



UPWARD BOUND

Greenbrier • McDowell • Mercer • Monroe • Summers



May, 2023



INTRODUCING OUR NEW OUTREACH COUNSELOR ~

Hi y'all!

My name is Hannah Barnett, I'm 26, and am a former Upward Bound participant just like each and every one of you! I am originally from McDowell County and have earned the nickname, "Bradshaw", from my Virginian co-workers who had only heard of the tales about "The County". As stated, I have previously lived/worked in the Southwest Virginia area for about the past 7 years, either wearing Graham G-Men, or Richlands Blue Tornado gear (It was a dark time, I know).

While growing up I never took school seriously and often just did what I had to do to get by/graduate. It wasn't until I took UB seriously, and got into college, thanks to all of Barb's & Mike's help. My path wasn't a traditional path, I switched colleges about 3 times before I settled in permanently at one college and received my Bachelor of Art (B.A.) degree in 2019, as well as my Masters of Education (M. Ed.) degree both in mental health counseling in 2021.

From my time working in Virginia, I worked for 2 other TRiO programs (Student Support Services @ Southwest Virginia Community College, and Educational Talent Search @ Wytheville Community College). I have gained extensive knowledge in college exploration in both states of WV & VA, so please ask me about my connections and how much I can help YOU with your post-secondary goals! I can't wait to meet each and every one of you this summer

ACT OR SAT? WHICH SHOULD I TAKE?

Because all US colleges accept scores from either the ACT or SAT, **picking the test on which you'll perform better is critical to your admission chances.** But when parents and students ask whether the ACT is easier than the SAT, it can be hard to give a good answer. You might not know how the tests compare with each other or which one you're more likely to do better on.

There are differences between the SAT and ACT that can make one or the other legitimately easier or harder for test takers. **So how do you know whether the SAT or ACT is easier for you?** Keep reading to learn the eight key factors that'll help you determine whether the ACT or SAT is easier.

Although the ACT and SAT differ in a lot of ways, only a few are really important to understanding whether the ACT or SAT is a better fit for you. Each student is different in each of the below factors. As a result, **one test will be easier for you depending on your own strengths and weaknesses.**

The SAT contains three sections:

- Reading
- Writing and Language (hereafter Writing)
- Math

By contrast, the ACT contains four sections:

- English
- Math
- Reading
- Science

The ACT also has an **optional essay**. Each section has a different format on the ACT than on the SAT, but only some of these differences really matter. Here are the most crucial factors to consider as well as our tips on what these might indicate about which test is easier for you.

Bottom Line: If you're more comfortable with algebra than you are with geometry and trigonometry, SAT Math will likely be easier for you than ACT Math will be.

Bottom Line: If you prefer *always* having access to a calculator on math problems, you might find ACT Math easier.

Bottom Line: If you aren't used to finding evidence to support your reasoning, SAT Reading might be **more challenging** for you than ACT Reading.

Bottom Line: The ability to move on from difficult questions and work quickly will give you **a greater advantage on the ACT.**

Bottom Line: The Writing/English sections for both tests are **highly similar**. However, if you have a solid knowledge of grammar and sentence structure, you might find ACT English easier, whereas if you prefer questions about writing style and vocabulary, SAT Writing might be easier for you.



Hello,
May.

Memorial Day AKA Decoration Day

On May 5, 1868, General John A. Logan, leader of an organization for Northern Civil War veterans, called for a nationwide day of remembrance later that month. “The 30th of May, 1868, is designated for the purpose of strewing with flowers, or otherwise decorating the graves of comrades who died in defense of their country during the late rebellion, and whose bodies now lie in almost every city, village and hamlet churchyard in the land,” he proclaimed.

The date of [Decoration Day](#), as he called it, was chosen because it wasn’t the anniversary of any particular battle.

On the first Decoration Day, General [James Garfield](#) made a speech at [Arlington National Cemetery](#), and 5,000 participants decorated the graves of the 20,000 Civil War soldiers buried there.

Many Northern states held similar commemorative events and reprised the tradition in subsequent years; by 1890 each one had made Decoration Day an official state holiday. Southern states, on the other hand, continued to honor the dead on separate days until after [World War I](#). [History of Memorial Day](#)

Memorial Day, as Decoration Day gradually came to be known, originally honored only those lost while fighting in the Civil War. But during World War I the United States found itself embroiled in another major conflict, and the holiday evolved to commemorate American military personnel who died in all wars, including [World War II](#), [The Vietnam War](#), [The Korean War](#) and the wars in [Iraq](#) and [Afghanistan](#).

