Greetings and Happy New Year! Change is defined as "the act or instance of becoming or making different." The year 2012 brought about significant changes for the Upward Bound Program. In May of 2012, the U.S. Department of Education informed the Upward Bound Program that we were awarded funds for a period of five years instead of the usual four. These funds increased the number of individuals served from 75 to 85.

We bid farewell to the two program Counselors, Jasen Cooper and Gertrude Taylor as they moved on to new endeavors and welcomed the new Upward Bound Counselor, Sylvia Anderson, formerly with the VSU Academic Success Center. The first semester was a success with seniors completing the SAT and various college applications.

On behalf of the Upward Bound staff, we say congratulations to Barack Obama, the 44th President of the United States of America, whose second inauguration took place on January 21, 2013. His first election was based on "hope and change" and now "forward." As we move "forward" in 2013, I encourage the Upward Bound participants to remember that "change" is good; and the best thing you can do to change your circumstances or "make your life different" is to seek higher education. College is a vehicle to move your life...forward! Wishing all Upward Bound participants a year of progress and change!
Goal setting will allow you to choose where you want to go in school and what you want to achieve. Setting goals will help you focus and motivate you to reach your goals. When setting goals you must make sure they are SMART—Specific, Measurable, Attainable, Realistic, and Timely.

Determination is another important factor in reaching your goals. If you are weak in Math but you are determined to get at least a B for your final grade, realize you may encounter obstacles such as not passing a pop quiz, not completing homework assignments and possibly not passing a major test. However, do not allow these obstacles to deter you from reaching your goal. Allow initial failures to ignite your determination; then complete homework assignments attend tutoring sessions, and spend at least three hours a week on ComFit, the online learning center. Most importantly, attend all Upward Bound Saturday sessions and receive assistance. Focus on how to reach your goals.

Lastly, you must be motivated! There are times you may feel like it is taking too long for you to reach your goal. Continue striving for what you want. If you experience set-backs, reassess and try again. Never allow an attitude of defeat to get you down. Always have the attitude that I can do this, or next time I will do better. Remove “I can’t” from your vocabulary and use setbacks as a stepping-stone to propel yourself to your fullest potential. Believe in YOU and remember the sky is the LIMIT. You can reach for your goals!!

Sylvia R. Anderson, MS
Counselor

“I am always learning; If it can be taught, I can learn it…”

Every great dream begins with a dreamer.
Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world.

Harriet Tubman
The 2012 Upward Bound Summer Residential Program began on June 17, 2012 at Virginia State University. The program hosted forty-six residential students and fifteen non-residential students. Upon arriving on campus and moving into the residence hall, parents and students attended an Upward Bound informational meeting which focused on the program’s expectations and guidelines.

Non-residential students took core classes coupled with daily guidance sessions for two weeks with the goal of equipping them with knowledge and skills to assist with transitioning from junior high school into high school. Residential students received five weeks of classroom instructions, guidance sessions and extracurricular activities that ranged from playing basketball, swimming, aerobics and film classes. The Central Virginia Film Institute provided hands-on-instruction on multimedia production. Students planned and designed a Public Service Announcement, (PSA) related to the Upward Bound Program. Students shared what they learned and showcased their PSA’s during the program’s closing ceremony. Special thanks to Kay Ingram and Ret. Col. Underwood of the Central Virginia Film Institute for offering this opportunity for our students.

The 2012 Summer travels included a tour of Longwood University, the Broadway musical, “Memphis”, the Martin Luther King, Jr. Memorial, and the National Zoo. Early Wednesday morning we left Virginia State University for a two day trip with both residential and non-residential students.

The first stop was Longwood University in Farmville, Virginia. Upon our arrival, we had an informational session, toured the beautiful campus, and enjoyed a delicious lunch in the cafeteria.

We headed to Northern Virginia, checked into the Marriott hotel, Fairfax, VA for some relaxation, refreshments, and enjoyed a delicious dinner in the hotel restaurant. The next day we journeyed to Washington, DC to The John F. Kennedy Center to see the Broadway musical, “Memphis.” We left the theater elated, dancing, and singing. Early the next morning, we rose for breakfast, packed our bags, and headed to the Martin Luther King, Jr. Memorial. This is truly a must see when visiting the nation’s capital. The Upward Bounders appeared proud and humbled while reading the quotes and taking pictures. Following the visit to the King Memorial, we stopped at the National Zoo. In the summer heat, we climbed hills, observed the animals, took breaks and laughed a lot. By lunchtime, we were sweaty and exhausted, however we had a great time. While traveling back to Virginia State University, we had time to reflect on our trip. I can honestly say that this trip was filled with educational, entertaining, and exciting moments.

