

# Concerned Parents of Upward Bound

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## Concerned Parents of Upward Bound

### Getting to know each other.....

#### Special points of interest:

- *Check out some of our families*
- *Look for stress management tips, for teens and parents*
- *Keep an eye out for upcoming fundraisers*
- *Take a peek at scholarship information*

#### Inside this issue:

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Joseph P Bourn Jr and Donna Jean Bourn are the proud grandparents of Alvin David Jones. They live in Fluvanna where Alvin is a senior at Fluvanna High School. Alvin wants to go to either JMU or VCU and major/minor in English/Theater. He is active in his school's theatrical department and is a member of the literary magazine.

Crystal Whalen is the mother of Brianna Whalen (Shay), a sophomore at Louisa County High School. Shay has a 22 year-old brother who is a Senior Collections Manager at Bank of America. Shay is undecided about her college plans but mentioned she might want

to go to George Mason or VCU. Shay loves basketball and will be in her third year of playing for Louisa. She hopes to be a WNBA superstar!

Linda and Warren Carter of Greene County are the parents of sophomore Brittany L. Carter. She attends William Monroe High School and she has two sisters, 12 year old Brandy who is in seventh grade at William Monroe Middle School and 21 year old Tiffany who is in her third year at VCU. Brittany wants to attend UVA to study nursing. Her favorite subject is math, which should help a lot in her goal to become a pediatric nurse!



**Each month we will highlight some members of our group! If you would like for your information to be added, email info to [ncarrington@thestarsprogram.com](mailto:ncarrington@thestarsprogram.com)**

Wendy Peters and D. Stone Aielli are the parents of [sixteen year old Jesse Aielli, a junior at Monticello High School. Wendy has a 20 year old daughter, Kristin Cobbs, who is a third year at UVA. Jesse is in the Key Club at MHS. He does not have definite college plans at this point

but is exploring his possibilities.

Shelly Bryant is the mother of Jayvon U. Bryant and Jahlee U. Bryant. Jayvon is a fifteen year old sophomore at Charlottesville High School. Jahlee is three and attend the pre-K program at Clark Elementary. Jayvon's favorite subjects are

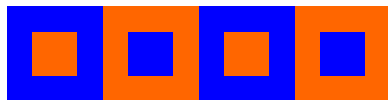
math and science. He is still undecided about colleges but knows that he wants to be a doctor or veterinarian.



## For the Students....

Saturday, Oct. 24 at 10:00 am Virginia State University will host an information session. Registration begins at 9:00 am at Daniel Gymnasium. Deadline to register to participate in this session is Oct. 16. Log on to [www.ecampustours.com](http://www.ecampustours.com)

The University of North Carolina Greensboro announced Explore UNCG on Saturday Oct. 24. This is an opportunity for prospective students and their families to meet faculty, tour the campus, check out the facilities, find out about



financial aid. Register at [www.uncg.edu/admin/visit](http://www.uncg.edu/admin/visit)

VCUarts Open House + National Portfolio Day is scheduled for Nov. 7. Beginning at 7:30 am with registration, and continuing with various activities and Portfolio reviews by College Reps beginning at noon. Over 30 Art Schools and Colleges will be represented to review your portfolio from both in Virginia and out of State. RSVP to [www.ugrad.vcu.edu/openhouse](http://www.ugrad.vcu.edu/openhouse)

College Night in Virginia is scheduled for Monday, Nov. 9<sup>th</sup> from 6:30 – 9:00 pm. College Planning Tips, Register to

win \$500 scholarships. Learn how to launch a successful future with higher education, how to choose the right college or academic program. Visit [www.collegenightinva.org](http://www.collegenightinva.org) for location details and more information. (Richmond location is Bon Secours Memorial School of Nursing)

Announcing the Performing and Visual Arts College Fair : this fair will feature school that specialize in: Dance, Graphic Design, Music, Liberal Arts, Photography, Theater and more. Reserve Sunday Oct. 25<sup>th</sup> 1:00 – 3:00 to attend this fair in Washington, DC at the Walter E Washington Convention Center.

## Scholarship Information

Washington Crossing Foundation Scholarship available to Seniors in the amount ranging from \$1000 to \$7500. History buff? Enjoy Politics, Future goals of military or government? Visit [www.gwcf.org](http://www.gwcf.org) to get more information. Deadline to apply if Jan. 15, 2010

The Atlas Shrugged Essay Contest is open only to high school seniors and college students. Visit [www.aynrandeducation.com](http://www.aynrandeducation.com) to get

more information about this contest.

Announcing the 3<sup>rd</sup> Annual Create-A-Christmas-Card \$10,000 Scholarship Contest. Log on to <http://www.gallerycollection.com/christmas-cards-scholarship3.htm> to get scholarship rules and an application. Deadline for entry to be submitted is Jan. 15, 2010.

