TRIO
UPWARD BOUND

December 2020

IMPORTANT DATES:

- December 17th - Check In Game Night
- December 18th - Hanukkah
- December 21st - Winter Break Begins for Salt Lake and Granite School Districts
- December 24th - Christmas Eve
- December 25th - Christmas
- December 26th - Kwanzaa
- December 31st - New Years Eve

HAPPY HOLIDAYS!

Hello and Happy Holidays from us at Upward Bound! Whether you celebrate Christmas, Hanukkah, Kwanzaa, or another festive holiday, we hope that this is a time of health, family, and celebration.

Please take care of your own health and safety as well as the health and safety of your loved ones. Limit unnecessary contact with non-household members this holiday season, and please follow social distancing, self quarantining, and sanitary guidelines if you are spending time with extended loved ones.

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Care Package
Later this month, we will be sending all Upward Bound students a holiday care package and some swag!

The care package will include a Trio beanie, a mask, and hand sanitizer. Let's all keep warm and stay healthy together this holiday season!

Nucleus Robotics
Thank you to those who are interested in participating in the Nucleus Robotics program for Spring 2021! We can't wait to participate in this activity with all of you. If you have signed up for Nucleus Robotics, your robot will be shipped to you around Christmas/New Years. We will notify you when they are expected to be delivered!

Seniors, while you are not participating in Nucleus Robotics, we have college prep sessions/activities planned for you! We will keep you updated and send more information as the time gets close.

Check In Game Night
On Thursday December 17th from 3pm-4pm, we will be having another check in game night. If you are available, please join us for a mental health check in and a game so that we'll all be able to see each other during the holiday season!

Seniors
Reminder that if you need assistance with FAFSA, Scholarships, and College Applications, we are available and happy to help. We can also pay for college applications. Please reach out to us via email/phone/groupme if you need any help completing or paying.

New Year Goals
A new year comes new opportunities for growth! With 2020 being a year of stagnation and self discovery, we can now use what we've learned of ourselves in 2020 to find ways to improve ourselves in 2021.

When setting your goal, it may help to follow the steps of SMART. Keep your goal Specific, make sure it’s Measurable, have it be Achievable, make it Relevant, and have a set Time to work/accomplish your goal. By planning and creating real pragmatic goals for ourselves, we're confident that 2021 will be a year of personal growth and achievement.