



STUDENT HANDBOOK

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UPPERROOM 101

Founders, Michael and Lorisa Miller are passionate about building a vibrant community marked by the presence of God and encounter. Michael has been in full time ministry since 2001. UPPERROOM started in 2010 as a small prayer meeting in an empty second floor office space above a vet clinic which they called “the upper room.” A few people gathered to pray from Passover to Pentecost, seeking the Lord’s presence, and ministering to his heart in prayer while music played from an iPod. Since then, we have seen hundreds of lives transformed as we prioritize His presence and minister to Him through prayer and worship, morning, noon, and night.

From that time, we have seen the Lord birth a movement of prayer and worship in Dallas that continues to grow to this day. Thousands have been impacted by UPPERROOM Dallas as people from all over the region gather to worship and pray morning, noon and night.

UPPERROOM CORE DOCTRINE

Our approach to beliefs centers around one main belief, the person Jesus Christ. Through that Person, His statements, and His actions we interpret and conclude all other beliefs.

That said, below are some of our core beliefs.

THE BIBLE – It is God’s word to man. It is living and active. It is inspired, infallible, and authoritative (Hebrews 4:12; 2 Timothy 3:16; 2 Peter 1:20-21).

JESUS CHRIST – Jesus is the Messiah prophesied, the one and only God, in the exact representation of God, fully human and fully God. He was born from a virgin, lived a sinless life, and He died and rose again to reconcile all people to God and to free them from the power of sin and the devil. He will return again to reign over His Kingdom (Matthew 1:18-25; Luke 1:26-38; Romans 9:5; Titus 2:13).

SIN – Sin was introduced into mankind through Adam, the first man. His sin enslaved the world and mankind to the power of the devil. All of mankind has sinned and the penalty is death, separation from God. Jesus Christ, God’s son, paid the penalty of sin to reconcile mankind to God. Everyone who repents and trusts in Jesus for forgiveness of sin is forgiven and free from the curse of sin and death (Romans 5:12-21, 6:23; Ephesians 2:1-5).

SALVATION – Salvation is a free gift that comes from God through belief in Jesus’ finished work on the cross and His resurrection from the dead. Salvation is freedom from the power of sin & death for body, soul, & spirit (Romans 1:16; Ephesians 2:8-9).

THE TRINITY – God is one, eternal, and self-existent in three persons: Father, Son, & Holy Spirit (Matthew 28:19; John 1:1-2,14; John 4:24; Acts 5:3-4; Ephesians 4:5-6; 2 Corinthians 13:17).

THE HOLY SPIRIT – Jesus baptizes the believer with the Holy Spirit into the body of Christ. The Holy Spirit sanctifies and purifies the believer. He draws believers to God and empowers them to be the witnesses of His Kingdom and resurrection (John 1:33; Acts 1:8; John 16:5-15; Titus 3:5; 1 Thessalonians 2:13; Romans 8:16, 23, 26, 27; 1 Corinthians 12:1-31).

MIRACLES/HEALINGS – Miracles and healings were the works Jesus and His disciples demonstrated to confirm the good news about God’s Kingdom making its advance against the dominion of the devil. All believers today are empowered to demonstrate these works and thereby advance His Kingdom (Matthew 4:17, 23, 12:28, 28:19-20; John 9:4, 10:37; Mark 16:17-20; 1 Corinthians 12:9-10).

ORDINANCES - Jesus and the early church gave us two ordinances: Baptism and Communion. We hold fast to these ordinances and practice them in accordance with the truth. (Luke 22:14-20, Matthew 28:19-20).

BAPTISM - We believe water baptism is a physical representation of a spiritual reality where the believer identifies with the death and resurrection of Jesus Christ. We baptize believers in water into the name (or nature of) of the Father, the Son and the Holy Spirit as a sign of being consecrated to God, who is Three in One (Romans 6:3-4, 1 Peter 3:21- 22).

COMMUNION (EUCCHARIST) - Every week as a Body, we partake of communion, the Body and Blood of Jesus Christ as a way of remembering the New Covenant we have been born into through the death, burial, resurrection and ascension of Jesus Christ. We believe that the Blood of Jesus was offered for mankind for the forgiveness of sins and that the broken Body of Jesus was offered for the salvation and healing of mankind. As we partake in this holy ordinance it is important to judge ourselves rightly in light of the forgiveness and healing that is offered through His meal (Matthew 26:26-29, Mark 14:22-25, Luke 22:14-20, 1 Cor. 11:23-26).

