

UPWARD & ONWARD

FALL 2019 EDITION



We hope that you enjoyed your summer and that your Fall semester is off to a great start! We had an incredible Summer Academy and that could not have been possible without you! We have a lot of great things planned for our Academic Year and cannot wait to begin!

WITHIN THESE PAGES:

02 *LETTER FROM THE DIRECTOR*

03 *STIPEND STRUCTURE*

04 *ORIENTATION*

05 *STUDY HABITS*

07 *ANNUAL INFO*

08 *STAY CONNECTED*

LETTER FROM OUR DIRECTOR



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I believe we are on the right track and will bring in this year with much success

Hello Students and Parents,

First I want to thank you for your participation, patience, and support as we build this brand new program. Starting a new program brings challenges and obstacles you might never imagine. With much help from and appreciation to Paige, I believe we are on the right track and will bring in this year with much success. As we progress through this program, we will continue to implement more aspects of the program as well as evaluate and improve it.

In addition to the awesome summer academy, the following are some highlights from this past year:

- TRIO Days for Juniors and Seniors at NSU & UCO
- Oklahoma TRIO Day at the State Capitol and TRIO College Fair at Rose State College
- Service Project at Broken Arrow Boys and Girls Club
- STEM Trip to NASA, Kemah Boardwalk, Texas A & M Corpus Christi
- Toured Tulsa Air & Space Museum, Greenwood Cultural Center, University of Tulsa and Rogers State University
- End of the year banquet
- STEM Trip to iFly Indoor Skydiving (where I almost died - funny story)

It has been so much fun getting to know the students and seeing the positive changes in their development. We have some fun plans for our students to help connect them with resources and experiences to improve their academic experience. We know we ask much from our students with participation, but rest assured, we have a purpose for our programming and it will pay off in the end.

I look forward to seeing you at the Academic Year Orientation on October 26, 2019. We will be outlining more specific details of our program, student opportunities and expectations. You will also have a chance to get to know Paige and me a little bit better. Please know I welcome your feedback and am willing to discuss any questions or concerns you may have.

See you soon!

Sincerely ,
Lisa Johnson

NEW STIPEND STRUCTURE

We have restructured the way stipends are earned. We want to use this as an opportunity to encourage you to be mindful of your education in the academic year as well as the summer program.

In order for you to do this, you need to know what is expected of you to earn a stipend. The stipend will still only be paid out annually at the end of our fiscal year, which ends August 31st. The following is how you can earn money by actively participating with our program:

Attend Saturday Sessions: (Earn \$25 each session)

- Actively participate
- Turn in your current progress report
- Exhibit positive behavior

Attend summer session: (Earn \$20 each week)

- Actively participate in program activities
- Actively participate in classes
- Exhibit positive behavior
- Infraction charges will be deducted

Academic Bonus: (percentage of funds left in budget line*)

- Must maintain a 2.5 GPA on Semester Transcript
- No grade on below a C on Semester Transcript
- Must meet Proficient State Testing Standards (applies only to juniors and seniors)
 - Math: 21/ACT or 530/SAT or 300/CCRA OPI
 - Language Arts: 37/ACT or 510/SAT or 300/CCRA OPI

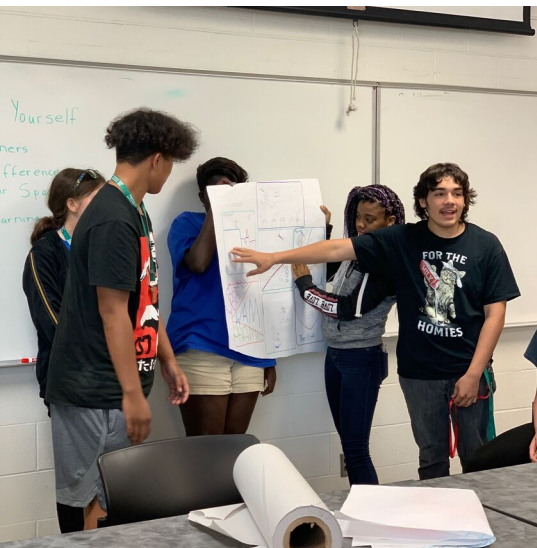
*The total amount cannot exceed the amount of federal regulations

ACADEMIC YEAR ORIENTATION

Our first Saturday session will be an academic year orientation. All parents and students are expected to attend. This session will outline what our academic year will consist of.

We will cover all Saturday Sessions, Academic Tutoring, New Stipend Structure, College Access Assistance, Field Trips and Documentation.

****PLEASE TURN IN THE ANNUAL INFO SHEET AT THE FIRST SATURDAY SESSION OCTOBER 26****



SATURDAY SESSION DATES 2019-2020

- October 26 (Academic Year Orientation)
- December 7
- January 25
- February 29
- March 14
- April 25 (Summer Orientation)

The Perfect 10 Study Habits

Whether the school year has just begun or you're somewhere in the middle, you can start practicing good study habits right now. Here are some ways to help you improve your study time and your grades.

- 1. Find the best place to study.** You need a place with good lighting, which will reduce eyestrain and keep you from getting tired too fast. Some students need absolute quiet when they study; some need music in the background. The key is to have an area that allows you to see well, concentrate and spread out your books and papers so you can get organized. Find a desk, kitchen table or bed, and keep away from distractions like food, TV, cellphones or pets.
- 2. Don't wait until the last minute.** Study a little every night instead of cramming late the night before a test.
- 3. Study more frequently, for shorter time periods.** Four half-hour study sessions are much better than a single two-hour session.
- 4. Begin study time with your most challenging subject.** Start with your most difficult assignment since this is when you have the most mental energy. It may also require the most effort from you.
- 5. Take a break.** If you find you're losing concentration, get up and move around. Stretch or get a drink. You'll be more alert when you start studying again.
- 6. Organize every class.** Use a separate binder, folder or notebook for each of your classes. You need a place for notes, handouts and homework assignments for each class. Stuffing all of your papers together into one folder or inside your book bag is a sure way to misplace an important homework assignment.
- 7. Get organized each night for the next day.** Put all of your papers in their correct place and review your weekly calendar and goals.



- 8. Make the most out of your classroom time.** A lot of new information is introduced in your classes, so don't expect to learn everything later on your own.
- Listen carefully to the teacher and ask questions when you don't understand.
 - Avoid talking to friends or texting during class time.
 - Write down assignments and due dates carefully.
 - When taking notes, drawing pictures/diagrams may help you memorize certain facts.
 - Use free time in class to study or begin another assignment.
- 9. Study with your friends.** Talking with each other or with a group can help you grasp new information. Studying together can be helpful as long as everyone involved is focused on the right subject. Quiz each other by using flashcards or asking questions. Working together, you can help fill in the gaps for each other and understand the subject more fully.
- 10. Ask for help.** If you need help in a subject, don't wait to ask for it! Sometimes getting one question answered can make everything else fall into place. Start by talking to your teacher. Your teacher or school counselor will also know if there are any tutors in your area.

Think it through.

Review the 10 study habits provided and pick one or two of them to focus on this week. Write your observations below.

Talk it out!

Think about and discuss your current study habits with your parent(s) or guardian(s). Do you see room for improvement? Do they have any tips or suggestions to help you? Ask them to quiz you to help you prepare for a test. Remember, they want you to succeed and are there to help when needed.

Social Media



@NSUOKUB

Your School FAFSA Nights:

Central: October 14

McLain: October 22

Webster: October 22

Important Contacts

Lisa Johnson: 405-209-5472

Paige Davis: 918-406-5460