

# WEEKLY SCOOP

## BIRTHDAYS

Chris Shepard 2/23  
 Donley Malone, Selena Chavez-Pitzer & Brayden Phillips 2/26  
 Lia Creater 2/27  
 Hailey Shepherd & Isaiah Valencia 2/28  
 Joey Dodson 3/1

## TRIVIA

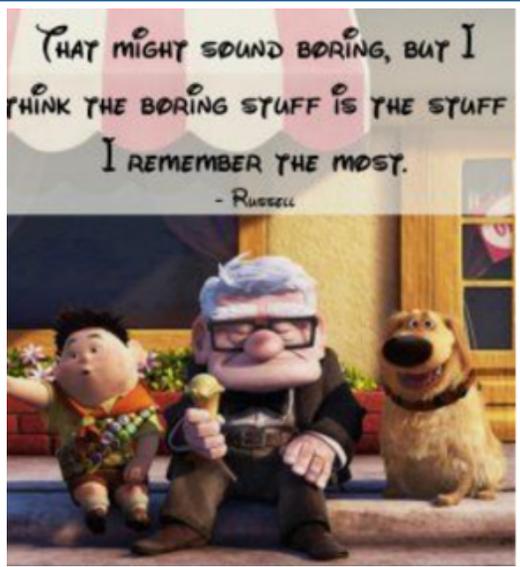
What was bubblewrap originally invented for?  
 Send answers to worleya@etsu.edu  
 Last week's answer: China  
 Last Week's Winner: Aubrey White

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

Senior Sash Ceremony -  
 April 23<sup>rd</sup>, 6-7 P.M. in the D.P. Culp Center Auditorium

**NEW YEAR**  
*New Goals*

- Time to set some goals for the year!
- Fill out the form linked with the QR code and we'll add \$20 to your check!
- Set SMART Goals  
 Specific  
 Measurable  
 Attainable  
 Relevant  
 Timely

Be sure to sign up for our Upward Bound Band!



## Financial Aid Terms

**Award Letter:** An official document from the college (s) to which you applied that outlines your financial aid package

**FAFSA (Free Application for Federal Student Aid):** The mandatory form for federal, state, and institutional aid.

**Grant:** A type of financial aid award based on need or merit that is not repaid by the student

**Loan:** Borrowed money that must be repaid

**Scholarship:** Merit-based or need-based aid for tuition or expenses, usually not repaid

**Work-Study:** Federal program providing part-time jobs for students with financial need

## brainfuse Online Tutoring and so much more!

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Form online study groups with peers, and faculty using MEET.



Use eParachute to discover your strengths and talents to map out your future career.



## 5 HEALTHY WAYS TO START A DAY

JOURNALING

EMOTIONAL CHECK-INS

STRETCHES

A GOOD BREAKFAST

POSTIVE AFFIRMATIONS

## Why Should I Do Community Service?

**Skill development:** budgeting, problem-solving, communication, leadership and teamwork,

**Personal and mental health:** provides a sense of accomplishment and purpose, improves your self-esteem, lowers stress levels, decreases anxiety, chance to meet new people, builds friendships, creates a support system and increases understanding of social issues

**Career and academic growth:** provides real-world experience that can make you a more competitive candidate for jobs and college applications, connects with professionals who can serve as mentors or provide future career opportunities, a way to explore different fields, discover new interests, and even find an unexpected career path

## Save the Date: Volunteer Hours

April 11<sup>th</sup> 10am-2pm

Sign-up via BAND by April 3<sup>rd</sup>

3 Locations: Must pick 1

- Helping Others: Mountain City
- Bays Mountain: Kingsport
- Habitat for Humanity ReStore: Johnson City