

Happy New Year, Upward Bounders! We hope you had a wonderful break! We are looking forward to another exciting year of Upward Bound!



COMMUNITY SCOOP

1/13/25

Birthdays



Eliot Danner 1/3
Seth Hicks 1/5
Hallee Kipp 1/6



Abbigale Richardson 1/10
Matthew Savage & Ciara Helton 1/12
Kallie Rasnake 1/14
Robbie Harrell 1/15
Carmen Harageones 1/17

Session dates

January 27
February 24
April 7
April 28
May 5 (make up session)

Trivia

What word describes a person's natural tendency or urge to act or feel a particular way?

Email your answer to Amanda (worleya@etsu.edu)

"You just have to decide what kind of person you want to grow up to be. Because whoever that person is good character or bad, you're going to change the world." -Jonathan Kent

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Essential Relationship Skills for Better Connections

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Effective Communication

 - I-focused speaking
 - Listening to understand
- 

Empathy & Compassion

 - Empathy - feel another's emotions & understand their perspective
 - Compassion - Empathy + Supportive Action
- 

Emotion Regulation

 - Recognize emotional and physiological state
 - Manage behavioral responses
- 

Conflict Resolution

 - Discern needs and develop strategies
 - Collaborate or compromise
- 

Boundary Setting

 - Self-boundaries to protect others from your mistreatment
 - Other-boundaries to protect you from other's mistreatment
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Trustworthiness

 - Practice honesty, reliability, and consistency
- 

Flexibility & Adaptability

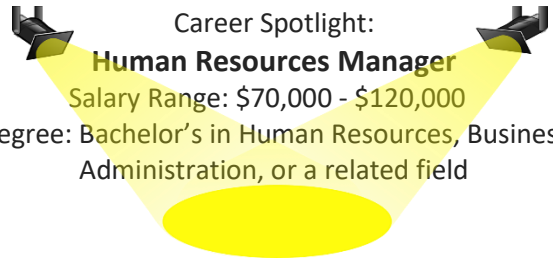
 - Adjust to change
 - Don't take it personally

Gingerbread House Winners

Thank you to everyone who participated this year! We had so many wonderful entries and it was a very difficult decision! A big congratulations to our winners:



1st place: Marley Feldmann
2nd place: Emily Jones
3rd place: Arwin Ganious



Career Spotlight:

Human Resources Manager

Salary Range: \$70,000 - \$120,000

Degree: Bachelor's in Human Resources, Business Administration, or a related field

Overview: Oversee employee relations, recruitment, and compliance with employment laws. HR managers play a key role in creating positive work environments and resolving workplace issues.

12 HELPFUL TIPS TO BOOST YOUR ACT READING TEST SCORE

FIND THE POINT OF VIEW OF THE AUTHOR WHEN READING PASSAGES.



DO NUMEROUS ACT READING PRACTICE TESTS.



ALWAYS FOLLOW ACT READING COMPREHENSION PROCEDURE.



GO BACK TO THE PASSAGE FOR THE VOCABULARY IN THE TOPIC QUESTIONS.



SIMPLIFY COMPLICATED QUESTIONS.



DO THE PASSAGES IN ANY ORDER.



HIGHLIGHT ANYTHING THAT APPEARS IMPORTANT.



TIME YOURSELF AS YOU TAKE YOUR ACT READING PRACTICE TEST.



KNOW THE ACT READING TEST STRUCTURE.



PREDICT A POSSIBLE ANSWER BEFORE LOOKING AT THE CHOICES.



ALWAYS MOVE ON TO THE NEXT PASSAGE AFTER 9 MINUTES.



DON'T GET STUCK.



Snow Day Policy Reminder

If your school is unexpectedly closed on a school visit day, your staff person will try to reschedule for another day that week. If they are unable to reschedule they will do a virtual school visit. For a virtual school visit, staff will send you the newsletter and you must reply in order to get credit.



IMPORTANT INFO FOR SENIORS

- 2025-2026 FAFSA is open! If you need assistance let your Upward Bound school visit person know and we can help.
- Continue checking your e-mail at least once a week to make sure you're staying up-to-date with any correspondence from colleges, FAFSA, etc.
- Attend mandatory Tennessee Promise meetings at your school. Ask your counselor if you're unsure when your first one is.
- Keep applying for scholarships!!
- Our next Monday session is January 27th so try your best to attend! If the session gets cancelled due to weather, your UB school visit person will make sure you get all the information you need (including spring Bridge requirements) at the next visit.



@etsuupwardbound