

# Douglas-Cherokee UPWARD BOUND



Issue 89

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DOUGLAS-CHEROKEE ECONOMIC AUTHORITY



My name is Toni Young and I am a Junior at Scott High School. I have been in Upward Bound since my freshman year! I spent the summer after freshman year in the summer program at Carson-Newman University, which really opened my eyes on what Upward Bound could offer me. I then realized that Upward Bound was and is preparing me for the future. When COVID-19 hit in the spring of my sophomore year, I knew this would change the Upward Bound experience and the future of my education. And at that moment, I fully started to depend on

my Upward Bound Planner. During Quarantine, I lost track of days. With my UB planner, I had a full list of my classes, important due dates, and things I would honestly just forget about. I never knew when it was a school day or a weekend day. My planner helped me do exactly what I needed, Plan! It helped me so much! When shopping for school supplies, a planner was at the top of my list. And including the 2020-2021 planner, I'm using (and filling) two planners right now! If you don't have a planner, everything will always be a surprise. And not always a good one. Upward Bound is here to help us better plan for the future, a planner is only the start. I'm so thankful for all of the opportunities I have through Upward Bound. UB Rocks :)

—Toni Young, Scott High School.

**[www.trio-dcea.org/ub](http://www.trio-dcea.org/ub)**

# 10 School Organization

## Tips for Students

1. Get into a routine.
2. Set rules for yourself.
3. Write everything down.
4. Set your own deadline.
5. Don't multitask!
6. Use tools to stay organized.
7. Use a planner.
8. Take organized notes.
9. Color-code and label EVERYTHING!
10. Break down big tasks into smaller ones.

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**Fun Fact:** Did you know the phrase "Wearing your heart on your sleeve" may have origins in picking a valentine. Smithsonian reports that during the Middle Ages men would draw the names of women who they would be coupled with for the upcoming year while attending a Roman festival honoring Juno. After choosing, the men wore the names on their sleeves to show their bond during festivities.

# TRIO TUTORING SCHEDULE

TUTOR	MONDAY 5-7 PM	TUESDAY 5-7 PM	WEDNESDAY 5-7 PM	THURSDAY 5-7 PM	FRIDAY 5-7PM
Rachel Eldridge Meeting ID# 815 9140 9640	English 9-12	English 9-12	English 9-12	English 9-12	
Avery Carper Meeting ID# 819 4404 2467	Spanish 1 & 2	Spanish 1 & 2	Spanish 1 & 2	Spanish 1 & 2	
Siara Minton Meeting ID# 869 3891 1272		Bio 1 & 2 Chem 1 & 2 Gen. Sciences		Bio 1 & 2 Chem 1 & 2 Gen. Sciences	Bio 1 & 2 Chem 1 & 2 Gen. Sciences
Daniel Covington Meeting ID# 811 3305 2981	Alg 1 & 2 Geometry Calculus	Alg 1 & 2 Geometry Calculus	Alg 1 & 2 Geometry Calculus	Alg 1 & 2 Geometry Calculus	
Chelsea Daugherty Meeting ID# 881 0959 9954	Alg 1 & 2 Prob & Stats Pre-Cal SAILS	Alg 1 & 2 Prob & Stats Pre-Cal SAILS		Alg 1 & 2 Prob & Stats Pre-Cal SAILS	
Hunter Davis Meeting ID# 872 0978 5198		Alg 1 & 2 Geometry Calculus SAILS Physics	Alg 1 & 2 Geometry Calculus SAILS Physics		Alg 1 & 2 Geometry Calculus SAILS Physics

Students—make sure you take topics, classwork, assignments etc to tutoring with you. **It is very important for tutors to know what you are working on and what specific items you need help with.** If you have any questions, contact your Education Specialist in your high school.

