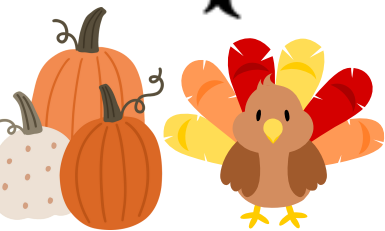


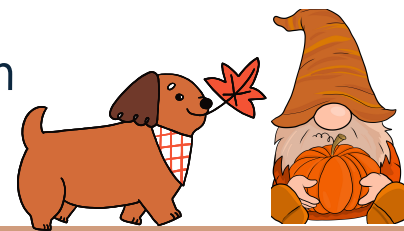
Upward



Bound



Mineral Area College TRiO Program
November Newsletter 2023



Upcoming Events:

November 20 - 24

No Weekly Meetings

December 1

Scholarship Application
Deadline for SEMO, S&T
MIZZOU, & Maryville.

December 2

Saturday Program
(On Friday Night) -
Overnight Lock-In

December 9

ACT Test Day

December 18 -

January 5

No Weekly Meetings

January 27

Saturday Program
MAC Homecoming

February 10

Saturday Program
College Tour & Science
Center

March 2

Saturday Program
ACT Prep

Important Update:

The January Saturday Program has been moved from January 20th to January 27th!

The Importance of Gratitude

Gratitude is when you feel thankful for the good things in your life. This could be simple things that people often take for granted, like having a place to live, food, water, friends, and family. Gratitude is taking a moment to reflect on how lucky you are when something good happens, whether it's small or big. When you make gratitude a habit, you become more aware of good things as they happen. Being grateful feels nice, and making a habit of it is good for you. Feeling grateful regularly can have a big effect on your life. Gratitude can:

- **Boost your ability to learn** and make smart decisions.
- **Balance out negative emotions.** People who often feel grateful are happier, less stressed, and less depressed. Rather than focusing on what you don't have, notice and appreciate what you do have.
- **Lead to caring actions.** When you're grateful for someone's kindness, you may be more likely to be nice in return. Your gratitude can also have a positive effect on someone else's actions. Thanking people can make it more likely they'll do something thoughtful again.
- **Help you build better relationships.** When you feel and express heartfelt gratitude and respect to people in your life, it creates loving bonds. It also builds trust and helps you feel closer.

kidshealth.org



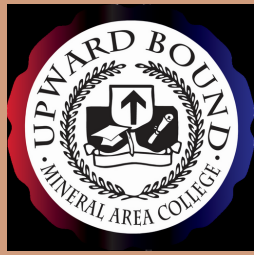
Student News

- Wyatt Richards joined the wrestling team.
- Maya McKenney joined the wrestling team.
- Haley Tucker placed 2nd in districts for tennis singles.
- Sarah Benson received her ServSafe Certification in culinary arts.
- Kaylee Cavins was accepted to Murray State University.
- Rosa Arami Chavez was inducted into Phi Theta Kappa.
- Andrew Fisk is a finalist for Questbridge.
- Nick Downey got his driver's permit.
- Isabella Sigafos won the JAG essay contest.

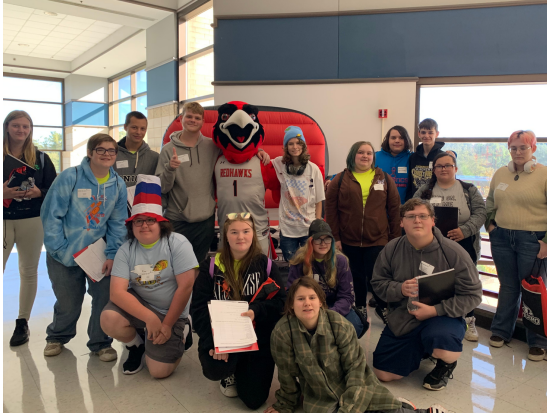


HAPPY BIRTHDAY

Alyssa Talley
 Cynthia Crisp
 William Skaggs
 Rosina Allison
 Alyssa Wiggs
 Maya McKenney
 Parker Rawson
 Jessica Temple
 Tyler Rickmar
 Gabriella
 Delapaz-Salcido



October Saturday Program SEMO Show-Me Day



A Federally Funded Program

The Mineral Area College TRIO Upward Bound 1 program is funded with a five-year, \$359,828 per year grant from the U.S. Department of Education. This represents 100% of the program cost. Mineral Area College provides 25% of indirect costs to support the program.

The Mineral Area College Upward Bound 2 program is a TRIO program funded with a five-year, \$312,480 per year grant from the U.S. Department of Education. This represents 100% of the program cost. Mineral Area College provides a portion of indirect costs to support the program.

Upward Bound is one of five programs established by Congress to help low-income, first-generation students enter college and graduate. These programs are referred to as the TRIO programs.

For more information on Upward Bound 1 or 2 or for information on how to apply, contact the Upward Bound office located at Mineral Area College, at (573) 518-2156. Office hours are 8 a.m. to 4 p.m., Monday through Friday

Mineral Area College does not discriminate based on race, color, national origin, gender, disability, age, religion, creed, or marital or parental status. For more information, call Title VI, Title IX, Section 504, or U.S. Department of Education, Office of Civil Rights.

If you have special needs as addressed by the Americans with Disabilities Act and need this publication in an alternative format, notify us at (573) 431-4593. Reasonable efforts will be made to accommodate your special needs.

Mission

The mission of Upward Bound at Mineral Area College is to serve eligible high school students by providing academic enrichment, cultural experiences, and a support network to ensure their success in attaining a four year college degree.

Upward Bound Staff

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