

THE UB INSIDER

“Don’t look back! You are not going that way!”

WHAT CAN I FIND?

October
2020

SENIOR SPOTLIGHT

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Jamyla Johnson



Dream Career:
Business Owner

**My school of choice
for college would be:**
University of Kentucky

Random Fact:
I like the TV show
Criminal Minds!

La'Tahia Jackson



Dream Career:
Physical Therapist

**My school of choice for
college would be:**
Ohio State University

Random Fact:
I am the most athletic
person I know!

Lakeisha Mitchell



Dream Career:
Physical Therapy

**My school of choice for
college would be:**
Marshall University

Random Fact:
I like to swim!

Senior Spotlight

Yeah! Seniors! We would like to spotlight you all in the UB Insider this year. Please text Eugene or email us with a picture of yourself and the following information: your dream career, your school of choice for college, and a random fact about yourself. Hope to hear from you all soon!

Upcoming Activities!

Sun., Oct. 4, 11, 18 - Virtual ACT Prep Class 3pm-6pm

Thurs., Oct. 8 and 29 - T3 Meetings 7:30pm-8:15pm

Tues., Oct 13 - Paradigm Shift Workshop 7pm- 8pm

Sat., Oct. 17 - Virtual ACT Boot Camp 3pm-7pm

Thurs., Nov. 12 -T3 Meeting 7:30pm-8:00pm

Please join us for these events!

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Reminder!

Please look over the
ACT dates and the
ACT registration dates!
Be ready for the tests!

Collier's Corner

Dear Upward Bound Students,

Where did September go? It truly slipped by me, but October is without a doubt my favorite month! I love the cooler mornings and the changing of the leaves, baking breads and pies, (gaining weight! lol) decorating the house for fall, lighting candles of pumpkin and cinnamon and all that goes along with this time of year! However, I am missing all of the college football games! And speaking of missing, I cannot wait until we get to go back to seeing every one of you face to face on our monthly school meetings! You all need to send me some selfies so I will not forget what you look like!

I hope that you all have gotten into a routine with your classes this semester whether you are all virtual or on a

blended schedule. (When everyone is back to "normal" face to face for an extended amount of time then we will have a party!!) Please know that the Upward Bound Staff desires that you are successful with your academics this semester. If you are struggling academically, having trouble with time management in trying to balance classes and a job, or feeling stress because of COVID-19, **please reach out to us!** We are concerned about your health, mental wellness, your relationships, and anything that we can do give you peace of mind in all areas! Remember that communication is key during this time!

Make sure that you are taking advantage of tutor.com and doing your best to take part in Zoom Meetings that involve you! If you know there is a conflict with an upcoming Zoom Meeting, please contact

Eugene in advance. Your consistent participation is needed for the Upward Bound Program to provide all the services we offer now for you in high school and in your future college journey!

Lastly, please encourage any of your high school friends and relatives who are interested in attending college to become part of our Upward Bound Family! We will be sharing incentives and details for students who refer to us possible participants that turn in a completed application and are accepted into the Upward Bound Family!

Catch you all later!

Love ya,

Darlene

ACT DATES FOR 2020-2021

Test Dates:

October 10, 2020

October 17, 2020

October 24, 2020

October 25, 2020

December 12, 2020

Deadlines:

October 5, 2020

October 5, 2020

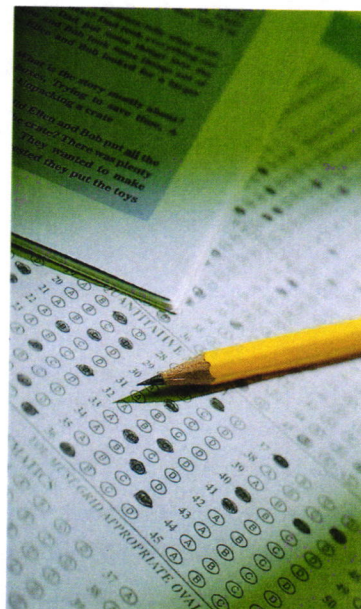
October 5, 2020

October 5, 2020

November 6, 2020

Registration

Students: Remember that as a part of the Upward Bound Program, you receive two waivers for the ACT Testing. Ask Eugene for more information.



Late Fees will be required if you register after the deadline for all tests. The UB waivers are not valid if you register late.

For information regarding the SAT Testing, please contact Eugene.

TRiO

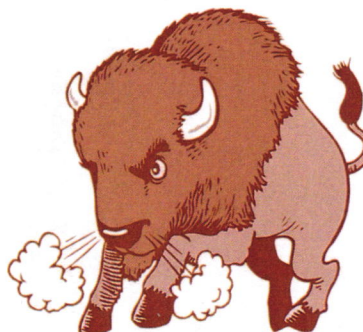
*Upward Bound
One John Marshall Drive
Huntington, WV 25755*

CREATE YOUR FUTURE

<http://www.marshall.edu/ub/>

Website: www.marshall.edu/ub/

Be sure to “like” us on the Facebook page:
Upward Bound Marshall-University.



