

May 2018



Upward Bound Times

Upcoming Events:

May 21– All Group
“Honoring UB Seniors”

June 18–Summer Institute Begins

July 19–Summer Institute
Banquet

July 23-26–College Tour trip for
eligible students to Virginia

Don't Get Lost in the Sauce

During my high school career, I have been involved in many extracurricular activities and over extended my time. I have enjoyed cheer, bluegrass club, student council, and HOSA (just to name a few). Each gave me many great opportunities, but it has not always been peachy. Getting lost in the balance between academics and extra activities has caused a lot of missed assignments, tardiness, stress, fatigue, and lack of organization. I never want any of you to experience these problems, so here is my advice on how not to get “lost in the sauce”: **TIME MANAGEMENT**

Get a planner and write everything in it because you will never want to miss a due date in college or important appointments. Time management is also a major component because you have a life! WOW! If you manage your time between school, work, church, or whatever is occupying your life you could possibly give yourself more free time. This is my advice on how NOT to become “lost in the sauce”.

~Madison P.

Words of Wisdom from our Wolves:

How to Not Be a Mess

Upon entering high school, many students are faced with new challenges. A few of these challenges include Honors and AP courses, dual enrollment at a community college, and even a job. Some challenges carry over from middle school such as involvement in clubs or sports.

Something many new students struggle with is the concept of time management. When an individual has no structure within their daily life or any form of plan, things tend to get chaotic and the person becomes a mess. By no means does this mean every single day should be planned for the next ten years of a person's life, that's an impossible standard.

There are a few simple changes that can be made to reduce the chaos, however. The simplest change is one that is preached about from the time

we enter middle school- use a planner! Enough emphasis cannot be placed on this. There are countless options including traditional planners, planner apps, online forum planners and so on. So, get one and use it!

Use a planner to write down due dates, assignments, personal plans, and any other important information as soon as you hear about it. It is useless to know important information and assume it will be remembered, because, if the truth is spoken, it will be forgotten upon exiting the classroom. It does no justice to write things down on scratch paper than is inevitably lost. A planner is like an almanac; it can provide answers and it will eliminate the utmost amount of stress from a student's life. This one simple adjustment alleviates anxiety and stress from an already hectic life.

~Addie B.

Finding Your College Fit

East Carolina University (ECU) is my “college fit”! The college fit is extremely important because it helps one feel comfortable with their college of choice. In my opinion, visiting colleges is one of the most important steps because you may find the “college of your dreams” is not what you imagined. For myself, I visited UNC-Charlotte, which was

at the top of my list and realized it was not for me. ECU was not even on my list and when I visited it, I fell in love. Finding your college fit is incredibly important because it could change your whole future. Being accepted to attend a college that “fits” you personally is what really matters.

~Lyndsi Y.

Follow Your Path

As an Upward Bound participant, you will tour numerous college campuses, learn about the college application process, attend college preparation workshops and participate in volunteer opportunities. Take full advantage of each component. As Alysia F. said in a recent interview,

“Without Upward Bound's supportive and encouraging staff I would not have the opportunities presented to me today. Choosing to participate in Upward Bound, I came to realize how capable I am and that I can make my dreams a reality. I couldn't be more grateful.”

Congratulations! Rites of Passage Leadership Program

Mountain Lion:

*Addie B.

Wolves:

Alysia F.

Lyndsi Y.

Madison P.

Butterflies:

Hannah S.

Anya W.

Tyler P.

Chase Q.

Chase B.

Morgan P.

Riley M.

Brenda A.

Autumn G.

Meredith P.

Cheyenne H.

Amber G.

Scott A.

Niobie R.

McKenzie C.

Brianna N.

Jeffery T.

Rae S.

Zak J.

*Taylor D.

*Shawn B.

*Destiny M.

*Kierra S.

* Indicates May Inductees

Upward Bound Seniors



Anya Walsh
Cherokee High School

Appalachian State University
UNC-Asheville
UNC-Charlotte
Indiana University Bloomington
Southwestern Community College



Lyndsi Young
Smoky Mountain High School

East Carolina University
Western Carolina University
Southwestern Community College

ECU Camp P.I.R.A.T.E.S. Scholarship



Chase Queen
Smoky Mountain High School

Western Carolina University
Florida Southern College
Southwestern Community College

WCU Staff Senate Scholarship
Florida Southern College Ordway Scholarship



Taylor Douthit
Smoky Mountain High School

Western Carolina University

Jackson County Genealogical Society Scholarship
NC Education Lottery Scholarship
Tommy Clayton Athletic Award
Wendy's Heisman School Recipient



Madison Page
Smoky Mountain High School

Southwestern Community College
Western Carolina University
East Carolina University
Mars Hill University

SCC Nursing Program
FELS
Nursing Fundamentals Scholarship in Honor of Frances Hess
CarePartners Foundation Allied Health Scholarship
DaVita Scholarship
SCC State Employee Credit Union Scholarship



Brenda Acevedo
Franklin High School

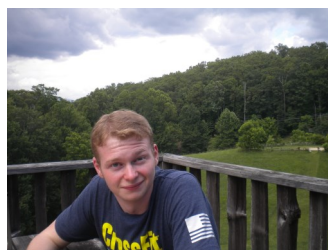
Southwestern Community College



Hannah Smathers
Smoky Mountain High School

Western Carolina University
Wake Forest University

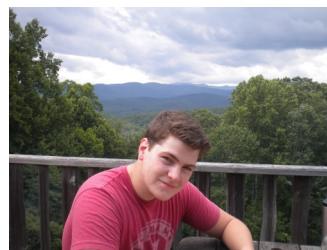
WCU Honors College
WCU Homer R. Davis Scholarship
NC Education Lottery Scholarship



