



MAC TRIO

Upward Bound

November Newsletter 2024



Upcoming Events:

November 2

Saturday Program

November 5

No Weekly Meeting

November 12

No Weekly Meeting

November 8

Deadline to register for the December ACT

November 25 - 29

No Weekly Meetings

December 1

Mizzou, MSU, UMKC, Truman, SEMO, and Northwest have scholarship deadlines

December 1

FAFSA Opens

December 7

Saturday Program

December 14

ACT Test Day

December 23 -

January 3

No Weekly Meetings

Tips For Staying Motivated in School

Staying motivated in high school can be difficult.

Here are 5 ways to stay on the right track.

- 1.) Prioritize Assignments** - Prioritize your more challenging and time-consuming assignments. By tackling these first, you'll find yourself more motivated to complete the easier assignments that lie ahead.
- 2.) Set Attainable Goals in Smaller Chunks** - It's much easier to stay motivated and stop procrastinating by setting goals in smaller, more attainable chunks. It's also a lot easier on your mental health.
- 3.) Create New Challenges** - Some high school assignments tend to feel repetitive after a while, and you feel like you're just going through the motions. This can cause you to feel demotivated and drained. Change things up to challenge yourself. For example, if your eyes are hurting from staring at your math textbook, go online and try to find videos from other instructors trying to solve math problems.
- 4.) Find a Social Support Network** - You are surrounded by people who want to see you succeed, so don't be afraid to ask for help! Teachers, counselors, parents, and your UB advisor are there to help you reach your goals and can help you create a study plan that works for you.
- 5.) Acknowledge Your Accomplishments** - Praising yourself for the things you've accomplished is a great way to spark motivation. Give yourself a quick reward when you complete an assignment or task.

<https://bigfuture.collegeboard.org/plan-for-college/stand-out-in-high-school/stay-motivated/tips-for-staying-motivated>

Student News

- Janell Carter won a character award for displaying a respectful attitude and demeanor.
- Faye Serviss, Alyssa Talley, and Bradley Talley were awarded 1st place in their band division.
- Will Moore was cast for 3 roles in It's a Wonderful Life: A Live Radio Play.
- Alyssa Wiggs and Will Moore were inducted into NHS.
- Bella Sigafos was selected for all district choir.
- Josie AuBuchon was elected secretary of choir.
- Ryley Heady was selected for all district choir.
- Zach Barlow was elected president of choir.
- George Dawes received his driver's license.
- Haley Tucker won homecoming queen.



Happy BIRTHDAY

Rosina Allison

Addison Dalton

Maya McKenney

Parker Rawson

Isaac Rolens

Faith Russell

Alyssa Talley

Jessica Temple

Alyssa Wiggs



October Saturday Program

SEMO Show-Me Day



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.

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