Elks National Foundation announces the Most Valuable Student Scholarship competition for Seniors. 500

four-year awards will be given ranging from 1,000 per year up to 15,000 per year. Applications are judged on: scholarships, leadership and need. Deadline is Nov. 2 for completed application to be re-

**EACH MONTH WE WILL HIGHLIGHT SCHOLARSHIP OPPORTUNITIES. BELL LABS FELLOWSHIPS FOR UNDER REPRESENTED MINORITIES** [HTTP://WWW.BELL-LABS.COM/FELLOWSHIPS/CRFP/INFO.HTML](http://www.bell-labs.com/fellowships/crpf/info.html)

## Let's take a look at....STRESS MANAGEMENT

ceived by the local Elks Lodge. Go online at [www.elks.org/enf/scholars](http://www.elks.org/enf/scholars) to get an application.

### Stress Management Skills for Teens

- Taking deep breaths accompanied by thoughts of being in control ("I can handle this")
- Progressive muscle relaxation, (repeatedly tensing and re-

laxing large muscles of the body)

- Setting small goals and breaking tasks into smaller manageable chunks
- Exercising and eating regular meals, and avoiding excessive caffeine
- Focusing on things you can control and letting go of things you cannot control
- Rehearsing and practicing

feared situations (e.g., practicing public speaking or asking someone out on a date)

- Talking about problems with others, including parents, older adults and friends
- Lowering unrealistic expectations
- Scheduling breaks and enjoyable activities, such as music, art, sports, and socializing

## For the Parents....Stress-guard your family

**Tip #1- Teach your children "resiliency"** —the ability to handle stress and respond more positively to difficult events. Help your children practice "bouncing back" by emphasizing the importance of having friends and being a friend; setting new goals and plans to reach them, and believing in themselves.

**Tip #2- Commit to stable family rituals.**  
Have a way to leave each other in the morning, and to re-connect in the evening; have a Sunday morning ritual or a Friday night family pizza ritual. Rituals create a sense of security and predictability —both excel-

lent stress buffers.

**Tip #3- Model and teach your children conflict resolution skills.** Children learn how to handle conflict by watching their parents. All couples have conflicts; better parents model good conflict resolution skills for their children. These skills include compromise, calm discussion, and focus on problem-solving. Encourage your children to find a way to resolve their own conflicts rather than jumping in and punishing one or the other child whom you think (perhaps, wrongly) is the trouble-maker.

**Tip #4- Introduce a family "better health" plan.**

This includes proper nutrition, exercise, and adequate sleep each night. The family may also want to look at time management—and explore how better time management might reduce both personal and family stress.

**Tip #5- Minimize criticism and take time to support each other each day.**

Excessive criticism is extremely harmful to both children and parents. Emotional support by family members is an extremely important buffer to family stress.

## FUNDRAISING....

Our proposed date for the ... .. Community Yard Sale is November 14, 2009 from 7a-1p. The yard sale will be a combination bake sale, arts and crafts sale, and hot dog/chips/drinks sale.

Please donate any gently used items for our sale. And ask for donations as well! Friends and churches are often willing to donate!

We will need make flyers for distribution soon! Please post as many as possible in highly visible areas!



We will also need donations of napkins and condiments.

We will need volunteers as well-let's get those teens up early to help!!

**COMMUNITY  
YARD SALE:  
NOVEMBER 14,  
2009  
7A-1P**



We currently have a total of \$1,030.02 in our coffers, thanks to you!

We will be sponsoring a bake sale on Saturday October 24th from 10a-2p. We need baked items, tables, table cloths, posters/flyers, and parents to volunteer their time (at least 4 people

for 2 hours each). Please let us know what you will be able to donate! All baked items should be wrapped individually in plastic wrap or foil.

On Saturday November 7 from 6a-10a, we will be participating in the Charity Sale Private Shopping Event at Belk. The tickets give the shopper the opportunity to save an extra 15%-50% off of items at Belk. We have 100

tickets that we need to sell for \$5 each prior to Nov 7. Please sell as many as possible, as we get all of the profit! On the 7th, we will need parent volunteers to help sell, as the teens will be participating in Upward Bound.

Please let us know if you are able to participate in any or all of the fundraising activities! Thanks for all of your support-the teens love it!

## Concerned Parents of Upward Bound

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Upward Bound:University of Virginia serves students from twelve Central Virginia high schools:  
Albemarle, Buckingham, Charlottesville, Cumberland, Fluvanna, Louisa, Monticello, Nelson, Orange, Waynesboro, Western Albemarle, and William Monroe.

The Upward Bound curriculum assists participants to develop or nurture skill sets in several different areas: individualized academic instruction; intensive basic skill development, test preparation, and immediate support and remediation in the core curriculum. Upward Bound students are assessed based on academic progress reports, and standardized test results, including the state mandated Standards of Learning. Upward Bound programs provide participants knowledge and skill sets that will be beneficial throughout their college years and beyond. Participants are also provided with information so they can make informed decisions about potential college majors and careers.

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WE'RE ON THE WEB!:

<http://indorgs.virginia.edu/upwardbound/>.

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## Officers 2009-2010

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Please feel free to contact any of our officers regarding questions, ideas, suggestions, or complaints.