

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



Meet The STAFF

Dominique Jackson Director Cell: 704-536-9007 Andraka Bellamy
Program Coordinator
Cell: 704-430-4665
ets@academicinstitute.netOffice

TRIO ETS RECRUITING

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



<u>APRIL IS STRESS AWARENESS MONTH</u>

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

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





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

-The Food!

<u>Upcoming Events</u>

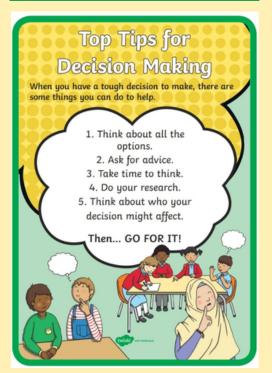
Harlem Globetrotters Tour
April 5 @ 2pm

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





DECISION MAKING





It's important for the mind and the 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 You 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!





Why didn't the sun go to college?

-It already had a million degrees.

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 <u>seven</u> 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