We want you to be a part of the newsletter! Send us articles, drawings, poems or anything that you think we ought to include. You can reach us at the following:

Darlene Collier, Director (304) 696-2443 collier18@marshall.edu

Eugene T. Lacy II, (304) 696-6846 lacy13@marshall.edu
College Access Advisor

Carol Kilver, Admin. Sec'y (304) 696-6462 kilverc@marshall.edu

October Birthdays!

Happy Birthday to these UB students!

Robert Adkins 10/8/2003

Candice Workman 10/10/2003

Malaya Wiggins 10/24/2003

Lakeisha Mitchell 10/29/2002



Career Spotlight

Software Developer

Median Salary: \$95,510

Expected Job Openings: 135,300



Description:

Software Developers design computer programs, often flexing their creative muscles and technical know-how. A Bachelor Degree is preferred along with strong programming skills.

Word Search

NFL Football Teams

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|----------|
| A | R | E | S | C | J | H | S | A | J | A | S | S | S | COLTS |
| R | G | A | R | A | H | A | R | N | R | S | U | G | S | BRONCOS |
| A | L | A | S | E | R | I | G | K | A | T | N | I | K | SAINTS |
| L | M | C | F | E | T | S | E | U | E | T | A | A | W | GIANTS |
| S | L | S | L | J | E | T | S | F | A | G | I | N | A | RAMS |
| S | O | C | N | O | R | B | R | W | S | R | G | T | H | JAGUARS |
| R | S | R | A | S | N | O | C | L | A | F | S | S | A | RAIDERS |
| E | S | R | A | E | B | C | S | A | I | N | T | S | E | BEARS |
| A | A | C | E | I | S | R | E | G | R | A | H | C | S | JETS |
| G | E | R | O | K | D | S | N | O | I | L | B | S | S | FALCONS |
| L | A | J | A | L | C | E | O | F | T | A | I | F | E | SEAHAWKS |
| E | K | L | C | A | T | A | R | K | A | S | B | N | P | TITANS |
| S | S | S | A | T | R | S | P | S | N | A | W | E | S | PACKERS |
| S | A | A | S | E | W | R | S | S | S | S | S | M | I | EAGLES |

Sudoku Rules: The rules of the game are simple: each of the nine blocks has to contain all the numbers 1-9 within its squares. Each number can only appear once in a row, column or box.

| | | | | | | |
|---|---|---|---|---|---|---|
| 2 | 4 | | 1 | | 5 | |
| | 3 | | 2 | | 4 | |
| | | 7 | 8 | 4 | 6 | |
| | | | 3 | | 6 | 1 |
| | 9 | 5 | 6 | 4 | 7 | 2 |
| 1 | 7 | | | 8 | | |
| 7 | | | 3 | 9 | 6 | |
| 8 | | | 7 | | 4 | |
| 9 | | 1 | | 5 | 7 | |

Featured College:
University of Kentucky
"Wildcats"

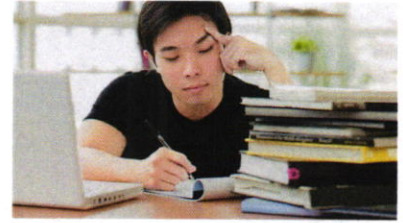


- ♦ The University of Kentucky is a public, land grant university dedicated to improving people's lives through excellence in education, research and creative work, service and health care. As Kentucky's flagship institution, the University plays a critical leadership role by promoting diversity, inclusion, economic development and human well-being.
- ♦ The University of Kentucky has over 30,000 students. Their in-state tuition is \$12,484 and their out-of-state tuition is \$31,294. The cost of room and board is \$13,588.
- ♦ UK is one of only eight institutions in the country with the full complement of liberal arts, engineering, professional, agricultural and medical colleges and disciplines on one contiguous campus.
- ♦ The University of Kentucky has 16 degree-granting colleges and 200+ academic programs.

For more information go to: <http://www.uky.edu/> or contact your counselor



Tips for Home Studying



- ♦ Create a study space

Avoid studying in the bed and in different locations

Remove all non-study related materials away from study area

- ♦ Inform your family members about your study times

This can help you avoid interruptions and help you create a routine

- ♦ Avoid noisy areas or music that can be a distraction

Invest in noise cancelling headphones and try to listening to instrumental music

- ♦ Make sure you are staying focused.

Take breaks if needed to stretch and/ or hydrate

- ♦ Reward yourself

If you complete the tasks that you needed to complete, reward yourself.

- ♦ Read

Reading has been proven to increase vocabulary, grammar, and comprehension on standardized tests.



