



MAC TRIO

Upward Bound

January Newsletter 2025



Upcoming Events:

February 1

MAC Scholarship Deadline

February 1

FAFSA Priority Deadline

February 8

Saturday Program -
Volunteer at Nursing Homes,
Tour MAC TECH, Bingo, Pizza,
and Ice Cream Sundaes

March 1

UB Scholarship Deadline

March 1

Saturday Program -
ACT Prep and Something Fun

April 5

April Saturday Program -
ACT Testing and
The Family Fun Center

May 6 - May 9

Last Week of Meetings

May 17

UB Open House -
More Information to Come

New Year, New Attitude

Humans are predisposed to negativity. We pay more attention to dark emotions such as anger, sadness, and disappointment than good feelings such as joy and gratitude. Negativity is addictive, even though positivity feels so much nicer. When your mind is negative, chemicals are released into the blood, leading to more unhappiness and negativity. This is the path to failure, frustration, and disappointment. Life is hard enough, so why add to it? Instead, add positive, optimistic, encouraging words to your conversations and strive to use words that drive away negative thoughts.

Here are some tips to turn negativity into something positive:

- **Practice Kindness:** Kindness has been proven to make us happier and less stressed. Kindness inspires gratitude and makes us more inclined to be grateful. If you are struggling with positive thinking, do a good deed for someone and you will notice immediately how great you feel.
- **Be Thankful:** Studies have proven that gratitude makes us happier because it floods our brains with dopamine, the chemical that has the potential to drown out negative thoughts and anxious feelings.
- **Stress Less:** This is easier said than done, but stress is usually self-inflicted. You can manage stress by eating better, exercising, drinking more water, and getting more sleep.

<https://www.dentistryiq.com/dental-assisting/staff-relations/article/14168128/new-year-new-attitude-the-power-of-positivity>



Student News

- Bailey Juliette made it into the MAAA Conference Honors Band.
- Isaac Rolens was invited to represent his school at the National Student Leadership Conference.
- Kendall Blumenstock won 1st place in the girls Desoto Archery Tournament.

HAPPY BIRTHDAY

Lillie Anglin

Josie Aubuchon

Adrian Biesemeyer

Serenity Graddy

Alyah Haynes

Bailey Juliette

Jasmine Lefler

Kristiana Masters

Madison McCane



December Saturday Program Christmas Activities in Ste. Genevieve, MO.



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.

Upward Bound Staff

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