GOSPEL OF THE KINGDOM OF GOD - As prophesied by Daniel, God's rule, authority, and realm was inaugurated by the incarnation of Jesus, our king. When He came, he preached a message about the coming of His Kingdom and demonstrated its advancement against the Kingdom of the enemy by healing the sick and casting out devils. He left the advancement of His Kingdom in the hands of the disciples with the expectation that this Gospel be taken all throughout the earth until the day He returns to receive His Kingdom (Daniel 2:44; John 18:36; Matthew 4:17, 23, 12:28; Revelation 11:15, 12:10).

SECOND COMING - In the ever increasing government of God and in the hope, which is the return of Jesus Christ for believers. Heaven and hell are real places. There will be a resurrection of the saved and the lost, the one to everlasting life and the other to everlasting death (Isaiah 9:7; Hebrews 9:28; Revelation 20:11-15; John 6:40; Luke 23:43; John 14:3).

USM VISION, MISSION & CORE VALUES

VISION

His Presence Transforming Lives

MISSION

UPPERROOM School of Ministry exists to equip a Royal Priesthood that will Minister to the Lord and seek His Presence through living the In & Out Lifestyle, bringing transformation to their lives and cities through intercession, miracles, signs and wonders.

CORE VALUES

JESUS

Jesus is our foundation, desire, pursuit, source of unity and blessed hope. The goal of all we do is to seek Him first and to know Him intimately. The fruit is to reveal Him to the world.

MINISTRY TO THE LORD (COMING IN)

Thanksgiving
Worship
Intercession

MINISTRY TO OTHERS (GOING OUT)

Honor
Identity
Service

ACADEMIC LIFE

UPPERROOM School of Ministry is a nine-month school divided into two semesters that begins in August 2022 and ends in May 2023. See the calendar below for specific dates, school breaks, and local outreaches.

FALL SEMESTER 2022

AUGUST 21-25

Orientation Retreat

AUGUST 28

First Day of Class/Module 1 Begins

SEPTEMBER 4

Labor Day Holiday/UPPERROOM Closed

SEPTEMBER 11

USM Chapel

OCTOBER 12

Module 1 Ends

OCTOBER 16-19

Chapel Week

OCTOBER 23

Module 2 Begins

NOVEMBER 13

USM Chapel

NOVEMBER 20-23

Thanksgiving Break

DECEMBER 11

USM Chapel

DECEMBER 14

Module 2 Ends

DECEMBER 15-JANUARY 7

Christmas Break

DECEMBER 28 - 31

UPPERROOM End of Year Conference

SPRING SEMESTER 2023

JANUARY 8

Module 3 Begins & USM Chapel

JANUARY 15

MLK Day/UPPERROOM Closed

FEBRUARY 5-8

Chapel Week

FEBRUARY 29

Module 3 Ends

MARCH 4

Module 4 Begins & USM Chapel

MARCH 11-14

Spring Break

APRIL 1

USM Chapel

APRIL 25

Module 4 Ends

APRIL 29 - MAY 2

Outreach Week

MAY 3

Commissioning Prep Meeting

MAY 4

Commissioning

USM YEAR 1 COURSE SCHEDULE

FALL SEMESTER - MODULE 1 (7 WEEKS)

Biblical Foundations 1:	Traes Howard, Tommy Kelton
UPPERROOM Culture:	Michael Miller
Theology:	Traes Howard
Transformation Groups	

FALL SEMESTER - MODULE 2 (7 WEEKS)

Biblical Foundations 2:	Traes Howard, Tommy Kelton
Intimacy in Prayer 1:	Lorisa Miller
The New Covenant 1:	Peter Louis
Transformation Groups	

SPRING SEMESTER - MODULE 3 (7 WEEKS)

Biblical Foundations 3:	Traes Howard, Tommy Kelton
The UPPERROOM Discourse:	Michael Miller
The New Covenant 2:	Peter Louis
Transformation Groups	

SPRING SEMESTER - MODULE 4 (7 WEEKS)

Biblical Foundations 4:	Traes Howard, Tommy Kelton
Intimacy in Prayer 2:	Lorisa Miller
Prophecy:	Jeremy Shuck
Transformation Groups	

