

# UPWARD BOUND

## WEEKLY SCOOP



### BIRTHDAYS

David Mercer 1/27

Arwen Ganious & Madison Houser 1/28

Cooper Grindstaff, Mason Roark, Charlie Salmons 1/29

Emmie LaMarr 1/30



### TRIVIA

What is the only body part that is fully grown from birth?

Send answers to Amanda at [worleya@etsu.edu](mailto:worleya@etsu.edu)

Last Week's Answer: 13

Winner: Casey McJunkins

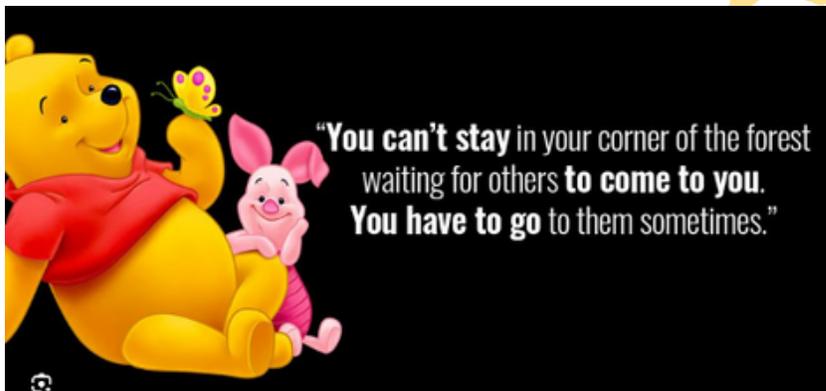


### DATES

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

TRIO Day at Tusculum:  
February 28

Senior Sash Ceremony:  
April 23



Be sure to sign up for our Upward Bound Band!



# ALL ABOUT

# TRIO

Upward Bound is one of the TRIO programs. TRIO programs are free federal programs designed to help middle school through college students overcome barriers to higher education. Here is some info about all of the TRIO programs:

- **Upward Bound and Upward Bound Math/Science**- Helps high school students prepare for college
  - **Veterans Upward Bound**- Supports veterans transitioning to college
  - **Educational Opportunity Center (EOC)**- Assists adults with GED, college and vocational school
  - **Educational Talent Search**- Helps middle school students prepare for college
  - **Ronald E. McNair Post-Baccalaureate Achievement**- Prepares college students for doctoral study
  - **Student Support Services**- Assists college students with academic and personal support
- Fun fact- All of these programs are at ETSU!



**TRIO DAY 2026**

**TUSCULUM UNIVERSITY**  
ESTABLISHED 1794

**WHEN: SATURDAY, FEBRUARY 28TH**

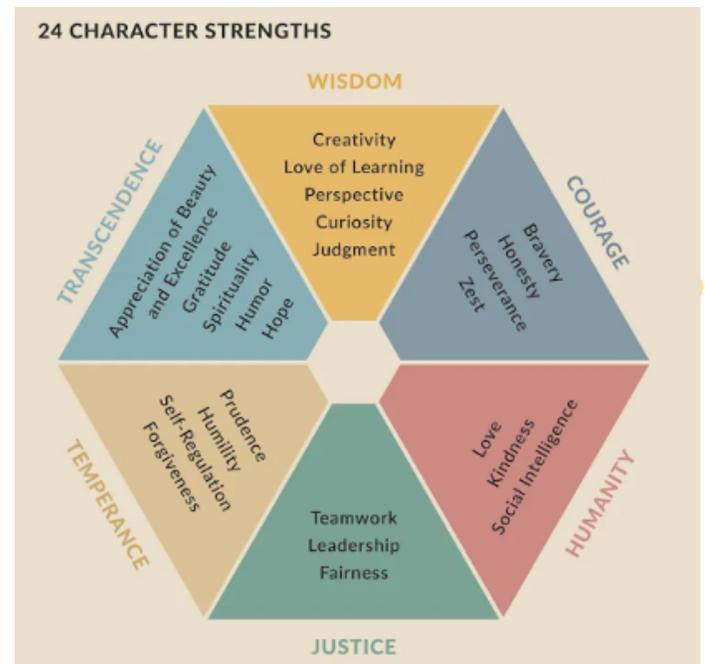
**WHERE: TUSCULUM UNIVERSITY**

**WHAT: WORKSHOPS AND A CAMPUS TOUR. OUR SCHOLAR'S BOWL TEAM WILL COMPETE FOR THE STATE CHAMPIONSHIP!**

**SIGN UP!**

To sign up, please message Jessi on BAND or email her at [nicelyj@etsu.edu](mailto:nicelyj@etsu.edu).

Deadline to sign up is Monday, February 9<sup>th</sup>.



## 5 HEALTHY COPING TACTICS

EXERCISE

MEDITATION

JOURNALING

ALONE TIME

VENTING TO A FRIEND