

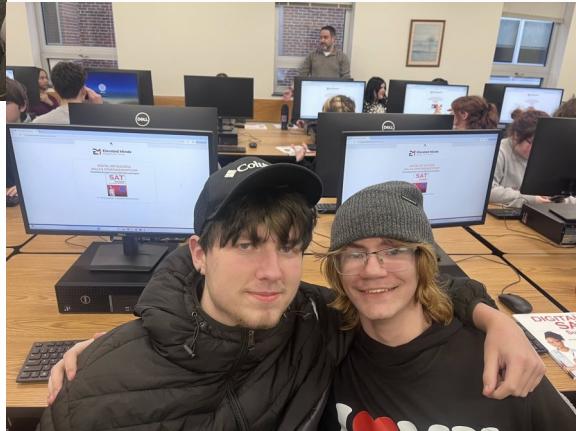
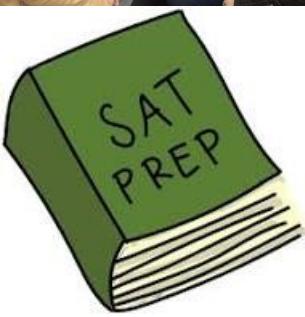
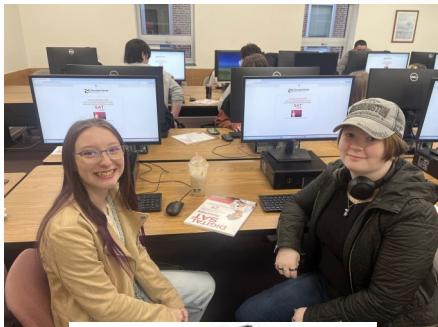


# UPWARD BOUND

Greenbrier • McDowell • Mercer • Monroe • Summers

January 2026 Newsletter

Yuval Trachtenberg from Elevated Minds SAT Boot Camp presented our Upward Bound students with Skills and Strategies for Mastering the Digital SAT.



## Important Dates:

### 2026 Dates (Tentative)

#### Saturday Sessions:

02/14/2026

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



# ELA & SAT WRITING WORKSHOP

**SPEAKER: FLORISHA  
MC GUIRE**

02/14/2026  
11 AM - 2 PM

CONCORD UNIVERSITY  
UNIVERSITY POINT  
PAIS FELLOWSHIP HALL

LUNCH WILL BE CATERED BY ARAMARK.

EVERYONE WHO COMES WILL RECEIVE  
EARBUDS (\$30 VALUE).

#### 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

**Seddon**



## TOP TIPS TO BEAT THE WINTER BLUES



**BRIGHTEN YOUR HOME**  
VITAMIN D FROM NATURAL  
LIGHT CAN IMPROVE YOUR  
MOOD. MAKE IT A DAILY  
ROUTINE TO OPEN YOUR  
CURTAINS & BLINDS.



**ANTICIPATE AN EVENT**  
ANTICIPATE AN UPCOMING  
EVENT, OR CREATE  
SOMETHING TO LOOK  
FORWARD TO. THIS CAN  
CREATE POSITIVE FEELINGS  
& EXCITEMENT.



**STICK TO A SCHEDULE**  
AVOID THE TEMPTATION TO  
ALTER YOUR SCHEDULE TO  
AVOID ACTIVITIES AND  
SOCIALISING. STICK TO YOUR  
EVERY DAY SCHEDULE.



**EAT A BALANCED DIET**  
EATING THE RIGHT  
COMBINATION OF ALL THE  
FOOD GROUPS IS A NATURAL  
WAY TO BOOST YOUR MOOD  
AND ENERGY.



**STAY ACTIVE**  
EXERCISE CAN BE VITAL TO  
LIFTING UP YOUR MOOD IN THE  
WINTER. STRETCHING & WALKING  
ARE A FEW IDEAS TO GET YOU  
STARTED.



**ACCOMPLISH A GOAL**  
MOTIVATE YOURSELF BY  
ADDING A GOAL TO YOUR  
TO-DO LIST, BIG OR SMALL.  
ONCE IT'S FINISHED, CROSS  
IT OFF.



**SOCIALISE**  
LIFT YOUR SPIRITS AND SHIFT  
YOUR PERSPECTIVE BY BEING  
AROUND OTHER PEOPLE. MEET UP  
WITH FRIENDS/FAMILY OR DO  
SOME VOLUNTEERING.

Please share! Apply for Upward Bound—<https://apps.concord.edu/forms/view.php?id=644608>