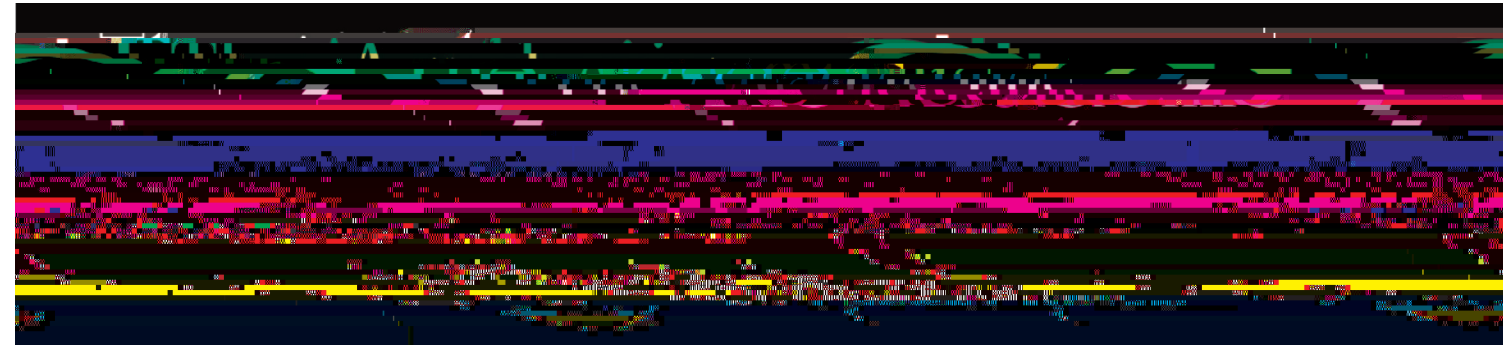


Upward Bound

2018-2019
run by Bun nrry r



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For some of us the winter season can shape or mold our mentality and emotions. The dismal outlook upon the weather can transfer upon one's productivity and attention span while in class. Moreover, the productivity or lack thereof transfers to one's academic performance.

Sometimes dismal weather can cause students to get into a sad or negative mindset. This is not the time to give in to your feelings or emotions. Instead it's the time to kick our brains and attitudes into full gear and prepare to work to receive the best grades you can achieve.

While working with admissions counselors at various institutions across Kentucky, I understand the importance of students performing at their optimal level throughout high school. Most colleges require certain grade point averages and ACT scores in order for a student to be admitted into their institution. Students who do not meet these requirements may be put on the waiting list, asked to submit additional information such as letters of recommendation and/or personal statement, or denied altogether.

To prevent this from occurring, it is important that each UB student get rid of stinky thinking and work hard each semester to achieve good grades. It is also important for each UB student to begin to study and prepare for the ACT test. The average score in the state of Kentucky and the United States is 20-21. Students must prepare to achieve a score in this range and/or higher. Do not forget to take advantage of your ACT prep accounts to practice and improve your score. If you need your password, call the office 502-597-5525.

Remember, developing a positive