn off electronic devices for some time each day, including 30 minutes before bedtime. Make a conscious effort to spend less time in front of a screen — television, tablet, computer and phone.
- **Relax and recharge.** Set aside time for yourself. Even a few minutes of quiet time can be refreshing and help to quiet your mind and reduce anxiety. Many people benefit from practices such as deep breathing, tai chi, yoga or meditation. Soak in a bubble bath, listen to music, or read or listen to a book — whatever helps you relax. Select a technique that works for you and practice it regularly.

### **Take care of your mind**

Reduce stress triggers:

- **Keep your regular routine.** Maintaining a regular schedule is important to your mental health. In addition to sticking to a regular bedtime routine, keep consistent times for meals, bathing and getting dressed, work or study schedules, and exercise. Also set aside time for activities you enjoy. This predictability can make you feel more in control.
- **Limit exposure to news media.** Constant news about COVID-19 from all types of media can heighten fears about the disease. Limit social media that may expose you to rumors and false information. Also limit reading, hearing or watching other news, but keep up to date on national and local recommendations. Look for reliable sources, such as the U.S. Centers for Disease Control and Prevention (CDC) and the World Health Organization (WHO).
- **Stay busy.** A distraction can get you away from the cycle of negative thoughts that feed anxiety and depression. Enjoy hobbies that you can do at home, identify a new project or clean out that closet you promised you'd get to. Doing something positive to manage anxiety is a healthy coping strategy.
- **Focus on positive thoughts.** Choose to focus on the positive things in your life, instead of dwelling on how bad you feel. Consider starting each day by listing things you are thankful for. Maintain a sense of hope, work to accept changes as they occur and try to keep problems in perspective.

- **Use your moral compass or spiritual life for support.** If you draw strength from a belief system, it can bring you comfort during difficult times.
- **Set priorities.** Don't become overwhelmed by creating a life-changing list of things to achieve while you're home. Set reasonable goals each day and outline steps you can take to reach those goals. Give yourself credit for every step in the right direction, no matter how small. And recognize that some days will be better than others.

### **Connect with others**

Build support and strengthen relationships:

- **Make connections.** If you need to stay at home and distance yourself from others, avoid social isolation. Find time each day to make virtual connections by email, texts, phone, or FaceTime or similar apps. If you're working remotely from home, ask your co-workers how they're doing and share coping tips. Enjoy virtual socializing and talking to those in your home.
- **Do something for others.** Find purpose in helping the people around you. For example, email, text or call to check on your friends, family members and neighbors — especially those who are elderly. If you know someone who can't get out, ask if there's something needed, such as groceries or a prescription picked up, for instance. But be sure to follow CDC, WHO and your government recommendations on social distancing and group meetings.
- **Support a family member or friend.** If a family member or friend needs to be isolated for safety reasons or gets sick and needs to be quarantined at home or in the hospital, come up with ways to stay in contact. This could be through electronic devices or the telephone or by sending a note to brighten the day, for example.

Stress is a normal psychological and physical reaction to the demands of life. Everyone reacts differently to difficult situations, and it's normal to feel stress and worry during a crisis. But multiple challenges daily, such as the effects of the COVID-19 pandemic, can push you beyond your ability to cope.

Many people may have mental health concerns, such as symptoms of anxiety and depression during this time. And feelings may change over time.

Despite your best efforts, you may find yourself feeling helpless, sad, angry, irritable, hopeless, anxious or afraid. You may have trouble concentrating on typical tasks, changes in appetite, body aches and pains, or difficulty sleeping or you may struggle to face routine chores.

When these signs and symptoms last for several days in a row, make you miserable and cause problems in your daily life so that you find it hard to carry out normal responsibilities, it's time to ask for help.

## **Get help when you need it**

Hoping mental health problems such as anxiety or depression will go away on their own can lead to worsening symptoms. If you have concerns or if you experience worsening of mental health symptoms, ask for help when you need it, and be upfront about how you're doing. To get help you may want to:

- Call or use social media to contact a close friend or loved one — even though it may be hard to talk about your feelings.
- Contact a minister, spiritual leader or someone in your faith community.
- Contact your employee assistance program, if your employer has one, and get counseling or ask for a referral to a mental health professional.
- Call your primary care provider or mental health professional to ask about appointment options to talk about your anxiety or depression and get advice and guidance. Some may provide the option of phone, video or online appointments.
- Contact organizations such as the National Alliance on Mental Illness (NAMI) or the Substance Abuse and Mental Health Services Administration (SAMHSA) for help and guidance.

If you're feeling suicidal or thinking of hurting yourself, seek help. Contact your primary care provider or a mental health professional. Or call a suicide hotline. In the U.S., call the National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255) or use its webchat at [suicidepreventionlifeline.org/chat](https://suicidepreventionlifeline.org/chat).

## **Continue your self-care strategies**

You can expect your current strong feelings to fade when the pandemic is over, but stress won't disappear from your life when the health crisis of COVID-19 ends. Continue these self-care practices to take care of your mental health and increase your ability to cope with life's ongoing challenges

<https://www.mayoclinic.org/diseases-conditions/coronavirus/in-depth/mental-health-covid-19/art-20482731>