A Summer of Learning, Living & Laughing

Ah, summer. School's out and it's time for rest, relaxation, and learning.

Learning. That is the purpose of The University of Tennessee's Pre-College Upward Bound Summer component. For six weeks, Upward Bound students live on campus during the week and take classes in English, Math, Science, ACT preparation, Foreign Language, and Computer Science to build their academic skills for the upcoming school year.

Although academic learning makes up the morning and afternoon schedule, it is just one type of learning. Learning how to live and work with others is the second type of learning that takes place during the summer component.

For many this is the first time away from home and the students learn to be more independent. Sharing a dorm room with another student also requires the students to learn how to get along with others. Guest speakers talk to the students about life issues such as date rape, coping with the death of a friend or loved one and surviving dorm life.

Academics and dorm life are two parts of the summer component, but students just want to have fun sometimes. A trip to the Mountain Challenge Ropes Course, located at Maryville College, started the 1997 summer component. The students learned how to work together as a team to move through the obstacles. Friday pool time, basketball, tennis and a trip Down Under were other activities that allowed the students to laugh and enjoy the summer.

Story by Carol Hess
Upward Bound Coordinator

Bridge: Getting Ahead

The Upward Bound Bridge Program is a unique opportunity for senior graduates of the Upward Bound program. During Bridge, the students experience college life with the support of the Upward Bound staff, a phone call or short walk away. The many lessons Bridge students learn during the summer include how to manage their time, how to study, how to take care of themselves, how to make friends and how to live without their parents.

For the summer of 1997, six Upward Bound students were selected to be Bridge students and received the following benefits: free tuition for eight semester hours of college credit; free room and meals on campus; free books and supplies; all college fees paid by Upward Bound; an advantageous head start on entering freshmen in the fall; and credits that will transfer to other colleges and universities.

During the 10-week UTK summer session, the Bridge students completed English 101 and 102 and two physical education classes. In addition to their classes, they met for an hour each week in the Upward Bound office to discuss their classes and to receive assistance with college issues such as transcript requests, scheduling classes, housing and financial aid. One cultural event is planned with the students, who this year decided to solve a mystery aboard the Star of Knoxville Riverboat.

A typical day in the life of a '97 Bridge student would be to get up at 9:00, have English breakfast,}

See Bridge, Page 4
Upward Bound Staff:
Making a Difference in Students’ Lives

The 1997 UB Summer Staff included many new faces along with several familiar ones. The instructors included such pros as Shawn Hirt and Laura Clippard as well as the new comers of Dave Burgess, Renee Colquitt, Predrag ‘Pedja’ Klasnja, Laura Mangan, and Cheryl Leitner.

A seven year veteran of the Upward Bound teaching staff was science teacher Shawn Hirt. When asked why he returns every year he replied “It’s great to have students who are actually motivated. Teaching at public schools, I get so tired of kids who don’t care about anything. UB is a great chance for me to earn money in the summer, get paid to try things I can use during the year, and I get paid for doing what I love.” Shawn was voted Most Outstanding Returning Teacher by the students.

Teaching the ACT class this summer was Laura Clippard, an UB counselor and instructor for four years. According to Laura, her reasons for coming back every year are “because I love the students and I think that it helps them get to college and makes a positive difference in their lives.” Her best memories of Upward Bound are of the summer trips as well as being an R.A. at ETSU for two summers.

Using the Internet and learning various computer applications comprised the computer science classes taught by Dave Burgess. When asked about working with the UB students, Dave replied, “I have really enjoyed getting to know all of the students and finding out about their different backgrounds. Most people tell me that I act like I’m about sixteen years old, so basically I’m relating to my peers.” Dave was voted Most Outstanding New Instructor by the students.

Teaching Algebra II, Geometry and Advanced Math was Renee’ Colquitt. Renee is so dedicated to teaching that when asked where she would be if not here at UB this summer, she said, “Berea College, working with Science Focus Camp and Educational Talent Search.” Renee has joined the Pre-College Upward Bound staff as a full-time counselor and instructor.

