



New Year Resolution Ideas for Students

- **Improve time management:** Organize your weekly schedule with dedicated study, work, and leisure hours. Aim to establish this routine within the first month of the year.
- **Enhance study habits:** Dedicate at least two hours each day for focused study sessions and review your learning weekly.
- **Maintain a consistent sleep schedule:** Aim for 7-8 hours of sleep each night.
- **Set clear academic goals:** Identify specific GPA or grade targets for each course by the start of the semester and review your progress bi-weekly.
- **Increase class participation:** Participate in class discussions or ask questions at least once per week throughout the semester.
- **Expand professional network:** Attend at least two networking events or join a relevant club each semester to build new connections.
- **Pursue internship opportunities:** Apply to a minimum of three internships related to your field of study each semester.
- **Improve physical health:** Engage in physical activity for at least 30 minutes, 5 days a week.
- **Prioritize mental health:** Dedicate at least 15 minutes daily to stress-relief activities like meditation or journaling.
- **Cultivate new skills:** Spend at least an hour per week learning a new skill or language, with progress checks every three months.
- **Reduce procrastination:** Put your phone on silent, and leave it in a different room when you want to study.
- **Read more non-academic books:** Read at least one non-academic book per month.
- **Advance your public speaking skills:** Join an improv or public speaking group and attend their meet-ups regularly.
- **Explore cultural activities:** Attend at least one cultural event or activity on campus each month to broaden your perspectives.
- **Curb screen time:** Set technology-free days every month, or leave your phone at home when you go for a walk.

New Year's resolutions are not just about making wishes; they're about creating actionable plans for self-improvement.



Academic Advisor Articles

Brad Gaston, Crawford High

Happy January!

We have had some nice weather so far, but we know it's Nebraska, so that couldn't last all winter.

Both of the basketball teams are looking very good, along with the wrestlers. We have a lot of home activities in the month of January.

Boys' and girls' basketball at Guernsey-Sunrise on January 11th.

Wrestlers are at Chase County on January 13th for a multiple team meet.

Then they are at Chadron State College, on the 20th, for one of their biggest meets of the year.

Both of the basketball teams are at home on the 23rd for a game against Hay Springs.

Wrestling quad at Morrill on the 25th.

The two basketball teams are at home against Hyannis on the 26th, and the wrestlers on go to Mitchell that day for their match.

On the 27th, the basketball teams play at home against Potter-Dix.

Crawford has their own Triangular wrestling match on the 30th.

January is National Mentoring Month—a month committed to acknowledging mentoring and its impact on people's lives. If you are not part of the TeamMates program, reach out to Mr. Gaston for more information.

Shout out to the Crawford High Wrestlers and UB Participants—Wyatt Brady, Paden Morava, and Aaron Walden. Keep up the great work!

And to everyone—may 2024 be your best year yet!

HAPPY
NEW
YEAR

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Kevin Coy Jr., Chadron High & Alliance High

Welcome Back, UB Fam!

Welcome back to another exciting year/semester!

We hope you have had a fantastic break and geared up for an amazing semester ahead! This semester promises opportunities for growth, learning, and making unforgettable memories. Here is a glimpse of what is in store for you...

A welcoming environment ready to embrace your unique talents and perspectives. Let's continue building upon the friendships and experiences that make Upward Bound a great group.

Exciting Activities: Get ready for a semester packed with exciting events, Spring College Tours, Lunch, and Quarterly Meetings. I am most excited about our Summer Program! Tons of extracurriculars are ready for your commitment. Whether it is joining a sports team, exploring your artistic side, or engaging in community service, there is something for everyone. #justdoit

Support and Resources: We want to ensure the success of everyone this semester. Please take advantage of these services. Scholarship opportunities, Photo Study, CSC Canvas login information, etc. we are here to assist you in your journey Upward. Remember, each of you contributes to the vibrant tapestry of our program. Your unique perspectives and talents enrich our group, making it a better place for everyone.

