

# WELCOME BACK!

SEPTEMBER 2022

IT'S GOING TO BE A GREAT YEAR!

## WRITE IT DOWN:

- SEPTEMBER 5TH : LABOR DAY (NO SCHOOL)
- SEPTEMBER 12TH - 15TH: TRIO SESSIONS START! (YAY)
- OCTOBER 1ST: FAFSA OPENS FOR SENIORS
- OCTOBER 15TH: TRIO WORKSHOP
- NOVEMBER 19TH: TRIO WORKSHOP

## TRIO IS BETTER WITH FRIENDS!

HAVE A FRIEND WHO IS INTERESTED IN TRIO UPWARD BOUND? SEND THEM OUR WAY! APPLICATIONS ARE AVAILABLE FROM YOUR COUNSELOR OR ON OUR WEBSITE!

**HAPPY BIRTHDAY!**

**AUGUST:**  
 KATELYN NIPPER  
 TIDUS COX  
 DILLON MAY  
 BRANSON GOODMAN  
 NATALIE CULLINS  
 ISAIAH LOVINS  
 EMILY SMITH  
 BROOKE MILLER  
 JOHN RICH

**SEPTEMBER:**  
 TANNER CULIVER  
 KELSEE LEE  
 ALIYAH FINN  
 MAKENZEY NEWLIN  
 LUIS PIMENTEL-ZAVALA

CHRIS BOWER  
 MAKENZIE CASE  
 LILY HUTCHCRAFT  
 CADEN KOCHER  
 BRYTON STEBER



## MAKE THIS YOUR BEST YEAR EVER!

- ELIMINATE DISTRACTIONS IN CLASS AND WHILE YOU STUDY: PUT YOUR CELLPHONE AWAY!
- EAT A GOOD BREAKFAST. CHOOSE A HIGH-PROTEIN BREAKFAST INCLUDING THINGS LIKE EGGS, CHEESE, PEANUT BUTTER OR YOGURT FOR MAXIMUM FOCUS AND ENERGY. INCLUDE FIBER (FOR EXAMPLE: AN APPLE, OATMEAL OR WHOLE-GRAIN TOAST) TO HELP YOU FEEL SATISFIED LONGER. HIGH-CARB BREAKFASTS LIKE CEREAL OR POPTARTS MIGHT BE EASY TO GRAB AND GO, BUT THEY OFFER LITTLE NUTRITIONAL VALUE. YOU'LL BE HUNGRY, TIRED AND DISTRACTED BEFORE THE END OF 2ND PERIOD!
- GET A GOOD NIGHT'S SLEEP: ACCORDING TO JOHNS HOPKINS PEDIATRICIAN DR. MICHAEL CROCETTI, M.D., TEENAGERS NEED 9 TO 9/12 HOURS OF SLEEP EVERY NIGHT TO SUPPORT THEIR DEVELOPING BRAINS AND GROWING BODIES. THAT'S MORE THAN MANY ELEMENTARY-AGED KIDS NEED!
- STAY ORGANIZED. USE A PLANNER TO KEEP TRACK OF ASSIGNMENTS AND ACTIVITIES. USE A SEPARATE NOTEBOOK AND FOLDER FOR EACH CLASS. KEEP YOUR SYLABUS FOR EACH CLASS IN IT'S FOLDER SO THAT YOU CAN REFER TO IT OFTEN.
- TAKE NOTES IN EVERY CLASS. YOUR NOTES SHOULD ALWAYS INCLUDE THE DATE AND TOPICS COVERED DURING THAT CLASS PERIOD. THEY SHOULD ALSO INCLUDE ANY UPCOMING DUE DATES, QUIZZES AND TESTS. BE SURE TO PUT THOSE DATES IN YOUR PLANNER, TOO!
- MAINTAIN A GOOD RELATIONSHIP AND OPEN COMMUNICATION WITH YOUR TEACHERS.
- USE YOUR TIME WISELY! USE EXTRA TIME IN CLASS TO WORK ON ASSIGNMENTS AND ASK YOUR TEACHERS FOR HELP IF YOU DON'T UNDERSTAND SOMETHING.
- CHECK YOUR GRADES AT LEAST ONCE A WEEK.
- COME TO TRIO SESSIONS AS OFTEN AS YOU CAN!