The 2012 Upward Bound Summer Residential Program was filled with many memorable days. We enjoyed lots of laughter, shared a few tears, experienced some “wow” moments, and celebrated some “I got it!” moments. The teachable moments were unforgettable, especially when I knew the students understood the importance of spending their summer attending classes; walking in the hot sun, and braving those rainy summer mornings to get out of bed because they saw their future. Their dreams were a little closer and their future a bit brighter.

Sylvia R. Anderson
2012 Summer Program

Longwood University

The Martin Luther King Memorial

Broadway Musical
"Memphis"

The National Zoo
The 2012-2013 Academic Component began the year with 85 participants, 61 returning participants and 24 new participants. We say WELCOME to our new participants, 20 ninth graders and 2 tenth graders.

We anticipate another exciting, eventful, and encouraging year.

**DINWIDDIE HIGH SCHOOL**
Andre Atkins
Jasmine Pope
Tatiyana Rhodes

**HOPEWELL HIGH SCHOOL**
Briana Efaw
Aiyshanti Green
Georgianna Henry
Prince Jones
TiAsia Lane
Danyell Oden
Champagne Talley
Stephen Williams

**PETERSBURG HIGH SCHOOL**
Stasha’ Lewis (10th grade)

**SUSSEX HIGH SCHOOL**
Jackisha Crockett
Amanda Holmes
Steven Thomas

**GREENSVILLE HIGH SCHOOL**
Marcus Hicks (10th grade)
Isaiah Hicks

**VERNON JOHNS**
Thomas Ampy
Zahria McIntyre
Erykah Jefferson
Eliza Massey
Shannika Parham
Lameerah Rasheed

**AR GOVERNOR’S SCHOOL**
Taleah Ampy

**Super Saturday**

Virginia State University will serve as host to the Virginia Association of Student Financial Aid Administrators, (VASFAA) "Super Saturday", February 9, 2013.

Super Saturday is an annual service project that allows individuals seeking funding for postsecondary education to receive FREE, one-on-one assistance in completing the federal financial aid form, the Free Application for Federal Student Aid (FAFSA). The FAFSA is the form used by colleges, universities, and career-technical schools across the country to determine eligibility for student federal financial aid. Super Saturday will be held in the Engineering Building from 10:00 a.m. to 2:00 p.m. Graduating seniors and parents are invited to attend.

The Educational Opportunity Centers, (EOC) at Virginia State University will offer FREE individual assistance with completing the FAFSA February 25 through March 2, 2013. For details or to schedule an appointment, call the EOC office at 804-524-5566.
Completing the FAFSA

Seniors,

I can only imagine what you may be feeling at this moment, as you are in your last semester of high school and preparing for your first semester of college. I am sure you are filled with a million and one emotions; some days you may feel excited, happy, overwhelmed, joy unspeakable, overcome with gratitude, anxiety, fear and doubt and of course those “I can’t believe it” moments. You should calm down and put everything in proper perspective. Here are a few tips to help you complete your Financial Aid Form.

TIPS FOR COMPLETING YOUR FINANCIAL AID

♦ Meet all financial aid deadlines. Each college has a different “priority filing date. Contact the financial aid offices to determine individual priority deadlines as well as what other financial aid applications or forms you might be required to submit.

♦ Sign the FAFSA appropriately. If the appropriate family member fails to sign the FAFSA, it cannot be processed, and you might lose out on financial assistance you are otherwise qualified to receive. If you complete your FASFA online, you might still need to supplement your electronic form with an actual copy of your signature if you and at least one parent have not secured a Federal Student Aid PIN from www.pin.ed.gov. A pin allows you to electronically sign the application. Your parents should also obtain a PIN. Visit www.fafsa.gov for more information.

♦ Do not delay completing the FAFSA because you or your family have not filed for your federal income tax forms. You will find the FAFSA easier to complete if you have filed your federal income tax forms. However, it is more important that you submit your financial aid application on time using estimated tax information rather than miss a financial aid deadline.

♦ Colleges will verify the final income information when your tax returns are completed.

(Information adapted from ECMC-2012-2013 Opportunities Preparing for College Guide and Workbook)

If this is all confusing, don’t worry, the Upward Bound Program will conduct a Financial Aid Workshop for all seniors and parents!

Financial Aid Workshop

PLACE:
VSU Library
Library Training Room

DATE:
February 5, 2013

TIME:
6:00 PM
The following Upward Bound students are proud members of the graduating class of 2012. The Upward Bound staff and faculty wish to congratulate each of them and send best wishes for a very prosperous future!

