The New Year is a great time to reflect on the changes we want to or need to make. If you’re a student looking at ways to improve yourself and make the transition to college easier here are a few helpful hints to start your journey.

Commit yourself to getting good grades.

Keep a calendar. Deadlines creep up quickly and colleges, scholarships, federal aid, and standardized testing services (SAT/ACT) are not going to be sympathetic to any excuses you have about missing a deadline. If you miss a deadline, you will miss an opportunity.

Take your standardized test early. Taking the test early will also allow time to take a test prep course if necessary.

Be excited about going to college. Wherever you go to college, you’re going to meet new people, learn new things, and have a great time. That’s reason enough to be excited about attending a school that fits for you.

Have goals, if you don’t already. The happiest people wake up every day to clear-cut goals, short-term and long-term, that involve building relationships with others, making a difference in the lives of others, and making the space you inhabit a bit kinder and brighter.

Let this coming year be better than all the others. Vow to do some of the things you’ve always wanted to do but couldn’t find the time.

The staff of Upward Bound would like to wish you a Happy Holiday and wonderful New Year!

Stay focused and get busy…

Love, Ms. Nita

Holiday Party!

The 2016 Upward Bound Holiday Party was held on December 17th at Binghamton University. We had a great time seeing old friends and checking out the Upward Bound yearbook. There were games, gifts, good food and great memories!
The 2016 Upward Bound Holiday Party was a great time to catch up!
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Keep up with us on Facebook for updates and reminders!
BU Upward Bound