Summer 2014

The Sooner Upward Bound staff congratulates our students for their hard work and dedication in completing the 2014 Summer Academic Institute. The Summer Institute featured 45 students, who hailed from Capitol Hill, Northwest Classen, and U.S Grant High Schools. We would like to thank OU Staff from Student Affairs, Student Life, Housing & Food Services, College of Education, Writing Center, and Fitness + Recreation for their support and commitment to our students. Appreciation also goes out to the parents who build the foundation for educational success. Finally, and most importantly again, we honor each student who works tirelessly at breaking barriers to develop academically.

In the upcoming year we will continue to pursue academic excellence through a more hands on approach including advisement, tutorials, and monthly meetings. As always we will strive to provide the most adequate resources available to assist students in their matriculation through high school. We plan on implementing one on one meetings to better assist with student’s challenges. Upward Bound Program Director will advise seniors on a plan of action for college enrollment and assist with financial aid and scholarships.
Greetings Sooner Upward Bound Participants

I would like to express my appreciation for each of you who takes time to invest in your future, which speaks volumes about your character, dedication, and commitment to your personal academic development. As we embark on another school year, I want to remind you to practice gratitude. An attitude of gratitude is essential for a successful, peaceful, and content life. If you’re like me, sometimes you get busy and forget to appreciate the little things in life. Occasionally you might focus on the challenge instead of the opportunity in a situation. I can definitely understand that when all around you seems negative it’s difficult to think positively. I want you to know that even though things may not be the best, they could always be worse. As the days, months, and years pass, let’s work together on being more appreciative and optimistic about our circumstances. We need to motivate ourselves to break down the barriers that limit us. Make a point to appreciate the adversity in life because through it strong character will be established. I truly believe your **Attitude** will determine your **Altitude**. So let’s all breathe, eat, study, sleep, and believe in our success.

**Why Study??**

Many students question why they need to study? The answer is because *studying can help you achieve your goals*. As a student, are you satisfied with average grades? In this day and age the more you know, the more you can succeed in life through confidence in your abilities. At the beginning of this semester in an Upward Bound meeting, you established short-term academic goals. The simple fact is that in order to achieve these goals, you have to put in work, time, and dedication. By creating good study habits, you increase your chances of meeting goals and being successful in school, which leads to success in colleges and eventually your future careers. While you may make decent grades without giving extra time to your studies, you are developing habits that will hinder you in college and your professional life. While not everyone learns the same way, we can all set good examples by knowing our learning preferences and establishing good habits tailored to our preferred learning style. Let’s all make academics a priority and studying as a basis for lifetime success.
Each year the Sooner Upward Bound Program hosts a six-week Summer Academic Institute where students reside on campus and live life as a college student. The goal of the Summer Institute is to provide participants with a rigorous academic curriculum that assists them in Math, English, Science, and Foreign Language. Students are placed in courses to prepare them for the upcoming school year. Each course is designed to be experimental and transformational with the aim of helping each student develop both academically and cognitively. The 2014 Institute featured many learning highlights. Students engaged in various projects that ranged from examining and evaluating an Echinacea plant to the dissection of a frog and pig in order to understand the biologic structure of each specimen.

In addition to the rigorous academic curriculum, students also participated in cultural, fitness, and mental developmental activities. Every Tuesday, the program hosted speakers from the community to inspire participants and share how they win from within. Speakers included renowned poet and author Lauren Zuniga, Gubernatorial candidate, Joe Dorman, and Oklahoma Representative Lisa Billy, just to name a few. Students also participated in a Social Awareness course with the OU Counseling Psychology Clinic to help students build confidence, work through adversity, and develop emotional intelligence. The Summer Institute ended with a Student Showcase where students displayed the outcomes of their work to family, friends, and supporters.

---

**“The Win from Within”**

Summer 2014

---

**Save the Dates**

- **Friday October 24th**
  "The Step Up"

- **Saturday October 25th**
  Light the Night/Community Service

- **Saturday November 22nd**
  Saturday Session

- **December 2014**
  Stipend Distribution
**Student Spotlight**

**NyAisha Davis**

NyAisha Davis has been a participant in the Sooner Upward Bound program since her sophomore year in High School. NyAisha is currently a senior at U.S Grant High School, where she prides herself on Leadership. NyAisha is President of Student Council as well as a member of National Honors Society, and Key Club. NyAisha’s plan post graduation is to attend the University of Oklahoma and major in Pre Med. When asked what Sooner Upward Bound means to her, NyAisha’s response was, “The program has given me college experience while teaching me time management skills and preparing me for classes. SUB is like a second family. The program has helped me discover what I want to do with my life. Without Upward Bound I would not have so much knowledge about college.” NyAisha wants to be a neurosurgeon.

**Nathaniel Tylor**

Nathaniel has been a participant in the Sooner Upward Bound Program since his sophomore year. Currently Nate is a senior at Northwest Classen High School where he is a leader, in both the classroom and the community. Along with Sooner Upward Bound, Nate is involved in Linc Crew, a mentoring program for freshmen students, L.I.M.I.T.S, Life is more important than sex program, a dancer with Race Dance Company, as well as the Captain of the Tennis team. Nate’s post graduation plans are to attend the University of Central Oklahoma and major in dance. When asked how the Sooner Upward Program has helped Nate reach his goals, Nate’s response was “the program has provided me with many tools I will use forever. SUB has allowed me to improve and set goals for myself. The program has offered me many great opportunities. I am so grateful and happy to be in such an amazing program.”
SUB Recruitment

The Sooner Upward Bound Program is now accepting applications from all three target high schools, Capitol Hill, Northwest Classen, and U.S. Grant. All interested students can visit their high school counselor for an application. If you have any questions please contact the Sooner Upward Bound office at (405) 325-9177. Applications will be due January 2015. We look forward accepting new students into the program.

Sooner Upward Bound staff

Lindy Waters
Director Student Affairs TRIO Programs
lwaters@ou.edu

Norman H. Markland
Program Director
norman.markland@ou.edu

Warren Queton
Academic Coordinator
queton@ou.edu

Jamaine Turner
Graduate Assistant
jamaine@ou.edu