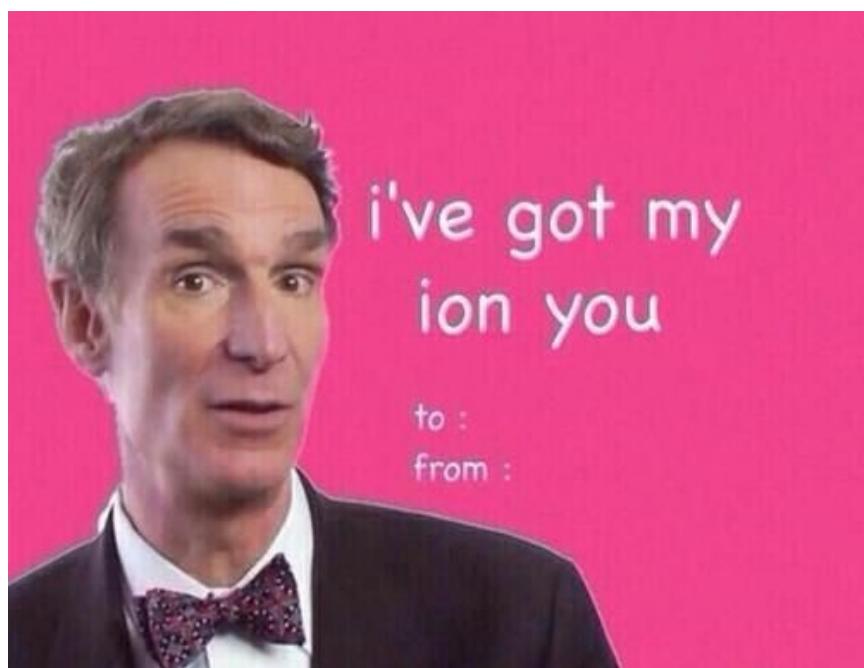
Refer to page 13 in the student handbook to see our tutoring policy. If you score below an 80% on a progress report or a report card in English, Math, Science, or Foreign Language you are required to tutor for at least 30 minutes a week for a period no less than 30 days. If grade has improved to an 80% or higher, tutoring will end.

**IF YOU ARE REQUIRED TO SIGN A  
TUTORING CONTRACT AND DO NOT GO  
TO TUTORING YOU WILL NOT GET THE \$40  
STIPEND BONUS**

# Remaining Eagle

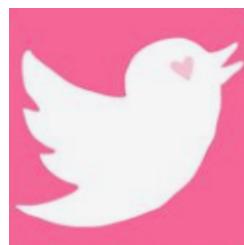
## Days

- February 13
- March 13
- April 3
- May 1



Be sure to follow us on our social media platforms.

Click the icons to follow us now!!



# WHAT CAN YOU DO WITH A PUBLIC HEALTH DEGREE?

A degree in public health can open up many job opportunities in medicine, education, law and more. Oftentimes, public health majors end up working for the government, hospitals and universities, among others.



## OCCUPATIONAL HEALTH AND SAFETY SPECIALIST

### MOST COMMON JOBS



- Median annual wage: \$67,720
- Common entry-level degree: Bachelor's degree & certification
- Likelihood that robots will take your job: 17%

## ENVIRONMENTAL SCIENTIST

- Median annual wage: \$69,400
- Common entry-level degree: Bachelor's/Master's degree
- Likelihood that robots will take your job: 3%

## HEALTH AND SAFETY ENGINEER

- Median annual wage: \$88,510
- Common entry-level degree: Bachelor's/Master's degree
- Likelihood that robots will take your job: 3%



### SPECIALIZED/UNIQUE JOBS



## PUBLIC HEALTH NURSE

- Median annual wage: \$57,321
- Common entry-level degree: Bachelor's degree in nursing
- Likelihood that robots will take your job: 6%



## EPIDEMIOLOGIST

- Median annual wage: \$69,660
- Common entry-level degree: Master's degree
- Likelihood that robots will take your job: 20%

## HEALTH SERVICES MANAGER

- Median annual wage: \$69,660
- Common entry-level degree: Master's degree & certification
- Likelihood that robots will take your job: 0.7%

### OTHER, NON-TRADITIONAL JOBS



## COLLEGE PROFESSOR

See article for job descriptions



## HIGH SCHOOL TEACHER

## SOCIAL WORKER



## PUBLIC HEALTH LAWYER

## PHARMACEUTICAL SALES REPRESENTATIVE

## ENVIRONMENTAL/HEALTH REPORTER

[Click here for more information!](#)

[www.trio-dcea.org/ub](http://www.trio-dcea.org/ub)



Tennessee Tech University is located in Cookeville, TN! Most of you have heard of Tennessee Promise, but have you heard of Tech Promise? The Tennessee Tech Promise is a scholarship that ensures more students have access to a Tech education. Now, one of the top universities in Tennessee that is recognized as having the best Return on Investment is within your reach. Tech promise is a last dollar scholarship if you qualify.

[Click here to read more about the Tennessee Tech Promise Scholarship!](#)

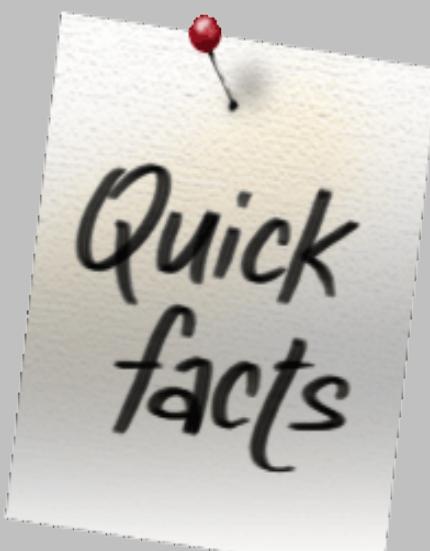
Watch this video to see how to apply to TTU!

