

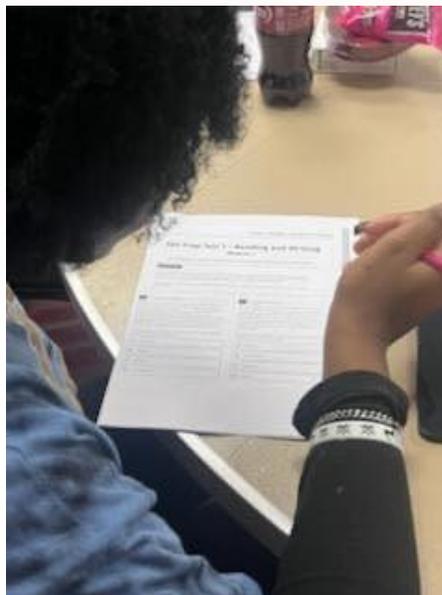


UPWARD BOUND

Greenbrier • McDowell • Mercer • Monroe • Summers

February 2026 Newsletter

Florisha Christian presented Unwrapping the Promise by Cracking the SAT which focused on English language arts skills for our February Saturday academic session. Our students also enjoyed Valentine themed activities.



Important Dates:

2026 Dates (Tentative)

Saturday Sessions:

03/14/2026

04/18/2026

Summer Program:

06/21/2026 – 07/31/2026

Summer Bridge Program:

06/28/2026 – 07/31/2026

End of Summer Trip:

07/29/2026 -07/31/2026





Campus Tour

March 14, 2026
8:30 AM - 4:00 PM

We will not be running School Buses. You must meet the Charter Bus at Concord University by 8:30 AM at the North Towers Parking Lot. We will be back at Concord University by 4:00 PM.

Everyone who attends will receive a wireless mouse. Valued at \$15.00

Contact Information:

Phone: 304-384-5208

Email: upwardbound@concord.edu

UPWARD BOUND STAFF

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

Student Time Management

1. Wake up early
2. Plan your day
3. Use a timetable
4. Set priorities
5. Avoid procrastination
6. Break big tasks
7. Use study timers
8. Limit distractions
9. Take short breaks
10. Review daily work
11. Sleep on time
12. Keep a to-do list
13. Say no to multitasking
14. Stay organised
15. Revise regularly
16. Set deadlines
17. Reward yourself
18. Avoid cramming
19. Study smart, not long
20. Stay consistent
21. Focus on one task
22. Track your progress
23. Balance study and rest



@englishforcareer24



Audrina Ellison was accepted into Bluefield State University

