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MAY 2025

STUDENT NEWSLETTER

Important Upcoming Dates

May 3- Eagle Day @ CNU

June 1- Summer Program move-in day

July 3- Summer Program move-out day

July 7-11- Summer trip to Chicago

STUDENT SPOTLIGHT

BEN GODDARD



Ben Goddard is a senior at Cherokee High School, and he has been in the Upward Bound program since his freshman year. At Cherokee High School, he is a member of the Beekeeping Club, Beta Club, A-Ga-Ta-Na-I, soccer team, swim team, and cross country team and will be graduating with the AP Capstone Diploma in May. He is attending Vanderbilt University this fall where he aspires to become a History Professor. Congrats, Ben!!



May is Mental Health Awareness Month



TIPS TO BUILD POSITIVE MENTAL HEALTH FOR STUDENTS

1. Work on developing your problem solving skills.
2. Focus on the present moment and apply some mindfulness activities daily.
3. Learn some coping skills to deal with stress and pressure.
4. Engage in regular self care (exercise, good sleep habits).
5. Don't be afraid to ask for help if you are struggling. Talk to someone.
6. Build your support network to increase connectedness.
7. Identify thinking errors in unhelpful thoughts.
8. Wake up each morning and practice some deep breathing.
9. Start doing things on your own. Develop your autonomy.





CAREER SPOTLIGHT

SOFTWARE DEVELOPER

Software developers research, design, and develop computer and network software or specialized utility programs. They may work with computer hardware engineers to integrate hardware and software systems, and develop specifications and performance requirements. They may also maintain databases within an application area, working individually or coordinating database development as part of a team.

[Click to view careeronestop.org video.](https://careeronestop.org/video)

Quick Facts	
2023 Median Pay	\$131,450 annually/ \$63.20 hourly
Typical Entry-Level Education Required	*Bachelor's Degree
Work Experience in a Related Occupation Needed	None
Projected yearly job openings, 2023-2033	\$125,100
Projected Growth (2023-2033)	18% (much faster than avg.)
Source: <u>U.S. Bureau of Labor Statistics Occupational Outlook Handbook</u>	



*Degree is needed in computer science, information technology, or a related field such as engineering or mathematics. About one-third of job postings require a master's degree or higher. Most 4-year schools have a relevant bachelor's program.



Central and Eastern TN Schools with Related Bachelors Programs

Austin Peay State University, Carson-Newman University, East Tennessee State University, King University, Lee University, Lipscomb University, Middle Tennessee State University, Milligan College, South College, Tennessee Tech University, Trevecca Nazarene University, Tusculum University, UT-Chattanooga, UT-Knoxville, University of the South, and Vanderbilt University.

COLLEGE SPOTLIGHT



TREVECCA

NAZARENE UNIVERSITY

NASHVILLE, TN

Trevecca Nazarene University is a private Christian university which emphasizes academic excellence, spiritual growth, and service. Trevecca offers 20 associate degrees, 81 bachelors degrees, and several graduate degrees.



Fields of Study: Art, Business, Communication, Criminal Justice, Education, Engineering, English, Exercise/Sport Science, Healthcare, Leadership, Mathematics, Music, Praise and Worship, Science, Social/Behavioral Science, Technology/Design, and Theology/Christian Ministry.

Enrollment Information

Undergrad Enrollment - 1825
Acceptance Rate - 63%
Average ACT Range - 18 to 24
Graduation Rate - 46% (4yr)
Student to Faculty Ratio - 22:1
Retention Rate-63%

Cost of Attendance

Tuition & Fees - \$31,300
Food & Housing - \$11,000
Average Net Price - \$14,928
Average Student Loan Debt After Graduation - \$27,535



Carley Bell 5/3

Kris Diaz 5/5

Andrea Ward 5/8

Jaden Stephens 5/10

Liam Minor 5/11

Hayden Long 5/15

Breanna Carroll 5/16

Kameron Byrd 5/20

Abigail Hupert 5/24


Jaden Hamby 5/27

Joshua Gibson 5/28

Chantel Roberts 5/28

Olivia Coffey 5/29

Megan Miles 5/30



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