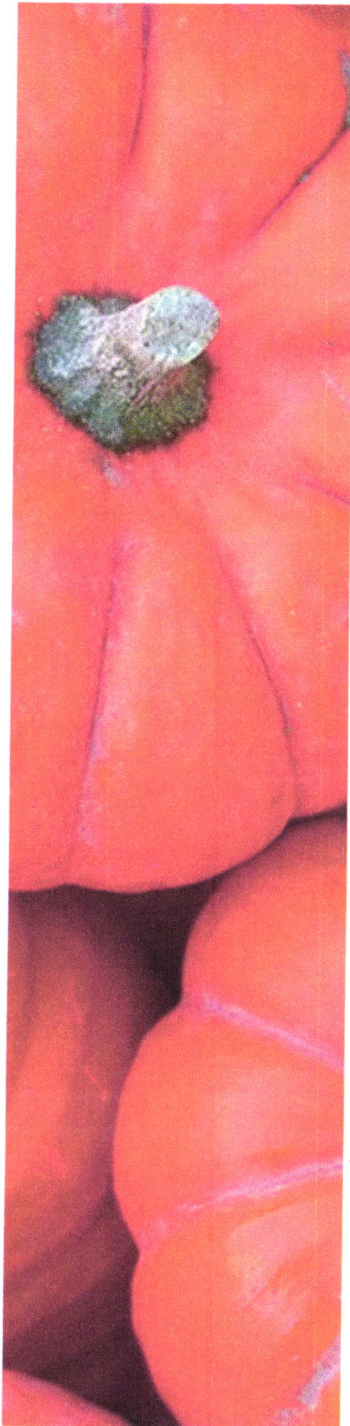
- ♦ Set obtainable goals

Make sure your study plan is reasonable and you have enough time to complete your goals.

OCTOBER 2020

Additional Monthly Activities:
Virtual Job Shadow and OnTrack

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|--------------------------|--|--|--|--------------------------|--|
| | | | | 1 Live 24/7 Tutoring | 2 Live 24/7 Tutoring | 3 Live 24/7 Tutoring |
| 4 Live 24/7 Tutoring ACT Prep Class 3pm-6pm | 5 Live 24/7 Tutoring | 6 Live 24/7 Tutoring 7pm: HHS Senior Zoom Meeting | 7 Live 24/7 Tutoring 7pm: HHS Underclassmen Zoom Meeting | 8 Live 24/7 Tutoring 7pm: THS Zoom Meeting 7:30pm: T3 Mtg. | 9 Live 24/7 Tutoring | 10 Live 24/7 Tutoring |
| 11 Live 24/7 Tutoring ACT Prep Class 3pm-6pm | 12 Live 24/7 Tutoring | 13 Live 24/7 Tutoring Paradigm Shift Workshop 7pm | 14 Live 24/7 Tutoring 7:00pm: WHS Zoom Meeting | 15 Live 24/7 Tutoring 7:00pm: LCHS Zoom Meeting | 16 Live 24/7 Tutoring | 17 Live 24/7 Tutoring ACT Boot Camp 3pm-7pm |
| 18 Live 24/7 Tutoring ACT Prep Class 3pm-6pm | 19 Live 24/7 Tutoring | 20 Live 24/7 Tutoring 7pm: HHS Senior Zoom Meeting | 21 Live 24/7 Tutoring 7pm: HHS Underclassmen | 22 Live 24/7 Tutoring 7pm: THS Zoom Meeting | 23 Live 24/7 Tutoring | 24 Live 24/7 Tutoring ACT Test |
| 25 Live 24/7 Tutoring | 26 Live 24/7 Tutoring | 27 Live 24/7 Tutoring | 28 Live 24/7 Tutoring 7:00pm: WHS Zoom Meeting | 29 Live 24/7 Tutoring 7:00pm: LCHS Zoom Meeting 7:30pm: T3 Mtg. | 30 Live 24/7 Tutoring | |



November 2020

Additional Monthly Activities:
Virtual Job Shadow and OnTrack

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--------------------------|--------------------------|--|---|--|--------------------------|--------------------------|
| 1 Live 24/7 Tutoring | 2 Live 24/7 Tutoring | 3 Live 24/7 Tutoring 7pm: HHS Senior Zoom Meeting | 4 Live 24/7 Tutoring 7pm: HHS Underclassmen Zoom Meeting | 5 Live 24/7 Tutoring 7pm: THS Zoom Meeting | 6 Live 24/7 Tutoring | 7 Live 24/7 Tutoring |
| 8 Live 24/7 Tutoring | 9 Live 24/7 Tutoring | 10 Live 24/7 Tutoring | 11 Live 24/7 Tutoring 7:00pm: WHS Zoom Meeting | 12 Live 24/7 Tutoring 7:00pm: LCHS Zoom Meeting 7:30pm: T3 Mtg. | 13 Live 24/7 Tutoring | 14 Live 24/7 Tutoring |
| 15 Live 24/7 Tutoring | 16 Live 24/7 Tutoring | 17 Live 24/7 Tutoring 7pm: HHS Senior Zoom Meeting | 18 Live 24/7 Tutoring 7pm: HHS Underclassmen Zoom Meeting | 19 Live 24/7 Tutoring 7pm: LCHS, THS, and WHS Zoom Meeting | 20 Live 24/7 Tutoring | 21 Live 24/7 Tutoring |
| 22 Live 24/7 Tutoring | 23 Live 24/7 Tutoring | 24 Live 24/7 Tutoring | 25 Live 24/7 Tutoring | 26 Live 24/7 Tutoring | 27 Live 24/7 Tutoring | 28 Live 24/7 Tutoring |
| 29 Live 24/7 Tutoring | 30 Live 24/7 Tutoring | | | | | |