USM YEAR 2 COURSE SCHEDULE

FALL SEMESTER - MODULE 1 (7 WEEKS)

Leadership 1:	Kevin Tipps
Discipleship 1:	Lorisa Miller
Revival Culture:	Traes Howard
Prayer Room 1:	Jonathan Lewis

FALL SEMESTER - MODULE 2 (7 WEEKS)

Prayer Room 2:	Traes Howard
5-Fold Leadership:	Truman Spring/Multiple Voices
Discipleship 2:	Lorisa Miller
Worship Theology 1:	Jonathan Lewis

SPRING SEMESTER - MODULE 3 (7 WEEKS)

Prayer Room 3:	Traes Howard
Discipleship 3:	Lorisa Miller
Covenants:	Michael Miller
Worship Theology 2:	Jonathan Lewis

SPRING SEMESTER - MODULE 4 (7 WEEKS)

Leadership 2:	Kevin Tipps/Eleonore Armstrong
Prayer Room 4:	Michael Miller
Discipleship 4:	Lorisa Miller
Worship Theology 4:	Jonathan Lewis

USM YEAR 1 WEEKLY SCHEDULE

MONDAY - THURSDAY

8:00-9:50a	Prayer Room
9:50-10:00a	Transition from Prayer Room to Overflow
10:00-11:30a	Class in Overflow
11:30a-12:00p	Lunch & Transition from Overflow to Prayer Room
12:00-2:00p	Prayer Room

Mon./Tues. Evening Transformation Group

USM YEAR 2 WEEKLY SCHEDULE

MONDAY - THURSDAY

8:00-9:45a	Class
9:45-10:00a	Break/Transition Classroom into Prayer Room Lab
10:00-11:30a	Prayer Room Lab
11:30-12:00p	Lunch & Transition from USM Classroom to Prayer Room
12:00-2:00p	Prayer Room

Wed. Evening Transformation Group

TRANSFORMATION GROUPS

Transformation Groups provide USM Students a weekly or biweekly two hour small group experience with their classmates and trusted UPPERROOM Leaders. These leaders support the spiritual, educational, and emotional development and overall well-being of the USM students in their care. Students are encouraged to prioritize Transformation Group in their schedules for the purpose of building community with their classmates and leaders. Students are also encouraged to be open, honest and vulnerable with their classmates and leaders for the purpose of growth and heart health.

SUNDAY VOLUNTEERING

All USM students are required to serve in a volunteer position for UPPERROOM Dallas weekend services. Volunteer positions are assigned at the beginning of the school year. Students are asked to serve at least twice a month in their designated position. Students are expected to communicate with their volunteer leaders with the utmost clarity and integrity. Failure to serve faithfully or communicate absences will result in disciplinary action.

USM CHAPEL

USM Chapel provides both first and second year students the opportunity to worship and receive together. Second year students will lead worship and various UPPERROOM Leaders will share at each gathering.

OUTREACH WEEK

USM Outreach Week will be April 29, 2023 - May 2, 2023. The locations for each outreach will be determined and announced at the start of Module 4. Local Outreaches are a mandatory part of USM. Missing any day during outreach will count towards your absences for Module 4.

SERVING IN THE PRAYER ROOM

First Year Students are not allowed to serve in the Prayer Room during the Fall semester. Students will be given the opportunity to apply and audition to serve in the UR Dalla Prayer Room during the Spring semester. Serving in the Prayer Room during the Spring semester must be outside of school hours, 8a-2p, and should not conflict with Transformation Group meetings.

Second Year Students are allowed and encouraged to serve in an UPPERROOM Prayer Room, Dallas or Frisco. Serving in the Prayer Room must be outside of school hours, 8a-2p, and should not conflict with Transformation Group meetings.

COMMUNICATION

The best way to reach USM Staff with a general question or concern is to send an email to school@uroom.org. For specific assistance, please direct your question to the appropriate staff member:

Tommy Kelton

Academic Coordinator

tkelton@uroom.org

Crystal Mayberry

Student Experience Coordinator

cmayberry@uroom.org

Sydney Russom

Prayer Lab Music Coordinator

Aaron Smith

Second Year Pastor

aaron@uroom.org

Eleonore Armstrong

USM Administrative Assistant

earmstrong@uroom.org

Traes Howard

USM Director

traes@uroom.org

USM STUDENT EXPECTATIONS

PRAYER ROOM CULTURE & EXPECTATIONS

UPPERROOM values the Presence of God and desires to establish a community in which the fullness of His Presence consistently manifests in the lives, homes, schools, businesses, and cities of those who serve in this house. The Prayer Room is a place to gather morning, noon, and night to minister to the heart of God, to receive God's love, to hear God's voice and then decree, prophesy, and pray those realities into the earth.

