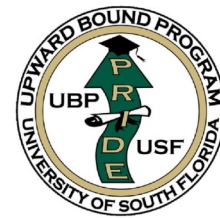


# The UPWARD BOUNDER

The USF Upward Bound Program Seasonal Newsletter  
ISSUE 01 Spring 2016



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## CABRERA's Corner



As we begin 2016, there are many things to be thankful for.

Our students continue to thrive in and out of the classroom. In September, our students got the opportunity to kick off the USF Football season by leading the team onto the field at Raymond James Stadium. In October, our seniors toured both Florida Agricultural and Mechanical University and Florida State

University as they prepared to apply to college.

On campus we teamed up with Alpha Kappa Alpha Sorority Incorporated to teach seniors about the importance of financial planning. In November, our students were able to donate over one-hundred care packages for veteran's day and distributed those to the VA hospital in Tampa.

Twenty of our students attended the Florida Association of Educational Opportunity Program Personnel student leadership conference which brought together 200 students from across the state of Florida. Students attend-

ed workshops and heard from amazing guest speakers about the importance of answering the call to action. Our students have been active at Metropolitan Ministries offering assistance during the holiday season.

Thank you to all of our parents for volunteering and working concessions at Raymond James Stadium. Their hard work helps with gifts at our senior graduation ceremonies each year. In the classroom, over 85% of our students maintain grade point averages above 3.0 and the class of 2015 all went off and successfully enrolled into college. Our students are not only going to college but graduating as well! The past two years have seen college graduation rates in the 60% range which is above the national average for that statistic.

A big thank you to our Upward Bound staff for always going above and beyond the call of duty. Together with our students and parents we continue to be successful as a family. We are excited for 2016 as we prepare for the program's 50<sup>th</sup> anniversary (1966-2016) and thank you to all of our partners within the USF and Tampa Bay Community!

# Upward Bound Student Spotlight

We asked two current Upward Bound Juniors (**Oshane Willie** and **Raicious Durant**) reflect on their time in the program. This is what they had to say:



## What are your strengths and weaknesses in school ?

In class, my strengths are science and English.

## What is something UPB has helped you improve?

UPB has shown me that I should be more expressive with standing up for myself and put my mind to things. It has taught me the value of working hard and gave me the chance to understand my future goals.

## What are some of your achievements?

From being in UPB, my grades have increased. UPB has taught me to try harder in school because I have potential to achieve what I set my mind too.

## If you could give advice to then underclassmen about school, UPB, or in life what would it be?

You should try your absolute hardest and the best to overcome obstacles.

## What are your strengths and weaknesses in school ?

UPB has helped me stay more focused and basically placed me on a path to get where I need to go after high school.

## What is something UPB has helped you improve?

UPB has helped me by showing me that I can gain a better understanding of difficult subjects when I practice the material at home.

## What are some of your achievements?

I have been inducted into my school's National Honors Society. I am the Treasurer of my school's AV-ID club. I was selected to go to the FAEOPP Leadership Conference, And my GPA has greatly improved.

## If you could give advice to the underclassmen about school, UPB, or in life what would it be?

Don't play around, stay focused, and make sure to complete your homework.

## Bounder Birthdays



### January

- ◆ Daysha Brown—5
- ◆ Thomeya Jackson—6
- ◆ Angel Larry—6
- ◆ Nathaniel Dash—8
- ◆ Mikayla Palmer—10
- ◆ Dejora Curry—13
- ◆ Irakiah Williams—14
- ◆ Michelle Ramos—15
- ◆ Kyla Neal—16
- ◆ Richard Bonhomme—22
- ◆ Delrio Holland—24
- ◆ Tatayana Williams—24
- ◆ Cianna Durr—25
- ◆ Lailah Shabazz—25
- ◆ Jacha Anderson—27
- ◆ Tyreonna Young—27
- ◆ Ta'Desjah Ralph—29

### February

- ◆ Jemon Golfin—4
- ◆ Remaccson Marc—7
- ◆ Lamia Benyamine—9
- ◆ Willie Mason III—9
- ◆ Lakoya Kerr—10
- ◆ Keshawna Haynes—14
- ◆ Ahmari Neal—21
- ◆ Diego Sanchez—24
- ◆ Zaria Sanders—24

### March

- ◆ Ivan Morales—1
- ◆ Javan Young—3
- ◆ John Doan—5
- ◆ Nyjeria Kelly—11
- ◆ Mia Wright—11
- ◆ Anjhanae Owens—12
- ◆ Johnathan Dorsey—13
- ◆ Marcia-Lillian Curry—14
- ◆ Raicious Durant—23
- ◆ Donald Jordan—23
- ◆ Tracey Vilvert—23
- ◆ Ianthe' Smith—31

### April

- ◆ De'Shaun Perry—1
- ◆ Sharak Scale—2
- ◆ Anayansi Vinelo Perez—2
- ◆ Vanessa Laroche—4
- ◆ Ariana Madir—7
- ◆ Ebony McCalop—9
- ◆ Abdrea Norton—11
- ◆ Daurial Reid—12
- ◆ Larry Miles—17
- ◆ Valion Joyce—27



## Online Tutoring

[www.khanacademy.org](http://www.khanacademy.org)

It is Semester exam season for Hillsborough County students. Exam season is the time for students to express both their knowledge of the course material and improvement in the class overall. However, with exams approaching so soon, finding tutors or peers to assist with understanding the material may be a challenge. So, how else can students obtain assistance with studying?

