

UBMS NEWSLETTER

OCTOBER 2022



IMPORTANT DATES



- October 6th – FAFSA Night (for Seniors)
 - UBMS Office
 - 6:30 PM
- October 15th – Saturday Activity
 - MASSIE 020
 - 10:00 AM



BIRTHDAYS



- Jake Hiles (4)
- Abby Workman (6)
- Alisa Bundy (7)
- Abby Hatfield (11)
- Ryan Triplett (30)



Happy Birthday



HOMEWORK



Sophomores
Chapter 1 (Pages 6-8)
Study Smart
Ready to Learn
Test Taking

Juniors
Chapter 1 (Pages 6-8)
Organization
Memorization
Test Taking

Seniors
Chapter 1 (Pages 6-8)
Study Smart
Writing a Paper
Test Taking

DUE: Saturday, October 28th at 4:00 PM



STUDENT NOTES

- Chase Blair, Caleb Blevins, Caelyn Brewer, Alisa Bundy, Madison Colegrove, Katie Hannah, Kimberly Keller, Serena Ludwick, Cassidy Madden, Alyssa Potts, and Kizer Rose all attended our recent FAFSA night on campus and completed their financial aid profiles in preparation for college. Congratulations to you all! We look forward to continually assisting you throughout your senior year!

WHAT'S HAPPENING w/ UBMS

- Students who participated in the 2022 Summer Program, please check your emails for one final summer evaluation. Your answers are crucial as we begin the process of planning our 2023 Summer.
- If you have any ideas for Winter Retreat/Weekly Trips/Final Trip/On-Campus Activities/ETC. please share. Everything we do is FOR YOU!
- We will soon start recruiting new students to welcome into our family, so start spreading the word at school!
- Reminder: completing your homework assignments on time and attending UBMS activities is required to receive stipends and participate in the summer program.

COLLEGE SPOTLIGHT



University of Pikeville

Location: 147 Sycamore St, Pikeville, KY 41501

Established: 1889

Tuition:

In-State: \$22,050

Out-of-State: \$22,050

Current Enrollment: 1,400+ Students

Almost 40% of undergraduate students enrolled at UPIKE are first-generation college students.

UPIKE has over 30 majors to choose from, including a well-recognized medical doctoral program (Kentucky College of Osteopathic Medicine).

➤ The most popular majors at UPIKE include business administration/management, general biology, psychology, nursing, criminal justice, history, education, speech communication, and computer sciences.

➤ The average ACT score of accepted students at UPIKE is between 17-23. The student-faculty ratio is 13:1, with more than 60% of the classes having fewer than 20 students. The average freshman retention rate is 61%.

GABE'S BEAT

I can't believe we are already in October. I took a drive into the forest this weekend to see all of the changing leaves. There is something special about the colors and the way a handful of leaves smell. As we delve into Fall, stop and appreciate the beauty of where we live. We live in a beautiful area and we are so lucky to experience the changing seasons. As the seasons change, so do we. The days get shorter, our mental health tends to become weak and we forget about all of the good in life. We have so much to be thankful for. Just because the sun goes down quicker doesn't mean you can't enjoy the change. Make a small campfire with your family. Sit around it, listen to music, or just listen to the crackle of the fire. Roast marshmallows and hotdogs. Take advantage of the season and enjoy yourselves. If you need any help, please let me know.

BO'S FLOW

"Halloween is not only about putting on a costume, but it's about finding the imagination and costume within ourselves." - Elvis Duran. This Spooky SZN, I encourage all of you to loosen up and live a little. Let's focus on enjoying life together. I am often guilty of getting caught up in the daily stressors of life and forgetting to enjoy myself somewhere along the way. Find your small, daily victories and celebrate them! Do the things that make you happy! Preparing for the future can be laborious and stressful, so don't be afraid to lean on us when you need it most. Having a well-thought-out plan for the future is incredibly important, but so is enjoying the moment you are in now. If your mind is constantly in the future, you are not alive in the present. Don't be afraid to slow down and enjoy the moment as it is happening! Much love! ELE!



ALUMNI SPOTLIGHT



Name: Savannah Stidham

High School: Ironton High School

College: Ohio State University/Collins Career Technical Center

College Major: Nursing

Hobbies & Interests: I love to hike and learn about different plants and wild foods! Foraging has definitely become a passion of mine. I also love spending time with the people I care about, whether that's just sitting around while they do work or going to hang out somewhere. I also love music and digital art!

Q: What do you plan on doing with your degree when you graduate?

A: I currently work at SOMC in Portsmouth and my plan is to continue to advance my degree until I become a nurse practitioner. I love working at the hospital but as a nurse prac, I would be able to take on patients of my own - it's very similar to a doctor.

Q: What is your favorite UBMS memory?

A: My favorite UBMS memory is when we went to New York City and visited the Intrepid! That was actually the air craft carrier that my uncle used to work on, and it was amazing getting to walk around and see the ship he worked and lived on for a while! I remember taking pictures of EVERYTHING and I can still remember the look on his face when I showed them to him and gave him the ball cap I bought him at the gift shop. Definitely my favorite trip we ever took!

Q: What is your favorite thing about college?

A: My favorite thing about college was having the freedom to really figure out who I am. Ohio State has so many opportunities available for students to be able to really pin down special interests. I was able to join the International Affairs scholars program, which was such a worthwhile experience. It provided me a way to get academic help, yes, but I was also able to have amazing experiences that I otherwise wouldn't have been able to have! I went to DC two years in a row and was able to network with some amazing people. I got to tour the CIA, FBI, Justice Department, Supreme Court, etc. it was such an amazing experience!

Q: How does college differ from high school?

A: College can be much more difficult than high school in ways I hadn't expected. It wasn't necessarily classes I struggled with, it was learning HOW to study and HOW to organize myself. It's a lot less structured than high school, so the pressure is on you to really be productive and get things done. It can be a lot of fun but you have to know how to organize your time to keep up with classes, work, etc.

Q: What advice do you have about high school/college/life that you can share with our current high school students?

A: Don't be afraid of looking indecisive. I feel like changing majors often makes people feel bad, especially if they do it more than once. But I promise you that it's much better to change majors and figure out what you like in order to be happy than to just go into a field you're not passionate about. Some colleges even have an undecided or exploratory major while you figure things out! Those may be worth it to check out! :)