A core value for UPPERROOM is the "In and Out Lifestyle." After "coming in" to encounter Him in the place of worship and prayer, we "go out" to share the love of God with the world. This is an expression of loving the Lord with all our hearts and loving others as ourselves (Matthew 22:37). "Coming in" refers to the habit of gathering with other believers throughout the week in the Prayer Room to corporately seek the LORD.

As we gather, worship is expressed through thanksgiving, praise, prayer, and creativity that focuses our hearts on encountering Jesus. We believe that as we corporately worship and behold Him, we will be transformed by His Presence into His likeness. We become what we behold (Psalm 115:8). From this place of worship and transformation through hearing His voice, declaring His Word, and praying His heart, Heaven's realities grow in our lives, circumstances, cities, and the nations.

Over twelve hours of your school week is devoted to you seeking God in the Prayer Room. Spending that much time in the Presence of God will take some adjustment. It can be like beginning an exercise routine. You will experience some soreness and your desire to commit that much time will waver. Please remain committed when you experience the wavering. It can be tempting to chat in the lobby and coffee shop instead of being in the Prayer Room. The lobby and coffee shop are not the Prayer Room. You may go get a cup of coffee and even have a brief conversation in the lobby but please honor the commitment you've made to seek God in the Prayer Room. As the saying goes, "Be where you are when you're there."

When you are in the Prayer Room, please honor the room by whispering and limiting your conversations. Lengthy conversations, phone calls, or any other distracting behavior needs to be moved outside of the Prayer Room. Only approved personnel are allowed on stage or in the sound booth. Before leaving the Prayer Room, please collect your belongings and throw away any trash. Second year students will set an example and serve as watchmen over the Prayer Room environment.

CLASSROOM / TRANSFORMATION GROUP CULTURE & EXPECTATIONS

Honor, love, and respect one to another are high values at UPPERROOM. Therefore, we encourage USM students to interact well with each other and maintain a supportive classroom and group environment. When you are supportive and willing to help each other, the classroom and group culture will be one of inclusiveness, learning and growth. We want USM students to feel comfortable asking questions, taking risks and working through challenges. So, the classroom and your Transformation Groups are safe places to fail. Failure is invaluable. Fear of failure is what oftentimes delays students from stepping into the fullness of all God has for them. Risk is important. That is why we will celebrate everyone's risk whether or not they succeed or fail.

In the spirit of honor, please be early to class, give your full attention to whomever is speaking whether that be a teacher, teaching assistant, guest or a fellow student and complete your assignments on time. All assignments, quizzes and tests should be completed by the due dates posted on each class syllabus. Also, please honor and respect the room in which you will be learning by cleaning up after yourselves, throwing away trash and straightening the chairs.

DRESS CODE

As a USM Student, your appearance and choice of clothing matters. The heart of this dress code is to be above reproach in your choices. We value stylistic freedom and individual expression at USM. However, modesty as well as respect for the House of the Lord and His people is a higher value. In order to be above reproach, you are expected to maintain a standard of modesty including but not limited to the following:

- No shorts.
- Leggings or tight fitting pants should not be worn without a loose, larger fitting shirt or jacket covering them.
- Shirts and dresses should not be overly revealing of skin. Avoid wearing tank tops, low cut tops, or crop tops.
- Clothing should not display any foul language or endorse alcohol or drugs.

ABSENCE POLICY

First Year

A school day consists of 3 parts: morning prayer, class and noon prayer or Transformation Group. Missing any one of those parts of the day counts as an absence. You are allowed 12 absences per module(a module is seven weeks); your absences will not roll over into the next module. If you need to be absent for 2 or more consecutive days, you will need to give at least a week's notice via email and have it approved.

Second Year

A school day consists of 3 parts: class, prayer lab and noon prayer. Missing any one of those parts of the day counts as an absence. You are allowed 12 absences per module(a module is seven weeks); your absences will not roll over into the next module. If you need to be absent for 2 or more consecutive days, you will need to give at least a week's notice via email and have it approved.

