Some important dates to put in your calendars

Saturday Sessions, (throughout 2020 they are all virtual)

- September 26
- October 24
- November 21
- December 19
- January 30
- February 27
- March 27
- May 15 (summer orientation)

SAT/ACT test dates

**ACT**

- December 12, - registration deadline is Nov 6
- February 6, 2021—registration deadline is January 6, 2021
- April 17, 2021—registration deadline is March 12, 2021
- June 12, - registration deadline is May 7, 2021
- July 17, 2021—registration is June 18, 2021

**SAT**

- November 7, 2020—registration deadline is October 7, 2020
- December 5, 2020—registration deadline is November 5, 2020
- March 13, 2021—registration deadline is February 12, 2021
- May 8, 2021—registration deadline is April 8, 2021
Here are a few tips you can use to take care of yourself:

Physical health:
- Fuel your body by eating a healthy, well-balanced diet and drinking plenty of water.
- Aim to get seven to eight hours of sleep each night.
- Exercise every day.
- Take deep breaths and stretch often.
- Avoid risky or destructive behaviors, such as abusing alcohol or drugs, excessive gambling or ignoring public health recommendations.
- Spend time outside, such as going for a walk in the park, but follow social distancing guidelines.

Mental health:
- Set and maintain a routine at home.
- Focus on things you can control.
- Use technology to maintain social connections with your loved ones. Consider a regular check-in schedule to give you something to look forward to.
- Focus your thoughts on the present and things to be grateful for today.
- Listen to music or read books.
- Consume reliable news sources that report facts, and avoid media that sensationalizes emotions. Limit your exposure or take a break from news and social media if you find that it makes you anxious.
- Lean on your personal beliefs and faith for support.
- Look for ways to help your community, such as blood donations, checking on older people in your neighborhood, or donating supplies or money to local organizations. Acknowledge and appreciate what others are doing to help you and your community.

Symptoms to watch for:
If any of these things become persistent or interfere with daily functioning and are outside the norm for the COVID-19 pandemic, contact your provider for help and guidance:
- Trouble focusing on daily activities
- Anxiety that turns into feelings of being out of control
- Strong feelings that interfere with daily activities
- Having emotions that become difficult to manage
- Feelings of hopelessness or helplessness

2018-2020 MAYO Clinic Health Systems
SEPTEMBER BIRTHDAYS
We all want to wish everyone with September Birthdays a most wonderful Birthday month!

Brianna Harmons
Teyonce Green
Jacob Craft
Kody Okes
Victoria Gentry
Olivia Kitts
James Sneddon
William Sneddon
Adrianna Burchette
Dazhuan Giles
Destiny McAlpine
Hope this newsletter finds everyone doing well. By now just about everyone has started school I think…? Maybe one county still out, not sure.

We have been in contact with everyone either by FB, text, phone call or mail by now, if you have not heard from your counselor or any of us please reach out right away!

The 20-21 school year is going to be way different then any of us have experienced, we are all learning together, be sure to reach out to each other for tips & tricks while navigating through this school year.

The next two pages attached show what our Upward Bound Summer Students looked at the most in the case of top careers, and top interests, while using Virtual Job Shadowing over the summer. All our students are going to have the chance to use Virtual Job Shadowing this school year as well. We will be working on getting everyone a user name & password.

Virtual Job Shadowing has a lot of things that you can do on your own, such as build a resume, look for internships that are available and much more. I believe we will be assigning you all a few things to do as well.

There is so much you can explore on their website, we hope you all will utilize it this year.

Thank you,

Geri Nauck
Program Assistant