



## UPCOMING EVENTS

**January 31st-** MAC Scholarship  
Deadline

**February 8th–** Saturday  
Program

**February 14th–** Excused  
Absence Form Deadline

**March 7th–** Saturday Program

**April 4th–** Saturday Program/  
ACT

**May 2nd–** Saturday Program

**June 1st–** Summer Program  
Begins

**July 8 to 10–** Summer Trip

At the beginning of a new year, many of us set goals to accomplish those things that are important to us. Setting goals is an important tool for enhancing your ability to achieve personal success. According to MindTools.com, there are five Golden Rules of Goal Setting.

**Set Goals That Motivate You** – One of the keys to set goals that motivate you is to focus your goals on the high priorities in your life.

**Set SMART Goals** –

**Specific** – Be specific about the goal you would like to set. For example, “I am going to raise my grade in math from a B to an A” instead of “I want better grades.”

**Measurable** – Create a way to know that you can measure success. For example, I will study math for at least 30 minutes a day.

**Attainable** – Be reasonable with your goals. Studying math for 4 hours every night may improve your grade, but is that an attainable goal with all the other homework you may have each night?

**Relevant** – Does your goal match what you are currently doing? Setting a goal to study for a class you are not currently in doesn’t make a lot of sense.

**Time-Bound** – For example, don’t set a goal that sometime I will be better at math. Be specific about when you want to achieve your goal.

**Set Goals in Writing** – By writing down your goal you are committing to them. Display your goals so you can be reminded of them.

**Make an Action Plan** – It often requires many steps to achieve your goal. Make a plan and be specific on how you will achieve it.

**Stick With It!** – Don’t give up. You have the ability to achieve great things. When you feel like you are struggling, remember you are not alone. Friends, family, and Upward Bound are here to help you achieve your goals.

### Inclement Weather?

**Text Alerts** will be sent if meetings or Saturday Programs are canceled.



**If your school is canceled, we will NOT have meetings.**

# Birthdays of the Month

BRIANNA FRANCIS  
 HUNTER GREBE  
 ANDREA HUFF  
 ZANE MASSEY  
 VICTORIA THOMAS  
 PHYLLIS BECK  
 LEVI BROWERS  
 MAKAYLA COURTOIS  
 DANIEL KIMMEL  
 JOSIE WARDEN



## January Saturday Program Games & Lunch



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[www.MineralArea.edu/UpwardBound](http://www.MineralArea.edu/UpwardBound)

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*The mission of Upward Bound at Mineral Area College is to serve eligible high school students by providing academic enrichment, cultural experiences, and a support network to ensure their success in attaining a four year college degree.*

### A Federally Funded Program

The Mineral Area College Upward Bound I program is a TRIO program funded with a five-year, \$1,495,566 grant from the U.S. Department of Education. This represents 100% of the program cost. Mineral Area College provides 25% of indirect costs to support the program.

The Mineral Area College Upward Bound II program is a TRIO program funded with a five-year, \$1,298,771 grant from the U.S. Department of Education. This represents 100% of the program cost. Mineral Area College provides a portion of indirect costs to support the program.

Upward Bound is one of five programs established by Congress to help low-income, first-generation students enter college and graduate. These programs are referred to as the TRIO programs.

For more information on Upward Bound I or II or for information on how to apply, contact the Upward Bound office located at Mineral Area College, (573) 518-2156. Office hours are 8 a.m. to 4 p.m., Monday through Friday.

Mineral Area College does not discriminate on the basis of race, color, national origin, gender, disability, age, religion, creed, or marital or parental status. For more information, call the Title VI, Title IX, Section 504 or U.S. Department of Education, Office of Civil Rights.

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