



KENNESAW STATE
UNIVERSITY
PAULDING SITE

KSU TRIO PROGRAMS

*January
newsletter*

2021

*New Year
New Me!*

Resolutions

This New Year's Eve like many other events this year will most likely look very different than a typical celebration. Instead of going to big gatherings, watching fireworks explode above your head, and bringing in the new year with friends and the entire family you might be spending the evening watching the New Year's Eve ball drop on television or playing games in the house. It's been a difficult year for everyone, with unlimited amounts of stress and sickness. With all the darkness with year might have brought you it is time to bring light back into our lives. This new year is a time for regrowth and change. One way you can celebrate the passing of this hard year is to celebrate what's to come in 2021.

Here at KSU TRIO, we want to tell our students how proud we are of you.

You have weathered 2020's challenges beautifully, and even though we miss seeing you in person terribly, we look forward to seeing you soon in 2021. Thank you so much for all the hard work you put in last year, and you are building skills that you will use for the rest of your lives. Here's to a better 2021!

One way to list things to look forward to in 2021 is by creating a set of new years' resolutions. Here are some ideas that you might want to try that could bring some joy and happiness into your new year.

Start your personal growth in 2021 by trying something new each month, whether that is trying out a new recipe, getting a new hobby, trying a new hairstyle, or read a new book. After such a tough year the local small business owners have taken a hard hit. This year venture out and support these businesses. This will also expand your knowledge of your community. Creating a new music playlist with motivational and inspirational songs. Start taking steps towards your future by applying to colleges, scholarships. Build your resume by volunteering or getting a first job. As always, make sure to appreciate those who are in your life.

Dr. Martin Luther King Jr. Day

Dr. Martin Luther King day is celebrated each year on the third Monday in the month of January. This day honors the great civil rights activist Martin Luther King Jr. King fought against racial discrimination through peaceful and motivational strategies. King led a protest and boycotts for laws that required separate seating on buses for whites and blacks. While fighting for justice he was attacked, put in jail and his home was bombed. However, he continued the fight for freedom and equality. In 1963, King spoke to millions of people with his "I Have a Dream" speech. This was during a peaceful march on Washington, D.C. "I say to you today, my friends, that in spite of the difficulties and frustrations of the moment, I still have a dream." King was the youngest man to receive a Nobel

Peace Prize at the early age of 35. Dr. King was assassinated in 1968. Eight days after Kings assassination on April 11th congress passed the landmark Civil Rights Act of 1968. In 1983, MLK day became a national holiday. King will be remembered forever for his nonviolent movements and courageous actions. We will remember King January 18, 2021 as a hero and celebrate his dream and legacy.

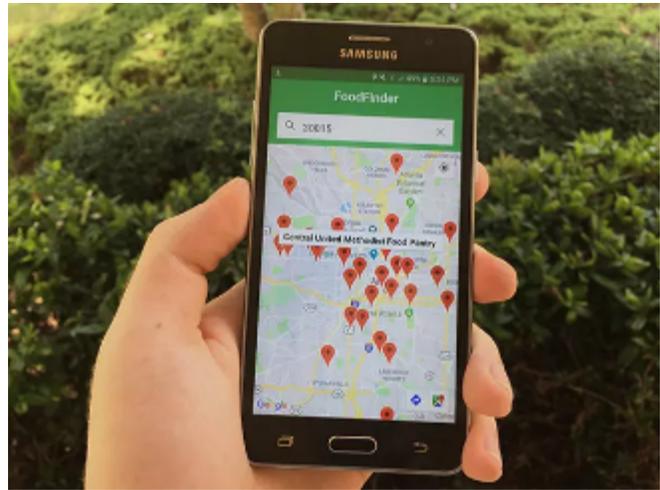
"If you can't fly, then run, if you can't run, then walk, if you can't walk, then crawl, but by all means keep moving."

-MLK



Food Security Apps

Many families are facing food insecurities this year, especially during the holiday season. With the app FoodFinder, you are now able to find food distribution sites based on your location. The app is free to download and available online, through the app store, and on google play. Click the link on the right to find a location near you.



FoodFinder

Looking for help with food? Privately search on FoodFinder's website for help near you. Use our map of 50,000+ free food programs to find help in your...

foodfinder.us

10 ways for students to make money

Babysitting- This is an easy way to earn some money. The pay rates typically range from \$9-\$10 an hour. This job also looks great on a resume.

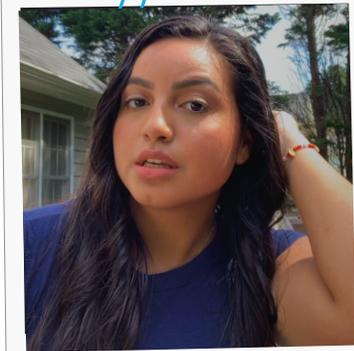
Take Online Surveys- There are many easy and fast surveys that you can take online and earn money. You can lay in bed and earn money, so why not try it! Some safe websites are Swagbucks, Survey Junkie.

Get a Part-Time Job- This seems like common sense but many jobs have age requirements. Chick-fil-a, McDonald's, Dairy Queen, Burger King, and more hire at the age of 15.

Become an Extra- Many TV shows and Movies are looking for students to be an extra on set. It's a fun and exciting way to make some extra cash! Typically you can make \$100 a day working but prepare for a long day. Tyler Perry in Atlanta hosts many casting calls for young adults!

Dog Walking- Look out for dog walking or sitting in your area. Many people are in need of someone to help them spend time with their furry ones while they are at work or busy. This is a great way to get some exercise and hang out with some cute pets.

Student Spotlight



**Rosa Santos,
East Paulding High
School**

Rosa is a sophomore at East Paulding high school. Rosa has recently joined our UBMS program and thus far she has been a great pleasure to work with. Rosa always make sure to attend events and fulfill program requirements each month. She also participates in our pilot Kaplan program each Saturday. Rosa plays for the girls soccer team at East Paulding high school. She is also interested in possibly majoring in finance when she graduates high school. We are looking forward to working with Rosa for the rest of her high school career!



**Noelia Escutia,
Cedartown High
School**

Noelia Escutia is a Senior at Cedartown High School. She is a stellar student and a phenomenal member of Upward Bound. She has been part of the Upward Bound program since her Sophomore year and since has attended nearly every event, has never missed an advising meeting, has spent every summer with us, and dedicated her Saturdays to ACT/SAT and Kaplan workshops. While in high school she took rigorous course work and became a CNA the summer before her senior year. Noelia plans to attend the University of West Georgia in the fall to go into the healthcare field. We are so excited to continue to watch her grow and see where the world takes her!



**Ethan Gist,
Hiram High
School**

Ethan Gist is a Senior at Hiram High school. Ethan been apart of Hiram Upward Bound for four years and has displayed great determination. He attends Saturday Kaplan meetings and has shown great communication skills. Ethan strives to reach his full potential and goals for his future. He is committed to doing his best and shows enthusiasm to learn and grow. Ethan perseveres when faced with difficulty and is a very valued student. He enjoys making music and films. You have exceeded the expectations this year Ethan, keep up the hard work and drive! We are very proud of you.