[https://youtu.be/  
SKa1eakdYMK](https://youtu.be/SKa1eakdYMK)

A photograph of three female students in a laboratory. They are wearing white lab coats, safety glasses, and gloves. One student is in the foreground, looking at something off-camera, while the other two are slightly behind her, also focused on their work. Below the photo is a purple banner with yellow text.

*Tech is  
Test Optional*

You can get accepted for admission without ACT or SAT test scores.



- Undergraduate Students: 8,957
- Graduate Students: 1,183
- Average ACT score: 24
- Student to faculty Ratio: 18:1
- Freshmen retention rate for freshmen 77%.
- 6 year graduation rate: 54.4%

# 3Doodler Art

You guys are always blowing us away with your talent!!

Angelina Peruzzini shared this with us and we are amazed!! If you have made something you'd like to share with us, please do! We want to see your hard work!



# Meet the new Upward Bound Program Manager!!

Hello. My name is Kristi Coleman, and I am the new program manager for Upward Bound. I am very excited about working with all of the education specialists, staff and students who are a part of the Upward Bound program.

I started working with Douglas-Cherokee as an Afterschool Program tutor in 2012. I then became the site coordinator with Douglas-Cherokee's 21st Century Community Learning Centers program, and after that, I began working with the Teen Outreach Program (TOP®). After working with TOP®, I came back to the 21st Century program, and now, I am happy to be a part of Upward Bound.

I am a graduate of Tusculum University's Professional Studies program, where I received a Bachelor's in Applied Organizational Management and a Master's in Education with a concentration in Organizational Training and Education (OTE).

I truly enjoy working with students and hope that I can help them achieve their goals.





**CONTEST**

Newsletter contests

are back!!

The first student who answers the questions correctly wins!!

**Read the newsletter and find the answers to the following questions!**

- 1. How many planners does Toni Young use?**
- 2. How many days a week is tutoring offered?**
- 3. What is one of the most common jobs you can get with a public health degree?**
- 4. What is TTU's freshmen retention rate?**

Text the answers to 423-312-1561; The first 5 students with the correct answers WINS!

This month's prize = True Genius Puzzle Box

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#### More Fun Facts about Valentines Day!!

- ♥ About Valentine's Day Around 190 million cards are sent on this day making it the second most popular holiday to send cards after Christmas.
- ♥ If you include cards given at school and handmade cards, the number of Valentine's exchanged is estimated to be nearly 1 billion. Because so many students give cards, teachers receive the most cards of any profession.
- ♥ Around 85% of Valentine's cards are purchased by women. 73% of flowers are purchased by men.
- ♥ The oldest love poem is said to be written on a clay tablet by the Ancient Sumerians over 5,000 years ago.
- ♥ Around 36 million heart shaped boxes of chocolate will be given as gifts on Valentine's Day.
- ♥ Millions of pet owners buy gifts for their pets on this day.



Students are now able to sign up for the virtual summer program. Visit the UB student webpage at [www.trio-dcea.org/ubstudentpage](http://www.trio-dcea.org/ubstudentpage)

### Summer Program Dates:

Monday, May 24 through Thursday, July 1

#### 2021 Virtual Summer Program

Path 1	Path 2	Path 3	Path 4
Academic Classes Only May 24 through July 1 Stipend: up to \$180 <a href="#">MORE INFO</a>	Academic Classes + Work Study May 24 through July 1 Stipend: up to \$900 <a href="#">MORE INFO</a>	Bridge Program Only June 1 through June 25 Stipend: up to \$60 **Available to seniors only** <a href="#">MORE INFO</a>	Bridge Program + Work Study May 24 through July 1 Stipend: up to \$900 **Available to seniors only** <a href="#">MORE INFO</a>

- This summer, you can choose from 4 different paths. The formatting is much like the 2020 summer program.
- The deadline to apply is Friday, March 19, 2021
- [Click here for a summary of the Virtual Paths.](#) This may help you choose which path is right for you.
- [Click here for the 2021 Virtual Summer Program Q & A page.](#)
- [Click here for the 2021 Virtual Summer Program Student Handbook Addendum.](#)



**TRIO**

**[www.trio-dcea.org/ub](http://www.trio-dcea.org/ub)**