



December 4th Quarterly Meeting—Friends of Pets

The Friends of Pets fundraiser was a howling success! After missing last year's event due to COVID, we were glad to be back in action! Bomgaar's was Santa Pet Central this year for photos with Santa (George Mohler). UB students were extremely helpful in getting the event set up and carrying animal cages in for Charis with Friends of Pets. Our students also did a fantastic job of walking and holding the few dogs and



numerous cats/kittens that were up for adoption. Katelyn and Jamie were superior at their job of taking down customer names and contact info. Aisha tried to sweet talk her dad into adopting a dog, but no luck this year!

Students were treated to a picnic lunch of Subway in the Bomgaar's parking lot—(Hey sometimes you gotta do, what you gotta do.) but fun was had by all!

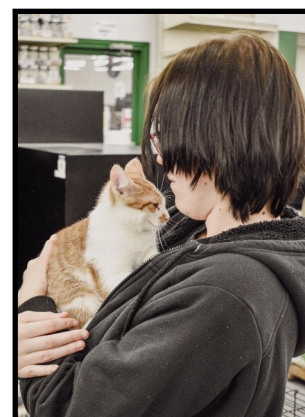


At the end of the day, students were given their Christmas gifts from Upward Bound which consisted of an Upward Bound backpack full of games and candy!



For those students that attended this event, this is a great thing to include on your resume and college applications as volunteer work/community service.

For those students that were unable to attend this event, please log in and complete your SAKAI assignment so we can get you your backpack and goodies!





Academic Advisor Update

Kevin Coy Jr.—Chadron H.S.

January 13- Transition to College *Juniors and Seniors Only*

January 14 -B&G Wrestling @Ogallala, B&G Basketball vs Alliance

January 15- Girls Wrestling @ Chase County, Boys Wrestling @ Gothenburg

January 21- B&G Basketball @ Gering, Girls Wrestling @ Hemingford, Boys Wrestling vs Multiple Schools @ CSC NPAC

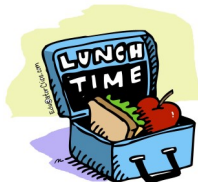
January 22- B&G Wrestling vs. Multiple schools @ CSC NPAC, B&G Basketball @ Gordon-Rushville

January 26 – FCCLA-District STAR Competition

UB CHS January Upcoming

Events:

Thursday, January 20th
Lunch Meeting



Kevin Coy Jr.—Alliance H.S.

January 13- Transition to College *Juniors and Seniors Only*

January 14- B&G Basketball @ Chadron

January 15- Wrestling vs. Multiple Schools @ Gothenburg, Girls Basketball vs. Lexington

January 16- 2022 The Spartans Sign-up

January 17- 2021-2022 Archery; Boys Basketball @ Hot Springs

January 18- B&G Basketball @ Gordon-Rushville, Federation Wrestling

January 20- 9th Grade B&G Basketball vs. Mitchell

January 21- B&G Basketball vs Ogallala

January 22- Wrestling Tournament @ Chadron

January 25- Wrestling @ Sidney

UB AHS January Upcoming Events:

Wednesday, January 19th—Lunch Meeting in Mr. Coy's room

COVID-19: Alliance Public Schools recently updated the COVID-19 Dashboard at this time there are 0 active positive cases in the High School. Please continue to monitor the APS district dashboard moving forward this school year!

Brad Gaston—Crawford H.S.

Basketball, basketball, and more basketball is what we are doing at Crawford Public Schools. January 13th games are at home against Guernsey Wy. then the 14th in Hyannis at 4 pm. The Panhandle Conference tournament is January 17th thru the 22nd— location and times not yet set. Girls only basketball is on January 22nd with Hemingford and then both boys and girls teams play Morill on January 28th.



Wrestlers have matches on January 15th, at Chase County and then again on the 22nd at Chadron . They have a Quad meet at Hay springs on January 25th.

FFA has State Degree Interviews on January 29th.

The ACT sign up deadline is quickly approaching. Get signed up if you haven't already.

Also, cold weather is upon us! If you are need of a coat there are programs to get you one. See Mr. Gaston for more information.

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.



1/21—Talen Huggett

1/28—Austin Betancud

"I LOVE BEGINNINGS. IF I WERE IN CHARGE OF CALENDARS, EVERY DAY WOULD BE JANUARY 1." —JERRY SPINELLI

TIP OF THE HAT

Amber Yellow Horse—accepted into Stanford University and recipient of the Quest-Bridge’s 2021 National College Match Full Four Year Scholarship!!

Emma Peters—placed 3rd and PR’d in the 200 yd breast stroke at her swim meet and received an *Outstanding Performance* award at One Act Districts

Ty and Wyatt Brady, Kyra Kubo, and Trinity Bannan— Summer 2021 Essay Contest Winners headed to Breckenridge, CO this month for an amazing ski trip!

Hayes F, Talen H, Tristin J, Jacob R, and Madi S—for obtaining straight A’s for the Fall 2021 semester!

Trinity Bannan - obtained her first job!

Ayla Kephart—completed her first job application and interview!

Chadron High Boys & Girls Basketball Teams—Rotary Holiday Tournament Champs



Leah Weber - January Student of the Month



Hometown: Chadron, Nebraska

School/Grade: Chadron High School, 12th grade.

What is your favorite class? -“My favorite class was Mr. Bradley’s Trig class because I learned that I can accomplish anything when I put my mind to it.”

What is a goal that you want to accomplish this year? -“I want to graduate and have a college picked out.”

What are your hobbies? -“I like to read and color.”

What is your favorite part of Upward Bound? -“My favorite part of Upward Bound has been the people I have met and seen grow into what they are today.”

Where do you want to go to college? - “I have been accepted into Hastings College, Union College, Morningside University, University of Nebraska Omaha, and I have applied to Bryan Health and Sciences. I am still weighing my pros and cons.”

What do you want to be when you graduate High School? -“I want to go to college to get a better education for myself and I can show my sister that she can do it.”

What activities are you a part of? - “I have been a part of One Acts, Musical, and Track.”

What piece of advice would you like to leave for your fellow Upward Bound students? -“I want to say to everyone that I have met in Upward Bound or in other activities, thank you, and I also want to say that Upward Bound shouldn’t just be a check that you get for the month. It should be an experience that you take with you for the rest of your life. A motto to live by is, “Don’t take life for granted. Take it as it is and live today not tomorrow.”

Student Quote—“Thank you Kevin for choosing me for the student of the month! I know that I was a pain in your butt last year, but I want to thank you and Heather for kicking me in the butt to get where I am today!”

Teacher Quote - “Leah Weber discovered that she is very capable of doing many higher level tasks. She also discovered that she is blessed with many abilities that some others don’t possess, found out the way she learns challenging material and realized that even when certain activities in different classes are easy for you, it is important to learn the process that you use to achieve success. As she has challenged herself with more difficult classes, she has discovered that learning techniques to help herself, organization and preparation are all important in providing her with the best chance for success. Leah also found that asking for help because you don’t understand something is not a weakness but a great way to help you become more successful.” **Vic Bradley, Math & Science Instructor at CHS**