<table>
<thead>
<tr>
<th>Name</th>
<th>High School Graduated From</th>
<th>Attending University</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ellis Briggs</td>
<td>Hopewell High School</td>
<td>Unknown</td>
</tr>
<tr>
<td>Keyona Davis</td>
<td>Dinwiddie High School</td>
<td>Virginia State University</td>
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<tr>
<td>Nicholas Harris</td>
<td>Sussex High School</td>
<td>Unknown</td>
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<tr>
<td>Kevin Heath</td>
<td>Petersburg High School</td>
<td>Virginia State University</td>
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<tr>
<td>Keon Hill</td>
<td>Sussex High School</td>
<td>Richard Bland College</td>
</tr>
<tr>
<td>Ke’Ron Johnson</td>
<td>Sussex High School</td>
<td>Virginia State University</td>
</tr>
<tr>
<td>Darius Mason</td>
<td>Matoaca High School</td>
<td>University of Dubuque</td>
</tr>
<tr>
<td>Darnell Myrick</td>
<td>Appomattox Regional Governor’s School</td>
<td>Virginia Commonwealth University</td>
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<tr>
<td>Cassandra Oliver</td>
<td>Petersburg High School</td>
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<tr>
<td>Crystal Parker</td>
<td>Sussex High School</td>
<td>Norfolk State University</td>
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<tr>
<td>Dallas Sydnor</td>
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Important Dates for 2012-2013 Academic Component

SATURDAY SESSIONS

<table>
<thead>
<tr>
<th>Month</th>
<th>Dates</th>
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</thead>
<tbody>
<tr>
<td>January</td>
<td>12 &amp; 26, 2013</td>
</tr>
<tr>
<td>February</td>
<td>09 &amp; 23, 2013</td>
</tr>
<tr>
<td>March</td>
<td>09 &amp; 23, 2013</td>
</tr>
<tr>
<td>April</td>
<td>13 &amp; 27, 2013</td>
</tr>
<tr>
<td>May</td>
<td>11 &amp; 18, 2013</td>
</tr>
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</table>

2012-2013 SAT Dates

<table>
<thead>
<tr>
<th>Test Dates</th>
<th>Regular Registration Closes</th>
<th>Late Registration Closes</th>
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<tbody>
<tr>
<td>March 9, 2013</td>
<td>February 8, 2013</td>
<td>February 22, 2013</td>
</tr>
<tr>
<td>May 4, 2013</td>
<td>April 5, 2013</td>
<td>April 19, 2013</td>
</tr>
<tr>
<td>June 1, 2013</td>
<td>May 2, 2013</td>
<td>May 17, 2013</td>
</tr>
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</table>

2012-2013 ACT Dates

<table>
<thead>
<tr>
<th>Test Date</th>
<th>Registration Deadline</th>
<th>Late Registration Deadline</th>
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</thead>
<tbody>
<tr>
<td>February 9, 2013</td>
<td>January 11, 2013</td>
<td>January 18, 2013</td>
</tr>
</tbody>
</table>

“Keep away from people who belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great.”

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VOLUME 1, ISSUE 1

UPWARD BOUND PARADE

PAGE 8
INSTRUCTORS

Regina Tyler
    Director
Sylvia Anderson
    Counselor
M. Elaine Parsons
    Administrative Assistant
Jaleesa McGriff
    Graduate Assistant

UPWARD BOUND STAFF

Arnold Westbrook
    Creative Writing
Anna L. Stith
    English
Eleanor Poarch-Wall
    Mathematics
Latrice Johnson
    Science
Porsha G. Mormon
    History
Ana Rice & Julian McKeiver,
    Tutors

JANUARY
Mrs. Regina Tyler  2
Mrs. Latrice Johnson  2
Jasmine Pope  14
Deja’ Rasheed  28

FEBRUARY
Prince Jones, Jr.  3
Morgan Robinson  7
Zachary Baker  9
Shannika Parham  16
Destiny Beasley  19
Aiyshanti Green  19
Renee Rhodes  22
Joshua Nunnally  23
Tamikia Smith  26
Lameerah Rasheed  27
JaQuan Moore  28

MARCH
Jason Brown  2
Domonique Seaborne  3
Eliza Massey  4
Destiny Edmonds  6
Stasha’ Lewis  13
Zhanasia Drew  16
Demetria Thorne  16
Taleah Ampy  17
Thomas Ampy  17
Amanda Holmes  17
Sommer Yates  26

To Contact
The Upward Bound Program at VSU
3 Jackson Place  *  P.O. Box 9014
Petersburg, VA 23806
Office (804) 524-5811  Fax (804) 524-5811
rbarnett@vsu.edu
http://www.vsu.edu/academics/special-programs/upward-bound.php
To the Parents

The Upward Bound Program is grateful to the parents of the participants. We have continuously asked that you support the efforts of the program and encourage your children to become the best. The knowledge and wisdom passed on to young adults are needed to enhance academic success, build self-esteem and self-confidence in oneself. Thank you for your continued support!!!

Upward Bound

This document is printed with funds provided by the U.S. Department of Education

VIRGINIA STATE UNIVERSITY
Petersburg, Virginia 23806

UPWARD BOUND
BOX 9014