



WELCOME TO OUR



Weekly Scoop



Coming Up

Next SGA Meeting
Monday, October 20
5:30pm-6:30pm
Culp Center Room 311 (the forum,
next to the UB office)
There will be a zoom option

Birthdays

Isabella Houston 10/6
Michael Pilkington, Hannah
Alderson, & Emily Bridges
10/9
Ariel Foster 10/10
Tristen Hoss 10/11

Trivia

What is the name of the
demon that possesses
Regan MacNeil in The
Exorcist?

Send answers to Amanda
at worleya@etsu.edu.

College & Career Enrichment Trip!



November 18th! Spend the day exploring the
University and some exciting career paths. To
register, send Amanda a private message on
BAND before November 7th. Space is limited.
Seniors interested will get priority.



“LIFE ISN'T ABOUT WAITING FOR
THE STORM TO PASS...ITS LEARNING
TO DANCE IN THE RAIN - JASON
VOORHEES

Be sure to sign up for our
Upward Bound Band!



Career Spotlight: Registered Nurse (RN)

- Degree Needed: Bachelor of Science in Nursing (BSN)
- Education Path: Bachelor's degree program, typically 4 years (full-time) plus licensing exams
- Work Environment (examples): Hospitals, clinics, schools, community health centers
- Some Things They Do: Care for patients, give treatments, support doctors and families
- Median Salary: \$81,000

Monday Sessions:

November 10, 2025

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

HEALTHY
RELATIONSHIPS
HAVE:

- 1 TRUST
- 2 ACCOUNTABILITY
- 3 SAFETY
- 4 HONESTY
- 5 SUPPORT
- 6 COOPERATION

HOW TO EMAIL A TEACHER

1 Subject Line
Your subject line should be a short summary of your email (2-6 words)
EXAMPLE
Missing Assignments
Technical Difficulties
Late Work

2 Say Hello
Just like you would do so in person, say hello first.
EXAMPLE
Good morning, Mrs. Gracey
Aloha, Mr. Ellis
Greetings from above!

3 Why?
Tell the teacher why you are emailing them. Include details.
EXAMPLE
I am emailing because...
I can't find...
Can you please help me with...

4 End Your Email
Close your email with a simple goodbye.
EXAMPLE
Thank you for your help.
Have a nice day.
See you in class.

5 Include Your Name
Names are important, including yours! Let's use it.
EXAMPLE
Pat Mornes
Geno Smith, English 2
Mina Caines, SID#100257

TIP: DON'T SHOUT!
Use sentence case when writing emails.
I NEED TO RETAKE MY TEST!

New Message

To: myteacher@myschool.org
Subject: Missing Assignment

Good morning,

I am emailing you because I have already turned in my book report. However, it still shows that I am missing the assignment in the grade book. Can you tell me if you have received it?

Thank you for checking on this.

Tommy Smith

Send

College Spotlight: Lincoln Memorial University

Location: Harrogate, TN (55 miles north of Knoxville)

Enrollment: 1,668 undergraduate and 4,413 graduate students

Average class size: 14

Undergraduate Tuition: \$26,450 per year

Room/Board: \$9,682/year

Total cost for a full-time, residential, undergraduate student: \$33,860

Financial Aid: 65% of students receive some type of financial assistance

Average ACT score for admitted students: 22

Fun fact: Phil graduated from LMU!

