

COMMUNITY SCOOP

Birthdays

Gracie James 2/6
Adisyn Nielsen 2/7
Chloe Main 2/8
Aubrey Robinson 2/9

Session Dates:

February 24
April 7
April 28
May 5

TRIVIA: What was the original name of ETSU?

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



College Spotlight: University of Tennessee, Knoxville

- 4-year university
- #1 public university in Tennessee
- 30,564 undergraduate students
- 18 to 1 student-to-faculty ratio
- 360+ undergraduate programs
- 70+ fully online programs
- 450+ student organizations
- Tuition & fees: \$13,812/yr
- Housing & food: \$13,356/yr
- 92% of students receive financial aid
- 50%+ of students graduate debt-free



"Darkness cannot drive out darkness: only light can do that. Hate cannot drive out hate: only love can do that."

-Martin Luther King Jr

FORMS & EXAMPLES OF SOCIAL AWARENESS

EMOTIONAL AWARENESS

Example: If a friend's dog dies, you're conscious of the feelings that go with death -- sadness, grief, loneliness, etc.



SELF-REGULATION

Example: If your child is throwing a tantrum, you keep calm, validate their feelings, and respond in an empathetic way.



LISTENING ACTIVELY

Example: If your partner got the pink slip, you sit with them, stay present, and listen to their concerns without judgment, as well as help them reflect.



RESPECT AND KINDNESS

Example: If someone has a different political alliance than you, you can respect their views and show kindness by having an open mind, listening closely, keeping your emotions in check, and looking for common ground.



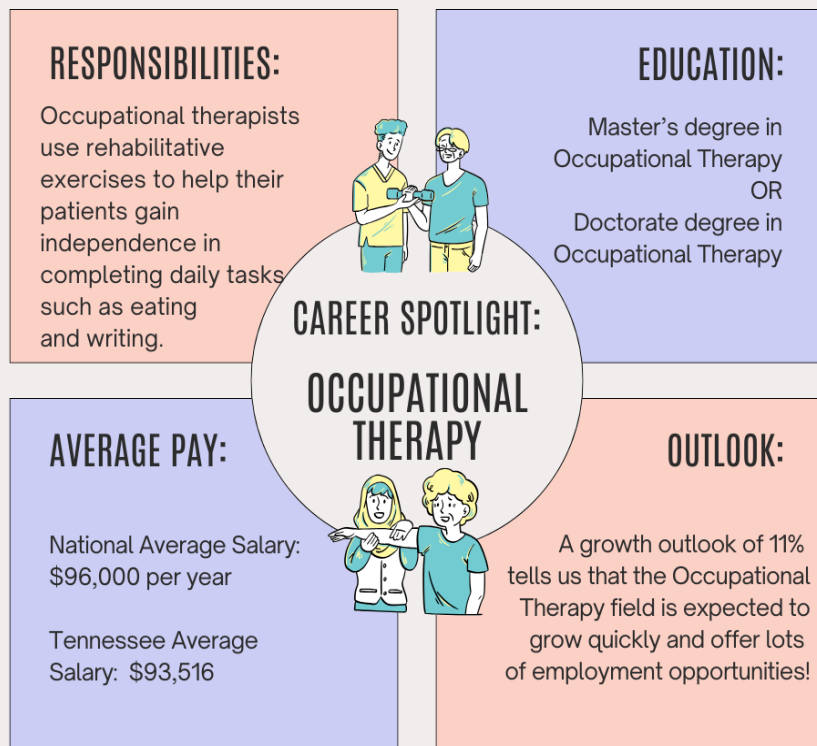
COOPERATION

Example: When it comes to household chores, you and your spouse help each other with the chores so it's not a burden on one person.



Upward Bound is celebrating TRIO Day again this year at University of Tennessee in Knoxville!

On Saturday, February 22nd, ETSU UB will be taking a group to UTK for a campus tour and various workshops to help you become the best student you can be! If you're interested in signing up to go, please contact Aimee at murrayam1@etsu.edu or 423-202-0094 by Friday, February 7th. Seniors who have applied to UTK for the fall will be given priority.



Reminders for all students:

- Don't forget to turn in your med form! You won't be able to receive your spring check without it.
- Please keep staff up to date about your grades and how classes are going.
- Juniors and seniors can get ACT waivers. Let us know if you would like one!
- UB is currently accepting applications for new freshmen. Please help us spread the word at your school and let us know if you know any good candidates!
- Make sure to do your goals!



Attention SGA Members:
Our next meeting will be Monday, February 10 from 5:30-6:30pm in Roger Stout 125. Hope to see you there!



SENIOR SPOTLIGHT

- Don't forget to file your 2025-2026 FAFSA! If you need assistance, ask your UB school visit representative for help.
- Remember that most colleges' general scholarship applications are due MARCH 1st! If you haven't completed those yet make that a priority for February.
- Make sure the school(s) you are interested in have your most up-to-date or best ACT scores. This is important for when they start handing out the free money!
- Sign up for orientation at the college you've chosen to attend. If you are planning to Bridge this summer, you will need to register for the May 16th orientation at ETSU. Registration for this opens Wednesday, February 5th.