

WEEKLY SCOOP

UPWARD BOUND



Monday Sessions:

March 9, 2026

April 13, 2026

April 27, 2026

Senior Sash Ceremony - April 23rd,
6-7 P.M. in the D.P. Culp Center
Auditorium

Dinner provided after
Sign-up NOW

BIRTHDAYS

Bella Jones 3/11

TRIVIA

Which state does Sandy Cheeks hail from in SpongeBob? Send answers to worleya@etsu.edu

Last Week's Question: Where is the strongest human muscle located?

Last Week's Answer: The Jaw

Last Week's Winner: Jaxson Laws

Be sure to sign up for our
Upward Bound Band!



"Just be yourself. That's
the person you're most
qualified to be!"

-SpongeBob



Save the Date: Volunteer Hours

April 11th 10am-2pm

Sign-up via BAND by April 3rd

Sign-Ups are now open!

3 Locations: Must pick 1

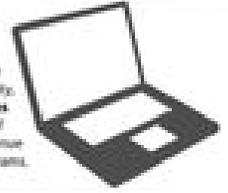
- **Helping Others: Mountain City**
- **Bays Mountain: Kingsport**
- **Habitat for Humanity ReStore: Johnson City**

DIFFERENT TYPES OF COLLEGES

FOR-PROFIT

Online Institution

Online college is an institution where classes and instruction are done via the internet. Schools like these include Kaplan University, Mayer University, and University of Phoenix. **For-Profit colleges** in general are more career-focused. The receive only a portion of their revenue through student tuition payments, and other revenue through fees paid by government and state education aid programs.



Campus Institution

Schools which offer both online and campus locations for students to study or take classes like University of Phoenix, DeVry University, Grand Canyon University, Colorado Technical Institute, and Virginia College.

FOR-PROFIT

NON-PROFIT

Community College

A smaller, local campus college offering Associate's and possible Bachelor's degrees which is funded by tax revenues from the state or locality in which it is located like Salt Lake Community College. **State College Non-profit** - A state-funded institution with a campus location which is funded by tax revenues from the state in which it is located like Palm Beach State College, Polk State College, Seminole State College, and Santa Fe College.



State College

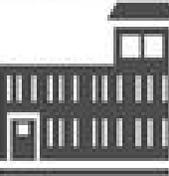
A state-funded institution with a campus location which is funded by tax revenues from the state in which it is located like Palm Beach State College, Polk State College, Seminole State College, and Santa Fe College.

NON-PROFIT

NON-PROFIT

State University

A state-funded institution with a campus location which is funded by tax revenues from the state in which it is located like The Ohio State University, University of Utah, and the University of California at Los Angeles.

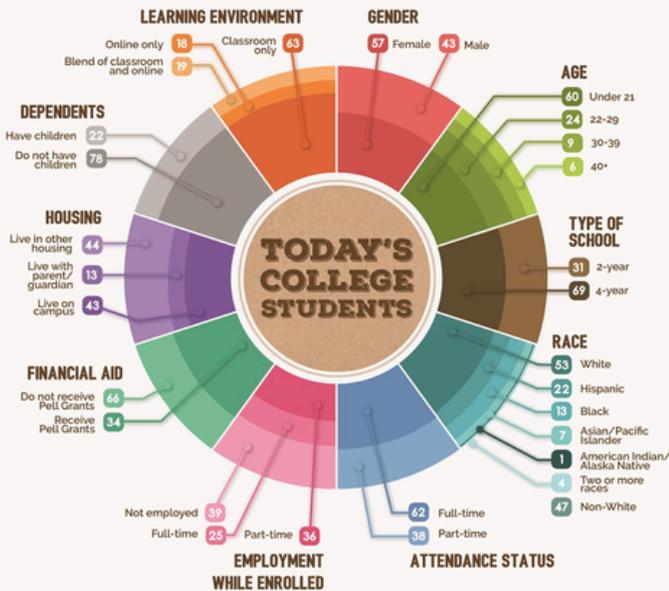


Private

A privately funded institution with a campus location which does not accept state tax funds, but is funded by private donations, endowments, and student tuition like Harvard University, Yale University, Stanford University and Northwestern University.

NON-PROFIT

TODAY'S COLLEGE STUDENTS



How to Check-In With Yourself

STEADY YOUR BREATH

WHAT AM I FEELING?

HOW INTENSE IS THAT FEELING?

HOW CAN I CALM DOWN/FEEL BETTER?

LET GO OF NEGATIVE EMOTIONS