

Academic institute of Central Carolina

# ETS EXPRESS

*APRIL NEWSLETTER*

## WHAT IS ETS?

Educational Talent Search 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.

## WEEKLY EVENTS

### Academic Tutorial-

Every Tues/Thurs 4pm-8pm Via Zoom

### Biology EOC Blitz

Every Tues/Thurs @5pm  
via Zoom

Spring

## Meet The STAFF

**Dominique Jackson**  
Director  
Cell: 704-536-9007

**Andraka Bellamy**  
Program Coordinator  
Cell: 704-430-4665  
[ets@academicinstitute.net](mailto:ets@academicinstitute.net)Office

## TRIO ETS RECRUITING

Educational Talent Search is actively seeking students in grades 6 through 10 from our designated schools.

ENROLL TODAY



SCAN ME

## APRIL IS STRESS AWARENESS MONTH

April is recognized as National Stress Awareness Month to bring attention to the negative impact of stress. Managing stress is an essential component of a healthy lifestyle.

Here are some basic ideas to help you cope with stress:

- Take care of yourself – eat healthy, exercise regularly, get plenty of sleep, give yourself a break if you feel stressed.
- Share your problems and how you are feeling and coping with a family member, friend, doctor, pastor or counselor.
- Avoid drugs and alcohol. These can create additional problems and increase the stress you are already feeling.

Recognize when you need more help – know when to talk to a psychologist, social worker or counselor if things continue.

Academic institute of Central Carolina

# ETS EXPRESS

MIDDLE SCHOOL NEWS



PINS MECHANICAL

APRIL  
FOOL'S  
DAY

What's the worst  
thing you're likely to  
find in the school  
cafeteria?

-The Food!

## Upcoming Events

Harlem Globetrotters Tour  
April 5 @ 2pm

Academic Tutorial-  
Every Tue/Th 4pm-8pm Zoom



EDUCATIONAL  
TALENT SEARCH

## DECISION MAKING

### Top Tips for Decision Making

When you have a tough decision to make, there are some things you can do to help.

1. Think about all the options.
2. Ask for advice.
3. Take time to think.
4. Do your research.
5. Think about who your decision might affect.

Then... GO FOR IT!



## Spring Recharge

It's important for the mind and the body to have a rest every now and then.

Breaks are scheduled for just that purpose!

So let your children sleep in and just have some downtime reading young adult novels, watching a favorite show or playing a video games - what they can't do during school days - and then they can recharge in other ways too.



Academic institute of Central Carolina

# ETS EXPRESS

## HIGH SCHOOL NEWSLETTER

### Black College Expo 2025



### Choosing Your Major

Did you know that many incoming Students are still deciding on their majors? In fact, for those coming in with declared majors, the majority will change their majors at least once. You are not alone!! This Quiz can help you in your journey to select a major well suited to you!

**Choose Your Major Quiz!**

APRIL  
FOOLS  
DAY

Spring

Why didn't the sun go to college?

degrees.

-It already had a million

### WEEKLY EVENTS

**Harlem Globetrotters Tour**

April 5 @ 2pm

JR/SR Headshots

April 8 4-6pm

SPRING BREAK TRIP

April 15- April 17

CPCC Informational

April 24

### Summer Bridge

- Graduating high school seniors, Summer Bridge helps you jump start your college career and get a head start on your college classes the summer after you graduate high school.
- With Summer Bridge, enroll and earn up to seven college credit hours at Central Piedmont for six weeks in the summer. This helps you successfully transition from high school to college in a closed, structured, and supervised environment.
- Come to an information session and learn more about Summer Bridge.

#### SUMMER BRIDGE INFORMATION

