

WEEKLY SCOOP

DECEMBER
1ST-5TH 2025

Birthdays & Trivia

Birthdays:

Jackson Fenner 12/4
Jessie Myers 12/13
Xander Whitiker 12/28
Conner Case 12/30
Eliot Danner 1/3
Seth Hicks 1/5
Abby Richardson 1/10

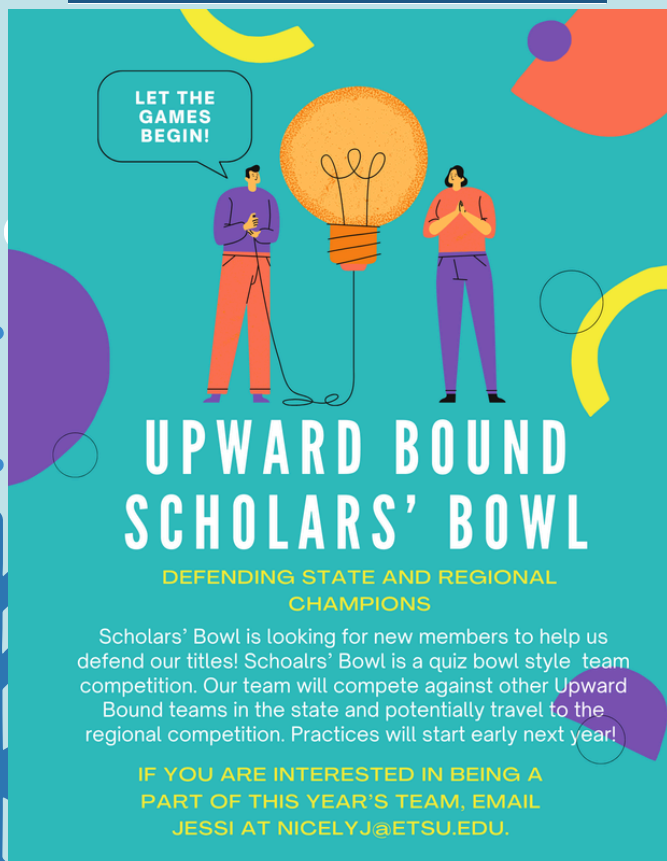
Trivia:

Which winter holiday is celebrated sometime between January 21st and February 20th?
Email Answers to Amanda at worleya@etsu.edu

We will resume school visits on the 12th of January, 2026, following Winter Break!

*Monday Sessions:
January 26, 2026
February 23, 2026*
March 9, 2026
April 13, 2026
April 27, 2026*

** February 23 is a make-up date in the event the January session is cancelled*



LET THE GAMES BEGIN!

UPWARD BOUND SCHOLARS' BOWL

DEFENDING STATE AND REGIONAL CHAMPIONS

Scholars' Bowl is looking for new members to help us defend our titles! Scholars' Bowl is a quiz bowl style team competition. Our team will compete against other Upward Bound teams in the state and potentially travel to the regional competition. Practices will start early next year!

IF YOU ARE INTERESTED IN BEING A PART OF THIS YEAR'S TEAM, EMAIL [JESSI AT NICELYJ@ETSU.EDU](mailto:JESSI@NICELYJ@ETSU.EDU).

If planning on bridging please start getting your stuff sent in to Amanda ASAP, worleya@etsu.edu

- Bridge application
- Bridge essay
- Screenshot or forward acceptance to ETSU for summer 26
- Screenshot or forward email stating completion of FAFSA 26-27
- Screenshot or forward email stating completion of FAFSA 25-26

If you need assistance or have questions, please see your school rep. Remember deadline is January 16th for all items to be submitted, there will be no exceptions.

UPWARD BOUND: OUT AND ABOUT



Ways to Practice Self-Care Over the Holiday Break:

- 1 Get some rest!
- 2 Plan for next year and next semester
- 3 Spend time with family and friends,
- 7 Bake, cook, read, or engage in a hobby you enjoy!

"To appreciate the beauty of a snowflake, it is necessary to stand out in the cold" - Aristotle