

Concord University UPWARD BOUND



November 2022



LESSONS from Autumn

@POSITIVELYPRESENT



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>



I AM FIRST GENERATION



Being first-generation has had different meanings to me throughout life. I am no stranger to growing up extremely poor, having child protective services constantly check in, and surviving childhood trauma. My great-grandmother, who only completed her education to the 3rd grade, spent the end of her life ensuring I had a start to my own. It is difficult to walk a path that no one seems to understand... especially when you attempt to defy the odds and remove yourself from the statistics. Most of my life, I felt shame. I felt guilt. I felt unloved. I felt the insecurities. I moved forward towards my future with my head down, unable to seek help due to the false sense of pride that comes with being raised in Southern West Virginia. I felt alone. I felt lost. I felt like an imposter. At the age of 21, I lost everything, though it didn't seem like much to many. My grandmother passed away, my home was torn down, and the only sense of stability was once again yanked away.

Though many of us are first-generation/low-income (FGLI), we simply cannot understand each other's emotions. This is why it is so important for us to take the time to encourage people to **tell their story**. It is also critical to understand that we are unable to develop connections with others until we are fully connected within ourselves. Watch out for the "near enemy" in life. Often times, we seek comfort from others who give us pity rather than the connection we desire, which can leave you feeling lonelier. With that being said, you must **focus on you**. Being FGLI taught me more than just the negative stigma that is associated. My upbringing taught me consistency, perseverance, resiliency, etc. Now as a PhD candidate, I strive to find a way for FGLI students to explore a deeper connection within themselves to continue on their path to higher education. My intentions are not to save the world, but to show the world how I was able to save myself. I hope with telling my story I am able to inspire others to aspire to be more, see more, and do more with their lives. You are able to check out any time you like, but you can never really leave the lessons of your past. Embrace them! Celebrate who you are + where you're going.



Bachelor's Degree (2017) → Master's Degree (2019) → PhD 2023



In order to grow, you must be willing to step outside of your comfort zone.

(Fun fact: I have visited 20+ countries)



November was the ninth month of the [ancient Roman calendar](#) and has retained its name from the Latin *novem*, meaning "nine." In Finland, they call November *marraskuu*, which translates as "the month of the dead." It is one of four months with a length of 30 days on the Gregorian, or modern, calendar.

In the United States and Canada, November is also known as National Beard Month or No Shave Month (also known as "[No-Shave November](#)") as a way to raise cancer awareness. Australians have a similar month where they grow a mustache instead of a full beard.

10 Thanksgiving Fun Facts

1. The first Thanksgiving took place in 1621.
2. Every Thanksgiving, the current U.S. president pardons a turkey.
3. Macy's has put on a parade every Thanksgiving since 1924.
4. Thanksgiving is the biggest travel day of the year.
5. The foods eaten for Thanksgiving dinner haven't changed much since 1621.
6. Americans eat over 280 million turkeys every Thanksgiving.
7. Cranberries are native to North America.
8. There is an official Thanksgiving postage stamp.
9. The wishbone tradition is much older than Thanksgiving.
10. Watching football is an integral part of most Thanksgiving celebrations.

Fall Word Search

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

AUTUMN
BROWN
CHILLY

FOOTBALL
HARVEST
LEAVES

ORANGE
PINE CONE
PUMPKIN

RAKE
REAP
SEASON

TREES
WIND
YELLOW



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SATURDAY SESSION FUN



SATURDAY SESSIONS ~

19 NOVEMBER

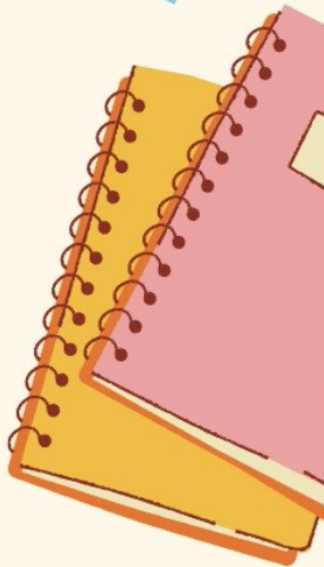
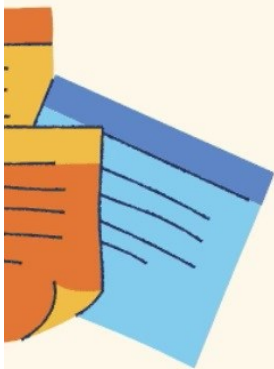
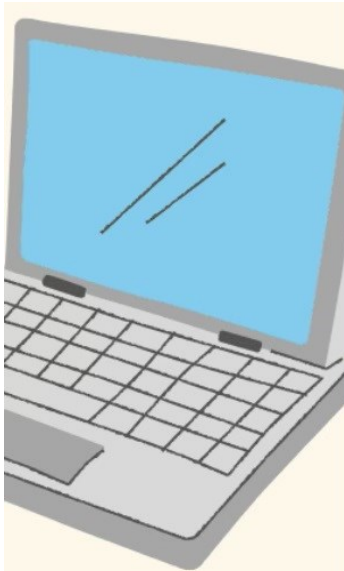
17 DECEMBER

21 JANUARY

25 FEBRUARY

18 MARCH





30 POSITIVE AFFIRMATIONS FOR COLLEGE STUDENTS

1. I'M DOING MY VERY BEST.
2. I AM DOING ENOUGH.
3. I AM EXACTLY WHERE I NEED TO BE.
4. I'M ON TOP OF ALL OF MY WORK.
5. IT'S HEALTHY TO TAKE BREAKS ONCE IN A WHILE.
6. I DESERVE TO BE AT EASE.
7. I HAVE DONE EVERYTHING TO THE BEST OF MY ABILITY.
8. I CHOOSE TO SEE OBSTACLES AS OPPORTUNITIES.
9. I KNOW EVERY ROADBLOCK IS A LEARNING MOMENT.
10. HAPPINESS IS A CHOICE I MAKE.
11. I GO TO CLASS WITH A POSITIVE MINDSET.
12. I'M OPEN TO LEARNING NEW THINGS.
13. I CAN DO ANYTHING I BELIEVE IN.
14. I AM NOT MY NEGATIVE THOUGHTS.
15. I RELEASE ALL SELF-CRITICISM AND SELF-ATTACK.
16. I CHOOSE NOT TO WORRY ABOUT THE FUTURE.
17. I AM AT PEACE IN THE PRESENT MOMENT.
18. EVERYTHING IS WORKING OUT FOR ME.
19. LIFE IS HAPPENING FOR ME, NOT TO ME.
20. I DESERVE TO HAVE FUN.
21. I CAN BALANCE MY TIME BETWEEN WORK AND PLAY.
22. I CHOOSE TO BE KIND AND LOVING.
23. MY VIBES ATTRACT MY TRIBE.
24. I HAVE A STRONG SUPPORT SYSTEM.
25. I FEEL INSPIRED BY SUCCESSFUL PEOPLE.
26. I'M GRATEFUL FOR MY FRIENDS AND ROOMMATES.
27. I'M THANKFUL FOR THE OPPORTUNITY TO GO TO COLLEGE.
28. I AM MAKING THE BEST OUT OF MY COLLEGE EXPERIENCE.
29. I'M ON MY WAY TO MY DREAM JOB.
30. I'M GETTING CLOSER AND CLOSER TO MY DREAM LIFE.