



UB Quarterly Meeting



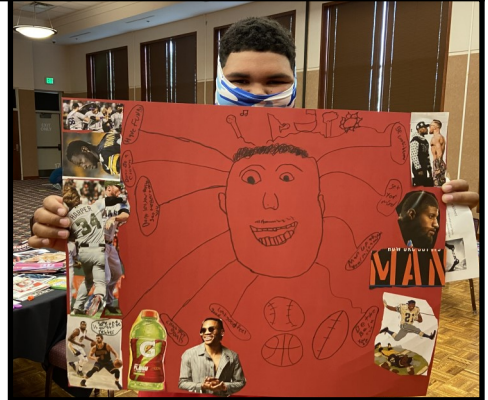
It was a beautiful day for the quarterly meeting at the CSC Student Center on September 26th. Kevin Coy kicked off our meeting with a fun game of Kahoot! Tony Sanchez, Liz Chase, Emma Peters, and Zailey LeBlanc walked away the grand champions of Kahoot!



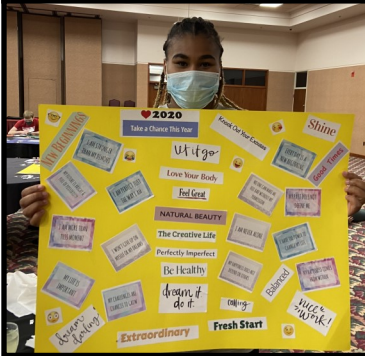
The day continued as the topic of Goal Setting and Vision Boards was presented by Davina Borges, local therapist at Pathways to Wellness.



Ms. Borges had students participate in an interactive conversation about what goals were, how to set SMART goals, and a discussion of the personal goals they all had. Many students offered up goals of becoming a traveling nurse, obtaining their PhD, becoming a professional photographer, and maintaining their 4.0 gpa.



Following lunch, UB staff organized a Vision Board workshop. Vision boards are amazing tools to help create a vision for oneself and make your vision happen right before your eyes! You know the saying "a picture is worth 1,000 words"? Well that is the whole idea with a vision board.



Students were offered materials including poster board, magazine images, positive quotes, glue sticks, markers, etc. and were given the freedom to express their goals through a vision board.

Our students did a fabulous job bringing their visions to life on their boards! The meeting concluded with new UB sweatshirts for everyone!

Our next group meeting will be the College Fair on Saturday, October 17th, 10 a.m. at the National Guard Armory in Chadron. College reps from EWC and WNCC will be on site, as well as opportunities for virtual college tours of other campuses such as BHSU, USD, UNK & others.





Academic Advisor Update

Kevin Coy—Alliance H.S.

My A-Town students you rock! Please be sure to continuously check the COVID-19 Dashboard as it is subject to change it is located on the AHS website for updated status of all buildings. All future positive cases will only be posted there. PPHD will contact anyone who has been in close contact from their investigations.

Alliance sports teams has been doing well and competing at a high level. The week of September 28th was homecoming week, students showed their school spirit by participating in Homecoming festivities throughout the week. The Wednesday before the big game, the annual Mini Olympics was held, students and faculty had a blast competing against each other. I was glad to partake in this fun event! All of the activities throughout the week lead up to the homecoming football game versus Scottsbluff followed by the homecoming dance which has been moved to October 10th.

Students please mark in your calendar, Monday, October 19th, Upward Bound will be hosting a parent night in the AHS library from 6-8pm, dinner will be provided. Due to COVID-19 students can only invite one parent to this event, so come out and learn about us and what we do as a program. Can't wait to see you all there!

Alliance Seniors Virtual FASFA Completion Day is October 8th, please come see either me or the two school counselors (Mr. Lanik or Mrs. Willard) for more info! It will only take a few minutes, please call EducationQuest at 800-666-3721 and schedule an appointment ASAP!