The Espanol teacher was Predrag (Pedja) who is originally from Yugoslavia. Interacting with bright, young people teaching them something which I hope they’ll be able to use was what Pedja enjoyed most about teaching for Upward Bound.

UB students develop teamwork skills at the Mountain Challenge Ropes course. (l-r) Kenny Pritchard, Crystal Hursi, Kristina Blasco, Clint Keithley, Dale Dallman, Crystal Whitted (hidden); Adam Brown, Nicole Chandler, Renee’ Colquitt (hidden) Stephanie Daniels, Mountain Challenge guide, Joe McCoy, B.J. Lee, Shawn McIntosh, and Brandon Stryker.
Positive Self-Concept

Dr. Ernest W. Brewer
Principal Investigator

When you look in a mirror, what do you see? What sorts of words would you use to describe yourself? Are they positive, negative, or a combination of both? The view that we have of ourselves is called our self-concept. This view may be negative or positive, and is learned through interacting with other people and the environment around us. Self-concept includes not only how we view our physical body, but also how we view our ability to: accept and respect ourselves and others, solve problems, and make a difference in the world around us.

Working toward achieving a good self-concept begins by learning to accept yourself as you are today. Become aware of your strengths and weaknesses and make an effort to capitalize on your assets. Concentrating on the ways your talents can help you experience success also fosters a better view of yourself. As your self-concept improves, you will have the resources to begin working on overcoming your weaknesses.

The other essential ingredient in being able to move toward a positive self-concept is believing in yourself. If you do not believe in yourself, others sense this and will act accordingly. This clearly helps keep a bad self-concept firmly in place. On the other hand, if you do believe in yourself and project a good self-concept, others will look at you as someone who is self-confident and deserves respect. So, in attaining a good self-concept, you reach the point of being able to look beyond yourself and assist others. Thus, the payoff of having a positive self-image are great, both for you and the people around you.

Student Success Highlighted at Awards Ceremony

Upward Bound students celebrated the end of the summer component at the Summer Awards Ceremony. Honorary Upward Bounder certificates were presented to Dr. Ernest W. Brewer, Ernestine Cody, and Shirley Rowans for their dedication and hardwork in making UB successful through the years. Greek awards went to Theta Upsilon for Leadership Challenge, Kappa Rho for Spirit of Teamwork and Zeta Xi for Going for the Gold. Summer superlatives and Scholars’ Bowl members were also honored.

1997 Summer Component Awards

Most Outstanding Academic Students
Chemistry: Christina Cataldo
Physics: Carolina Powers
Biology: Shawn McIntosh
Algebra II: Tracy Rolen
Geometry: Ondreae Harrison
Adv. Math: Deborah Cawthon
French: Clint Keithley
Spanish: Brandon Stryker
Computer Sci.: Steven Hobbs
ACT: Dallla Brian

College Paper
First Place • Matt Anderson
Second Place • Christina Cataldo
Third Place • Kimberly Parks

Career Paper
First Place • Jasmine Wells
Second Place • Carolina Powers
Third Place • Kenny Pritchard

College Presentation
First Place • Christina Cataldo
Second Place • Crystal Whitted

Career Presentation
First Place • Carolina Powers
Second Place • Debbie Cawthon
Third Place • Kenny Pritchard

Mr. Upward Bound: Matt Anderson
Miss Upward Bound: Christina Cataldo
Director’s Award: Christina Cataldo
Resident Assistants: Helping Students Adjust to Life Away From Home

Show enthusiasm. Be caring. Set a good example. Be a good listener. All these qualities, and many more, make up an Upward Bound Resident Assistant. The 1997 Upward Bound RA's, Lisa Sutherland, Janee McCoig, Nicole Chandler, andJeremy Graves, helped the students to adjust to campus life, to excel in academics, and to relax after their academic classes.

The head Resident Assistant during the summer was Lisa Sutherland, a three year veteran of the Upward Bound Summer program and recent UT graduate. Her Greek society was Omega Pi. Lisa said her favorite part of the summer session is learning about the personalities of the individual students.

