



UPWARD BOUND

Greenbrier • McDowell • Mercer • Monroe • Summers

August 2026 Newsletter

To succeed in high school

Aim for 8 to 10 hours of rest, use a planner or digital calendar for every assignment, build a daily study routine, and step away from unnecessary social drama to protect your mental health.

Organization and Time Management

- Write down all test dates, quizzes, and project deadlines in a planner or phone app.
- Break large projects into tiny, bite-sized tasks instead of waiting until the night before.
- Tackle your hardest homework assignments or subjects first when your brain is freshest.
- Keep your backpack and workspace neat to cut down on stress and wasted time finding papers.

Study Habits and Academics

- Review your class notes for ten minutes every single evening to move information into long-term memory.
- Actively engage with text by summarizing ideas or making flashcards rather than just passively reading.
- Ask teachers for help or hit the library right away if you do not understand a concept.
- Form small, focused study groups with classmates for major exams.

Health and Social Life

- Eat a healthy breakfast every morning to keep your energy and focus up through third period.
- Avoid toxic social media gossip and unnecessary school drama so you can stay focused on your goals.
- Balance your workload by joining a club or sport, but know your limits so you do not burn out.

Important Dates:

2026 - 2027 Dates (Tentative)

Saturday Sessions:

September 12, 2026 (Fall Orientation with Parents)
October 16 & 17, 2026
November 14, 2026
December 5, 2026
January 2027 - TBD
February 2027 - TBD
March 2027 - TBD
April 2027 - TBD (Summer Orientation with Parents)

2027 Summer Program:
6/27/2027-8/6/2027

No in person instruction (Online Instruction)
7/5-9/2027 & 8/2-6/2027

Bridge Program (Second Summer Term)
6/27/2027-7/30/2027

End of Summer Trip
7/26-7/29/2027



Yuval Trachtenberg from Elevated Minds worked with our students on financial literacy.



Contact Information:
Phone: 304-384-5208
Email: upwardbound@concord.edu

Director:
Dr. Andrea Sullivan
Phone: 304-384-5195
Email: asullivan@concord.edu

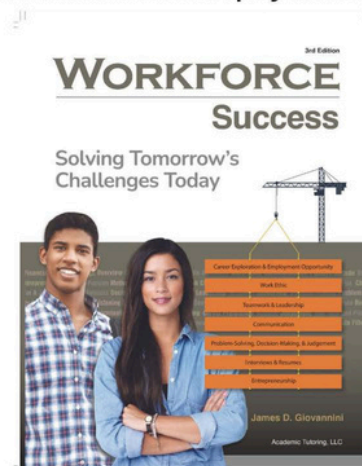
Educational Outreach Counselors:
Adrian Cabello Espinar
Phone: 304-384-5198
Email: aespinar@concord.edu

Elissa Pugh
Phone: 304-384-5240
Email: epugh@concord.edu

Helen (Katie) Linkous
Email: hlinkous@concord.edu

Grants Resource Specialist:
Melissa Buckland
Phone: 304-384-5197
Email: mbuckland@concord.edu

**Upward Bound's New School Year Orientation
&
Workforce Success Workshop by Elevated Minds**



September 12, 2026
10am – 3pm
University Point
PAIS Fellowship Hall
Lunch will be provided in cafe.

Parents are required to attend.
Parent Advisory Council Meeting