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Messages from the Staff: Who is Who?

Each component comes from a different staff member. Read and guess who you think provided the quote!

(See the bottom of the page for the answers and page 6 for list of staff members)

A

“These are the best years of your life. After that, you’re in a world where fun doesn’t exist and responsibilities are abundant. So while you’re having fun now, take time out to prepare. It’s going to hit you faster than you think.”

Surrounded by snowflakes

B

“You miss 100% of the shots you don’t take.”
- Wayne Gretzsky
— Michael Scott

C

“Smooth seas do not make skillful sailors.” - African Proverb

D

“If you ever say ‘I’m bored,’ you’re doing it wrong.”

E

“Thank you to all the Upward Bounders that have been attending the workshops! I look forward to seeing everyone at upcoming events! Continue to work hard at school and enjoy life!!”

F

“No matter where you go, there you are! Keep it positive.”

G

“We’re adults. When did that happen? And how do we make it stop?”
- Grey’s Anatomy

KEY A = DC  B = Garratt  C = KwabenA  D = Brie  E = Curt  F = Jennifer  G = Jahna
September — Let’s Get Organized
The organization and preparedness of a student at the start of a new school year can either damage or aid the level of success in a student’s classes. In order to achieve good organization, we taught students different techniques to stay on top of things.

October — ACT Test Prep & Stress Management
Students were given the tools necessary to conquer the ACT test. In addition, we shared ways to reduce and manage stress, not only caused by the ACT but by school as well.

November — Career Exploration
We had several different professionals come in to discuss their field of interest, such as a lawyer, optometrist, entrepreneur, hospitality manager, nurse, ROTC, and farmer. The students were able to interact with the professionals in order to learn about their occupation as well as learn why the speakers chose their desired profession.

December — College Experience & New Student Orientation
After long days of recruitment, we accepted a new group of students to the UB family. We acclimated the students to the ways of Upward Bound and introduced their families to the program. For returning students, alumni from UB visited to share their knowledge of college and how they have adapted from high school to college life.
Congrats to our Seniors!

Thomas Carpenter
Marietta College
Otterbein University
Capital University
Shawnee State University
Ohio University

Chloe Musick
Ohio University

Way to go!

Kenzie Call
Kent State University
Ashland University
Bowling Green University
Shawnee State University

Anasia Wallace
Shawnee State University
Ashland University
Muskingum University
Ohio University

Congrats to being accepted to the following colleges. We are proud of you!

Mettea Crawford
Kent State University
Shawnee State University
Ashland University
Muskingum University
University of Cincinnati
Ohio University
Cleveland State University
Xavier University

Alexis Oliphant
Shawnee State University

Dallas Cordle
Kent State University
Ohio University

Jude Tirpak
Shawnee State University

“The will to win, the desire to succeed, the urge to reach your full potential... these are the keys that will unlock the door to personal excellence.” ~ Confucius
Happy Birthday!

January
Sierra Bailey 1-3
Maely Bluhm 1-7
Chase Goodwin 1-12
Chase Hayes 1-12
Lisa Tilley 1-14
Kara Gillenwater 1-22
Thunder Clonch 1-23

February
Ashley Smith 2-3
Keely Mankin 2-3
Uriah Freeborn 2-7
Michael Hamilton 2-7
Katelyn Scarrett 2-7
Jody Hagen 2-9
Heaven Herrold 2-11
Cassandra Davis 2-18
Martina Seeber 2-29

March
Kassandra McDonald 3-2
Hannah Coen 3-5
Jessica Thompson 3-16
Max Huston 3-17
Daniel Williams Jr. 3-19
Hailey Groves 3-21
Ashley Jordan 3-21
Kaitland Hickman 3-26
Alexis Oliphant 3-26
Elizabeth Bearhs 3-29
7 Ways to Enjoy a Snow Day

1. Play in the Snow.
   Make a snow angel, go sledding, build a fort... these things never get old.

2. Have a Movie Marathon
   Have a superhero movie marathon or watch an entire season of PLL. Even better, break out some classic snow day flicks from the 90's-00's. They’re awesome.

3. Bake Cookies
   Delicious. Enough said.

4. Play Board Games
   Got Apples to Apples, Monopoly, or a deck of cards? Go crazy.

5. Read a Book
   It is possible to actually read a book that isn’t school related and like it.

6. Snow Cones!
   Take advantage of the fresh snow. Plus, snow cones are amazing. Just avoid the yellow stuff.

7. Prepare for your Future
   You don’t necessarily need to have it all planned out, but browse through colleges, take a look at different majors, or look at trade jobs. Wet your toes if you are an underclassman or apply to scholarships if you are a senior. Make a yummy hot chocolate to enhance brain circulation (disclaimer: not scientifically proven).

Welcome New Students!

Cierra Allison   Max Huston   Donovan Ross
Olivia Barker    Andrew Johnson   Brooke Russell
Maely Bluhm      Shayla Kibble    Adrianne Russell
Daniel Brown    Autumn Lawless    Emily Selanders
Kyia Burgin     Keely Mankin     Adrieonna Stansberry
Holly Cochran   Noelle Mash      Meghan Surbella
Hannah Cochran  Kyle McCloud     Ariel Swartz
Sherry Craig    Ethan Oliphant   Kelly Taylor
Tannis Cydrus   Marybeth Pancoast   Lisa Tilley
Lauren Dunn     Kayla Pittman    Sierra Todd
Brett Estes     Autumn Porter    James VanBibber
K’Tayona Garnes Amber Powell    Autumn Wells
Destiny Gooslin Jennifer Rayburn
Hailey Groves   Austin Rice      
Mikayla Harden  Casey Ridenour    
Dezra Herman    Troy Rivera      

We are so excited to welcome these new students to our UB family! We hope to grow closer and aid each of you on your path to success!
Upcoming Events:

February 16, 2013 OGT Prep & Keys to a Healthy College Experience
February 23, 2013 National TRIO Day
March 16, 2013 Service Learning

Do you have a story or experience you would like to share regarding your schooling experience, or an important life lesson in general? Then you are more than welcome to write for UB’s very own blog. Whether you are a student or an adult, your story is important to us. We would love to share your insight!

If you wish to write for the blog, then feel free to email us at upwardbound@ohio.edu or connect with us on the social media sites listed below.

To visit our blog, either go to www.ohiouniversityupwardbound.wordpress.com or click of the “W” icon below.

Click on each icon to access our social media site!

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