The leader of Kappa Rho was UT grad student Nicole Chandler. Nicole attended Clark-Atlanta University for her undergrad studies. Nicole is a former UB student, and when asked about the similarities and differences of the students since she graduated, Nicole said, “Each year we get a different group for the summer and it’s interesting to see the different variety of students, their personalities, attitudes, and values. The rules haven’t changed much since I graduated.” Nicole was voted Most Outstanding counselor by the students.

Theta Upsilon’s RA was King College student Jaine McCoig who has been with the Upward Bound program for five years, two as a student, one in Bridge, and two as an RA. Jaineen believes the most important thing students take from Upward Bound is the chance to become individuals and to “have a better understanding of what college would be like.”

Jeremy Graves, the RA for Zeta Xi was a first year UB Resident Assistant, and recently finished his undergrad studies at UT Knoxville. Jeremy’s favorite part of Upward Bound was meeting and becoming acquainted with all of the students.

The role of athletic director for Upward Bound was filled by Shane Beaguna, a two sport UT athlete: football and track. Shane said he took the position with UB because he enjoys working with young people.

Story by Chrissy Cataldo, Crystal Whitted, and B. J. Lee
Senior Institute Members

Some Do's and Don'ts
Suggested by Dr. Ernest W. Brewer

Test-Taking Tips

Tests are in the same category as Monday mornings and root canals, but like other unpleasant events, they can be managed. If you’re well-prepared, you can turn a potentially unpleasant event into a good experience.

Tests are a part of academic life, so resolve to get the best of them. Begin to prepare for tests on the very first day of class by careful note-taking and studying. Schedule test preparation time well in advance, and avoid last minute cramming!

Here are some strategies education experts suggest that you use to increase your test-taking effectiveness:

Before the Test

- Try to predict test questions as you take notes.
- Review all notes taken in class and those developed when reading texts.
- Recite aloud any facts that you need to learn.
- Avoid rereading textbooks before a test.
- Consider studying with a partner or in a small group.
- Concentrate on important information that you have highlighted or summarized.
- Get a good night’s sleep.

During the Test

- Be sure you understand all the directions.
- Pace yourself. Don’t spend a lot of time on a few questions.
- Answer questions you know first then go back to those you are less sure of—but be sure to answer all questions.
- Write legibly and/or be sure your answers are recorded in the right place.
- Stay calm and avoid changing answers. Your first choice is most often correct.
- Finally, don’t second guess your performance. The actual results may be very different from your expectations.

By using these tips you’ll be well on your way to success in testing. If you feel you need outside help to improve your test taking, don’t hesitate to ask your teacher or advisor for an appropriate referral.

Continued from Page 1

class from 9:45-11:15, have lunch, go to P.E. class from 11:45-12:30 or 1:30-3:00. Any time after 3:00 was free time for studying, sleeping, fun, etc.

“Bridge is a great opportunity for any student to get ahead in college,” according to Stacey Shults. “As a Bridge student, you will meet new people and experience many new things. It is a great experience that I will never forget, and I am very glad that I was selected. I would encourage anyone who wanted to get ahead in life and college to apply.”

If you are interested in this exciting opportunity, please see your Upward Bound counselor for more information. Applications are required and are usually due in January/February of each program year. Students accepted into the Bridge component must exhibit dedication and commitment to their participation in Upward Bound activities.

Story by Stacey Shults and Carol Hess

1997 Bridge students celebrated the end of the Bridge component by painting The Rock.

1997 Summer Component RA’s: Jaine McCoig, Lisa Sutherland, Nicole Chandler, and Jeremy Graves
**Parent Perspective**

An integral part of the success of Upward Bound and its participants are the parents. Research indicates that when parents are involved in their child's education, the child will usually be a better student. As the Upward Bound students progress through high school, their parents see them reap the benefits of the Upward Bound Program.

During the 1997 summer component, Upward Bound parents were asked to comment on the absence of their child during the six-week camp and what they felt was the most positive aspect of Upward Bound that has been for their child.

**How does it feel to have your child gone from home for 6 weeks in the summer?**

"The first year was worse than the second year. Having never been away from home for more than a night or two, took a lot of adjusting on our part. About the time we adjusted, he was home again! Seeing your child leave home as a child and coming home more mature, more focused on education and with deeper desire for learning has been astonishing, but rewarding."

