



UPWARD BOUND

Greenbrier • McDowell • Mercer • Monroe • Summers

April 2025 Newsletter

UB SUMMER PROGRAM

WE WANT YOU THERE!

BUT SPOTS ARE LIMITED...

*Scan the code
and let us know if you will attend!*

Can't scan?

<https://forms.gle/xHpwRtYTNJDJTsim9>



Important Dates:

Saturday Sessions:

5/17/2025 -Summer Orientation & BUCKS Auction

Summer Programs:

Summer Program

6/15/2025 –7/25/2025

Bridge Program (Seniors)

6/22/2025—7/25/2025

End of Summer Academic &
Cultural Trip (Pittsburgh, PA)

July 23-25, 2025



5 tips to improve your study time efficiency

- Prioritize your tasks. Staying organized and spacing out your studying is not just a helpful aspect but a crucial element when it comes to effective time management.
- Take breaks.
- Stay positive.
- Ask questions.
- Change your scenery.

Contact Information:

Phone: 304-384-5208

Email: upwardbound@concord.edu

UPWARD BOUND STAFF

Director

Andrea Sullivan

Phone: 304-384-5195

Email: asullivan@concord.edu

Educational Outreach Counselors:

Adrian Cabello

Phone: 304-384-5198

Email: aespinar@concord.edu

Elissa Pugh

Phone: 304-384-5240

Email: epugh@concord.edu

Helen (Katie) Linkous

hlinkous@concord.edu

Grants Resource Specialist:

Melissa Buckland

Phone: 304-384-5197

Email: mbuckland@concord.edu

May 17, 2025
Concord University
Upward Bound

Summer
Program Orientation

(Parents/Guardians are required.)

&

CUB Buck Auction

(Parent/Guardians are free to not attend.)

University Point

PAIS Fellowship Hall

11 am – 2 pm

Lunch will be provided.

Mark your calendars!

Some tentative dates the counselors will be at your schools! Be on the lookout & bring your friends so they can put in an application!

Elissa:

5/6 Summers

5/7 Bluefield

5/8 Montcalm

Katie:

5/12 & 27 River View

5/16 & 28 Mount View

Adrian:

5/7 Greenbrier East

5/8 James Monroe

5/12 PikeView

5/15 & 16 Princeton