



# MAC TRIO

## Upward Bound

MINERAL AREA COLLEGE TRIO PROGRAMS  
JANUARY 2026 NEWSLETTER



### Upcoming Events

January 12th:  
First Week of Meetings  
After Christmas Break

January 19th:  
No Weekly Meetings

January 31st:  
Saturday Program

February 1<sup>st</sup> :  
UB & MAC Scholarship  
Deadline

February 14th:  
February ACT Test

February 16th:  
No Weekly Meetings

February 21st :  
Saturday Program

March 9th -13th:  
No Weekly Meetings

March 21st :  
Saturday Program

April 11th:  
Saturday Program &  
ACT Test Day

### Beating the Winter Blues

As the days get shorter and the temperatures drop, many students begin to feel a shift in their mood. If you've ever noticed yourself feeling a little more tired, unmotivated, or down during the winter months, you're not alone. This seasonal slump—often called the “winter blues”—is common among many people.

The good news? There are simple, effective ways to boost your mood and stay mentally strong all winter long.

#### Get Some Sun (or Fake It!)

Natural sunlight helps your brain produce serotonin, the “feel-good” chemical. Try to spend even a few minutes outside each day. If it's too cold or cloudy, opening your blinds or using a light therapy lamp can help brighten your mood.

#### Move Your Body

Exercise is one of the most powerful tools for improving mental health. A short walk, a school sports practice, or even stretching in your room can give you an instant mood lift.

#### Stick to a Routine

Winter can throw off your sleep and study habits. Building a simple routine—regular sleep, balanced meals, consistent homework time—helps your mind stay grounded and reduces stress.

#### Stay Connected (And NOT on Social Media!)

It's easy to hide away in your room when you feel low, but staying in touch with friends, joining clubs, or talking to someone you trust can make a big difference. You don't have to handle everything alone.

#### Do Something You Enjoy

Whether it's gaming, art, music, reading, or cooking, making time for something fun can help recharge your energy and remind you that winter can still bring joy.

#### When to Reach Out for Help

If your mood becomes overwhelming or doesn't improve, it's essential to talk to a counselor, teacher, or adult you trust. Asking for help is a sign of strength—never something to be embarrassed about.

***Winter might be cold, but your mental health doesn't have to be. Try these small steps, stay connected, and remember that brighter days—literally—are ahead!***

### STUDENT NEWS

- Lindsey Mauldin got her learner's permit.
- Mackenzie Wells got a job.
- Lucas Anglin received best in show for his entry into Lindenwood Fall Fashion Show.
- Kristiana Masters was student of the month at Bismarck High School for December
- Mya Harlan & Tristan Fehr received honorable mention at All State Choir.
- Ailyn Sanchez was a Homecoming Queen Candidate at Farmington High School.
- Colt Kasten got his learner's permit.

# December Saturday Program

## UMSL College Tour and Movie Theater



Troy Whittley  
Jenna Beer  
Kristiana Masters  
Autumn Evans  
Lillie Anglin  
Jewel Williams  
Raven Dalton  
Adrian Biesemeyer  
Iris Luther



### A Federally Funded Program

The Mineral Area College Upward Bound I program is a TRIO program 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 II 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 I or II or for information on how to apply, contact the Upward Bound office located at Mineral Area College, (573) 518-2156. Office hours are 8 a.m. to 4 p.m., Monday through Friday.

Mineral Area College does not discriminate on the basis of race, color, national origin, gender, disability, age, religion, creed, or marital or parental status. For more information, call the 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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