_--- Cathy Lee  
Parent of B.J. Lee_

"We sure miss him, but it was very comforting knowing he was in a safe environment and doing something very constructive and keeping his mind stimulated during the summer."

_--- Sonja Stryker-Warren  
Parent of Brandon Stryker_

"It's always hard to have your child leave home for an extended time, but I feel the Upward Bound program is a chance to learn and broaden one's life experiences."

_--- Parent of Tony Wade_

"The first week was a hard week for us, but Matt has become more independent, which will help when he goes to college."

_--- Sam & Vivian Waycaster  
Parents of Matt Waycaster_

"We all miss him, but we know that it will be beneficial for him."

_--- Parent of Steven Owenby_

"He is very much missed... He usually calls me every night to let me know he is O.K. Because no matter how old your children are you still worry about them."

_--- Parent of Kenny Pritchard_

"It's amazing how quiet, empty, and clean the house is without Joe at home. I miss him a lot more than I thought I would, definitely not ready for the empty nest syndrome. I just knew my food bill would drop this summer. I was mistaken!"

_--- Sue McCoy  
Parent of Joe McCoy_

**What do you feel has been the most positive aspect of Upward Bound for your child?**

"The most positive aspect is B.J. being able to be around young people his own age and being able to get a feel for what college is all about, also being about to meet and get to know people from other areas."

_--- Parent of B.J. Cruz_

"Maturity and feeling a part of something special. Matthew has always had high standards for himself. Upward Bound has reassured these standards but also helped him accept reality."

_--- Parent of Matt Anderson_

"Getting away from home with other over-achievers in a college atmosphere."

_--- Peggy Whitted  
Parent of Crystal Whitted_

"Learning! Plus teaching him how to be more on his own without our supervision. We feel he needed this for his coming years."

_--- Jack & Jan Gossenz  
Parents of Brandon Cooper_

"We feel that LaThaniel's classes will help prepare him for his junior year and future goals of becoming a doctor."

_--- Donna Mitchell  
Parent of LaThaniel Wilcox_

"Kristin will do more on her own now. She gets herself ready to go back to Upward Bound. I don't have to wash her things, she does it all."

_--- Parent of Kristin For_

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*LaThaniel Wilcox, Marvis Dean, Kim Parks and Jasmine Wells play cards before lights out.*

*Crystal Whitted works on her College Poster project.*

*UTK Pre-College Upward Bound students and visiting Virginia State University Upward Bound students try to unravel the human pretzel.*
Preparing For College: A Timetable

August
- Now is when you should review your career plans and decide which type of school is right for you: large or small, public or private, at home or away?
- The summer is a good time to visit schools and narrow down your choices. You can also call or write the schools you are interested in and ask for catalogs and applications.

September
- Meet with Admissions Representatives who are visiting your school.
- Start asking for letters of recommendation. You may want to ask teachers, employers, friends in community organizations or your advisors in extracurricular activities.
- Find out which tests you will need (for example SAT, ACT, ACH) and when to register. And be sure your scores are sent to the colleges where you plan to apply.

October
- Work on your application essays. You may want to ask your English teacher or Guidance Counselor to review them.
- Visit the schools you are interested in and set up tours and interviews.
- If you are applying for "early decision" you should complete and submit your application now.
- Attend College Fairs and Financial Aid Nights.

November
- Find out which financial aid application is required by the schools to which you are applying.
- You may want to remind your parents that your financial aid application (Need Analysis form) is due after January 1, so they can start gathering financial records.
- Finalize your school applications.
- Visit your Guidance Office and get a financial aid application (Need Analysis form - FAFSA)

December
- Research additional sources of financial aid with your Guidance Office or Financial Aid Office, particularly private scholarships.
- Attend College Fairs and Financial Aid Nights.
- Be sure to mail in your applications to the colleges to which you are applying.

January
- Fill out and submit the Need Analysis form required by those schools to which you have applied.
- Make and keep copies of all the forms you submit.

February
- Check with your Guidance Counselor to be sure your mid-year transcripts have been sent to the schools to which you have applied.
- If you have not submitted your Need Analysis form, be sure to do it this month.
- Register for Advanced Placement exams.