Sept. 10th- Golf @ Mitchell, VB@ Bridgeport

Sept. 11th- FB @ GI Northwest, Boys Tennis @ North Platte

Sept. 12th- 2020 out of Darkness, Cross Country @ Chadron, Boys Tennis @ North Platte

Sept. 14th – College Fair, 2020 National Honor Society Induction Ceremony

Sept. 15th- Golf @ Gering, Boys Tennis @ Scottsbluff, VB team Dinner, SB @Chadron

Kevin Coy—Chadron H.S.

Chadron students you all are awesome! Stay up to date by checking the COVID-19 Dashboard on the CHS website for updated statuses on campus. All future positive cases will only be posted there. PPHD will contact anyone who has been in close contact from their investigations.

September was a month full of fun. I was impressed by the students showing their school spirit during Homecoming week, students participated and showed their school spirit each day of that. Which all lead to the football team suffering a tough loss to Mitchell High. It was nice to see one of our own (Tony Sanchez) get a chance to show off his talents.

I am extremely proud of both Ayla and Quinten for earning roles in the upcoming One Act Play "The Perfect Ending" CHS is putting on. They have been diligently working and preparing for their roles and I can't wait for them to show us all.

Mark it on your calendar, Thursday, October 15th, Upward Bound will be hosting a parent night on the CSC campus from 6-8pm, dinner will be served. Due to COVID-19 students can only invite one parent to this event, so come out and learn about us and what we do as a program. Can't wait to see you all there!

Chadron Seniors Virtual FASFA completion days are October 5-7th, please come see either me or Mrs. Watson (school counselor) for more info!

Brad Gaston—Crawford

Wow, it is October already! Upward Bound has had two lunch meetings and a quarterly meeting. I hope your student has attended these very helpful meetings as it is part of participating in UB.

Volleyball is working hard and has two matches coming up. October 3rd they face Morrill and Creek Valley at Morrill. October 5th they verse Hemingford and then play Sioux County on October 9th. The volleyball conference tournament is in Crawford on the 17th.

Cross Country girls are running great. Their next meet is in Sidney on October 8th and then Districts are on October 15th, in Bridgeport.

Football team is in action on October 9th at Sioux County, then go to Cody Kilgore on the following Friday.

Parent Teachers Conferences are on October 20th and 22nd.

Red Ribbon Week starts on October 26th.

Apply to college days are October 29th and 30th.

Fall Must-Do's for High School Students

The start of the school year provides a clean slate – so brush off last year if it wasn't so stellar or build off of it if it was particularly spectacular. Either way, you've got a few things to get done – so get started now!

High School Freshmen

As you walk through the doors of your new high school, the farthest thing from your mind is most likely stepping foot on a college campus for the first time. But it's going to happen, and four years goes by pretty fast – just ask the upperclassmen. In light of that, do just a few things to establish a firm foundation as a high school student. This might be obvious, but work hard and stay attentive during class. The goal for sophomore year is to start honors classes so push yourself and get used to the pace of high school learning sooner rather than later. Experiment with extracurricular activities. Chances are your high school has way more extracurricular opportunities than your middle school. Take advantage of this and attend informational sessions or inaugural meetings to see if a new club or organization might be of interest. The more extracurricular activities on your resume, in addition to an awesome GPA, shows colleges that you're ready for the time management demanded of college students.



High School Sophomores

Last year was a learning experience for you, and you either learned from mistakes or discovered that you've got it all figured. This year, capitalize on those lessons learned through participation in class, diligence in homework and commitment to extracurricular activities. But give equal importance to the elephant in the room this year: the start of standardized testing. While it's not required of you to take the ACT this year, it is always a good idea to take it as a practice run. These tests can help determine a lot for you, like which is best suited for your college applications. Some students perform better on the SAT than the ACT and vice versa, and these tests are indicative of which will paint you in the best light. In addition to the practice you'll no doubt do in the classroom, prepare on your own as well, i.e. start taking practice tests now.

