

WEEKLY SCOOP



JANUARY
2026



Be sure to sign up for our
Upward Bound Band!



"A little
consideration,
a little thought
for others,
makes all
the difference."

- Eeyore



Birthdays

Hallee Kipp 1/6
Abby Richardson 1/10
Madison McKinney 1/11
Kallie Rasnake & Aubrey Simpson
1/14
Robby Harrell 1/15
Chloe Lee 1/16



Trivia

Who holds the record for most-watched Super Bowl Halftime show?
Send answers to Amanda at
worleya@etsu.edu

Previous Answer: Lunar New Year
Previous Winner: September Dejode



Upcoming

Monday Sessions:
January 26, 2026
February 23, 2026*
March 9, 2026
April 13, 2026
April 27, 2026

* February 23 is a make-up date in the event the January session is cancelled

LAST CALL TO JOIN SCHOLARS' BOWL!!!

LET THE GAMES BEGIN!



UPWARD BOUND SCHOLARS' BOWL

DEFENDING STATE AND REGIONAL
CHAMPIONS

Scholars' Bowl is looking for new members to help us defend our titles! Scholars' Bowl is a quiz bowl style team competition. Our team will compete against other Upward Bound teams in the state and potentially travel to the regional competition. Practices will start next week!

IF YOU ARE INTERESTED IN BEING A
PART OF THIS YEAR'S TEAM, EMAIL
JESSI AT NICELYJ@ETSU.EDU.

CHOOSING YOUR COLLEGE MAJOR

1



CAREER PREPARATION

The obvious reason to choose is to prepare early for your career.

2



EARNING POTENTIAL

For some students, it's all about the money.

3



PASSION

It's quite common for students to choose a major based on passion alone.

4



MINORS/ DOUBLE MAJORS

Have more than one interest? Then pursue them fully.

SAVE THE DATES

UPWARD BOUND SUMMER!

MOVE IN	MOVE OUT	SUMMER TRIP
WEDNESDAY, MAY 27TH	FRIDAY, JUNE 26	JUNE 30- JULY 2
BRIDGE: SUNDAY, JUNE 7	BRIDGE: FRIDAY, JULY 7	BRIDGE: JULY 13-JULY 16

Goal Setting Tips:

1. Be accurate, specific, and thoughtful with which goals you choose
2. Set priorities
3. Keep goals reasonable
4. Regularly check-in and evaluate progress
- make changes if necessary