

Concord University UPWARD BOUND



January 2023

Happy
New
Year

We would like to start the year by introducing you to our staff, the following is my short Bio—

My name is Geri (Boothe) Nauck, I am the Program Assistant for Upward Bound—I am originally from Washington State and have lived in WV (Oakvale Kellysville area) for about 11 years. I have 5 grand children and one great grand-child. I live with my better half David and our two fur babies, Daisy & BoBo. I have lived in about 11 states, and have lived in Europe as well. But am calling WV home from here on out. I have an Associates degree in Applied Management, and a Bachelors in Logistics/HR. I have worked for UB for 5 years in April of this year! (YAY!)

Below is the link to apply for UPWARD BOUND

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

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



MIKE



GERI



BARB



JASMINE




MELISSA

JANUARY

January is the first month of the year in the [Julian](#) and [Gregorian calendars](#) and is also the first of seven months to have a length of 31 days. The first day of the month is known as [New Year's Day](#). It is, on average, the coldest month of the year within most of the [Northern Hemisphere](#) (where it is the second month of winter) and the warmest month of the year within most of the [Southern Hemisphere](#) (where it is the second month of summer). In the Southern hemisphere, January is the seasonal equivalent of July in the Northern hemisphere and vice versa.

Reminders For Hard Days

 WholeHearted School Counseling

1. A bad day does not equal a bad life. You are not this struggle.
2. Not all thoughts are true. Phew.
3. Feelings are not facts. But all your feelings are valid, real, and allowed.
4. The only way out is through. DARN IT.
5. Your worth is not contingent on circumstances. You are LOVABLE and ENOUGH always.
6. Nothing stays the same. Life guarantees this.
7. You can't be everything to everyone. But you can be true to yourself.
8. Be gentle with yourself. And trust your inner voice, strength, and resilience.
9. You're not alone. It's okay to ask for help. And be vulnerable.
10. Focus on the things you can control. Let go of the rest.
This is easier said than done.

How Your Social Media Accounts Affect Getting into College

The impression that you make on a college admission officer may involve more than just an essay, a transcript, and some test scores. According to new data, colleges and universities do pay attention to what prospective students post on TikTok, Twitter, Facebook, Instagram, etc. In addition, potential employers for internships or permanent positions may also review your public social sites.

How to Use Your Social Media Accounts When Applying to College

Your social media profiles shed light on your personality as well as your interests and passions.

Many students use their social media profiles to show college admissions offices their personality while applying. These students use their social media profiles to:

- Show off their creativity and technical abilities.

- Give a more in-depth look into special projects or volunteer work.

- Demonstrate their interest in a particular major, college, or career.

Tips to Keep Your Accounts Up to Date

- Make sure your profile information up to date.

- Consider providing a link to your social media sites in your college application materials (provided the college allows/encourages this).

- Invest the time to maintain quality in your postings, blogs, and videos.

- Showcase your leadership, awards, or expertise in a meaningful manner.

What to Watch Out For in Your Social Media Accounts

- Review your email address to ensure it doesn't include rude or inappropriate language or references.

- Carefully consider your tweets and other comments, particularly any negative references about prospective colleges, your teachers, or your peers.

- Monitor what photos you choose to post. Don't include those that may depict alcohol and certain party and peer activities that would reflect poorly on your judgment or character.

- A good rule of thumb is: Don't put anything on social media that you wouldn't include with your college application.

CONGRATULATIONS

To Hannah Smith on her Bonnor Scholarship!

HURRAY!

NOVEMBER SATURDAY SESSION



DECEMBER SATURDAY SESSION FUN





The Six Types of Courage

Physical Courage: To keep going with resiliency, balance & awareness.

Social Courage: To be yourself unapologetically.

Moral Courage: Doing the right thing even when it's uncomfortable or unpopular

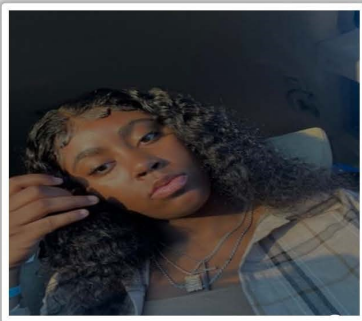
Emotional Courage: Feeling all your emotions (positive & negative) without guilt or attachment.

Intellectual Courage: to learn, unlearn and relearn with an open & flexible mind.

Spiritual Courage: Living with purpose & meaning through a heart centered approach towards all life and oneself.

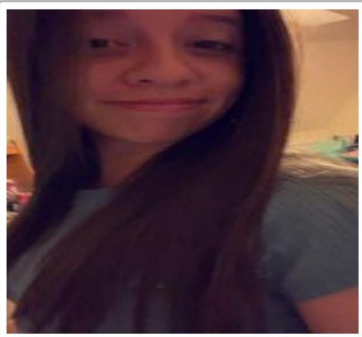
Ask a Senior:

What advice would you give to your younger self?



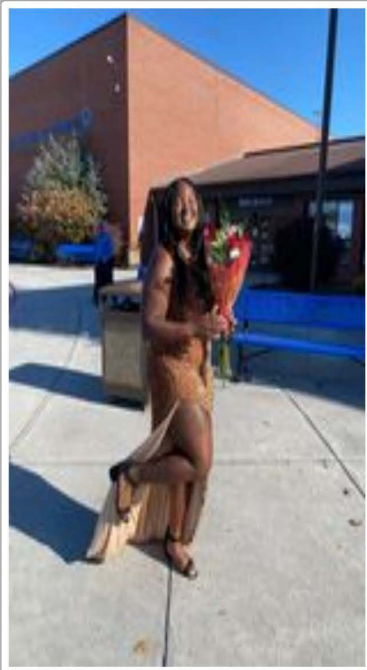
“Never lower your standards in any way. Expect better from yourself in all areas or you’ll never move up in life.”

– My’Asia Hill (Senior at MountView)



“My advice to the underclassmen would be to try your hardest while in school and give it your all, get involved in activities that interest you, and make the most out of your high school experience because these memories you make now will last forever.”

– Sierra Blankenship (Senior at Princeton Senior)



“1. Don’t believe you have to do everything right then and there. Trust me, it will cause more stress and procrastination. Slow down.

2. No matter your race, ethnicity, religion, sexuality, community’s opinion, counselor’s word-of-advice, etc. Dream as wild and big as you wish, but it takes a LOT of work, do not be fooled. You will be tired, but like Eleanor Roosevelt said, “the future belongs to those who believe in the beauty of the dream.” It is never too crazy, even if you want to go across the country. Dream.

3. NOT GETTING AN A IS NOT THE END OF THE WORLD. You will not always be the best or succeed. Or get a congrats or high five. But you will always be enough. You never know how strong you are until being strong is the only choice. Keep going.”

– Kiara Porterfield (Senior at Princeton Senior)