



# NEWS FROM UPWARD BOUND

April 2026

## What We Learned

### Greetings From UB

Greetings Upward Bound parents and students. We have officially entered into the last quarter of the school year. Our students have been working hard all year to maintain or improve their grades and we at Upward Bound are extremely proud of them. As the fourth quarter starts, students I challenge you to find one academic area that you can improve on and work toward seeing growth in that area by the end of the quarter. Remember the first step in being great is deciding that you are great. Excellence isn't just about the quality of work but also the mindset that one has when facing any situation, obstacle, or challenge. Take this quarter to be your best yet, remember to


## Upcoming Events

- Tuesday April 7-9, 2026 - Spring Break Trip
- Thursday April 23, 2026 - Senior Drop In. AICC Office | 3:30 - 5:00 PM.

## Tutorials & Workshops

Every Tuesday- Online  
3pm-8pm

Every Thursday- Online  
3pm-8pm &  
In-person- 3pm-6pm





# SPRING BREAK

April 2026



## What We Learned

Here are some Spring Break rejuvenation:

- Movement: Yoga, stretching, dancing, or light exercise
- Nature: Walking, gardening, hiking.
- Relaxation: Using aromatherapy.
- Sensory: Deep breathing exercises
- Mindfulness: Meditation, deep breathing.
- Creative Outlets: Drawing, painting, playing music.
- Quiet Activities: Read book & journaling
- Connection: Spending quality time with friends, family, or pets
- Volunteering: Engaging in community or charity work
- Entertainment: Watching comedies or listening to music

## Career Exploration

### Psychologist Quick Stats:

**Industry: Mental Health**

**Median Salary: \$117,580**

**Unemployment Rate: 1.6%**

**Number of Jobs: 204,300**

*Psychologists are doctoral-level mental health professionals trained in talk therapy, behavioral analysis, and psychological testing to treat emotional, mental, and behavioral disorders.*





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## Active Listening Guidelines

The following guidelines can help improve communication:

- Empathize
- Be Attentive
- Show understanding and acceptance by nonverbal behaviors
- Reflect back the person's most important thoughts and feelings
- Do not interrupt, offer advice, or give suggestions
- Remain neutral
- Ask open-ended questions

## Self-Esteem Building

Try these steps to strengthen your self-esteem:

- Manage your inner critic
- Focus on what goes well
- Aim for effort rather than perfection
- View mistakes as learning opportunities
- Edit thought that get you feeling inferior
- Remind yourself that everyone excels at different things
- Try new things and give yourself credit
- Set goals
- Accept compliments
- Relax and have fun

## Happy Birthday

Upward Bound would like to wish all of our students celebrating a birthday this month a very special and Happy Birthday

## Contact Info

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