Northern Kentucky University

# Breaking Boundaries

## TEAM DAY WILL BE MARCH 12

Our annual Team Day, which students have really enjoyed in the past, will be Saturday, March 12.  We'll start in Landrum 110 at 9:30 a.m. and the meeting will end at 3 p.m.  In the morning, students will play basketball, volleyball, and wallyball.  Please don't wear black soled shoes since we'll be in the Campus Recreation Center.  We'll return to Landrum and have pizza for lunch.  During the afternoon, students will play a variety of different critical thinking games.

## THE FEBRUARY MEETING OPENED EYES ABOUT CAREERS

The focus during the February 12 meeting was on careers.  We had two excellent presentations during the day.

Lt. Autumn Ruehl, Community Resource Officer at NKU, spoke about her background and the opportunities in law enforcement.  She also presented moves for students to practice to defend themselves.  Students learned about visualization and preparation and tips for ensuring a safer house and what to be aware of in their surroundings.

Gayle Holten presented learning as a lifelong practice.  She discussed the need to feel significant and to belong and how going after dreams will involve fear that has to be handled.  She asked the students to discuss their self-concept and self-worth as it related to their own experiences.  She summed up that higher education requires self-discipline (create a plan/remove temptations/tolerate discomfort) to succeed and she recommended re-framing your approach to change your attitude and overcome cynicism.
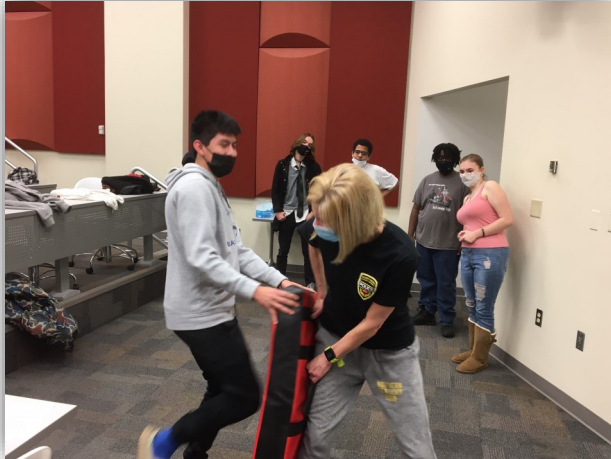
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# FEBRUARY PICTURES

Ronaldo and Alyssa practice defensive moves with Lt. Autumn Ruehl.

## FINANCIAL LITERACY UPDATE:

During the academic year, we've been examining professional and educational goals for after high school graduation during our meetings at schools. We've also discussed financial assistance for college both at school and during Saturday meetings. It seems like we're not alone. The Enquirer (2/27/2022) recently shared a story about a new Ohio law that will require high schools to teach financial literacy to families beginning in the ninth grade. Some of the subjects that will be taught are ones that Upward Bound students have learned about in the past either during school meetings or during the summer component, such as taxes, loans, mortgages, and retirement accounts. We're wondering if Kentucky will follow with a similar law.

# Student Spotlight

If you walk through the halls at Gallatin County High School, one of the students you pass wearing jeans and a hoodie may be Morgan Lewis.  He has shared the following information with us.

Once people get to know me, they're probably surprised to find that I'm . . . pretty talkative.

I wish I could . . . travel the world.

I'm disappointed when . . . I don't live up to my own expectations.

A quality that I admire in others is . . . A good sense of humor.

I hope people see me as . . . intelligent.

Three careers I'm considering . . . therapist, veterinarian, biologist.

One personal goal for the year is . . . to improve my Japanese.

Morgan Lewis

## FAREWELL by ERIC

I started at NKU Upward Bound in June 1996 and it's been a wonderful, exciting adventure.  However, sometimes one needs to realize when it's time to step aside for new ideas and energy.  I'm retiring from NKU and my last working day will be March 31.  Judy is a member of the search committee for the next director and I know she'll be instrumental in finding a terrific replacement.  My best to all of our current participants and their families.  You have bright futures ahead of you!

Northern Kentucky University

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**TRiO**
UPWARD BOUND

# THINKING CORNER

When you know the answer to this month's math riddle, call 448-8930.  Give your name, your answer, and the date and time of your call.  We'll expect many calls as this is an easy one.

I'm thinking of a two-digit odd number.  The sum of its digits is 13.  It is a multiple of 7.  What is the number?