



NEWS FROM UPWARD BOUND

SEPTEMBER 2026

What We Learned

Greetings Upward Bound parents and students. We have come to the start of another school year. This school year we are focusing on improving upon the things that went right last year and fixing those things that did not go as planned. The school year should be full of students advocating for themselves both inside and outside of the classrooms. Students you are encouraged to step outside of your comfort zone and try something new. Maybe sit in the front of the class this year, volunteer to answer a question, or be the one to start the conversation. Whatever you choose to do this school year, always remember to be the best at what you do, while being a first rate version of yourself.

Upcoming Events

- Thursday, August 27, 2026- Leadership Council Interest Meeting. AICC Office | 3:30-5
- Monday, September 7, 2026 - Labor Day. AICC Closed
- Monday September 14-16, 2026- Conference. AICC out of office
- Saturday September 19, 2026- Academic Saturday. Garinger High School | 9:00 am - 1:00 pm
- Monday, September 21, 2026- Western Carolina University Tour. RSVP by September 14th
- Saturday September 26, 2026- Almond Farm Trip, RSVP by September 19th.

Tutorials & Workshops

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



EXCELLENCE AS THE STANDARD



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STUDENT EXCELLENCE

To exemplify student excellence this year try the following strategies:

- Form good study habits early
- Ask for assistance when needed
- Come to tutorials
- Be proactive in your schoolwork
- Plan out your days and weeks accordingly
- Form a good sleep pattern
- Do not procrastinate
- Form study groups
- Ask questions when things are confusing
- Participate in class
- Attend Academic Saturday

Career Exploration

Teacher

Quick Stats:

Industry: Education

Median Salary: \$74,495

Unemployment Rate: 3%

Number of Jobs: 425,412+

A teacher is an educator who helps students acquire knowledge, skills, and values.





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How to actively listen

The following steps are used in active listening:

- 1.Look at the person, and suspend other things you are doing.
- 2.Listen not merely to the words, but the feeling content.
- 3.Be sincerely interested in what the other person is talking about.
- 4.Restate what the person said.
- 5.Ask clarification questions once in a while.
- 6.Be aware of your own feelings and strong opinions.
- 7.If you have to state your views, say them only after you have listened.

Resume Builder 101:

- Resume for Teens: Start with a Header
- Resume for Teens: Add a Short Summary
- Resume for Teens: Think about the Qualities an Employer Wants
- Resume for Teens: Let Them Know You Can Be Counted On
- Resume for Teens: Emphasize Your Grades and Study Skills
- Resume for Teens: Leverage a Top Skills Heading/Section
- Resume for Teens: Proofread!

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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