A new school year is upon all of us and along with it comes a great opportunity for you to get off to a great start by applying the skills/ideas you learned through UB this last year. For those of you who participated in the summer session, recall and implement the information and activities you participated in that were geared to better prepare you for your classes and postsecondary planning.

Find and use a planner to help you manage your time. Implement study strategies that allow you to maximize your time and effort. Participate in organizations in your school and community. Remember that growth and development begins when one recognizes an opportunity to get involved and is not afraid to take risks. Challenge yourself to become an active (or more active) member of your school and community.

Finally, stay up with the activities and events happening with UB. Check the UB Facebook page frequently and use your Field Tutor to keep abreast of UB events. You can also reach us by e-mail or phone. We are excited for the upcoming school year!

The UB Code is: 9713

<table>
<thead>
<tr>
<th>Test Date</th>
<th>Registration Deadline</th>
<th>Late Fee Required</th>
</tr>
</thead>
</table>

For more information go to http://www.actstudent.org

Phil
**10 Facts About Me**

I actually joined a portion of UB 3 summers ago when my daughter Brianna was accepted into the program. Then lucky enough, my second daughter just participated in her first summer. On August 1, 2014 I joined the team as the Coordinator of Counseling.

**Facts**

1. I lived on a military base in Hawaii for 6 years
2. I met my husband at Northwest in 1993
3. I have 3 daughters and 0 sons
4. My youngest daughter will be 4 on Sept. 13
5. I graduated with my masters from Northwest in 2009
6. I am addicted to Starbucks
7. I grew up in Independence, MO
8. I am also addicted to education...I love to take classes and learn new things
9. I am passionate about empowering others to succeed
10. I am excited to be your new Coordinator of Counseling and cannot wait to meet you and start this new chapter of my life!!!

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**New to UB >>>**

**On Location!**

Do you have a college or university you are interested in visiting? Contact Tanya to coordinate a campus tour.

Jackie and Tanya took Megan, Stephanie, Andrea and Brianna to tour the Mizzou campus. Where they learned about the Law Enforcement Training Academy, psychology, graphic design and animal science, pre-vet.

http://www.nwmissouri.edu/trio/

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**plan ahead >>>**

**2014-2015 — Saturday Academies**

Upward Bound Saturday Academies take place from 8:30 AM to 12:30 PM on the 3rd floor of the Administration Building at Northwest Missouri State University.

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>September 6</td>
<td>College Visit—KU</td>
<td>Reg. Session/Visitors Welcome</td>
</tr>
<tr>
<td>October 4</td>
<td>Reg. Session/Visitors Welcome</td>
<td>Reg. Session/TRiO Day</td>
</tr>
<tr>
<td>November 8</td>
<td>Reg. Session/Visitors Welcome</td>
<td>March 14 Reg. Session</td>
</tr>
<tr>
<td>December 6</td>
<td>Reg. Session/Visitors Welcome</td>
<td>April 11 College Visit—TBD</td>
</tr>
</tbody>
</table>

* Busses typically stop at McDonalds/Taco Bell after session from 12:45-1:15 PM.

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**— Bus Schedule**

<table>
<thead>
<tr>
<th>School</th>
<th>Pick Up Time</th>
<th>Drop Off Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>King City</td>
<td>7:30 AM</td>
<td>2:10 PM</td>
<td>High School</td>
</tr>
<tr>
<td>Stanberry</td>
<td>7:45 AM</td>
<td>1:55 PM</td>
<td>High School</td>
</tr>
<tr>
<td>Northeast Nodaway</td>
<td>8:05 AM</td>
<td>1:35 PM</td>
<td>High School</td>
</tr>
<tr>
<td>Rock Port</td>
<td>7:30 AM</td>
<td>2:20 PM</td>
<td>High School</td>
</tr>
<tr>
<td>Tarkio</td>
<td>7:45 AM</td>
<td>2:05 PM</td>
<td>High School</td>
</tr>
<tr>
<td>West Nodaway</td>
<td>8:10 AM</td>
<td>1:40 PM</td>
<td>High School</td>
</tr>
<tr>
<td>Arrive at Northwest</td>
<td>8:30 AM</td>
<td>*12:45 AM</td>
<td>Admin. Bldg.</td>
</tr>
</tbody>
</table>

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UB students visit Mizzou
Do I Really Need to Read All This Material?

