

CONCORD 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:

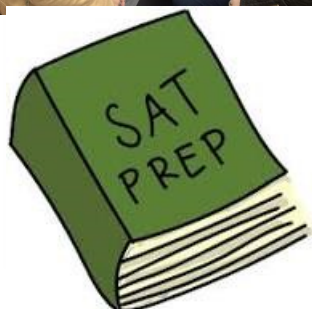
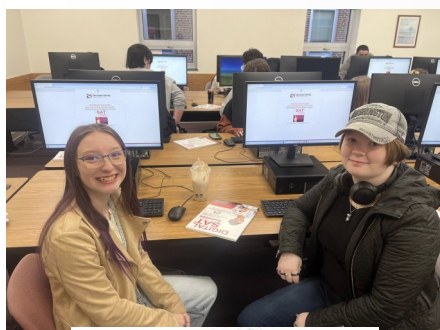
06/21/2026 – 07/31/2026

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
MCGUIRE**

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).

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UPWARD BOUND STAFF

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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>