GUEST POLICY

USM students may not bring guests to class during the Fall semester. Students may bring a guest to class in the Spring semester as long as that guest has an active application open with USM. Any student wishing to bring a guest for the Spring semester must give at least a week's notice via email and have it approved.

FINANCE AND REFUND POLICY

The full cost of tuition is due by August 15, 2022, unless you have made previous arrangements with the school administration. If you choose to withdraw your status as a student prior to the start of school or you need to leave once school has started, you can review the refund policy below.

You will receive a 75% refund if you withdraw by September 1, 2023.

You will receive a 50% refund if you withdraw by September 15, 2023.

You will receive a 25% refund if you withdraw by October 1, 2023.

You will receive a 0% refund if you withdraw after October 1, 2023.

* If your tuition was paid online by donors, we will contact those donors about refunding them. If you fully paid your tuition, the refund will go back to you.

POLICY FOR STUDENT-LED EVENTS/NON-USM EVENTS

USM Students are encouraged to gather outside of school hours for the purpose of fellowship and community. However, any private gatherings hosted by USM students should not be promoted as a USM event. Meals, game nights, worship nights, etc. are examples of these kinds of gatherings. Please be inclusive versus exclusive in your invitations to said gatherings. While you may prophesy and pray for each other at said gatherings, please exercise wisdom and discernment when choosing to speak. We ask that students do not engage in deliverance ministry without leadership and oversight present.

DATING POLICY

First Year Students

Please refrain from starting a new dating relationship with a fellow USM Student during Module 1 and 2. We believe these are formative months for you and that starting a relationship during this time could disrupt what the Lord has for you. At the end of Module 2 if you want to begin a dating relationship with a fellow USM Student, please maintain open, honest, and ongoing communication with your Transformation Group Leader for the sake of accountability.

Second Year Students

Please refrain from starting a new dating relationship with a first year USM Student during Module 1 and 2. At the end of Module 2 if you want to begin a dating relationship with a first year student, please communicate your intentions to the USM Director before beginning a relationship. We also ask that you maintain open, honest, and ongoing communication with your leaders for the sake of accountability.

ALCOHOL & DRUG POLICY

As a Levitical Priesthood, we seek to be imitators of God and to walk worthy of the calling we have received (Ephesians 4 & 5). As a follower of Jesus your life represents Him at all times. As a student of UPPERROOM School of Ministry, you also represent the broader UPPERROOM community. “For the grace of God has appeared that offers salvation to all people and teaches us to say no to ungodliness and worldly lusts, and to live soberly, righteously, and godly in this present world” (Titus 2:11-12). Your lifestyle both in and outside the walls of UPPERROOM should be above reproach and an example of love, purity, and holiness to those around you.

UPPERROOM School of Ministry expects all students to comply with federal, state, and local laws and USM guidelines related to alcohol and drugs. If you are at least 21 years of age and you choose to drink alcohol, we ask that you do so responsibly. We have not made a strict rule concerning alcohol use because Scripture does not—except to never be drunk (Eph. 5:18), and this is our expectation that you will never be drunk from alcohol. We suggest that you abstain from alcohol during your time at USM. However, if you are of legal age and you choose to drink, we ask you to commit to drinking alcohol in the privacy of your home and not with other USM students. For example, drinking wine with a meal at home is permissible. Drinking margaritas at the local Tex-Mex restaurant with your fellow USM classmates is not. We also recognize that some of you have moved to Dallas and are living with fellow classmates. In this situation please have an honest conversation about setting boundaries for drinking in your home. Though Scripture has given us freedom to drink alcohol, we must carefully weigh how drinking alcohol might be a stumbling block to others who may have a negative history with alcohol. We are asking that love, wisdom and honor be foremost in your heart as you weigh and perhaps, moderate the exercise of your liberty in the area of alcohol.

The use of any illegal substances by a USM student is expressly prohibited. In accordance with Texas law, the use of marijuana is illegal within state borders. Therefore, UPPERROOM School of Ministry requires you to abide by federal, state, and local laws. Being under the influence of drugs or other judgment-impairing substances at any time during your time at USM is entirely inadmissible and subject to disciplinary actions listed below in the Discipline Policy for lifestyle and behavior.

If you have questions, please ask. If you find yourself desiring or struggling with alcohol or drug use, please reach out to your Transformation Group Leader for accountability.

