

# EDUCATIONAL TALENT SEARCH

## EVENTS

SEP. 16 – BIG AIR (MS)

SEP. 20 – STEM CLUB (ALL)

SEP. 25 – NC A&T & UNCG  
CAMPUS VISITS (HS)

SEP. 27 – CHARLOTTE  
MUSEUM DAY (ALL)

TUES & THURS  
**FREE TUTORING!!**  
(VIA ONLINE)  
3-6  
5-8

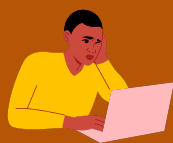
“Never be limited by other people’s limited imaginations.”



DR. MAE JEMISON

ACCORDING TO THE LEARNING CENTER AT UNC CHAPEL HILL SLEEP PLAYS A CRITICAL ROLE IN HELPING OUR BODIES AND MINDS RECOVER AND REJUVENATE. AS A RESULT, SLEEP CONTRIBUTES TO IMPROVEMENTS IN LEARNING AND PROMOTES REGULATORY FUNCTIONS SUCH AS EMOTIONAL AND BEHAVIORAL CONTROL THAT ARE IMPORTANT FOR EACH AND EVERY DAY.

### WHAT LACK OF SLEEP CAN CAUSE



- Impaired memory
- Inattention, irritability, hyperactivity, poor impulse control and difficulty multi-tasking
- Mood swings
- Difficulty focusing

### TIPS FOR A BETTER NIGHTS REST



- Avoid electrical screens (Cell phones, tablets, laptops)
- Create a night time routine
- Exercise (Not before bed)
- Use bed for only sleeping

Educational Talent Search (ETS) is a federally funded program for eligible 6th-12th grade students at no cost. Educational Talent Search provides academic support, career advisement, and financial aid counseling to eligible middle and high school students. ETS also encourages students to successfully complete each grade level, graduate from high school, and enroll into college.

## MEET THE STAFF

Deborah J. Kingsberry  
Executive Director

Andraka Bellamy  
Program Coordinator

Christopher Davis  
Program Counselor

## CONTACT US



(704) 430-4665



ETS@ACADEMICINSTITUTE.NET



@TRIOETSIAICC

## TARGET SCHOOLS

### MIDDLE SCHOOLS

PIEDMONT  
SEDFIELD  
McCLINTOCK  
MARTIN LUTHER KING

### HIGH SCHOOLS

GARINGER  
INDEPENDENCE  
EAST MECKLENBURG  
NORTH MECKLENBURG