March
- Submit copies of tax forms if requested by the school's Financial Aid Office.
- You will be starting college before you know it. You should start looking for a summer job.

April
- Start getting excited - schools will notify you about your acceptance and financial aid packages. Compare the financial aid offers you receive.
- Now is the time to make your final decision on the school you want to attend and send in your deposit by the deadline. Be sure to notify those schools you are not going to attend.

May
- Complete the application for a Stafford Loan (formerly GSL), Supplemental Loan for Students (SLS), or Parent Loan for Undergraduate Students (PLUS) and send it to the Financial Aid Office at the school you will be attending.
- It is a nice gesture to send thank you notes to the teachers and counselors who have helped you on your way.
- If you have any questions about financial aid call the Financial Aid Office.

June
- Ask your Guidance Office to forward your final records to the school you will be attending.
- Have fun at graduation.

July
- I have a great summer, but be sure to put some of your paychecks away to cover your expenses for next Fall. Once you are at school, you will be happy to have the extra money.

After the Summer Awards Ceremony, some Upward Bound students gathered for a group photo. From L-R: BJ. Cruz, Brandon Stryker, Antoine Teeter, Marianna Lewis, Adam Brown, Tabatha Whaley, Matt Anderson, Jasmine Wells, Nikki Hoskins, Brent Cooper, Kenny Pritchard and Brandon Cooper

Tracy Rolens, Debbie Cawthon, Amanda Webb, and Dallia Briano await English class. During the literature portion of English class, the students and instructor took advantage of the nice weather to read and discuss The Call of the Wild.
Making the Grade: What Counts for College Admission?

What do college admission officers consider when choosing among applicants? Knowing this could help get you into the college of your choice. Culled from the fifth annual admission trends survey of the National Association of College Admission Counselors (NACAC), the numbers in the accompanying table show how NACAC member colleges rated the importance of factors that influence decisions on admission to college.

As in past years, colleges ranked grades in college prep courses as the most important factor by far. Also ranking high were admission test scores, class rank, and grades in all subjects.

Slightly fewer than half of the respondents described counselor and teacher recommendations as "moderately important." Interviews, despite the anxiety they may produce, carried little weight.

For more information about the 1993 survey results, write to NACAC, 1631 Prince St., Alexandria, VA 22314-2818. Or telephone (703) 836-2222; FAX (703) 836-8015.

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Kenny Pritchard, Debbie Cawthon, Adam Brown, Tracy Rolen, Crystal Whitted (hidden)
Brent Cooper, Nikki Hoskins, Marianna Lewis, Jonah Jackson, Tabatha Whaley, Brandon Stryker, and Steven Hobbs pause for a photo at JFK’s burial site at Arlington National Cemetery.

Upward Bounders Visit Washington, D.C.

Washington, D.C. was the hot spot this summer as Upward Bound students and staff traveled to learn about American History. Our journey began at the Smithsonian Museums where there was more to do than time to do it. Among the places the students visited were the National Museum of African Art, the Hope Diamond and the dinosaur skeleton exhibits at the Museum of National History, and the Museum of American History to learn about our country’s past. At the U.S. Holocaust Memorial Museum, students took time to reflect at one of most moving homages in Washington, if not the world. We were reminded “Those who don’t learn from history are bound to repeat it.”

Arlington National Cemetery was the next stop where the changing of the guard took place. The Lincoln Memorial and Vietnam Veterans Memorial were beautiful at night. Our last day out started with a visit to the Capital and a meeting with Congressman John Duncan. We learned that John Adams discovered an acoustical phenomenon in the Capital where at a certain spot you can hear clearly conversations from across the room. Many students had to give this a try. While some of the students were touring the Bureau of Engraving and Printing and discovering that they could not get free money just by asking for it, a group of 14 students and two staff members took the metro to visit Howard University. Washington, D.C. was educational and fun and the only thing that we wished is that we had more time to spend there.

