



## December 15th Quarterly Meeting



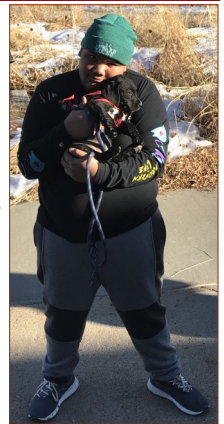
The Friends of Pets fundraiser was a howling success! The Sandoz Center was Santa Pet Central again this year for photos with Santa (Philip Bier-nacki). UB students did a fantastic job of walking and holding the nine dogs/puppies and one cat that were up for adoption. Lo and behold, Heather and Brad each adopted dogs! Heather signed the papers and took home Squirt, a 4 month old Chihuahua, and Brad adopted Linda, a 2 ½ year old Corgi and Chihuahua mix. It was so exciting and heart-warming to see our UB Academic



Advisors provide homes to pets in need. Thank you Heather and Brad!

Before the fundraiser, the Christmas Quarterly Meeting was held in the CSC Student Center Ballroom. Thirty-two students from Chadron, Crawford and Alliance arrived in a festive spirit and ready to spread good cheer. Tony Sanchez aced the “Identify that Christmas song” impromptu contest by naming the artist in the majority of songs played.

True, Emily, Kayla and London gave an informative and humorous power point presentation on their Philadelphia trip experience. This was True’s third winning Writing Workshop trip and she stated it was her favorite.



The students who went on the college campus tour to UNL, UNK, Hastings, Wayne, and Norfolk presented their thoughts and impressions of the five visits including the driving and direction prowess of Heather and Tearza. Mainly direction-impaired Tearza, but it was a joint effort.



Gift bags that included an embroidered CSC Upward Bound beanie were distributed during lunch. After lunch, students walked over to the Sandoz center to welcome owners and pets for the fundraiser. Good job Upward Bound! We’ll do this again next year!





**Heather Barry—Chadron H.S.**

The Chadron High School band had a killer Christmas concert on December 17<sup>th</sup> playing *Christmas Favorites, A Christmas Portrait, Still Still Still, and Bethlehem Triptych*. Our very own Kayla Schoeneberg had a clarinet solo which she rocked! Cloey Murdock played the flute and Mackenzie Butts played the clarinet. Great job band!

Besides the band concert, Chadron High was full of fun holiday festivities before Christmas break. The librarian created a Christmas tree of books and had students guess the number of books for a prize. Cardinal Singers went around town Christmas caroling. Doors were decorated for the holidays and judged by Student Council. The lunch ladies hosted an ugly sweater contest. And to top off the week of holiday fun before break, the whole entire staff and students filmed their annual Lip Dub! Check out the school website/blog page to see it!

Stay tuned for a musical production of Shrek featuring our very own Chadron High students! We wish all the students luck who tried out for a part in the musical.

"If you want to live a happy life, tie it to a goal, not to people or things."

Albert Einstein

# Academic Advisor Update

**Tearza Mashburn—Alliance H.S.**

Well, I hope everyone survived the holiday season. It is a blessing to be able to see all the good in our lives and how we touch others. I am very thankful for the time I was able to spend with my family. The weather held up through Christmas and made it easy on travelers. Santa was able to find my house and spoiled my children more than they needed. Let's take our blessings and relationships into the New Year and start with a bang.

With a New Year comes new paperwork to fill out. One of the most important applications to fill out is the FASFA. This is the government application for financial assistance to attend a college. This could have been done at the beginning of October, but it is definitely not too late. If you need help please come see me or Mr. Lanik.

Run!!!! Don't walk to Mr. Lanik's office. He has applications for numerous scholarships. Also, check out AHS Naviance Program for many more scholarships.

**Susan T Buffet Scholarship**

**American Legion Scholarships**

**NE NAHRO Scholarship – Alliance Housing Authority**

**WESTCO**

A gentleman was walking through an elephant camp, and he spotted that the elephants weren't being kept in cages or held by the use of chains. All that was holding them back from escaping the camp, was a small piece of rope tied to one of their legs.

Curious and wanting to know the answer, he asked a trainer nearby why the elephants were just standing there and never tried to escape. The trainer replied, "when they are very young and much smaller we use the same size rope to tie them and, at that age, it's enough to hold them. As they grow up, they are conditioned to believe they cannot break away. They believe the rope can still hold them, so they never try to break free."

The only reason that the elephants weren't breaking free and escaping from the camp was that over time they adopted the belief that it just wasn't possible.

**Moral of the story:**

No matter how much the world tries to hold you back, always continue with the belief that what you want to achieve is possible. Believing you can become successful is the most important step in actually achieving it.

**Brad Gaston—Crawford H.S.**

What fun to start a new year with new goals for the year, a fresh start on grades and a chance for a new start—how exciting.

Jan 9: FFA District CDE – Ag Ed Contest @ WNCC have fun FFA students I know you will do your best.

Boys and girls basketball have a game on the 4th, 11th, and 12th good luck play hard. The Panhandle Conference Tournament is on January 14th so go win the tournament.

Crawford wrestlers have matches on January 4th and the 12th -go pin them.

The Music Department is participating in Sing Youth of Nebraska what a great opportunity to sing with fellow Nebraskans.