Note: On outreaches, the use of alcohol is absolutely prohibited. This is an example of laying down our freedom for a higher good.

DISCIPLINE POLICY - LIFESTYLE/BEHAVIOR

Any violation of USM's expected behavior for students as outlined in the USM Student Handbook, Levitical Lifestyle Agreement, Prayer Room, and Classroom expectations is considered to be an infraction. Minor infractions are deemed to be less offensive than major infractions but are still considered unacceptable for a USM student.

Examples of minor infractions include, but are not limited to, the following:

- Disrespect toward persons or property
- Dress Code violations
- Leaving campus during the school day without permission
- Skipping a class
- Driving recklessly to, from, or on campus
- Being disruptive in the classroom, prayer room, or Sunday service
- Lying, deceit, or any other dishonest behavior
- Profanity

There are certain fundamental policies and expectations at USM that, when violated, are considered major infractions. These are very serious offenses.

Examples of major infractions include, but are not limited to, the following:

- Violation of the USM's Alcohol & Drug Policy
- Harassment and/or bullying
- Verbal, physical or sexual harassment or abuse of a student by peers. This includes interactions that are in person, online or via telephone. Posting videos/photos of peers without their consent to do harm is considered harassment.
- Threats or references to school violence, particularly school shootings.
- Abusive language that is aimed at another member of the community.
- Cheating or plagiarism
- Willful destruction of property belonging to USM, its staff or another student.
- Stealing
- Possession or use of any kind of weapons on campus

Students who make minor infractions should expect a pastoral conversation and consistent, intentional accountability. Students who make major infractions should expect a pastoral conversation, probation and/or dismissal from USM. Any decisions regarding the degree of disciplinary action are at the discretion of the USM Director and UPPERROOM Leadership.

DISCIPLINE POLICY - ACADEMIC

All assignments, quizzes and tests should be completed by the due dates posted on each class syllabus. It is the general policy of UPPERROOM School of Ministry not to accept late assignments. Points will be deducted from late assignments as follows: one day late will result in the loss of ten points; two days late will result in the loss of twenty points; three days late will result in the loss of thirty points. Assignments will be marked failing after being late for three days.

DISCIPLINE POLICY - COMMISSIONING

Commissioning USM Students at the end of the school year is based on attendance, academics and lifestyle. If a USM Student has not maintained the expected standards in any of these areas, that student will not participate in the commissioning service at the end of the school year.

LEVITICAL LIFESTYLE GUIDELINES

UPPERROOM School of Ministry exists to raise up a Levitical Priesthood who will live the In & Out Lifestyle centered on God's presence bringing transformation to their cities through intercession, miracles, signs and wonders.

As a Levitical Priesthood, we seek to be imitators of God and to walk worthy of the calling we have received (Ephesians 4 & 5). As a follower of Jesus your life represents Him at all times. As a student of UPPERROOM School of Ministry, you also represent the broader UPPERROOM community. "For the grace of God has appeared that offers salvation to all people and teaches us to say no to ungodliness and worldly lusts, and to live soberly, righteously, and godly in this present world" (Titus 2:11-12). Your lifestyle both in and outside the walls of UPPERROOM should be above reproach and an example of love, purity, and holiness to those around you.

This means that you are committing to a lifestyle of

- Purity and righteousness, not given to drunkenness, addictions (gambling, alcohol, tobacco, pornography, etc.) or any substance abuse that would impair mental and physical capabilities (alcohol, recreational, illegal, or legal prescription drugs).
- Love and honor of self and others, not given to slanderous speech, gossip, lying, abuse, violence, self harming or suicidal ideation.
- Sexual purity fleeing all all sexual immorality. Sexual immorality can be summarized as any sexual activity not seen in the Genesis 2 account of one man and one woman in covenant with God and a marriage covenant with one another.

A Levitical Priest is a New Testament believer who passionately seeks to know, love and serve God and is willing to lay down his/her life in purity, vulnerability and power in order to see the Kingdom of God advance across the earth.

We are asking you to lay down your life in order to become all that God intends for you. This begins by being transparent and vulnerable with teachers, staff and leaders of USM. The freedom of the UPPERROOM environment demands a high level of self-control. UPPERROOM School of Ministry is not a recovery program so your success here requires that you already exhibit self-management as a lifestyle.