

THE STANDARD

DEPARTMENTAL STAFF

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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

“Destination Transformation: A Blueprint for Change”

“**Are the Children Well?**” During Summer Component 2019, Upward Bound staff focused on the well-being of our youth. According to the 2017 State of America’s Children Report, “this is a challenging and scary time for America’s children. Millions of them currently suffer hunger, homelessness and hopelessness...”

The question, “**Are the Children Well?**” challenged and motivated staff, teachers and presenters to strive for excellence as we support, encourage and watch our students’ transition for childhood to adulthood.

The fact that our youth are in need academically, socially and mentally, drives our passions as we assist in the nurturing and care of our youth. As such, Summer Component 2019 presented “*Destination Transformation...A Blueprint for Change*,” a program that taught our students how to manage the current and future trajectory of their lives by application of the program’s five-step blueprint. This model took them on a journey from *Complacency* to *Transformation*...a journey to wholesome, meaningful purpose-filled living.

This issue of the “Standard” includes the following (1) An overview of Summer Component 2019; (2) Bridge Update; (3) UB Academic Honors (2018 - 2019); and much more...*Enjoy!!!*

Summer Component 2019

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 16 – July 26, 2019
- Summer Color: Blue, Mauve, White
- Summer Trip: Civil Rights Tour
- Theme: Destination Transformation: A Blueprint for Change.



Self-Awareness Week

Self-Awareness Week is an opportunity for Upward Bound participants to explore their "Self-Identity" in a positive and supportive environment. Students received two days of vital, in-depth information that incorporated the summer theme and enhanced their future endeavors.

Special Recognition to the following
Workshop Presenters:



Glenda Horton Manning,
Motivational Speaker



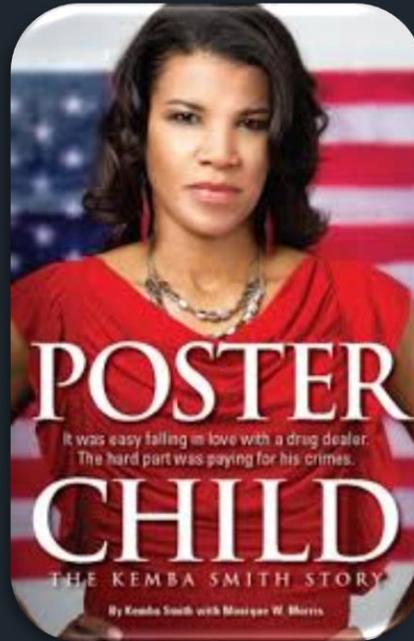
Glenn & Sandra Matlock
The Nazareth Project/Teen
Straight Talk



Mario Hainesworth
Kingdom Community Fest

To Our Village Elders...Thank you for spending time with and pouring a wealth of knowledge into our Children. Blessings extended to you!

Personal Development Workshop



Kemba Smith-Pradia,

Growing up as an only child in Richmond, Virginia, Kemba Smith graduated high school and continued her education at the prestigious Hampton University. What happened to Kemba in her new campus environment was a nightmare that led to a 24.5-year sentence in a federal prison. In December 2000, after serving 6.5 years, President Clinton commuted her sentence to time served. Kemba shares her traumatic real life experience in her book, "Poster Child: The Kemba Smith Story." Kemba believes in sharing her story as an educational tool to prevent other youth from going down a similar path.

Thank you for sharing your story and planting seeds in our lives to help us refocus and realize how fortunate we are to experience the opportunities provided through upward Bound!

Career Day Workshop



Jemmott Duncan

Mr. Duncan is a **PLT Leader & Sr. Quality Analyst** at BMW Manufacturing Corporation with over 20 years of automotive experience and expertise with new product launches and development with focus on electrical/electronic and HVAC, quality systems, methods engineering and process development. He is a graduate of Johnson C. Smith University with a degree in Math and a graduate of Clemson University with a degree in Electrical Engineering. He was the first African-American graduate of a STEM initiative between JCSU and Clemson University.

Thank you for inspiring us to do our very best, which will take us to unexpected places in our careers!

