

**In All Things,
Be Upward
Bound!**

Expressions Newsletter

**Upward Bound
Northwest Missouri State University**

From the Director's Desk

"To whom much is given, much is required."

Several years ago, I saw a clip of an interview given by Rose Kennedy, mother of President John F. Kennedy. In that interview, she said that the quote "To whom much is given, much is required" guided her in raising her children. For her, she was given many children, which required a great deal of time, self-sacrifice and patience. For her children, they were given much wealth and fame, which required a great deal of responsibility and much effort to remain humble.

While most of us have not been given the wealth nor notoriety of the Kennedys, we still have been given much more than those around us. Maybe some of us have been given good health, while others have not. Always try to remember that being given good health comes with a requirement—a requirement to not abuse our bodies with drugs or alcohol or to place ourselves in dangerous situations that could jeopardize our health. Maybe some of us have been given many friends. We should always try to remember that not everyone has many friends and we should strive to be a friend to others, just as others have been a friend to us. Maybe some of us have been given loving parents, while others have lost their parents to death, imprisonment or other tragic circumstances. Being given parents who love us requires us to treat them with love and respect in return.

The same principle holds true for Upward Bound. Upward Bound spends \$5,000 on each of you per year to bring you educational, cultural and social enrichment opportunities. To you, much is being given! And therefore, much is required. We require that you follow all of the rules of conduct set forth in the UB Student Handbook, the participation agreement and other documentation provided to you and that you and your parents sign. We require that you actively participate in our services such as Saturday sessions, field tutoring and our residential summer component. We require that you treat each other and UB staff with the utmost respect and consideration at all times. We require that you set academic goals and strive to achieve them. We require that you maintain a 2.0 or higher GPA at all times. To you, much is required, but much is given in return.

Human nature is to feel a sense of entitlement, but unfortunately, that's not how life works. We are not entitled to anything without giving something in return. To get respect from others, you must give respect. To get a scholarship, you must work hard to get good grades and spend a great deal of time seeking out and applying for scholarships. I could give example after example. As we finish up the school year and look ahead to summer, expectations will be continued to be set forth for you. Remember—it's because you have been given much that much is being required of you.

What's Inside:

Volume 2007 Issue 2 March

From the Director's Desk	1
Sneak Peek at Summer	2
Chicago Preview	2
SAC Article: Stick In There!	3
Spring College Visit—UNL	3
National TRiO Day	4
K-State Dinner	4
Kudos!	5
March School Visits	5
SAC Article: Life Leaders	6
Getting to Know...Scott	6
Upward Bound Contacts	7
2006-07 ACT Dates	7
Birthdays	7
Important Dates	7

SNEAK PEEK AT SUMMER

The UB Summer session promises to be another great opportunity to enhance your academic skills in a fun environment. Enrichment classes *may* include topics such as:

Photoshop
Web Page Design
Desktop Publishing
Foreign Language

Kick-boxing
Watercolors
Film Making
Creative Cooking

Poetry
Handmade Crafts
Recreational Basketball
UB Yearbook



CHICAGO PREVIEW!

The UB central staff has been hard at work planning a trip that will hopefully include something for everyone! *Tentative* plans include:

College visits to a small liberal arts college and a large, urban college



Attractions include a Broadway musical, museums, Shedd Aquarium, John Hancock Observatory, Millennium Park, Chicago Board of Trade, Federal Reserve Bank, Shopping on the Magnificent Mile, Sightseeing River Cruise, Navy Pier, and a surprise or two!

Food! Chicago style pizza, fun 50's diner, House of Blues, and more!

STICK IN THERE

This is a message for newly accepted Upward Bound participants. As the summer approaches, you may be getting a little nervous about the summer session. I was in your shoes once.

When I first came to Upward Bound, I was very shy and didn't really talk to anyone. I would just set alone in the corner eating my donut, and I didn't really participate in my classes. When May rolled around, I even considered quitting... but I didn't. I made the right decision. Rest assured that this summer you will have the time of your life. You will make life-long friends and memories that you will never forget.

Trust me, stick in there! I promise you won't regret it!

—Samantha Porter, SAC

Dates to Remember!!!!

