For Parents: Keeping Your Child on Track With Good Attendance

Showing up for school has a huge impact on a student’s academic success starting in kindergarten and continuing through high school. Even as children grow older and more independent, families play a key role in making sure students get to school safely every day and understand why attendance is so important for success in school and on the job.

DID YOU KNOW?

- Students should miss no more than 9 days of school each year to stay engaged, successful and on track to graduation.
- Absences can be a sign that a student is losing interest in school, struggling with school work, dealing with a bully or facing some other potentially serious difficulty.
- By 6th grade, absenteeism is one of three signs that a student may drop out of high school.
- By 9th grade, regular and high attendance is a better predictor of graduation rates than 8th grade test scores.
- Missing 10 percent, or about 18 days, of the school year can drastically affect a student’s academic success.

NOVEMBER CULTURAL ACTIVITY: Alternative Thanksgiving

As a part of Native American Heritage Month, Alternative Thanksgiving is an open social and political alternative event to the Thanksgiving national holiday. Native American students and allies are invited to learn about the history and traditions of Native American and Indigenous peoples prior to European contact.

On Thursday, November 17th, we will meet at the Brutus statue located in the Ohio Union 1739 N. High St. Please arrive no later than 5:15pm. This event will conclude at 7:30pm. Come with an open mind and let’s have a good time!

Please RSVP by Nov. 10th! Call, email, or FB us!
Saturday Academy, November 19th
The UB program will be visiting Ohio State's college of Public Affairs. Here we will learn about exciting careers that work with the public and get to tour the facilities. The tour and information session will go from 10am to about 11:30am. Lunch will be provided after the tour and info session and conclude about 12:30pm. This event is MANDATORY! We will be meeting at the Ohio State Union at the Brutus Statue at 10:45am. If you have any questions please feel free to call the UB office at 614-292-3724.

Seniors

NOVEMBER IS AN EXCITING MONTH!
It is the start of application season, financial aid season, and the time of year to get last looks at prospective colleges/universities you might want to attend. If you didn't get to see him in October Mr. Harshaw will be around to your schools again in November to discuss application and financial aid progress.
Schedule:
Tuesday (11/15): Fort Hayes and CAHS
Wednesday (11/16): Briggs HS
Thursday (11/17): Walnut Ridge

Tutoring

Join our tutoring team every Monday and Wednesday 5:30pm-8:30pm. Room 322 Enarson Hall, 2009 Millikin Rd. Columbus, OH 43210. Please remember to check the calendar on the last page of the newsletter for days we will NOT be having tutoring!

If you have any questions please contact us on Facebook, email, or the UB office at (614)292-2344. See you at tutoring!
SAD GOODBYES, NEW BEGINNINGS

Dear UB students and parents,

I have been with the Upward Bound Program since September 2014. This opportunity being the Program Assistant by far has been the most rewarding and exciting experience I have had with my career. It saddens me to tell you I will be continuing on in my career here at The Ohio State University just not with the Upward Bound Program. The positive situation is however that I will still be on OSU campus and be available if needed. My last day with the Upward Bound Program will be October 28th, after that I can be contacted at dunkel.19@osu.edu. Please do not be a stranger!

Sincerely,
Ms. Stephanie

Career Spotlight

Athletic Trainer

What they do:
• Apply protective or injury-preventive devices such as tape, bandages, and braces
• Recognize and evaluate injuries
• Provide first aid or emergency care
• Develop and carry out rehabilitation programs for injured athletes
• Work under the direction of a licensed physician and with other healthcare providers, and often discuss specific injuries and treatment options for patients.

Education

Athletic trainers need at least a bachelor's degree from an accredited college or university.

Pay and Job Outlook

The median annual wage for athletic trainers is $42,090. Employment of athletic trainers is projected to grow 21 percent from 2012 to 2022, faster than the average for all occupations. However, because it is a small occupation, the fast growth will result in only about 4,900 new jobs over the 10-year period.

SAT Word of the Day

arrogance (noun)

Offensively exaggerated belief in one's own superiority or importance.

The professor's arrogance was evident in the complete disdain he showed for anyone not as educated as he was.
**Upcoming ACT Test Dates**

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<td>Dec. 10, 2016</td>
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<td>Feb. 11, 2017</td>
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Waivers: Check with your school counselor to receive a testing fee waiver.

**DID YOU KNOW**... Saying ‘thank you’ is good for you! Here are 5 ways to destress and improve your outlook:

1. Write down what you are grateful for.
2. Recognize a single act of kindness can go a long way.
3. Start practicing (and teaching) gratitude early.
4. Gratitude can improve relationships.
5. Boost morale—it’s good for business.

To read the full article and learn how gratitude changes your attitude, visit [http://www.goodnew.org/articles/5-scientific-facts-that-prove-gratitude-good-for-you](http://www.goodnew.org/articles/5-scientific-facts-that-prove-gratitude-good-for-you)

### Important Dates

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**DATES:**

- Nov. 4: Ohio University College Visit (11th & 12th graders)
- Nov. 7: Cultural Activity (Mandatory)
- Nov. 11: Upward Bound Office Closed—Veteran’s Day
- Nov. 19: Saturday Academy/Career Day
- Nov. 23: Parent/Teacher Conferences — CCPS NO SCHOOL
- Nov. 24-25: Upward Bound Office Closed—Thanksgiving

*Remember your school visits with Mr. Harshaw! Look for him for Lunch n’ Learn, advising, UB information, and more!*