For decades, Memorial Day continued to be observed on May 30, the date General Logan had selected for the first Decoration Day. But in 1968, Congress passed the Uniform Monday Holiday Act, which established Memorial Day as the last Monday in May in order to create a three-day weekend for federal employees. The change went into effect in 1971. The same law also declared Memorial Day a federal holiday.

Memorial Day Traditions and Rituals

Cities and towns across the United States host Memorial Day parades each year, often incorporating military personnel and members of veterans’ organizations. Some of the largest parades take place in [Chicago](#), [New York](#) and [Washington, D.C.](#)

Americans also observe Memorial Day by visiting cemeteries and memorials. Some people wear a red poppy in remembrance of those fallen in war—a tradition that [began with a World War I poem](#). On a less somber note, many people take weekend trips or throw parties and barbecues on the holiday, perhaps because Memorial Day weekend—the long weekend comprising the Saturday and Sunday before Memorial Day and Memorial Day itself—unofficially marks the beginning of summer. (WIKIPEDIA)

JANUARY SATURDAY SESSION FUN



MARCH SATURDAY SESSION FUN!!!



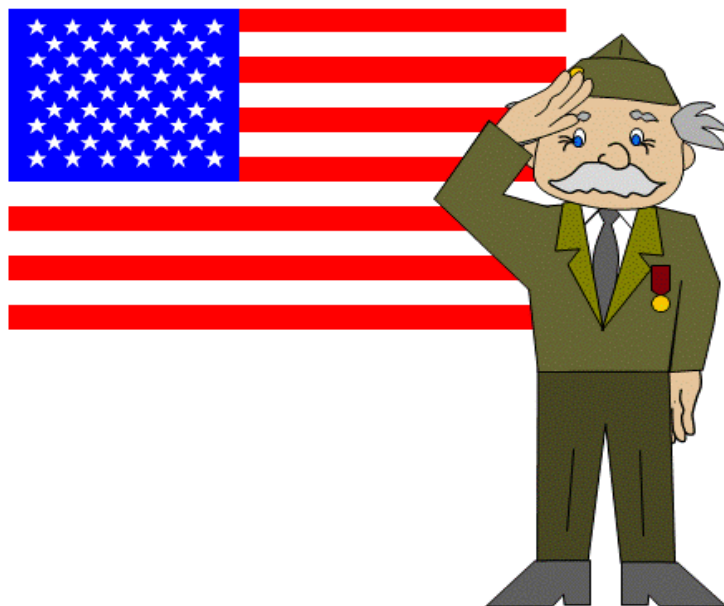
Student Leadership Conference - 2023



Memorial Day Word Search

B U W D V L B U C Y G S S F G B P H V D
Y A H E D B A U Q I N Y O S P A E T Y G
S X I C N N H I E A N F L W T W H A Q P
R C T O O C R V R M T C D R N J P E R J
A M E R I C A E O O Y U I L E D A R A P
B D U A Z R T N S S M O E P M G H W D T
Q L F T G E D B D P T E R C U H O N O R
N Y M I V A L Q J I E A M F N O B L E D
Z P A O Y U Z J C X Z C R W O D X C I B
W B D N E G A L F V H O T S M Q E P F F
N V J V W L U N O I T I D A R T X R S Q
C L U P V V L S U F R Z E Z Z O K O P U

America
blue
decoration
flag
grave
honor
memorial
Monday
monument
parade



patriotic
picnic
red
respect
soldier
stars
tradition
veterans
white
wreath

THINGS THAT ARE ACTUALLY PRODUCTIVE

@POSITIVELYPRESENT



PRACTICING THE ART OF BEING PRESENT



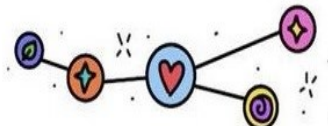
RESPECTING (AND SETTING) BOUNDARIES



OPENING YOUR MIND TO POSSIBILITIES



DELIGHTING IN LIFE'S LITTLE PLEASURES



UPLIFTING SOMEONE ELSE (OR YOURSELF!)



CONNECTING WITH WHAT MATTERS MOST



TREATING PEOPLE WITH LOVE & KINDNESS



IDENTIFYING REASONS TO BE THANKFUL



VALUING ANY PROGRESS YOU'VE MADE

ENGAGING IN AN ACTIVITY YOU ENJOY

Below is the link to apply for UPWARD BOUND

If you need a hard copy email Geri at gnauck@concord.edu

<https://botform.compansol.com/202225108960852>

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