



KENNESAW STATE
UNIVERSITY
PAULDING SITE

KSU TRIO PROGRAMS

December Newsletter



Managing Winter Stress

The winter season is a beautiful time with white blankets of snow on the ground while enjoying hot chocolate by the fire place but with the cold and hectic holiday's there are a lot of stresses. Between juggling school, work, holiday preparation, travel and more these times can become over whelming. Especially when you add in the fact we are living through a global pandemic. It is important to understand how to manage your stress. Maintaining a healthy lifestyle will help during these times. Surround yourself with loved ones, stay organized, stay active, and be kind to yourself.



5 Easy Tips for Reducing Holiday Stress

Exercise - Physical activity produces endorphins. This will improve sleep, reduce stress, increases self-confidence, and improves mood.

Prioritize - Getting organized and putting a stop to procrastination will reduce last minute scrambling. Make sure that your organization extends into multiple areas of your life.

Find a Healthy Distraction - Take time and find a new hobby or activity you enjoy doing. Some examples of this could be listening to music, taking a walk, yoga, sports, and reading.

Relax - Take a few minutes out of your day to practice mind-body activities like meditation, and breathing exercises,

Self Compassion - Self love and developing self-compassion helps reduce stress, anxiety, and depression. It is important to treat yourself with compassion and kindness.



Virtual College Application Event



QR 1

All Metro Atlanta High School Seniors can apply to colleges and universities from around the country for free if you attend this event. See what schools will be in attendance by scanning QR Code 1.



QR 2

Apply to attend by scanning QR Code 2.

Wednesday December 2, 2020
from 6 p.m til 8 p.m

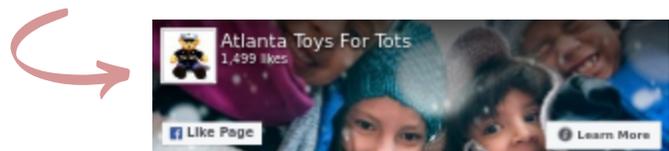
Giving Back to Your Community

Georgia has the 5th highest poverty rate in the United States. One in four children in this state are living in poverty. Volunteering and contributing to society can help in the fight against this community issue and much more. Giving back to your community can make an everlasting impact on people, strengthen society, improve your health, build connections, build your resume, and allow for skill improvement.

Atlanta Community Food Bank - Their mission is to end American hunger, help them on their mission by volunteering, clicking the link below



Toys for Tots Atlanta - Serves thousands of people during the holiday season by collecting money and toys for children. Learn more by clicking here.



Peppermint Oreo Balls



Ingredients

- candy canes finely chopped
- brick cream cheese, softened
- 36 OREO Cookies crushed
- Melted Chocolate

Directions

Step 1- Reserve 1 Tbsp. chopped candy. Mix remaining candy with cream cheese and cookie crumbs until well blended.

Step 2- Shape into 48 (1-inch) balls. Freeze 10 min.

Dip balls in melted chocolate; place in single layer in shallow waxed paper-lined pan. Sprinkle with reserved candy.

Step 3- Refrigerate 1 hour or until firm.

STUDENT SPOTLIGHT



Desli Perez,
Polk UB

Desli Perez is a Sophomore at Cedartown High School who has been with our program since the Spring of 2019. She is a model Upward Bound student! Desli makes sure to attend every Saturday event, completes all of her activities, goes above and beyond for tutoring, and ensures that she has everything done early each month! She does this while juggling responsibilities at home and at school, all while keep her grades high. She has a bright future and we are incredibly happy to have her represent our program!



Christopher Hayes,
UBMS

Christopher Hayes is a Senior at East Paulding High School and joined the UBMS Family during the 2019-2020 school year as a junior. From the very beginning, Christopher has been eager to learn, as well as always stays on top of his schoolwork to prepare himself for the future. Christopher stays engaged with the program and makes sure to attend scheduled events and complete program requirements. Christopher has been a pleasure to work with, thus far. Christopher is planning to attend Fort Valley State University in the fall and is interested in joining the Armed Forces. He is also interested in joining Greek life during his time in college. Congratulations Christopher!



Blake Smith,
Hiram UB

Blake Smith is a Senior at Hiram High School. Blake has been apart of the upward bound program for four years. He is a hard working and dedicated student. Blake is determined to reach his goal of becoming a graphic designer in video game technology. Blake shows kindness and respect to everyone he encounters, making sure his fellow classmates and upward bound members feel welcomed and appreciated. Blake has participated in all upward events and displays great communication skills. Blake you are an exceptional student. Great Job Blake and keep up the hard work!