



MAC TRIO

Upward Bound

September Newsletter 2024



Happy Birthday!

August:

George Dawes
 Seth Dean
 Daniel Dinger
 Will Moore
 Faye Serviss
 Mackenzie Thompson
 Kaley Woods

September:

Kendal Blumenstock
 Hayden Crocker
 Daniela Delapaz-Salcido
 Nicholas Downey
 Mya Harlan
 Matthew Haywood
 Ryley Heady
 Koah Homann
 Alexis Manning
 Nathaniel McClelland
 Wyatt Schaffer
 Alexis Seabaugh
 Tyler Vandergriff



5 Tips to Avoid Procrastination

Procrastination can have severe effects on students. According to Psychology Today, students who procrastinated were shown to have lower grades and reduced well-being. Here are 5 tips to help avoid procrastination this school year.

- 1. Admit That You're Procrastinating** - The first step to overcoming procrastination is to admit that you are avoiding the task that you're supposed to be doing.
- 2. Pick a Good Study Location** - Pick a study spot somewhere with good lighting and a clean surface with plenty of room. If possible, this location should be somewhere you don't do other activities, like napping or watching TV.
- 3. Eliminate Distractions** - After finding a good study location, you need to eliminate distractions. Staying off social media sites, turning off the TV, and silencing your phone are a few examples.
- 4. Set Goals You Can Reach** - Many students procrastinate because the task seems too large for them to tackle or they don't know where to start. Dividing your homework into small tasks can make an assignment seem less daunting.
- 5. Hold Yourself Accountable** - Holding yourself accountable for completing your assignments on time, studying for tests and getting good grades is not only an important survival skill for high school and college, it's another tip to avoid procrastination. While it is easy to find reasons not to study and take unnecessary or extra-long breaks, catch yourself before this happens. Remember that you are responsible for the assignments you complete or don't complete, the tests you ace or don't do so well on, and your grades.

<https://www.collegedata.com/resources/campus-life/8-tips-to-avoid-procrastination>

After School Weekly Meeting Schedule

Upward Bound 1

Bismarck: Thursdays 3:05 - 4:35
 Old Commons Room

Central: Wednesdays 2:55 - 4:25
 ITV Lab

Farmington: Wednesdays 3:10 - 4:45
 Room 109

North County: Tuesdays/Thursdays 2:55 - 4:25
 Room 605

West County: Tuesdays 3:05 - 4:35
 Room 204

Upward Bound 2

Arcadia Valley: Wednesdays 3:15 - 4:45
 Foreign Language Classroom

Fredericktown: Tuesdays 3:05 - 4:35
 High School Library Classroom

Kingston: Tuesdays/Thursdays 3:05 - 4:35
 High School Library Room 104

Potosi: Wednesdays 3:05 - 4:35
 Science Room 51

Valley: Thursdays 3:35 - 5:05
 Cafeteria

2024 Summer Program Pictures



A Federally Funded Program

The Mineral Area College TRiO Upward Bound 1 program is funded with a five-year, \$374,221 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, \$324,979 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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