

Upward



Bound



Mineral Area College TRiO Program September Newsletter 2023



HAPPY BIRTHDAY

August

- Elisabeth Barrington
- Will Moore
- Ryan Garcia
- Daniel Dinger
- Megan Woods
- Mikaela Overstreet
- Mackenzie Thompson
- Kaley Woods
- George Dawes
- Hailey Snyder
- Faye Serviss

September

- Cassius Schanda
- Zachary Willis
- Jalen Declue
- Wyatt Richards
- Nicholas Downey
- Nathaniel McClelland
- Kelsey Myers
- Alexis Seabaugh
- Matthew Haywood
- Hayden Crocker
- Sierra Russell
- Alexis Manning
- Tyler Vandergriff
- Wyatt Schaffer
- Andrew Fisk



6 Tips to Ensure a Successful School Year

1. Get organized and stay organized. Keep track of all your due dates and deadlines.
2. Create a daily routine and stick with it. Make sure you include enough time to study.
3. Establish a study space. Make sure it's somewhere quiet and away from distractions.
4. Get plenty of rest. Aim for 8 hours each night.
5. Find healthy ways to manage your stress.
6. Attend all Upward Bound meetings. Communicate with your advisor if you cannot attend a meeting.

Student News:



Katarina Oliver was accepted to MSU.
 Elisabeth Barrington is Scout's Chapter Chief for the 3rd year.
 Lyndie Green was accepted to UMSL and is a homecoming candidate.

Weekly Meeting Schedule

Upward Bound 1		Upward Bound 2	
Bismarck: Thursday 3:05 - 4:35 Old Commons Room	AV: Wednesday 3:15 - 4:45 Foreign Language Classroom	Central: Monday or Wednesday 2:55 - 4:25 ITV Lab	Fredericktown: Tuesday 3:05 - 4:35 Library Classroom
Farmington: Tuesday or Wednesday 3:10 - 4:45 Room 109	Kingston: Tuesday or Thursday 3:05 - 4:35 Library	North County: Tuesday or Thursday 2:55 - 4:25 Room 605	Potosi: Wednesday 3:05 - 4:35 Science Room 51
West County: Monday 3:05 - 4:35 Room 204	Valley: Thursday 3:15 - 4:45 Cafeteria		

Summer 2023 Photos



A Federally Funded Program

The Mineral Area College TRIO Upward Bound 1 program is funded with a five-year, \$359,828 per year 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 2 program is a TRIO program funded with a five-year, \$312,480 per year 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 1 or 2 or for information on how to apply, contact the Upward Bound office located at Mineral Area College, at (573) 518-2156. Office hours are 8 a.m. to 4 p.m., Monday through Friday

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

If you have special needs as addressed by the Americans with Disabilities Act and need this publication in an alternative format, notify us at (573) 431-4593. Reasonable efforts will be made to accommodate your special needs.

Mission

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.

Upward Bound Staff

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