



UPWARD BOUND

Greenbrier • McDowell • Mercer • Monroe • Summers

May 2026 Newsletter

GRADUATING SENIORS

Graduation is a massive milestone, but you don't need the rest of your life figured out right now. Embrace the change, accept that making mistakes is part of the process, and take things one step at a time. The most important thing is to keep learning, stay curious, and build your own unique path.

💰 Manage Your Money Wisely

- Start a savings habit: If you are heading to college or starting a job, get a summer job and build an Emergency Fund to reduce financial stress.
- Avoid unnecessary debt: Pay cash for what you can and avoid using debt to impress people.

👤 Build Your Network & Professional Presence

- Create a professional identity: Choose a clean, simple email address (e.g., FirstName.LastName@gmail.com) for job applications
- Expand your network: Set up a profile to display your credentials online via LinkedIn so you can connect with mentors and peers in your area of interest.

🧠 Take Care of Your Mental & Physical Health

- Manage your mixed emotions: The transition to adulthood can cause mixed emotions. Don't be afraid to Talk to Someone About Stress if you are feeling overwhelmed by the unknown.
- Practice self-care: Prioritize your physical well-being by getting enough sleep, eating well, and resting.

🚀 What to do next:

- Explore interests: Look for part-time jobs, internships, or volunteer opportunities to see what you actually like doing.
- Embrace changes: It is completely normal to change your mind, your major, or your job later on. Focus on what you can do today to put your values into the world.

Important Dates:

2026 Dates (Tentative)

Saturday Sessions:

08/29/2026

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





Congratulations!

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Summers Co. Prom
Queen: Hayden Crook
King: Ben Bragg

Bluefield Prom
Queen: Kiki Zilcosky
King: Gabe Spencer

Promise Scholars: Hayden Crook & Caleb Tickle

Kiwanis Citizenship Award Scholarship:
Hayden Crook & Keely Sears

Robert Angel Memorial Scholarship: Keely Sears

Hinton Elks Lodge Scholarship: Hayden Crook

Beckley Area Foundation Scholarship:
Jayden Stewart and Caleb Tickle