March 30

RSVP for Spring
College Visit Due

March 31

Saturday Session

April 14

Saturday Session

Job Shadow

Work Study Applications due



Upward Bound Spring College Visit

University of Nebraska-Lincoln

Saturday, April 21, 2007

Depart at 6:30 a.m., return at 6:30 p.m.

“There is no place like Nebraska ...” So goes the Nebraska school song.

See for yourself if there truly is no place like Nebraska.

- ⇒ Fall 2006 enrollment = 22,106
- ⇒ 112 different countries are represented in the student body
- ⇒ UNL offers 235 undergraduate majors
- ⇒ Rated in the top 50 public national universities in *US News & World Report*



After the campus visit in Lincoln, we'll travel to nearby Omaha to attend the afternoon performance of *Dancer's Confetti*, performed by the Omaha Theatre Ballet.

National TRiO Day

TRiO programs around the nation, including Northwest's Upward Bound program, celebrated National TRiO Day on Saturday, Feb. 24, 2007. TRiO was created under Title IV of the Higher Education Act of 1965. The mission of TRiO programs is to provide encouragement, resources and support to young people while encouraging them to continue their education after high school.

For the second year in a row, TRiO programs were encouraged to celebrate National TRiO Day by participating in a community service project in order to show appreciation to our local community for their support. This year, 55 Upward Bound students and four staff members participated in clean-up efforts at the Maryville Community Center. Everyone worked so diligently that the Community Center was cleaned in under two hours! Everyone then broke into groups for a reflection discussion on the value of community service projects such as this and to brainstorm about other community service projects that we could undertake in the future. After the small group discussions, the remainder of the morning was spent playing basketball and socializing with friends.

**K-State
Tuesday, March
27 @ 6pm!!!**

**Attention
Juniors & Seniors
Interested in K-State**

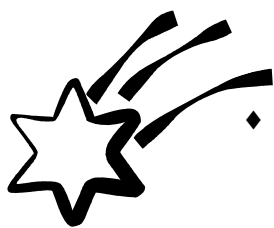
**RSVP BY
Friday, March 16**

If you are interested in learning a little bit about K-State without having to travel to Manhattan, KS, you are invited to join Stephanie O. at the K-State Alumni/Student Dinner. The dinner is free and will be held in **St. Joseph** on **Tuesday, March 27, 2007 at 6 p.m.** Speakers will include current K-State students and an Admissions Representative.

High school juniors and seniors in attendance will receive a free K-State T-shirt. A scholarship drawing will be held for high school seniors planning to attend K-State in fall 2007. If you are interested in attending, please contact Stephanie O. at 660-562-1630 or stepho@nwmissouri.edu **no later than noon on Friday, March 16, 2007. Transportation will be provided.**

**FREE!!!
K-State T-Shirt!!**

Kudos!!



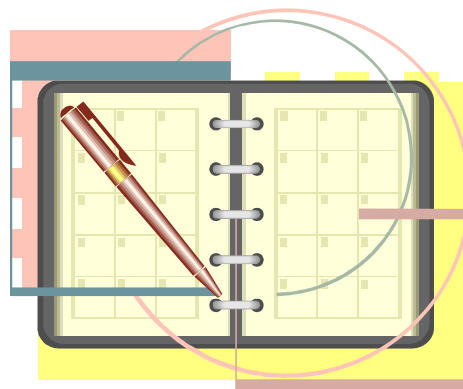
- ◆ **Mike Morriss** placed fourth in the Solar System event at the Junior High Science Olympiad.
- ◆ **Sam Carey** was selected as Student of the Month for the senior class at King City High School.
- ◆ **Derek Taylor** was selected as Student of the Month for the freshman class at King City.

*** Be sure to tell us about your recent accomplishments! ***

March school visits

Mark your calendars for the following dates when we will be meeting with each of you at your high school. See you then!

