



COMMUNITY SCOOP

Our Upward Bound SGA recently held their first meeting. We are looking forward to all that SGA will accomplish this year!

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!

SCHOOL VISIT POLICY UPDATE:

If you miss a school visit, it is your responsibility to reach out to staff. In order to get credit (and paid) for the missed visit, you must contact staff by the Sunday after the missed school visit. If you don't contact staff by Sunday, you can't get credit for the missed visit. Newsletters for the previous week will be posted in the Upward Bound BAND every Sunday.

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“Things change, so I have to change too” - Adam Scythe

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Birthdays:

Nancy Smith - 10/2

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

Be sure to sign up for our Upward Bound Band!



College Spotlight: Lees-McRae College

Location: Banner Elk, North Carolina

Type: 4 year private

Size: Approximately 800-900 undergraduate students

Student-Faculty Ratio: 10:1

27 Majors and 26 Minors

Acceptance rate: 77%

Graduation rate: 62%

Tuition & Fees: \$31,880

Total Estimated Cost: \$51,420

Cost of Attendance (COA) – The total cost of going to college, including tuition, fees, room and board, books, transportation, and personal expenses.

7 Self-Management Skills

1 Time Management

2 Self-Motivation

3 Stress Management

4 Adaptability

5 Decision Making

6 Goal Setting

7 Personal Development

JOB TIP SPOTLIGHT: RESUMES FOR HIGH SCHOOLERS

- Keep it to one page
- List school activities, sports, or clubs as experience
- Include volunteer work and community service
- Ask a teacher, counselor, or friend to review for typos and grammar.

Career Spotlight: Elementary School Teacher

- Degree Needed: Bachelor's in Elementary Education
- Education Path: Bachelor's degree program, typically 4 years (full-time) plus teaching license
- Work Environment (examples): Schools, classrooms, after-school programs
- Some Things They Do: Teach reading, math, science, and more to children
- Median Salary: \$63,000

Steps to Improve Writing Skills

1: Choose a topic

- Choose a topic that isn't too broad.
 - Example: instead of writing about the Civil War, write about one battle



2: Organize your ideas



- Make an outline or diagram of ideas.
- Put main ideas in the order you want to present them and the supporting ideas under each main one.

3: Write the first draft

- Expand your ideas into paragraphs.
- Don't worry about making mistakes and just focus on getting your ideas down.



4: Revise



- Read the first draft aloud to see if it makes sense.
- make improvements and fix spelling and grammar errors.
- Ask someone to read your paper and give you feedback.

5: Write the final draft

- Reread your paper out loud one more time.
- Pay attention to the details this time and make final edits and revisions!