Personal Responsibility/Self-Care Workshop

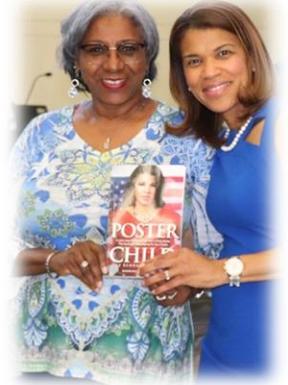
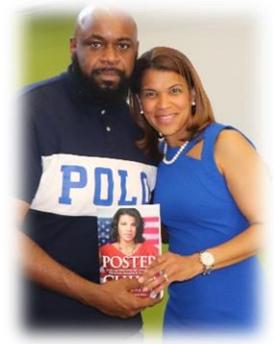


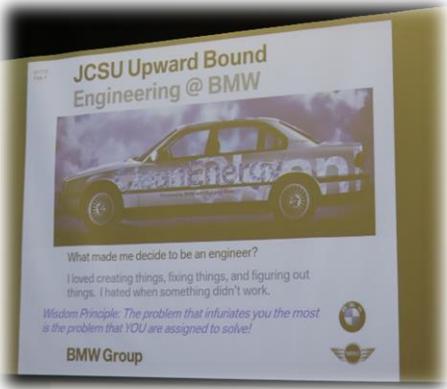
R.C. Robinson

Chef R. C. Robinson makes flavorful, easy to prepare vegan dishes. After being diagnosed with Type 2 diabetes in 2014, he transitioned to a vegan diet in an attempt to reverse the effects of the disease. As his health improved, he felt compelled to spread the word to others who could benefit from his personal journey. He provides coaching to those struggling with health-related issues, which could benefit from a healthier approach to nutrition. He recently launched the first episode of his YouTube cooking show titled, "Cooking on the Island w/R.C. Robinson".

Thank you for encouraging us to live healthier lives for ourselves and those we love!

Awareness Week Gallery





The Business of Learning

One of the goals of the Upward Bound Program is to challenge participants academically. This goal was accomplished during Summer Component 2019. 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 and Calculus) – Michael Owens

Spanish (All Levels) – De’Les Green-Morris

Science (Earth & Envir., Biology, Chem, Physics) – Candace Hamlin

Life-Long Learning

Discovery Place (9th – 11th Grade)

African-American Studies (10th Grade) – Joann Summerville

Speech Communication (12th Grade) - Professor Jemayne King

College Prep – (12th Grade) – Kamiya Jones

Electives:

Dance – Cierra Lacey

Choir – Kimberly Harvin

Spoken Word – Tawanda Nyahasha & Anthony Wright

Art – Dioveris Lopez





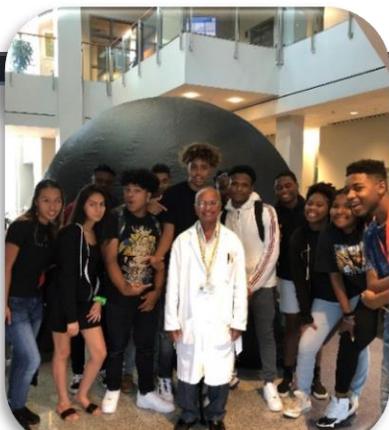
DISCOVERY PLACE SCIENCE

In accordance with our STEM initiative, the Upward Bound Program was privileged to partner with Discovery Place for four (4) weeks during Summer Component 2019. The following classes were offered:

9th Grade (Anatomy) Provided students with an in-depth exploration of human and animal anatomy...brain and nervous systems, musculoskeletal system, dissections (eyes, brain, chicken, pig, crayfish) and the respiratory system.

10th Grade (Applications of STEM) allowed students to get their hands on in exploring a variety of STEM concepts (chemical reactions, forces and simple machines, light and optics applications, electricity and energy, advanced robotics, solar powered cars and Architectural Engineering).

11th Grade (Entrepreneurism & Design) Exposed students to design thinking, equipping them with the necessary tools and skills to make! Simultaneously, students learned about entrepreneurship and how they can use their creativity and newly acquired skills to earn income (Design thinking, ideation, brainstorming and lens filtering, prototyping, product pricing, iteration and design).



Star Lab – UB students & Dr. A. Gupta





Congratulations!!!
Upward Bound
Class of 2019



Shamara Hendry, Ebin Matthews
Pierre Matthews



Anaya Bowden
Jamaal Allen



Sha'Mya Alexander Emely
Bedoy, Isaiah Lawrence

Shamara Hendry (Winston Salem State University)
Upward Bound surrounded me with friends and adults who helped me with my schoolwork and self-awareness...now I can be a beacon of light to others.

