



# THE UB

*Monthly Program News*

# UPDATE

## May 2019

### *Director's Discussion*

May has magically maneuvered us to this point and the semester is finalizing!

In this edition of the UB Update, please be cognizant of the past events that have transpired.

Students invited to Gender Specific Initiative activity, continue to check your emails and we will see you soon for New Orleans, LA May 28-31, 2019!

We will have our Summer 2019 Orientation on Tuesday, June 4, 2019 at 6pm in the Howard Jordan Torian Auditorium on campus. If your child was invited, please bring all summer deviations at that time.

Special Thank you to the UB Parent Association for their execution of our 2019 Family Fun Day. We had a great fellowship!

- Mr. Roberts

**Upward Bound Program**

# Day Trip To Georgia Southern

4/19/19



## Student Comments:

- I really enjoyed the information that was given to us, they answered a lot of my questions. -B.Vernado (11th grade HVJ)
- The trip was a great learning experience. - R. Jackson (9th grade GHS)
- I had a great and fun time and it was good to see something different. - E. Reed (9th grade SCJ)
- I really enjoyed this trip it showed me a lot about "The College Life". -N. Stone (11th grade SCJ)
- This trip was an amazing experience. - J. Oliver (11th grade SCJ)

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# Gender Initiative

4/25/2019

*Each month we have a Gender Specific Initiative for our UB students. These events take place on campus at SSU from 6pm to 8pm and students must RSVP to attend. For the April event, UB male scholar participants attended the workshop where internships were the topic. This was a workshop to inform young men how to look for internships while in school that will be beneficial in the future. The speaker was UB alumni and SSU student Jovan Irving. Thank you to every student that attended. We appreciate you!*



## Student Comments:

- "I enjoyed this event, I learned and took a lot of information about internships." – R. Jackson (9th grade GHS)
- "I liked how resourceful the speaker was with presenting information on internships and sites to look on" – H. Reese-Smith (11th grade BHS)
- "I think Mr. Irving was straight to the point. He really got his point across" – M. Walker (10th grade HVJ)
- "Mr. Irving gave a very clear understanding on how to get an internship and build your resume" – (J. Bell 10th grade GHS)

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# Scholar Saturday Session

4/27/2019

*At this Scholar Saturday Session, students participated in the final Scholar Saturday Session of the year. Students participated in a STEM workshop, English, math and social studies sessions. This was also Service Saturday so participants donated toys, coloring books and crayons to the Savannah community as well.*



## Student Comments:

- The English session with Ms. Bain was very encouraging as well the session with Ms. Bowers. -H. Deloach (12th grade BHS)
- I enjoyed this session , each class was very active and I loved each activity. - R.Brigham (11th grade SHS)
- This Saturday session was very engaging and we were able to interact. We also learned information we may need to know when in college and what think about and be aware of. - S. Brown (10th grade SCJ)
- The math session was very engaging. - M. Black (12th grade SCJ)
- This Saturday session was so useful. - J. Johnson (11th grade GHS)

# Student Spotlight

**UPWARD BOUND**

*Carlos Baker —Savannah State University*

*Tyrren Harris—Savannah State University*

*Ty'Rae Jenkins — Morris College*

*Keishaun Johnson — East GA State University*

*Nicholas Lark —Savannah State University*

*Nicole Lark—Savannah State University*

*Orelvys Nieves — Fort Valley State University*

*Seth Porras- Savannah State University*

*Nautica Sapp — Johnson and Wales University*

*Jameri Washington—Savannah State University*

**ACCEPTED**

*Congratulations to the seniors above for being accepted to the listed educational institutions. Seniors should send in all acceptances and /or denials. We want to know either way. Information should be emailed to [ssuupwardboundprogram@gmail.com](mailto:ssuupwardboundprogram@gmail.com).*

*Congratulations, seniors!*

# Student Spotlight



*Congratulations to Upward Bound senior Kaliah McKiver that attends Johnson High School. She won volleyball MVP and was a recipient of Delta Sigma Theta Sorority, Inc., Savannah Alumnae Chapter scholarship. Additionally, congratulations to Upward Bound senior Tianna West from Jenkins High School Recipient of ADSIRE Scholarship at Savannah State University!*

# Annoucement



## 2019 Summer Session

### Save The Dates

Summer Dates (Rising 10th, 11th and 12th Grades):  
June 9, 2019 - July 12, 2019

Summer Dates Bridge Students (Invite Only):  
TBA

End of Summer Trip Dates (Invited Based off Summer Grades and Behavior):  
July 14, 2019 - July 20, 2019

# Parent Corner

## 15 TIPS TO DEVELOP GOOD MENTAL HEALTH



Exercise regularly and stay active



Talk to friends



Don't be afraid to tell people how you feel



Get into a good sleep routine



Take part in something that makes you happy



Make sure you are eating well



Relax - practice some deep breathing



Challenge your negative thoughts



Learn what your stress triggers are



Invest time in developing your confidence



Share your feelings with friends and family



Learn how to problem solve effectively



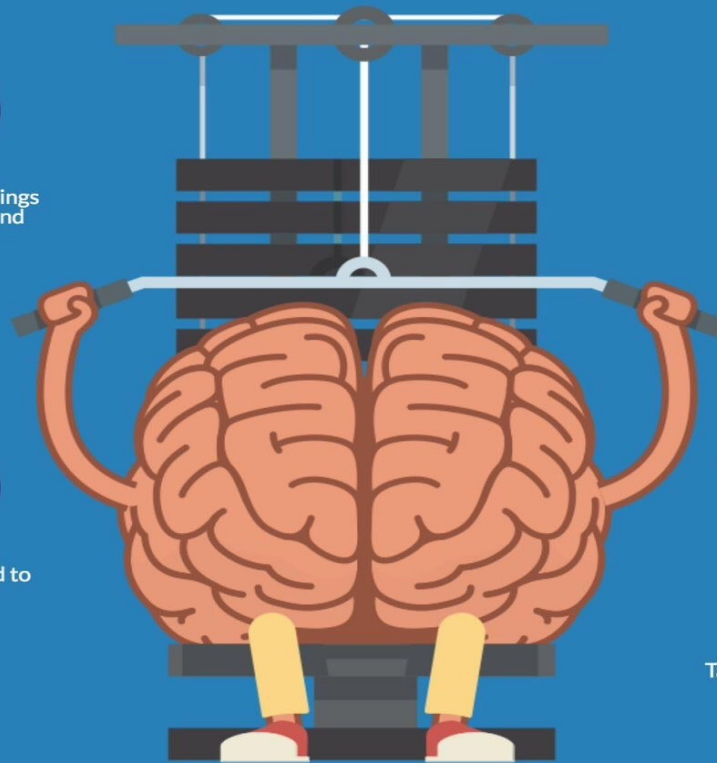
Don't be afraid to seek help



Learn some strategies to manage your stress



Take time to relax and reflect



*Parents, please see these helpful tips about mental health.*



# What to Do...

The Upward Bound Summer Session is  
MANDATORY for all UB Students.

Please contact the Upward Bound main office to  
discuss any conflict that you may be facing.

Additionally, bring all documentation to  
orientation on June 4th at 6pm!

We cannot help, if we do not know.

-UB Staff

912-358-3477