Welcome back! TRIO Upward Bound students and parents, I hope you all had a wonderful summer and you are refreshed and ready for an exciting new school year! The UB program had an awesome 6-week summer institute that included enrichment, recreation, a stay in an OSU residence hall, RPAC, movies and a culminating trip to the windy city of Chicago, Illinois! We hope you enjoyed it as much as we did!

Let’s get down to business. At the beginning of the school year it is important to set new goals. Remember your goals should be S.M.A.R.T.; specific, measurable, attainable, relevant, and time-bound (with a set time frame).

Think about the areas in which you wanted to improve upon at the end of last year or even the summer. How will you ensure that you get started on the right foot this year? Be specific and be realistic when setting your goals. Get an accountability buddy to check in with you and hold you accountable for reaching your goal(s). Choose wisely. This person should be trustworthy, honest, and serious about helping you.

I do hope that one goal of yours is to be more active with the TRIO Upward Bound program! To help you accomplish this goal, Mr. Harshaw will begin visiting your schools this month, Ms. Stephanie will send home reminders, call and post on Facebook, and I have provided you with the annual calendar and a monthly newsletter. Your calendar is included in this mailing. Please sit down with your parents and review it then mark your calendars. If you have moved or your phone numbers have changed, please call and let us know. Let’s make this a great year!

—Dr. Stewart

September Cultural Activity: The Columbus Topiary Garden will be our first stop this school year! Join us on Saturday, September 17th from 11-1 at 480 E. Town Street, Columbus, OH 43215. We will have a picnic lunch in the park. This is surely going to be a good time! Call the office to confirm your attendance, 614-292-2344.
Saturday Academy

Saturday Academy is CHANGING!!! This year we will be focusing on career exploration and will meet at a different location at every Saturday Academy session. We will explore careers in Politics, Engineering, the Arts, and many many more! Make sure you are reading your newsletters carefully so you know WHEN and WHERE your next Saturday Academy session will take place.

Attendance for all Saturday Academy sessions is MANDATORY! If for any reason you are unable to attend please contact Mr. Harshaw (614) 292-3724 or Ms. Stephanie at the Upward Bound main office line (614) 292-2344.

Seniors

WELCOME TO THE 2016-2017 SCHOOL YEAR!

This school year we will be having hands-on monthly senior meetings focusing on the application process, financial aid, scholarship search, essay writing, and much more as you approach graduation in 2017. These MANDATORY meetings are put in place to help you better prepare for your first year in college and to help you be the successful student we know you can be.

Our first meeting will be College Application Night on September 28, 2016.

We will be filing out the Common Application with the help of Ohio State’s Admissions team.

What to Bring

Copies of Senior Schedule, Copies of ACT/SAT Scores, College Admission Essays, High School Transcript, Personal Information (SS#, Address, Phone#, etc...)

Where

Enarson Hall Room #311, Columbus, OH, 43210 from 5:30-8:30.

Tutoring

Tutoring will begin, Monday, October 3rd. We will meet Mondays and Wednesdays for the remainder of the academic year from 5:30 to 8:30 pm. More information will be distributed to students who require tutoring. Watch for a notice in the mail and in your October newsletter.

Fourth quarter grades from 2015-2016 will determine if a student will begin the year with tutoring and in what subjects.
5 Tips for Starting The New School Year Off Right!

1. "Find out the resources that are available to you (ex: library, homework help, etc...).

2. Come up with a plan/schedule to help you manage your time after school. Prioritize academics, athletics, family time, social time, church/synagogue/mass, etc., and devote a specific amount of time to any of the aforementioned that are important to you.

3. Set personal goals for each of your classes and share them with your teachers. They will appreciate your forethought and respect you for taking responsibility for your own education.

4. Join a club or after school activity! This is a time in your life to figure out what kinds of things interest you.

5. Always be HONEST with your teachers (and everyone else for that matter!). If you had a rough night at home and forgot to do your homework, don’t lie about it. Teachers will respect you so much more for being truthful! Remember... you will need recommendation letters from your teachers for college, employment, etc. and nobody will recommend someone who is not truthful.

Adapted from https://www.psychologytoday.com/blog/teen-angst/201308/five-back-school-tips-teens

Congratulations to our weekly star students over the summer!

1. Richard Burton
2. Stevieonna Green
3. Asali Hamilton
4. Maia Lee
5. Rico Felix

Star Students from the 2016 UB Summer Program will spend a fun filled evening full of food and games at Dave and Busters on September 29, 2016.

More Info to Come!

Upcoming Events!
## Upcoming ACT Test Dates

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<th>ACT Test Date</th>
<th>Registration</th>
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**Waivers:** Check with your school counselor to receive a testing fee waiver.

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**DID YOU KNOW...**

The Olympic Games were first held as a religious festival in 776 B.C. until 393 A.D. that celebrated the Greek god Zeus? After a ban on the games was lifted, the Baron Pierre de Coubertin revived the games in 1894 and we haven’t looked back since. The summer 2016 Olympics were held in Rio. This was the first time the games were held in South America. The Olympics have never been held in Africa or Antarctica. Where would you like to see the Olympics held? For more information visit [http://www.factmonster.com/ipka/A0771580.html](http://www.factmonster.com/ipka/A0771580.html)

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### Important Dates

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<td>College App Night</td>
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**SAT Word of the Day**

**Attribute (adj.):** Verb

**Def:** To point out a cause; to ascribe.

The singer attributed the cancellation of her show to an illness, but some fans doubted her explanation.

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**DATES:**

- **Sept 5**  Labor Day—School & Offices CLOSED
- **Sept 17** Cultural Activity—Topiary Garden, 11-1 pm
- **Sept 23** CCPS Closed
- **Sept 28** College Application Night
- **Oct 3** Tutoring Begins
- **Oct 4** FAFSA Night (Seniors Only)

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