High School Juniors

You would think that the senior year would be the most scrutinized during the college admissions process, but you would be wrong about that. Admission officers are really looking at the junior year. After all, when you submit your application as a senior, they only have a few months to look at; whereas the junior year provides a bigger, better picture. This first semester, focus on the SAT and ACT. Start practicing with sample tests. Read literary classics for reading comprehension and for examples to draw from in your writing prompts. And on that note, write – a lot. The more you write, the better it gets. Journal each day – or just write letters to friends. Either way, practice, practice, practice. Begin compiling a list of colleges you're interested in, if you haven't already. Throughout the semester, research these schools online, and it's not too soon to even check out some of these campuses in person. Also, make sure you have a little variety to your list. Don't pick five schools that you "might" get into. Pick a school that is a reach for you as well as a school that's a "sure thing." Fill in the rest of your list with colleges that fall in between those two.

High School Seniors

OK, high school juniors have a lot of work to do, but that doesn't mean you're off the hook. At this point in the game, you need to give yourself that list-minute boost that enables you to stand out from the rest of the applicants. That means performing better than you ever have in classes and being a proven leader through your extracurricular activities. Though you've done a lot of the foundational work during your high school career, now is the time to shine. Make campus visits to the schools you really love. Show them your high level of interest by sitting in on a class, meeting with an admissions officer and even staying overnight in one of the dorms. Admission officers aren't just looking at grades and SAT scores at this point; they're also looking for committed students. Finally, get organized with your applications. Deadlines occur as soon as October so reach out to teachers for letters of recommendation now. Find essays that accurately reflect your writing style or begin working on a designated college application writing sample. Put the finishing touches on your visual arts portfolio if you have one. Essentially, make sure you have every component, and that it has been looked over with a fine tooth comb to ensure that admission offices are receiving a perfect application from you. And for everyone out there, regardless of your grade level in high school, begin your scholarship search now! Don't wait until spring semester of your senior year. There are plenty of scholarships with deadlines in the fall, and remember, it's never too soon to start your scholarship search.



TIP OF THE HAT

Jillian Brennan placed 3rd for the Small Schools Varsity Cross Country in Gering on September 4th

Chadron Girls Cross Country, including our very own Mackenzie Anderson ranked 1st in the latest NXCCA Poll

Emily Beye—Chadron High School Homecoming Queen Candidate

Alexis Two Bulls—working hard in volleyball

Andrew Two Bulls, Aisha Corral, & Alexis Two Bulls—obtained a part in the Crawford High One Acts

Talen Huggett, Hayes Frahm, Andrew Two Bulls, and Wade Riggs—outstanding effort on the football field

Lady Cardinal Cross Country Team—continuing their season dominance with a win at the Ogallala Invite on September 24th

Ayla Kephart— earned a part as ‘political woman’ in the Chadron High One Acts Play

Quinten Hallsted— earned a part as a ‘shiner’ in the Chadron High One Act Play

Connor Schmidt—took the ACT and received an outstanding score

Alex Williams-Hardy—improved his cross country time

10/1—Emma Peters

10/10—Kyra Kubo

10/24—Ayla Kephart

10/25—Taizah Floyd

10/26—Riley Picket Pin

Success is falling nine times and getting up ten.

Jon Bon Jovi

—Ayla Kephart—October Student of the Month



Ayla is a junior at Chadron High School. She recently earned a role in One Act Play “The Perfect Ending” as one of the political persons. One of her goals for this school year is to pass her more difficult classes.

After she graduates high school, she plans to attend WNCU and transfer to the University of Advance Technology in Tempe, Arizona, where she will study to become a Data Scientist.

She is the oldest out of her two half siblings and has a pet dog named Diesel. Her hobbies are reading, watching YouTube videos and listening to music. An extracurricular activity that she is a part of is the One Acts, but is looking to expand her involvements by joining Speech and Musicals at CHS. Ayla is enjoying being a part of UB and all of the cool aspects that comes with her participation.

“Ayla has shown great ambition in and out of school, from earning a role in the CHS One Act play to having outstanding grades! Keep up the good work!” - Kevin Coy, Chadron High Academic Advisor