Here comes the Khan Academy to the rescue! The Khan Academy is a free online self-learning and tutoring service that assists students in multiple different types of in-school and out-of-school academic courses. The service provides full-length lessons, instructional videos, practice exercises, and quizzes that will empower students to study and review material at a true level of understanding, without the need of assistance from a tutor or peer.

The service is free to anyone who wants to learn and review concepts from any and all types of courses and skills. To access the service, an account must be created by the use of Facebook, Google+, or email. Once an account is created, the user now has full access to the sites services and resources. The first step to learning and reviewing is simply searching a subject from their broad collection. To receive credit for an improvement plan or have UB help with tutorials, click "Add a Coach", and enter RGMTBY.

With the service being available conveniently online 24/7, having multiple databases of academic resources, and being offered absolutely free to everyone, the Khan Academy is truly a friend to students everywhere. So try out the Khan Academy today!

## Community Service

### Feeding America Tampa Bay

**Location:** 4702 Transport Drive  
Building 6  
Tampa, FL 33605

**Contact:** Ashton Connell

**Phone:** 813-254-1190

**Site:** [www.feedingamericatampabay.org](http://www.feedingamericatampabay.org)

### James A Haley VA Medical Center

National Veterans VA Games

**Location:** 13000 Bruce B. Downs Blvd.  
Tampa, FL 33612

**Contact:** Danielle Hester

**Phone:** 813-972-7533

**Site:** [www.tampa.va.gov](http://www.tampa.va.gov)

### Metropolitan Ministries

**Location:** 2301 North Tampa Street  
Tampa, FL 33602

**Contact:** Andrea Giovannelli

**Phone:** 813-209-1200

**Site:** [www.metromin.org](http://www.metromin.org)

### Humane Society of Tampa Bay

**Location:** 3607 North Armenia Ave,  
Tampa, Florida, 33607

**Contact:** Yvonne Gordils

**Phone:** 813-239-2242

**Site:** [www.humanesocietytampa.org](http://www.humanesocietytampa.org)

## What's Happening SGA?

The fall of 2015 was a great year for our Student Government Association (SGA). Our students had to readjust as they were introduced to a new advisor and new regulations to keep the format of SGA going. In the fall our students were able to partake in the Veterans Volunteer Give Back, Metropolitan Ministries, and the Thanksgiving Volunteer Giveback, by helping the community with getting turkeys and working the various stations. Students also performed in the entertainment portion of the Christmas Program at the Metropolitan Ministries where they sang and danced as the community prepared for the holidays by picking up both groceries and toys for their family. Amongst the community service projects that were held, some of the members were fortunate to take a trip to the Florida Association of Educational Opportunity Program Personnel (FAEOPP) Leadership Conference. The conference not only prepared our students to become future leaders, but they were also able to mix and mingle with other Upward Bound programs and make decisions as it relates to the future of FAEOPP. We will be making a turnaround in terms of elections, which will take place in May to get more student involvement. Any student that is interested in developing as a leader or has an urge to make some positive changes in UBP please feel free to contact any member and ask for information or any upcoming events as well.



## Spring Term Upcoming Events

Time usually has a tendency to fly by when you lose track of it. New seasons come and new events come along with them. As we move from the bucolic scenes of fall into the cool, loving air of winter and the fresh exciting air of spring there are many events- such as the enlightening Saturday sessions, studious Tuesday sessions, and invigorating field trips to make note of and look forward to for the next Spring term. So lock these dates into your phones, calendars and planners because this second semester is going to be a great one!

### General Reminders

Saturday Sessions (\$10 to your stipend per session)

January 9, 30 | February 20, 27 | March 5 | April 2, 16, 30 | May 7, 14

After School Tutorials (\$5 to your stipend per session)

January 11 | February 8 | March 21 | April 11 | May 16

Additional UBP Approved Tutorials \* Students not on improvement plan earn \$1 per hour, up to \$15 available info: [USFUBP.weebly.com](http://USFUBP.weebly.com)

### For Seniors

- Student/Parent Financial Aid Work shop: January 9<sup>th</sup>
- Senior Banquet: May 12<sup>th</sup>

### For Juniors

- Let's Talk SAT Workshop : February 11<sup>th</sup>
- SAT Practice Test: February 20<sup>th</sup>
- National College Fair: February 28<sup>th</sup>
- Student/Parent Workshop: April 2<sup>nd</sup>

### For Everyone

- MLK Parade: January 18th
- Career Day: April 16th
- **SPRING BREAK TRIP: MARCH 13<sup>TH</sup> - 16<sup>TH</sup>!!!!!!**

### SGA Contact

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