Ebin Matthews (Central Piedmont Community College)
UB changed my life. I never thought I would go to college, but thanks to UB, I will be attending college.

Pierre Matthews (University of NC @ Greensboro). UB has been a life-changing event for me. I was introverted, shy and nervous. Without UB, I would not be prepared to make the transition from high school to college.

Anaya Bowden (NC A & T State University)
All of the opportunities and events throughout high school were due to Upward Bound. As I move to higher learning, I know I learned the necessary tools to be successful in my future accomplishments.

Jamaal Allen (Virginia State University) Thanks to Ms. Lowe-Smith and Ms. King for allowing me the opportunity to participate in this unique Program. Thanks to Professor King for providing me with key information that will help me to succeed as I begin my new chapter in life at Virginia State University.

Sha'Mya Alexander – If it wasn't for UB, I wouldn't be thinking about going to college. UB pushed me to focus more on my education than fitting in the crowd. Thank you for your patience, sticking with me, and preparing me for college

Emely Bedoy – UB helped me become a better me. Thanks for pushing and not letting me give up. If it weren't for this program, I would honestly be in jail or the streets living my worst life. Thank you for the opportunities and a better life.

Isaiah Lawrence (University of NC @ Greensboro) – My life was bleak when I entered UB. The program Upward Bound turned my life around. Thanks for your support and love.



Academic Honors & Awards

On Saturday, July 20, 2019, 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 2018-2019 program year (June 1, 2018 – May 31, 2019) and Summer Component 2019.

Certificate of Achievement – Academic Year (2018-2019)

3.0 – 3.5

Evan Alexander, Sha'Mya Alexander, Elias Bethea, Anaya Bowden, Sajada Davis, Shamara Hendry, Akira Ponder, Jah-Kara Reid, Jasmine Roseboro

3.6 – 4.0

Jamaal Allen, Emely Bedoy, Martha Guardado, Isaiah Lawrence, Gabriel Matthews, Mekhiyah Howze

Certificate of Achievement – Summer Component 2019

3.0 – 3.5

Evan Alexander, Elias Bethea, Christian Bullock, Sajada Davis, Nyasia Gantt, Johnsha Glenn, Valentina Hernandez, Davion Jessup, Elise Kirby, Vanessa Lucas, Kaden Moyer, Rion Neely, Akira Ponder, Jah-Kara Reid, Destiny Scott, Nevaeh Sims, Trinity Stephenson, Erinn Summers, Joshua Wilson

3.6 – 4.0

Kendarius Bethea, Nylah Hamlin-Walker, Marquis Howze, Mekhiyah Howze, Nina Lucas, Janaiyah Roseboro, Jasmine Roseboro, Nalaysia Summers

Awards Ceremony – Plaques

Participation Award - Outstanding Attendance

Isaiah Lawrence

Award of Excellence (Highest GPA – Academic Year 2018-2019)

Mekhiyah Howze (4.6)

Award of Excellence (Highest GPA) – Summer Component 2019

Martha Guardado (4.0)

Bridge Awards

Director's Award – Gabriel (Pierre) Matthews

Valedictorian Award – Gabriel (Pierre) Matthews (3.50)

Salutatorian Award – Isaiah Lawrence (3.30)

Special Awards

TC (Tutor Counselors) Choice Awards – Marquis Howze & Nevaeh Sims

Resilience Award – Chase Wiley

Distinguished Parent Award – Michelle Lawrence, PA

Perseverance Award – Emely Bedoy

Awards Ceremony (Continued)

Parents' Association

Sincere gratitude to the Parents' Association for your dedication, commitment, support and contributions during the 2018-2019 program year!

Photo Gallery (Awards Ceremony)



Annual Summer Cultural/Educational Trip

The Upward Bound Program concluded Summer Component 2019 with a Civil Rights Tour (Atlanta/Alabama). The purpose of this trip was to expose UB participants to a time in history...the Civil Rights Movement, an era dedicated to activism for equal rights and treatment of African Americans in the U.S. We became more aware of how people rallied for social, legal, political and cultural changes to prohibit discrimination and end segregation. This time in history can be compared to what is occurring in our country today.

