



December 2014

TRiO Newsletter

Wallace Community College

Upward Bound Tours The Alabama School of Mathematics and Science in Mobile, Alabama

Special points of interest:

- Talent Search News
- Photos of Upward Bound Trip to Alabama School of Mathematics and Science
- Where Do You Stand?

Inside this issue:

Photos from Upward Bound Trip to ASMS	2
Talent Search News	3
Where Do You Stand? By Mr. Mickey Baker, Director of TRiO Student Support Services and Upward Bound	4
More Photos from Upward Bound Trip to ASMS	5



The Wallace Community College Upward Bound participants had an opportunity to attend Preview Day at The Alabama School of Mathematics and Science on Saturday, December 6, 2014. Preview Day is an opportunity for prospective students to visit the campus and see what ASMS has to offer.

ASMS is Alabama's only fully public and residential high school for sophomores, juniors, and seniors seeking advanced studies in math, science, and the humanities. Tuition, room, and board are FREE. Nestled in Mobile's beautiful Old Dauphin Way Historic District, ASMS was founded by the Alabama State Legislature in 1989 to better prepare Alabama's future leaders. The Alabama School of Mathematics and Science also enjoys partnerships with business and industry. While the operating budget is supplied by the state, the facility is owned and maintained by the ASMS Foundation, a charitable group that receives donations from businesses, individuals, and other foundations.

—Ms. Monchel Hollins

Upward Bound at Alabama School of Mathematics and Science, Mobile, Alabama.



Zanesha Jackson, Amber Day (ASMS Public Relations Coordinator) and Jeneciah Starling. Jeneciah would like to apply for admission to the school in February.



Upward Bound participants and a current ASMS student conduct an experiment.



Jeneciah Starling pays close attention to ASMS student during experiment.



Upward Bound participants receive information on the exchange student program at

Zencia Starling, Monchel Hollins, Apryle Williams (Director of Student Services at ASMS), Mary Pearl Morris, Trinity Morris, and Daja Porter.

More photos on page 5.



Talent Search News

Through Educational Talent Search (ETS), area students have had a busy first semester. Talent Search participants have visited Auburn University, Chipola College (Marianna, Florida), Troy University, and Tuskegee University. Junior and senior participants, along with their parents, were also invited to Financial Aid Day on the Sparks Campus. In addition to college campus visits, ETS participants have benefited from numerous Student Success workshops including, but not limited to: College Admissions (grade 12); Test-Taking Skills (grade 11); Decision Making/Goal Setting (grade 10); Study Skills (grade 9), Why Stay in School (grade 8), Making Good Choices (grade 7), and Middle School Success (grade 6). We've gotten off to a great start and look forward to exciting events next semester!



Talent Search Director Tameka Williams reviews financial aid information with Russell County High School senior Cotyria Turner.



Eleventh- and twelfth-grade Talent Search participants from Abbeville High School tour Chipola College.



Diondra Neal, Tykearya Williams, and Tarika Trice, ETS participants from Abbeville High School's eighth grade, conduct an experiment at Tuskegee University's School of Engineering.



Juniors and seniors from Eufaula High School visit Troy University.

—Ms. Buffae Howard

Where Do You Stand?



Mr. Mickey Baker

Ask yourself this question, “Where do you stand?” In other words are you pleased with your status? Are you pleased with your progress toward your goal whether it is educational, spiritual, or physical? Hopefully, you will honestly think about this question. If you are unable to declare a positive self inventory, then I suggest that you *learn to become resilient*.

When an individual experiences disappointment, what occurs afterward determines his/her level of resilience. Mainly, resilience entails the ability to **spring back**. For instance, if you get knocked down by making an “F” in your math course, how do you respond? Usually, one will become depressed, upset, and even outraged because of that failing grade. Some individuals see only hopelessness and develop the quit-now syndrome by expressing—“I quit; I give up; college is just not for me!” However, I encourage you to learn to develop resilience. Learn to bounce back like a punching bag. Despite how hard the hit you receive, learn how to bounce back. Even if you receive multiple hits, just bounce back.

A punching bag constantly returns to a standing position despite the many hits it receives; it keeps bouncing back. How does it remain standing from multiple hits? The answer lies on the weight at the bottom of the bag. When the bag receives a hit, it may go down, but it always returns to its original upright stance. Even if you hit the bag with several blows, the bag returns to a standing position each time. The reason for such stability comes from the weights at the bottom of the bag. When a hit occurs, the weight always remains in place while the air flows to the top of the bag, causing it to return to its original position. You too can place weights in your foundation while allowing the event causing the setback to flow away. So when you get knocked down, you too will return to your original goal.



To practice resilience, first realize that your goal, whether it is educational, spiritual, or physical, reflects what you want for yourself, not someone else’s goal for you. Secondly, you must understand that failure allows you to develop who you are and understand what you must do to accomplish your goal. Failure should never make you feel unworthy but enable you to recognize the needed skill sets for success. Finally, realize that a resilient person resembles an optimist. An optimist engages in positive thoughts despite the circumstances. Therefore, the resilient person sees a setback differently from the average person. The average person sees a half-filled glass of water as half empty, but the resilient person see the same glass as half full. So, if you are experiencing a setback, look for positive outcomes instead of the negative vibes while allowing the setback to flow away from your foundation (goal).

Now, stay on course toward your original goal and exercise resilience.

—Mr. Mickey Baker, Director Student Support Services and Upward Bound

Read more about “soft skills” and post your comments at:

<http://mickeywbaker.blogspot.com/2014/12/where-do-you-stand.html>



TRiO on the Wallace Community College Sparks and Dothan Campuses is made up of three programs: Student Support Services, Upward Bound and Talent Search.

They are federally funded programs by the U. S. Department of Education that provide support and opportunity for eligible students-middle school through college. To reach any person on this list, call 983-3521 or 687-3543 and then the extension below:

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“The more that you read, the more things you’ll know. The more that you learn, the more places you’ll go.” —Dr. Seuss



Trinity Morris really enjoyed the experiment!



Lunch on the campus of Alabama School of Mathematics and Science.



Isiah Givens, Rosa Ivery, Tianna Jackson and Frederick Marsh playing a very serious game.



Kendall Jones ordering his dinner at Ruby Tuesday Restaurant after a fun and exciting day touring Alabama Math and Science School in Mobile, AL.



Upward Bound participants enjoy dinner before the long trip home to the Wiregrass.