

MAC TRIO

Upward Bound

May Newsletter 2025

Upcoming Events:

May 5 - May 8

Last Week of Meetings

May 8

Senior Dinner and

Pinning Ceremony 5 - 8 pm

May 17

Open House 9 am - 3 pm

THIS IS MANDATORY IF
YOU'RE COMING TO THE
SUMMER PROGRAM!

May 27 - 29

Senior Trip

June 2

First Day of the
Summer Program

June 19

UB Not in Session

July 4

UB Not in Session

July 7

UB Awards Ceremony

July 8 - 11

Summer Trip to

Gatlinburg, Tennessee

YOU CAN DO HARD THINGS

Society has become overly obsessed and reliant on everything being quick and easy. In a lot of cases, convenience can be a great thing. But it has also bred a mindset of laziness. Be careful, the path of least resistance will never be the path that will help you get better and win big in life. You need to understand that doing hard things is ultimately what is going to help you reach your goals and become successful in life.

Here are 3 reasons why you should regularly do hard things:

1.) Doing hard things will build your confidence - By doing hard things and seeing them through to the end, you are proving to yourself what you are truly capable of. By doing hard things, you are building confidence and self-belief in your ability to do anything.

2.) You'll build mental toughness - Everything is hard. Doing hard things consistently will strengthen your mental toughness and your tolerance for struggle. The more mental toughness you have, the more equipped you will be to get through difficult situations and stay disciplined. Mental toughness is essential if you want to be successful.

3.) You will train yourself how to execute under pressure - Doing hard things improves the quality of your life and you learn to be comfortable with being uncomfortable. You will start to get used to your struggles and eventually become unstoppable. You will always find a way to get the job done and stay calm in the midst of a storm.

You have to understand that struggle is your best teacher. It will help you build the skills you need to be successful at anything and everything you do. Doing hard things will give you confidence, grit, self-belief, self-esteem, mental toughness, and so much more. Remember, nothing worthwhile is obtained quickly and easily. Massive accomplishments require massive effort.

<https://andyfrisella.com/blogs/articles/do-hard-things>

**Congratulations
Jaidyn Reed
on winning the
2025 Summer
T-Shirt Design
Contest!**

Student News

- Will Moore and Ryker Gates were accepted into Boy's State.
- Donalie Strand won 2nd in the MAC Art Show.
- Jacob Lewis won 6-0 in his tennis match vs. Festus.
- Allegra Williams & Makaila Rose-Kupferschmid won the MAC banner contest.
- Kyree Street made the color guard team and got her drivers permit.
- CJ Ladd got 3rd place in Algebra 1 at the SEMO Math Field Day.
- Kattie Chilton and Leah Boyer won 1st place in digital animation for FBLA State and compete at Nationals in Anaheim, CA.
- Alexis Seabaugh won the \$2,000 Dr. Darrell "Jack" Holley Scholarship.

HAPPY

BIRTHDAY

Lucas Anglin

Kylie Bachand

Justin Goodman

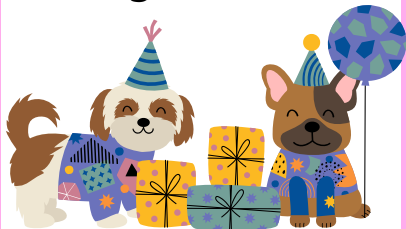
Shaylin Jones

Jordan Snider

Nate Thomas

Abby Thomlinson

Layla Yates



MAC
TRIO
Upward Bound

April Saturday Program

ACT, Senior Breakfast, & The Family Fun Center



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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