

Upward Bound staff has been working hard this semester to recruit and interview potential new students at all schools across the program. As this process nears completion, we are beginning to welcome over 65 new students into the Upward Bound family.

Current UB students are encouraged to welcome new students into the program as you may see them at the check-in table and later on the November 20 session. Students that are new to the program may be nervous or shy so please encourage their involvement in the program through check-ins, trips, sessions, and other events that we will have going on throughout the year.

UB Welcoming New Students

Community Service Information

Serve at a soup kitchen, volunteers are always welcome to help serve food and cook meals. For some people, a meal at a soup kitchen may be the only food they have for the day.

You also may be asked to greet regular patrons and welcome newcomers to the facility. A soup kitchen gives you the opportunity to accept people at various stages of their life. This can be a rewarding way to connect with veterans, elderly, parents, and children in your community. The Melting Pot at Munsey Church in Johnson City provides a Shepherd's Breakfast every Saturday morning to those in need and are always looking for volunteers to serve in various roles.

For more information go to meltingpotjc.org or email john.redmond@munsey.org

Emily Grater (gratere@etsu.edu) - Johnson County High School
 Jessi Nicely (nicelyj@etsu.edu) - West Ridge High School
 Phil Blevins (belvinspe@etsu.edu) - Unaka High School and Happy Valley High School
 Brandon Pennington (pennington@etsu.edu) - Elizabethton High School
 Lisa Cross (crosslm@etsu.edu) - Science Hill High School, Dobyns-Bennett High School, and D-B Excel
 Aimee Murray (murrayam1@etsu.edu) - Hampton High School and Sullivan East High School
 Amanda Worley (worleya@etsu.edu) - TN High School, Cloudland High School, and Unicoi County High School

UB Staff Info



BIRTHDAYS

Hope Conover - 10/31
 Kristopher Self - 10/31
 Layken Blair - 11/1
 Dani Lingerfelt - 11/1
 Haley Smith - 11/1
 Kenzie Oliver - 11/2

UPCOMING EVENTS



Fall Monday Sessions

November 20

Community Service Day

November 11
 Second Harvest Food Bank, Johnson City TN.
 More details TBA.

UTK/Maryville Trip

November 27
 Waiting List Started!



TRIVIA QUESTION

The Michael Myers mask was originally the mask of who?
Sent answers to Amanda
(worleya@etsu.edu)

Last week's answer: Tootsie Rolls
 (last week's winner: Elisha Jones)

10 CAREER CHALLENGES

EASY ★ MODERATE ★★ HARD ★★★

CAREER RESEARCH ★



SPEND 1 HR EXPLORING CAREERS ON THE NET

DREAM JOB ★



HOW WOULD YOU DESCRIBE IT?
WRITE OR MAP YOUR IDEAS
DISCUSS IT WITH YOUR TEACHER & FAMILY

CAREER ADVICE ★

CONTACT YOUR CAREERS ADVISOR
PLAN YOUR QUESTIONS
KEEP YOUR APPOINTMENT



INFORMATIONAL INTERVIEW ★★

INTERVIEW A PROFESSIONAL
SCRIPT SOME QUESTIONS
WRITE AN ARTICLE OR VIDEO IT



POSTER DESIGN ★

INSPIRE STUDENTS WITH A CAREERS POSTER
DESIGN OF YOUR OWN



VOLUNTARY WORK ★★



JOIN A CLUB OR CHARITY
AND START HELPING A CAUSE YOU BELIEVE IN

HELP ORGANISE A CAREERS EVENT ★★★

SPEED EVENT
CAREERS FAIR
CAREER TALKS
WORKSHOPS



ENTERPRISE ACTIVITY ★★★

JOIN AN ENTERPRISE CLUB
DESIGN A PRODUCT
DEVELOP A SERVICE
MARKET AND SELL



CHALLENGE YOURSELF ★★/★★★

DO DUKE OF EDINBURGH
LEARN A MUSICAL INSTRUMENT
START A HOBBY
JOIN A DEBATING GROUP



WORK EXPERIENCE ★★/★★★

GET A PART TIME JOB
ORGANISE A WORK PLACEMENT
JOB SHADOW SOMEONE YOU KNOW

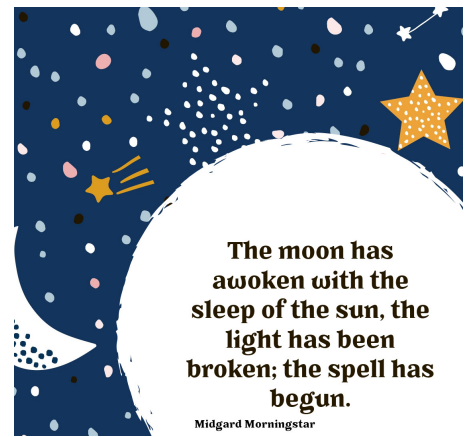


Senior Scholarship Information

Institutional Scholarship Applications

Most of the local community colleges and universities will offer incoming Freshmen students the opportunity complete a single application to apply for scholarships at the institution. Some of the Scholarship Application Details are Below:

- Northeast State Community College (application opening soon)
- East Tennessee State University (application currently open, priority deadline December 15)
- University of Tennessee at Knoxville (early action deadline November 1)



The moon has awoken with the sleep of the sun, the light has been broken; the spell has begun.

Midgard Morningstar

COLLEGE SPOTLIGHT:

AP
Austin Peay
State University
CLARKSVILLE • TENNESSEE



Austin Peay State University is a public university that has served students since 1927 with six colleges, two schools and 28 departments serving 11,000 students.

Austin Peay State University is located in Clarksville, TN the fifth largest and statistically youngest populated city in the state.



Graduation Rate: 42%
Acceptance Rate: 93%



Notable Alumni from Austin Peay include: former baseball catcher AJ Ellis, former pro-basketball player Trenton Hassell, US Congressman Phil Roe, basketball coach Bubba Wells, Lt. Gen. (ret.) Ronald Bailey for the U.S. Marine Corp.

Tuition & Scholarships

In-state-tuition 2023-2024 Year: \$8,431 per semester, not counting room/board, books, and other personal expenses. Austin Peay offers numerous scholarships with a 1 and done scholarships application (open until Feb. 1, 2024) and participates in the TN HOPE scholarships.



Admissions Requirements

Austin Peay State University's admission requirements for entering freshmen includes complete of all prep coursework and one of the following:

- GPA of 2.85 **OR** ACT of 20 or higher

For more information contact
Admissions at
931-221-7661 or email
admissions@apsu.edu