March 23	9:30	South Nodaway
	10:15	Nodaway-Holt
	12:30	Mound City
March 26	1:30	Maryville
	8:45	King City
	10:30	Stanberry
	11:30	NE Nodaway
March 29	1:30	Bedford
	10:00	West Nodaway
	11:48	Tarkio
	1:45	Rock Port



OFFICIAL UB WEB SITE

<http://www.nwmissouri.edu/dept/upwardbound/index.htm>

Life Leaders

When new seventh-graders come into your high school, it's scary for them. They don't know what they are supposed to do and all they see are older kids. Having someone to look up to or a leader in their life will make high school a lot easier. But that's just one example.

There are going to be many times in your life where you need a leader. Having a leader and watching what they do will allow you to learn how to be one, so when the time comes you can be a leader for someone who needs you. You never know when you will change someone's life by being a leader.

Throughout life, you will have many leaders and not even know it. Look at the government...If we didn't have a president our country would be hectic. You need leaders throughout life. Even if you think you don't, you really do. Leaders help guide you through something you can't do by yourself. They don't make the decision for you, but they let you know all the circumstances.

There are some leaders who are best not to follow. You will come across people who persuade you to try and do stuff that isn't right; they also are considered leaders. People look up to them, just like others. But instead of setting a good example, they set a bad one. So take a step back and see all the leaders in your life. Then decide what kind of leader you want to be. You never know whose life you are changing!

—Jordan Bastian, SAC

Getting to know Scott Ellis....again.

Name as it appears on your birth certificate: Scott Alex Ellis

Spouse: what's that?

Children: none, but maybe someday

Nicknames: Scotty, Bill and William

Siblings: I'm my mother's only child and my dad's fifth; of the five, I'm the youngest

Colleges attended: Northwest Missouri State University, B.S. Degree Social Science Education, December 2002. Currently at NWMSU working on a Master's Degree in Teacher Leadership.

Eye Color: Brown **Hair Color:** Brown

Tattoo: None, I could probably never stop getting them after the first one.

Hometown: Maryville, MO...Yep, I'm a townie

Favorite foods: American food, burgers, steak, potatoes, french fries

Been in a car accident: three, two very minor, one when riding with a friend and he flipped the car.

Broken bones: no, but I have had a vertebra in my neck get knocked out of place.

Favorite quote: "You can't wait for someone or something to cause a change in you, you must be willing to make the change yourself."—unknown

Favorite movies: Pretty much like all types, some of the best: Lord of the Rings, Memento, The Departed, V for Vendetta, Ferris Bueller's Day Off, Waiting, The Wedding Crashers, Enemy at the Gates, Batman Begins, Man on Fire

Favorite Music: mostly Rock & Roll, Metallica, Disturbed, Breaking Benjamin, Seether, Our Lady Peace, Black Lab, Trust Company and Linkin Park

Favorite sports: NFL, especially K.C. Chiefs (been going to games for 17 years)

Upward Bound

352 Administration Building
800 University Drive
Maryville, Missouri 64468

Office Phone: 660-562-1630

UB Email: upbound@nwmissouri.edu

Stephanie O.: stepho@nwmissouri.edu

Stephanie Fred: sfried@nwmissouri.edu

Helen: helenj@nwmissouri.edu

Scott: s202571@nwmissouri.edu

Misty: s200470@nwmissouri.edu

2006-2007 ACT DATES

March 9: April ACT Registration Deadline

April 14: ACT Test

May 4: June ACT Registration Deadline

June 9: ACT Test

Always use the UB CODE: 9713

Remember: You can utilize a one-time fee waiver. Forms are available in the UB office.

Happy Birthday To YOU!



March

1—Niki Fultz

3—Scott Ellis

13—Calee Rauch

15—Kara Nicholson

16—Hailea Miller

20—Kerri Simmerman

21—Andrew Aeschliman

24—Clayton Taylor

April

13—Telesa Shaw

14—Stephanie Friedrich

16—Alex Wray

16—Haley Ridler

18—Seth Heath

28—Samantha Porter

29—Elizabeth Porter

Important Dates

May 5 Saturday Session

May 7 Summer Orientation for
Returning students & parents

May 8 Summer Orientation for New
students & parents

May 29 Move-in for summer

June 29 Talent Show & Awards Banquet

July 9—13 Trip to Chicago!

UPWARD BOUND
800 University Drive
Maryville, MO 64468