



MAC TRIO

Upward Bound

September Newsletter 2025



HAPPY BIRTHDAY

August

Tucker Boren

George Dawes

Daniel Dinger

Will Moore

Karie Mynatt

Serena Ray

Faye Serviss

September

Kendal Blumenstock

Hayden Crocker

Daniela Delapaz-

Salcadio

Mya Harlan

Matthew Haywood

Nathaniel McClelland

Jude Poncet



Back to School Tips for Students

- 1.) Create a Daily Routine and Stick to It** - developing a daily routine will keep you feeling refreshed and focused each day.
- 2.) Make a To-Do List** - this list may include homework, chores, projects, or other items you plan to accomplish. Research shows that you are 42% more likely to achieve your goals if you write them down.
- 3.) Create a Comfortable, Distraction-Free Study Space** - find a quiet, clean space within your home to sit while studying or working on homework.
- 4.) Ask For Help** - if you are struggling, don't be afraid to ask for help. If you don't have time at the end of class to ask your teacher, send them an email or see them before or after school. The sooner you ask for help, the better!
- 5.) Use Your Time Wisely** - time management is an important life skill that has a high impact on high school and college performance. Find productive things to do in your free time.
- 6.) Try to Socialize Every Day** - knowing how to socialize and interact with others is an important skill that colleges and employers look for in applicants.

<https://kdcollegeprep.com/back-to-school-student-tips/>

After School Weekly Meeting Schedule

UB 1

Bismarck: Thursdays,
3:10 - 4:40 - Old Commons

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

UB 2

Arcadia Valley: Wednesdays,
3:15 - 4:45 - Foreign Language Room

Fredericktown: Tuesdays,
3:05 - 4:35 - Library Classroom

Kingston: Tuesdays/Thursdays,
3:05 - 4:35 - Library

Potosi: Wednesdays,
3:05 - 4:35 - Math Room 6

Valley: Thursdays,
3:35 - 5:05 - Cafeteria

2025 UB Summer Program - "Adventure Awaits, Go Find It..."



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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