What a great year we had with Upward Bound and we'll have an even a greater one coming up.

**HAPPY NEW YEAR!**

# New Year Resolutions for High School Students

While students might feel like they are returning to the same old grind after a fun and relaxing break, January is a time for new beginnings. The New Year presents an opportunity for students to evaluate themselves in light of their goals. Below are some great practices for students to keep themselves performing at their highest level:



## Put Grades First

If grades are your admissions officers' first priority (they are), then they should be yours, too. Make sure you prioritize your academic performance.

For most students, this means midterms or finals at the end of January. Take these tests seriously – they often have a huge impact on your final grade. When your teacher tells you what will be tested, give the list a quick run-through and identify the gaps in your knowledge. Start your studying there, and use any resources you have at your disposal. Whether it's organizing a study group, going after school to meet with a

teacher, or meeting with a tutor, do not be afraid to ask for help.

## Manage Your Time Better, and Sleep More

These two go hand-in-hand. High school students are busier now than ever, and there are only so many hours per day. Sadly, the first thing to be sacrificed during busy periods is usually sleep. This feeds a vicious cycle: a student stays up late to get work done, and then has less energy and focus the next day. The next day, the student's work takes longer to get done due to tiredness, and the student has to stay up late again. This continues until *maybe* the student catches up on sleep over the weekend – if they're lucky.

So how can you avoid this? Good time management. Set realistic deadlines for yourself, set aside specific times to work (with your phone away on "do not disturb"), and give yourself a bedtime. And remember – it's totally okay to ask for your parents' help to keep you on track. Some caring reminders from mom or dad can go a long way to keeping you on track, especially if they were your idea in the first place!

## Follow Your Passions – Especially in Extracurriculars

This one may sound cheesy, but it is good advice both for your own happiness and for college admissions. Colleges do not want to see a student who dips their toes in everything, or is a member of every club and team. They want a student who has authentic passions and pursues them to the max. It is better for both your own well-being and your college application for you to give 100% only to the things you love than to give 5% to twenty different activities when you only truly care about a few of them.

## Know Your College Prep Timeline and Evaluate Your Goals

While there is no one-size-fits-all timeline for when students should accomplish the various tasks necessary to apply to college, every student should have an idea of their short- and long-term goals.

Examples of short-term goals might include: get an A on my next Math test; achieve my goal score on the February ACT; help my club fund raise for a charity event this weekend.

Examples of long-term goals might include: improve my GPA to X; perform my very best on the SAT or ACT; become president of X club.

You can see from these examples how short- and long-term goals play into one another. If you want to raise your GPA, then in the short term you should work towards each A individually. If you want to become president of a club you care about one day, then you should work to put in the best effort you can to help the club achieve its goals.

January is a great time to take a step back and think about your goals, no matter where you are in high school. Start big – where do you want to go to college, and what will it take to get there? If you don't know where specifically you want to go, think about different tiers of schools. Once you have an idea of the grades and scores it will take to get there, set short-term goals to help you reach those big objectives.

## Believe in Yourself

January is a time for hope. Be optimistic and confident that you can achieve the goals you set for yourself. Be honest with yourself about what you want to achieve and the work required, and you will be in a great position to achieve your goals.



1/13—**Tilie Vaughn**

1/21—**Talen Huggett**

1/23—**Hanna Jacob**

**March 22, 2019**

**College Campus Tour**

South Dakota School of Mines—Rapid City

Black Hills State University—Spearfish.

## **TIP OF THE HAT**

**Kayla Schoeneberg** – rocked her clarinet solo at the Chadron High Band Concert!

**CHS Girls and Boys Basketball Team**—for winning the George Watson Rotary Holiday Tournament with **True Thorne** scoring points for the girls team!

**CHS InterAct group**—for donating over 50 coats to our community!

**UB students**—took great care of the Friends of Pets dogs and cat during the fundraiser, and represented CSC Upward Bound in a positive light!

**Heather Barry**—for giving “Squirt” a forever home and a puppy for Mayley, Rylan, Averielle and Mitch!

**Brad Gaston**—for giving “Linda” a forever home and someone for Dude to play with— and Diane a new BFF!

**Friends of Pets**—for finding find safe and loving forever homes for animals in need. Luva, (Border Collie) and Bernadette (Linda’s sister) found homes one week before Christmas. Yay!

**HAPPY NEW YEAR UPWARD BOUND!**

It’s going to be a successful year!!



## **Riley Ambrose - January Student of the Month**



**Riley Ambrose** is a freshman at Chadron High School. He is a single child, but has two cats and one dog. Riley’s favorite class in school is Math. He has liked Math ever since 3<sup>rd</sup> grade and plans on joining the Chadron High Math Club this semester. Riley would like to pursue his passion in Math by attending South Dakota School of Mines & Technology and possibly becoming a Math teacher in the future.

Outside of school, Riley enjoys playing Chess and video games. When asked about Upward Bound, Riley wanted to tell everyone, “Do SAKAI! It’s easy money!” (And he’s correct!)

“Riley is an outstanding student. He strives to do his best on everything he does. He takes the time to get to know his teachers and works hard in his classes. He has been a great addition to our Upward Bound program, and I look forward to him becoming a leader for us in the years to come!”

– Heather Barry, Academic Advisor