College Tours – Spelman College, Morehouse College, Clark/Atlanta University
Museums/Monuments/Educational Sites – National Center for Civil & Human Rights, “Sweet Auburn Avenue,” Martin Luther King Jr. National Historical Site, Ebenezer Baptist Church/Grave Site, National Visitors Center and Museum, Birmingham Civil Rights Institute, Sixteenth Street Baptist Church, Crossing the Edmund Pettus Bridge, Civil Rights Memorial and Center Equal Justice Initiative, National Memorial for Peace & Justice, IJI Legacy Museum .



A graphic featuring a dark blue rounded rectangle with a white border, set against a background of a wooden floor and two bright spotlights. The text "Information Spotlight" and "Teenage Mental Health" is centered in white serif font.

Information Spotlight "Teenage Mental Health"

Mental health is a way of describing social and emotional wellbeing. Your child needs good mental health to develop in a healthy way, build strong relationships, adapt to change and deal with life's challenges. Adolescence can be a risky period for mental health problems. On top of environment and genes, teenagers go through many changes and challenges in a short period of time. This all happens while teenage brains are still maturing. Your love and support and a strong relationship with you can have a direct and positive impact on your child's mental health. It can even reduce the chances of your child experiencing mental health problems. Here are some ideas to promote your child's mental health and wellbeing:

1. Show love, affection and care for your child.
2. Show that you're interested in what's happening in your child's life. Praise their efforts as well as their good points and achievements, and value their ideas.
3. Enjoy spending time together one on one with your child, and as a family.
4. Encourage your child to talk about feelings with you. It's important for your child to feel he/she doesn't have to go through things on his/her own and that you can work together to find solutions to problems.
5. Deal with problems as they arise, rather than letting them build up.
6. Talk to trusted family members, friends, other parents or teachers if you have any concerns. If you feel you need more help, speak to your doctor or another health professional.
7. Physical health is a big part of mental health. To help your child stay emotionally and physically healthy, encourage your child to do the following:
 - a. Keep active. Physical fitness will help your child stay healthy, have more energy, feel confident, manage stress and sleep well.
 - b. Develop and maintain healthy eating habits.
 - c. Get lots of regular sleep. Quality sleep will help your child to manage a busy life, stress and responsibilities.
 - d. Avoid alcohol and other drugs. Alcohol and other drugs are a major risk factor for teenage mental health problems. You should encourage your child to avoid drugs, and don't give them opportunities to drink alcohol. If you know your child is using alcohol or other drugs and you're worried, talk with your child. Also, consider speaking to a health professional or counselor.

It is normal for children and teenagers to sometimes have low moods, poor motivation and trouble sleeping. These things are not always the signs of a mental health problem. However, if you notice any of the following signs and the signs go on for more than a few weeks, it's important to talk with your child. The next step is to get professional help. Watch out for if your child is seeming down, feeling like things are hopeless, being tearful or lacking motivation, having trouble coping with everyday activities, showing sudden changes in behavior (often for no obvious reason), having trouble eating or sleeping, dropping in school performance, or suddenly refusing to go to school, avoiding friends or social contact, saying he/she has physical pain – for example, headache, stomach ache or backache, being aggressive or antisocial – for example, missing school, getting into trouble with the police, fighting or stealing, being very anxious about weight or physical appearance, losing weight or failing to gain weight as he/she grows.

If you are concerned about your child's mental health, start by talking to your child. This might feel uncomfortable – you might even be waiting for the problem to go away. But talking to your child about how they are feeling shows them that they are not alone and that you care. Also, your child might need your help to get professional support. If you raise your concerns with your child, they might refuse any help or say there's nothing wrong. Many young people won't seek help themselves. Therefore, you might need to say that you're worried about them and you'll be trying to get professional advice. It's a good idea to encourage your child to come with you. If they won't, you might need to go on your own. If you're not sure what to do, a doctor or school counselor is a good place to start. Your child could try a confidential counseling service for young people like *Teen Line* (teenlineonline.org) -800.852.8336 or *Hope Line* – (hopeline-nc.org) 877.235.4525.

Mental health problems are unlikely to get better on their own, so you need to get professional help as soon as possible. Poor mental health or unmanaged mental health problems can affect your child's quality of life, physical health, schoolwork, relationships and development – social, physical, educational and vocational. Supporting a child with mental health issues can be hard. It is important to look after yourself too. To find support, call Parentline at 1-800-301-300 or visit the Parentline web-counseling page.

<https://raisingchildren.net.au/pre-teens/mental-health-physical-health/about-mental-health/teen-mental-health>