



Mineral Area College TRiO Program January Newsletter 2024



Goal Setting: The How and Why of It

We all make New Year's resolutions that we never keep, so why don't we make SMART goals instead? So what is a goal? It is loosely defined as a means to a desired end. It is something that Upward Bound makes you set every semester, but is it necessary for success? Yes, goals help us think ahead, anticipate roadblocks, capitalize on momentum, and achieve our intended outcome. It can help us rise from our current circumstances. A goal gives us something to work toward and gets us where we want to go. But why does it have to be SMART (Specific, Measurable, Achievable, Relevant, Time-bound)? Because it enables you to break goals down into manageable tasks. SMART goals promote growth, drive performance, and increase the likelihood of success, they can help us define where we want to be and help us get there.



- Josie Aubuchon
- Alyah Haynes
- Abigail Pyatt
- Lillie Anglin
- Rihanna Meek
- Briana Mauer
- Serenity Graddy
- Bailey Juliette



Student News:



Ashley Daly made MAAA Honor Band.
Jazmine Higgins made All-District Band.



Upcoming Events

January 27th:

January Saturday Program
MAC Homecoming Basketball Game, Bonfire, Hot Dogs, Chili, Smores, and Robotics Activity

February 1st:

FAFSA Priority Deadline

February 1st:

MAC Scholarship Application Deadline

February 10th:

February Saturday Program
Science Center and Webster University Tour

March 2nd:

March Saturday Program
ACT Prep
STEP Application Due

April 13th:

April Saturday Program
ACT Testing Day
Senior Celebration

December Lock-In



A Federally Funded Program

The Mineral Area College TRIO Upward Bound 1 program is funded with a five-year, \$374,221 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, \$324,979 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.

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