TECC TRTO UPWARD BOUND STUDENT NEWSLETTER WELCOME BACK GOING TO BE A GREAT YEAR!

SEPTEMBER 2022

ILKITE IT DOMME

- SEPTEMBER 5TH : LABOR DAY (NO SCHOOL)
- SEPTEMBER 12TH 15TH: TRIO SESSIONS START! (YAY)
- OCTOBER IST: 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!



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

PAVS

JOHN RICH

TRIO SUMMER PROGRAM PARTICIPANTS VISIT CLAWS & PAWS

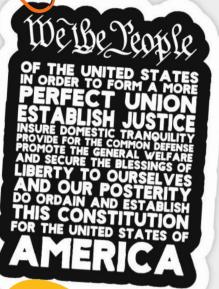
IN JULY 2022.

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 <u>9 TO 9/12 HOURS</u> 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/

WWW.IECC.EDU/UPWARDBOUND



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)

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!!

OCC

LTC

WVC

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