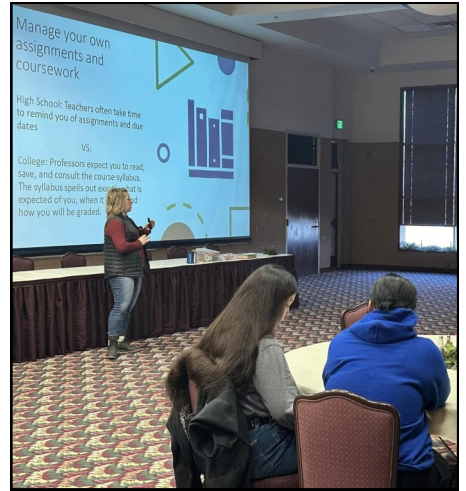
I'm Looking forward to a successful semester!

Tip of the Hat:

- Nyeli B.- Out for Wrestling
- Jayla G.-Placed 4th in Wrestling meet
- Ashlyn H. - Obtained a job at Dollar General
- Makiah C.- Got her Driver's license
- Carter P.—Outstanding times at his last swim meet

Upward Bound December 2023 Quarterly Meeting

On Saturday, December 8th, Upward Bound hosted their December Quarterly Meeting aka “Transition to College Day”. A variety of speakers came in for the day and shared with us a wealth of knowledge about college and all that it entails. First on the agenda was Chantel Merchen, the Director of Academic Success at CSC. She presented on Navigating the College Experience.



Next up, was Gabi Patterson, the Assistant Director of Admissions at CSC, with information on Applying to College.



Carrie Sayaloune, the START Assistant Director at CSC, gave a great presentation on Financial Aid. Chris Miller, the Associate Director of Housing and Residence Life, shared with us information on Housing and Student Life on Campus.



Chelsea Turner, a Licensed Student Counselor at CSC, gave an outstanding presentation on the Social Emotional aspect of transitioning to College and Mental Wellness.



Additionally, we had a panel of CSC Students who shared what it's really like to be a college student. It was a phenomenal day! Our Upward Bound students were engaged and had some great questions!



UPCOMING UB EVENTS

**Wednesday, January 17th—Alliance High
Lunch Meeting**

**Wednesday, January 17th—Crawford
High Lunch Meeting**

**Thursday, January 18th—Chadron High
Lunch Meeting**

**Saturday, February 10th—Quarterly
Meeting at Chadron State College**

**Tentative—April 9th & 10th —Spring
College Campus Tours to Mid-Plains
Community College in North Platte and
NE College of Technical Agriculture in
Curtis**

**Saturday, April 13th—The BIG Event at
CSC**

**Tuesday, May 28th —Check-in for
Summer Upward Bound Program**



20th—Rueben Sanchez

21st—Chloe Humphries

22nd—Dani Cole

22nd—Sivia Acosta-Marquez

22nd—Sarita Gomez

29th—Jayla Grant

30th—Vaughn Hinrichs

Haley Horan—January Student of the Month



Haley is a sophomore at Crawford High School. This is her second year in Upward Bound. Haley is very outgoing and gets involved in all the activities that she can. She enjoys volleyball, but her true love is running, which makes track her favorite sport. In the off season, you will see Haley running to stay in shape. She also enjoys cooking, especially with her mom and grandma.

Haley is an active Upward Bound participant, checking in with her Academic Advisor on a regular basis, attending Quarterly Meetings, and college tours. She is particularly excited about the spring college visits to Mid-Plains Community College and NE College of Technical Agriculture.

“I have not seen many students who are as organized and willing to listen to advice as Haley. She uses these qualities to improve in school, as well as becoming a better person. It has been a joy to watch her mature and grow over the last couple of years.” - Mr. Snitily, CrHS Math Teacher

“Haley is always willing to step up and offer help whenever needed.” - Ms. Koerber, CrHS Ag Teacher

“Haley always lends a helping hand. She is a great assistant in our summer cooking class and anything else we need help with. She is an asset to the Upward Bound program.” - Mr. Gaston, UB Academic Advisor