# CONSTITUTION DAY - SEPTEMBER 17TH

THE GUIDING FORCE BEHIND THE MOST RESILIENT DEMOCRATIC GOVERNMENT EVER IS CELEBRATED ON CONSTITUTION DAY ON SEPTEMBER 17. CELEBRATED ON SEPTEMBER 17, CONSTITUTION DAY, ALSO KNOWN AS CONSTITUTION AND CITIZENSHIP DAY, HONORS THE DOCUMENT THAT GUARANTEES AMERICANS THEIR ESSENTIAL RIGHTS. SINCE ITS RATIFICATION IN 1787, THE CONSTITUTION OF THE UNITED STATES HAS SERVED AS THE BASIS FOR ALL U.S. LAWS. TO PREVENT THE ABUSES OF POWER THEY FELT SUBJECTED TO UNDER THE BRITISH MONARCHY, THE FOUNDING FATHERS FRAMED THE CONSTITUTION CAREFULLY, DISTRIBUTING POWER BETWEEN THREE BRANCHES OF GOVERNMENT. THE CONSTITUTION OUTLINES THE GOVERNMENT'S POWERS, THE LIMITATIONS ON THOSE POWERS, AND THE RIGHTS OF CITIZENS. IT ALSO OUTLINES AN AMENDMENT PROCESS FOR MAKING CHANGES IN THE FUTURE.

[HTTPS://NATIONALTODAY.COM/CONSTITUTION-DAY/](https://nationaltoday.com/constitution-day/)

*We the People*  
OF THE UNITED STATES  
IN ORDER TO FORM A MORE  
**PERFECT UNION**  
ESTABLISH JUSTICE  
INSURE DOMESTIC TRANQUILITY  
PROVIDE FOR THE COMMON DEFENSE  
PROMOTE THE GENERAL WELFARE  
AND SECURE THE BLESSINGS OF  
LIBERTY TO OURSELVES  
AND OUR POSTERITY  
DO ORDAIN AND ESTABLISH  
THIS CONSTITUTION  
FOR THE UNITED STATES OF  
**AMERICA**

[WWW.IECC.EDU/UPWARDBOUND](http://WWW.IECC.EDU/UPWARDBOUND)

## 2022 SUMMER PROGRAM

OUR STUDENTS LEARNED MANY NEW THINGS! IN THE SCIENCE CLASSES, THEY MADE BUTTER, ICE CREAM, AND EDIBLE WATER BOTTLES! LOTS OF HANDS-ON IN ROBOTICS, 7-HABITS, AND PERSONAL DEVELOPMENT. WE HAD AN OPPORTUNITY TO VOLUNTEER AT CLAWS FOR PAWS! KIDS LOVED SPENDING THE AFTERNOON WITH THE ANIMALS. OUR RISING SENIORS HAD INTERNSHIPS WHERE THEY GOT TO RIDE ALONG IN A COP CAR TO HELPING AT A LOCAL DOCTORS OFFICE TO DOING ACCOUNTING AT KCARC IN VINCENNES. WE ALSO TOOK TOURS OF LOCAL AREA COLLEGES SUCH AS WVC, USI, VU AND EIU! WE PLAYED AT THE POOL SEVERAL AFTERNOONS AND LEARNED ALL ABOUT FINANCIAL LITERACY AND HOW TO APPLY IT NOW. OUR TRIP TO BRANSON HAD US VISITING THE OZARK U WORK FOR COLLEGE, DOLLY'S STAMPEDE, AND SILVER DOLLAR CITY AMUSEMENT, RIPLEY'S BELIEVE IT OR NOT MUSEUM AND THE TITANIC MUSEUM. IT WAS A FUN FILLED PACKED SUMMER SESSION!!



SUMMER PROGRAM PARTICIPANTS VISIT THE TITANIC MUSEUM IN BRANSON MISSOURI IN JULY 2022.

**THE TRIO UPWARD BOUND PROGRAMS ARE 100% FEDERALLY FUNDED BY THE DEPARTMENT OF EDUCATION FOR \$312,480 (LTC), \$361,983 (OCC), AND \$297,601 (WVC)**

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