Story by Laura Clippard
Upward Bound counselor

1997-98 ACT Assessment Test Date Schedule

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<th>Test Date</th>
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<th>Late Registration Deadline</th>
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Carolina Powers, Heritage High School, proudly displays her award winning Career Poster project.
### Upward Bound Pre-College Program

**Tentative Saturday Sessions 1997-98**

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<td>April 11</td>
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<td>Session #16</td>
<td>April 25</td>
<td>Awards &amp; Honors</td>
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*Please note that these are tentative dates. Should it become necessary to cancel a session due to inclement weather conditions, students should listen to local Knoxville radio and television stations on the Friday evening prior to the Saturday Session after 6:30 p.m. Saturday Sessions cancelled due to inclement weather must be rescheduled. Students will be notified of the make-up date(s).*

### Preparing for College by Reading

The more children read, the better prepared they are for college. According to research, success in college depends on your reading:

- It improves your vocabulary.
- It makes you a better writer.
- It helps you understand yourself and others, as well as the past and present societies you will be studying.
- It provides you with the background to succeed in college.

To encourage Pre-College UB students to read more, ten areas have been selected for students to receive UB dollars upon completion of each book. A different book must be read for each area and a review of the book written and turned in to an UB counselor before UB dollars are awarded. A “List of Suggested Books” will be given to students. Books not on this list must receive prior approval from your UB counselor. Outlines on how to write a book review are available from your UB counselor. The ten areas are:

2. A biography.
3. A play.
4. A book from the list of suggested books.
5. A fiction or non-fiction book about an historical event or period.
6. A mystery.
8. A book of poetry
10. An autobiography.

### 1997-98 Targeted School Calendars

#### Alcoa City Schools

**AUGUST**
- 13 All Students Present 1/2 Day
- 14 First Full Day of Classes
- 1 Labor Day Holiday

**SEPTEMBER**
- 1 First Labor Day Holiday
- 9 All Students Present 1/2 Day
- 10 All Students Present 1/2 Day
- 13 Holiday (End of First Nine Weeks)
- 30 All Students Present 1/2 Day
- 31 Holiday (EFA)

**OCTOBER**
- 10 All Students Present 1/2 Day
- 26 All Students Present 1/2 Day
- 27-28 Thanksgiving Holidays

**NOVEMBER**
- 26 All Students Present 1/2 Day
- 22-31 Christmas Holiday

**DECEMBER**
- 19 All Students Present 1/2 Day
- 22-31 Christmas Holiday

#### Blount County Schools

**AUGUST**
- 11 First Day for Students
- 1 Labor Day Holiday
- 9 Students Present 1/2 Day
- 10 Student Holiday
- 30 Students Present 1/2 Day
- 31 Student Holiday

**SEPTEMBER**
- 1 Labor Day Holiday
- 9 Students Present 1/2 Day
- 10 Student Holiday
- 30 Students Present 1/2 Day
- 31 Student Holiday

#### Knox County Schools

**AUGUST**
- 14 First Day for Students (1/2 day)
- 25 First Day of School

**SEPTEMBER**
- 1 Labor Day Holiday
- 26 Student Holiday

**OCTOBER**
- 17 Student Holiday

**NOVEMBER**
- 4 Student Holiday
- 26 1/2 Day for Students
- 27-28 Thanksgiving Holidays

**DECEMBER**
- 22-31 Christmas Holidays

#### Sevier County Schools

**AUGUST**
- 13 Student Holiday
- 16 Student Holiday

**SEPTEMBER**
- 1 Labor Day Holiday
- 9 Students Present 1/2 Day
- 10 Student Holiday

**OCTOBER**
- 9 Students Present 1/2 Day
- 11-19 Spring Break

**NOVEMBER**
- 14 Christmas Holidays
- 19 Martin Luther King Jr. Day Holiday

**FEBRUARY**
- 13 Student Holiday
- 16 Student Holiday

**MARCH**
- 10 Students Present 1/2 Day
- 19 Spring Break

**APRIL**
- 4 Student Holiday
- 5 Student Holiday
- 11-19 Spring Break

**MAY**
- 4 Student Holiday
- 5 Students Present 1/2 Day

**JUNE**
- Last Day of Classes

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A Good Education is the Doorway to Opportunity; A Positive Attitude is the Stairway to Success.

Argus Communications