Why would teachers give you an assignment if he/she did not expect you to do the assignment? Reading material is an assignment like any other. A teacher does not have time to teach you everything that is contained in the textbook! Therefore, you are asked to read it as an assignment.

But how should you read? Did you know there is a method called SQ4R? This reading method capitalizes on the predictable format in most traditional content textbooks and assists students in retaining, and enjoying, what they are reading.

A new year, a new way to reading, let us do this reading method together!

Survey: Before you read, survey the chapter text, including the table of contents. Read titles, subtitles, introductions, conclusions and review any graphics.

Questions: Write questions for the key points you have identified in your survey. Turn heading and subheadings into questions. Ask who, what, where, when, and why.

Read: Now, read through the chapter from beginning to end, pausing at the end of each section to answer the questions you have created. Highlight key points in the text as you read, or make brief notes.

Recite: Answer the questions out loud to reinforce your learning, or teach another person what you have learned. Make a list of key facts or terms you need to know. Try this step after each section in the text.

Record: Write down the main idea and important points. Be sure to include supporting details. Also, record the answers to questions you just created and at the end of the chapter.

Review: Reviewing is an ongoing process. Review the concepts in the text after you are finished reading and reciting each section, and come back to it periodically over a few days.

Pass the Word — Upward Bound

Has your involvement in Upward Bound been beneficial to you? Have you had experiences that you would never have had before because you are an Upward Bound participant?

Have you been a participant in cultural enrichment activities that you really enjoyed?

If you can answer yes to any of these questions, then help us spread the word about Upward Bound

The Upward Bound program will start taking applications in September for the 2014-2015 academic year. If you have friends who want to go to college, have at least a 2.25 GPA and are of good character, extend an invitation to join us in the Upward Bound program.

Many times we share a song, a movie or even clothing...why not share an opportunity that will change your friends’ lives? Upward Bound changes lives by leveling the playing field of life through education.

Senior Guidance & Grub Night

Tuesday, September 30, 2014
TRiO Shared Space 6:30 PM - 8:00 PM

During this session we will go over the senior checklist, scholarships, FASFA and answer any questions the students and their families have. It is critical that students and their families take an active role in the planning process and it is our hope to jumpstart this.
read this newsletter...

We put together important information for you in the form of this newsletter, including: dates of meetings, upcoming events and opportunities, and college prep info for each grade’s cohort!

Please know that you are responsible for reading this newsletter as part of your participation in UB, and it is your responsibility to know what is going on, and what we are talking about each month.

You Must Read

Academic Year Student Handbook 2014-2015
You may check out a copy from your Field Tutor and/or obtain a copy from the “forms” section of our website.
You must sign and date a form with your Field Tutor stating you have read the updated handbook by Friday, September 26.

College Visit to KU
We ask that all students be on time and ready to go. Unlike a regular Saturday academy the Upward Bound bus schedule does not apply. All students must find their own transportation to and from the Northwest campus. We encourage carpooling and mileage reimbursement forms will be available to fill out.

Saturday, September 6, 2014
• Bus leaves 7:45 AM
• KU Presentation 10:00 AM
• Lunch on Campus 12:00 PM
• Housing Tour 1:30 PM
• Spencer Museum of Art 2:00 PM
• Booth Family Hall of Athletic 3:00 PM
• Return to Campus 6:00 PM

Contact us at 660-562-1630 http://www.nwmissouri.edu/trio/

Upward Bound
Northwest Missouri State University
372 Administration Building
800 University Drive
Maryville, MO 64468-6001

Field Tutoring Starts September 2, 2014