

# Upward Bound

## Weekly Scoop

### Birthdays

Kaitlynn Worley 3/16

Emily Jones 3/23

Marley Feldmann 3/24

### Trivia

How long is the longest movie ever made? Send answers to

worleya@etsu.edu

Last Week's Question: What is the only food that can never go bad? Last Week's

Answer: Honey

Last Week's Winner:

Welcome new students! We are so excited for you to join UB! Please let us know if you have any questions. Make sure to join our Band and follow us on social media to stay up to date!

- Join our UB Band with the QR code below.
- Follow etsuupwardbound on Facebook or Instagram!

- Check for info on our website

[www.etsu.edu/ub](http://www.etsu.edu/ub)

Be sure to sign up for our  
Upward Bound Band!



### Monday Sessions:

April 13, 2026

April 27, 2026

### Summer Dates:

Move-In : May 27

Move-Out - June 26

Trip: June 30 - July 2nd

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

Auditorium

Dinner provided after

Sign-up NOW

“Your mind is like water. When it is agitated it becomes difficult to see, but when you let it settle; the answer becomes clear.”

Oogway, Kung Fu Panda



# Save the Date: Volunteer Hours

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

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

Sign-Ups are now open!

3 Locations: Must pick 1

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

## College Visit Opportunity

Thursday, April 30

UT Knoxville

Contact Phil to sign up

([blevinspe@etsu.edu](mailto:blevinspe@etsu.edu) or text 423-300-9624)! Juniors will get priority, then sophomores, then freshmen.



## 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



HEALTHY  
RELATIONSHIPS  
HAVE:

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

## THAT EXTRA PUSH

HOW EXTRACURRICULAR ACTIVITIES CAN GIVE YOU A LEG UP

### WHAT ARE EXTRACURRICULAR ACTIVITIES?

ECAs are anything you do outside of your school work that is not directly class-related.

#### Most Prominent ECAs



#### Fun Fact



**70%**  
of CEOs held at least one office in a club or organization during college.

DOES THAT MEAN THAT ECAs ARE THE KEYS TO SUCCESS?

### EXTRACURRICULARS AND ACADEMIC SUCCESS

#### HIGH SCHOOL

It all starts at a young age. Studies show that high school students who engage in extracurricular activities have higher indicators of school success and SAT test scores.