

COMMUNITY SCOOP

THE WEEKLY ETSU UPWARD BOUND NEWSLETTER

A note from the UB staff:

In the wake of Hurricane Helene, we want to extend our heartfelt concern and support to each of you and your families. We understand that this has been a challenging time, filled with uncertainty and disruption. As we navigate the aftermath together, please remember that your well-being is our top priority. We encourage you to reach out for help if you need it—whether it's academic support, community resources, or just someone to talk to. Your Upward Bound family is always here for you!

Happy Birthday!

Hannah Litaker & Aubree Peace
October 23

Trinity Winters & Kenya Reyes
October 24



Tammy Harrell
October 25



Rylee LeBlanc & Kahlan Buchnell
October 27

Monday Sessions

November 25 (returning students only)
January 27
February 24
April 7
April 28
May 5 (make up session)

SGA Meeting

Monday, November 4
5:30pm-6:30pm
Culp room 366

*zoom option will be available



Self Management Skills			
Breathing & Relaxation	Emotional Healing	Self Motivation	Physical Well Being
*Step one to self management	*Addressing underlying causes	*Be a good friend to yourself	*Relationship with your body
*Diaphragm breathing	*Inner child imagery	*Targeted affirmations	*Relationship with food
*Deep breathing exercise	*Revisiting & revising memories	*Positive self talk	*The hard part gets easier
*Relaxation techniques	*Positive connection with yourself	*Mental rehearsal & positive imagery	*Positive vision and new habits

Trivia Question

What address did the Munster family live at in the TV show *The Munsters*?

Email your answer to Amanda (worleya@etsu.edu) by Friday!

ACT Practice Question Answer: D





Career Spotlight:

Public Relations Specialist

Salary Range: \$50,000 - \$90,000

Degree: Bachelor's in Public Relations, Communications, or Journalism

Overview: Manage communication between organizations and the public.

PR specialists craft press releases, handle media inquiries, and develop campaigns to improve public perception.



.ACT Practice Question (Math)

A typical high school student consumes 67.5 pounds of sugar per year. As part of a new nutrition plan, each member of a track team plans to lower the sugar he or she consumes by at least 20% for the coming year. Assuming each track member had consumed sugar at the level of a typical high school student and will adhere to this plan for the coming year, what is the maximum number of pounds of sugar to be consumed by each track team member in the coming year?

- A. 14
- B. 44
- C. 48
- D. 54
- E. 66

SENIOR SPOTLIGHT: Important Info for Seniors

- If you are seriously considering living on campus at the school of your choice, housing applications are open! If you need help completing these please ask your school visit rep for assistance.
- If you are needing TN Promise volunteer hours, check out the below opportunity. Even though technically TN Promise hours have to start Nov. 1 an exception will be made for this volunteer opportunity. There is no need to sign up with UB; you can just drop in at the TLC Community Center during the hours listed. →

TLC Community Center
 145 Judge Don Lewis Blvd.
 Elizabethton, TN 37643
 Mon-Sat 10am-6pm
 Loading and unloading supplies

MTSU & TN TECH
NOVEMBER 20-21

Middle Tennessee State University

Tennessee Tech University




- Bus leaves after school Nov. 20 and will return the evening of Nov. 21
- The trip is open to all UB students but priority will be given to **juniors** and **seniors**

Text or e-mail Aimee @ 423-202-0094 or murrayam1@etsu.edu by Nov. 8th to sign up!

DO YOU HAVE A 3.5 GPA OR HIGHER?

ETSU Upward Bound

SAEOPP SCHOLARSHIP

\$1,000!

- Essay (400-500 words)
 - Ask your school contact person for the essay prompts!
- Unweighted GPA
- Academic resume or similar list of honors, leadership roles, activities, community service, etc.
- Two (2) recommendation letters
 - One (1) letter needs to be from an Upward Bound staff; the other from a school official

The SAEOPP Scholarship (pronounced 'SAY-OP') is a \$1,000/yr scholarship offered to UB participants. Students with a **3.5 GPA or higher** are highly encouraged to apply. In order to apply you must provide your school contact person with the following:

DUE OCT. 25TH