

Upward Bound at MCC

March 26, 2007

UB1

Giving You a Step Up to Success

SWIMMER, FLOATER, SINKER?



Which one are you? No, I'm not talking about the pool—I'm talking about life. So maybe you're not sinking. Maybe your grades are passable and you stay out of trouble. Maybe you have a vague idea you'll do something with your life when you graduate from high school.

But are you swimming toward your destination? Are you really taking charge of your direction, looking towards your goal and doing everything you can to get there? Or do you mostly just let the tide take you wherever it wants to? Who is in charge of your life? The waters around you? The current? Or you?

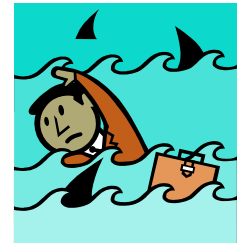
How to be a swimmer

Set your eyes on the next landmark: Decide what you want right now and decide how you need to change your life to get it. Be disciplined! You're like an athlete—it isn't always easy to stay on task, but it's necessary if you want to make progress.

Check your mark on the way: Re-assess occasionally to see if your goal is still appropriate and whether you are effectively getting there.

Correct your path: Re-align your goals and your process according to whether you're meeting your own expectations. If you meet goals, set new ones.

Watch for sharks: Things may get in your way—stuff happens. Do your best to recover from these "shark attacks" and get back on the path to your goal again. If you're a swimmer, you'll be strong enough to get back on track. If you're a floater, you might find your muscles are not quite strong enough.



And there will be time to float—on your own terms. Not in shark-infested waters. In the Bahamas, on a raft, with a cool breeze blowing.

Spring 2007 dates:

MCC Mondays:

April 30

Tutoring for April:

Muhlenbergs + Hopkins
4/2 (seniors too)

4/16

4/23

WCBS + PHS

4/11 (seniors too)

4/18

4/25

ACT for 10th and 11th graders: June 9, 2007

Summer Program:

June 4-July 13

824-8628

madcc.ub@kctcs.edu

Check the website for updates:
madisonville.kctcs.edu/trio/upwardbound

You can also find the schedule on our website.

Mark Your Calendars

Upcoming Events

April 19

6:30-8:00 "Road to College" workshop for juniors & parents. This workshop is required. It will prepare you for the very busy year ahead.

June 9

ACT required for 10th and 11th graders

WELCOME NEW UB STUDENTS

Daniel Dacy	WCHS
Olivia Foster	HCHS
Amanda Halley	WCHS
Max Martinez	PRHS
Kandace McElroy	WCHS
Keonna McElroy	WCHS
Evan Shepherd	HCHS
Ashley Vaughn	WCHS
Kelsea Yancey	WCHS

SENIOR ACCOMPLISHMENTS

Ka'Hara Collins has been accepted to:
Austin Peay State University

Chasen Igleheart has been accepted to:
Northern Kentucky University
Western Kentucky University

Tiara Seabron has now been accepted to:
Murray State University
Georgetown College

Also, Audrea Melton received another scholarship from the American Cancer Society: \$1000 renewable

GO SENIORS

COMMUNITY SERVICE OPPORTUNITY

The week of April 23-29 you will have a chance to get some community service hours in. Family Resource Centers will be conducting different activities at the Parkway Plaza Mall for families with elementary and middle-school aged children to promote TV Turn-off Week. If you'd be interested in planning and leading activities, talk to Ms. Vicki and let her know.

ACT BOOKS AVAILABLE FOR CHECKOUT

The Procrastinator's Guide to the ACT (2007 Edition) is available for checkout. See Ms. PJ if you want to check one out. Remember—the more familiar you are with the ACT, the better your score is likely to be. Practicing is one surefire way to get those numbers higher.

College Spotlight

Western Kentucky University

www.wku.edu

Located on 200 beautiful acres in Bowling Green, Kentucky, WKU is a mid-sized university (enrollment about 16,000) with a large variety of programs. Even though it's close by, don't discount this college—especially if you're interested in journalism or broadcasting. WKU has one of the best in the world. It also has a very highly-rated chemistry program. Education and nursing are two popular degrees.

Admission is considered moderately difficult—average high school GPA is 3.15; average ACT is 21. Estimated yearly costs are about \$13,000, but many students receive financial aid of some sort. Your KEES money applies at WKU.

Check it out—WKU might be for you!