

COMMUNITY SCOOP

THE WEEKLY ETSU UPWARD BOUND NEWSLETTER

Brain Break

After a day of sitting in a class, studying, playing games our brains need a break even if it is just a few moments. Create some short, structured activity that gives you a break from concentration and make a place for them in your schedule daily. Try these when you need a break or create your own but remember it needs to be something that doesn't require concentration.



- Stretching

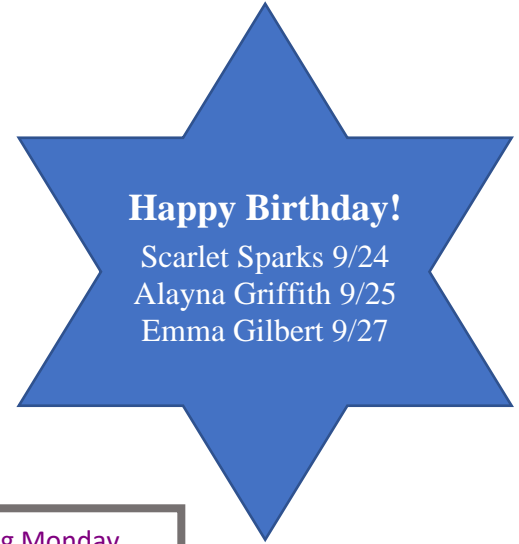
- Dancing

- Reading

- Listening to calming music

- Deep breathing

- Quite time



Happy Birthday!

Scarlet Sparks 9/24
Alayna Griffith 9/25
Emma Gilbert 9/27

Upcoming Monday
Session:
November 25
(returning students only)

ACT Practice Question- English

DIRECTIONS: In the passage on the right, certain words and phrases are underlined and numbered. In the questions below, you will find alternatives for the underlined part. In most cases, you are to choose the one that best expresses the idea, makes the statement appropriate for standard written English, or is worded most consistently with the style and tone of the passage as a whole. If you think the original version is best, choose "NO CHANGE." In some cases, you will find in the right-hand column a question about the underlined part. You are to choose the best answer to the question.

1. Choose the best answer.

- A. NO CHANGE
- B. waiting, by the back door,
- C. waiting by the back door,
- D. waiting by the back door

A Microscope in the Kitchen

I grew up with buckets, shovels, and nets waiting by the back door¹; hip-waders hanging in the closet; tide table charts covering the refrigerator door; and a microscope was sitting² on the kitchen table. Having studied, my mother is³ a marine biologist. Our household might have been described as uncooperative⁴. Our meals weren't always served in the expected order of breakfast, lunch, and supper. Everything was subservient to the disposal of the tides⁵. When the tide was low, Mom could be found down on the mudflats. When the tide was high, she would be standing on the inlet bridge with her plankton net.

"You do not find the happy life. You make it." Camilla E. Kimball



Career Highlight:

Elementary School Teacher



Salary Range: \$45,000 - \$70,000

Degree: Bachelor's in Elementary Education

Overview: Teach young students in grades K-5, covering subjects like math, reading, and science. Elementary teachers create lesson plans, assess student progress, and help shape children's educational foundations.

ACT Practice Question Answer: A

Trivia

What country has the shortest school year at 36 weeks?

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

Last week's winner: Olivia Natusch

Attention SGA Members

We are so excited for our first meeting! If you can't make it in-person, please fee free to join the zoom.

Monday, Sept 30

5:30pm-6:30pm

Culp Room 360

Zoom ID: 845 9775 0831 Passcode: Upward

Please contact Emily for more info (gratere@etsu.edu)

SENIOR SPOTLIGHT

Here are some important reminders for seniors:

- Register for TN Promise! Application is open now.
- Even if you are unsure about Bridging next summer, apply to ETSU this month for FREE and use Summer 2025 as your entry term. Use code FreeApp25 when submitting application to waive the fee.
- Scholarship applications are open now or will be opening very soon! Be working on your academic resume and a general college essay you can use for multiple scholarships so you are ready to go. If you need help finding scholarships check out the powerpoint on our website, follow us on Instagram @etsupwardbound, or check out the YouTube channel Scholarship Systems!
- If you haven't already, go to www.fafsa.gov and create an FSA ID for yourself then help your parent/guardian create theirs! The FSA ID is the log-in you will use to complete your FAFSA later in the semester when it opens.



UTC College Visit

Departure

October 16, 2024
8:30 am

Meet @

437 Go BucsTrail
Lot 22b

- Seniors and juniors will get sign-up priority
- We will eat lunch in the dining hall at UTC
- We will stop for dinner on the way home at the West Town Mall in Knoxville
- We will arrive back at approximately 8:15pm at the same place we picked up in the morning

Text Phil Blevins @ 423-300-9624 by Oct. 4th to sign up