Tyler Phillips
Smoky Mountain High School

Southwestern Community College
Western Carolina University

SCC Edward and Hortense Wilson Scholarship



Chase Bradley
Smoky Mountain High School

Southwestern Community College



Morgan Pangle
Franklin High School

Western Carolina University
University of Tennessee
Southwestern Community College

WCU Honors College
WCU Charles O. Frazier Scholarship

Upward Bound Seniors



Riley McConnell
Franklin High School

UNC-Asheville
UNC-Charlotte
Western Carolina University
Appalachian State University
East Tennessee State University

UNCA Honors College
UNCA Pisgah Scholars
UNCA Cheer and Dance Team
WCU Honors College
ETSU George L. Carter Scholarship
ETSU Public Service Corp Scholarship
W.M. Mason Masonic Scholarship
Class of '67 Scholarship
Class of '62 Scholarship
Vietnam Veteran's Scholarship
VA Scholarship
Barrett Bateman Junaluskee Scholarship
State Employee Credit Union Scholarship
Wendy's Heisman School Recipient



Addie Beck
Smoky Mountain High School

Southwestern Community College
Western Carolina University

SCC Radiography Program
Jackson County Genealogical Society Scholarship
Golden Leaf Scholarship
WCU Honors College
WCU Joan and Malcolm MacNeill Merit Scholarship



Alysia Figueroa
Smoky Mountain High School

UNC-Chapel Hill
NC State University
Appalachian State University
Western Carolina University
East Carolina University
UNC-Charlotte
University of Florida
Southwestern Community College

UNC-Chapel Hill Carolina Covenant
UNC-Chapel Hill Lookout Scholars
NC State Chancellor's Leadership Scholarship
NC State Scholars
Appalachian State ACCESS Scholars
Appalachian State Honors College
Appalachian State Watauga Residential
WCU C.S. Madison Academic Scholarship
WCU Honors College
UNC Charlotte Chancellor's Scholarship



Exciting News from our Alumni...



We are very thankful for the many visits and updates from our alumni!
There is not enough room here to share all their stories, but we wanted to mention as many as possible:

- Haylie Prottzman graduated from Berea College with a Bachelor of Arts degree in Biology
- Jacob Barker graduated from Southwestern Community College with an Associate in Applied Science degree in Computer Engineering Technology
- Jenny DeRose received her Doctorate of Pharmacy from Nova Southeastern University
- Caitlin Gilbert Holden graduated from Southwestern Community College with an Associate in Applied Science degree in Nursing (RIBN)
- Jeremy Wilde graduated from Berea College with a Bachelor of Arts degree in Biology
- Karleigh Reeves graduated from Southwestern Community College with an Associate in General Education degree and a Nurse Aide diploma

College Connection:



- Located in Charlotte, NC
- CPCC is the largest community college on the East Coast of the United States
- Average Class Size: 25
- Unique Two-Year Degree Programs (not offered at SCC) : Architectural Technology, Biomedical Equipment Technology, Broadcast & Production Technology, Cardiovascular Technology, Construction Management Technology, Cytotechnology, Dental Hygiene, Mechanical Engineering Technology, Simulation & Game Development, Surgical Technology
- Want more information? Visit this link: <http://www.cpcc.edu/programs/57>

Career Exploration:

Turfgrass Management Technology

Would you prefer to work outside rather than in an office and/or indoor setting?
Do you enjoy working with plants, understanding soil composition, and landscaping?
Would you like to be marketable in just two years?

The Associate Degree in Turfgrass Management Technology curriculum prepares individuals with the skills necessary to perform duties related to management of golf courses, sports fields, lawn care, landscape design, and irrigation. Graduates qualify for employment at local and state parks, golf courses, sports complexes, with highway turf maintenance companies and public/private gardens.

Summer Institute 2018

Summer Institute dates are June 18 - July 26 with the Annual Banquet on Thursday, July 19 at 7pm.

Our theme is "Footprints...Leaving our Mark" and we will be focusing on responsibility, influence, and legacy.

The Summer Institute will culminate with our College Tour Trip to Virginia. We will tour College of William and Mary, Old Dominion University and Tidewater Community College.

"Footprints...Leaving Our Mark" Upward Bound Summer Institute 2018

Monday	Tuesday	Wednesday	Thursday	Friday
JUNE 18 SUMMER INSTITUTE 9am-4pm Monday-Thursday	19 Classes 9:00am-4:00pm	20 Classes 9:00am-4:00pm	21 Classes 9:00am-4:00pm	22 "Edmodo Challenge"
25 Classes 9:00am-4:00pm	26 Classes 9:00am-4:00pm	27 Classes 9:00am-4:00pm	28 Classes 9:00am-4:00pm	29 "Edmodo Challenge"
July 2 Classes 9:00am-4:00pm	3 Classes 9:00am-4:00pm	4 No UB HOLIDAY	5 No UB	6 "Edmodo Challenge"
9 Classes 9:00am-4:00pm	10 Classes 9:00am-4:00pm	11 Classes 9:00am-4:00pm	12 Classes 9:00am-4:00pm	13 "Edmodo Challenge"
16 Classes 9:00am-4:00pm "Edmodo Challenge"	17 Classes 9:00am-4:00pm	18 Classes 9:00am-4:00pm	19 Classes 9:00am-4:00pm UB SUMMER INSTITUTE BANQUET 7-9pm	20
23 College Tour Trip to Virginia for eligible students !	24	25	26	