And we’re off! The school year is in full swing and the Upward Bound Central Staff is ready to dive into this year’s Saturday Academies on the Northwest campus!

In late September, the UB staff traveled to each school district for recruitment. The prospective students viewed a recruitment video made by a current UB student and we were greeted by many interested and excited students! If you know of any students who you think would be an excellent candidate for Upward Bound, please let them know about the opportunities and suggest to them to apply. UB Applications can be found on the website as well as with the school counselor at your school. Applications are due in the office by November 30th following the schools’ Thanksgiving breaks. The Central Staff looks forward to seeing many applications from your school district!

The Saturday Academies this year will have a slightly different format than previous years. Please see the schedule below.

**Saturday Class Schedule**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30-8:45 am</td>
<td>Announcements</td>
</tr>
<tr>
<td>8:45-9:35 am</td>
<td>Speaker</td>
</tr>
<tr>
<td>9:40-10:30 am</td>
<td>Workshops</td>
</tr>
<tr>
<td>10:35-11:25 am</td>
<td>ACT Prep/Special Topic</td>
</tr>
<tr>
<td>11:30-12:20 pm</td>
<td>ACT Prep/Special Topic</td>
</tr>
<tr>
<td>12:20-12:30 pm</td>
<td>Stipends and Check-Out</td>
</tr>
</tbody>
</table>

It is our goal through these Saturday Academies that the students gain knowledge from a variety of motivational speakers and hands-on special topic classes. All students will have the opportunity to take ACT Prep and continue with Counseling and Academic Workshops. Lastly and most importantly to hungry students in the morning, breakfast will still be available to all students before announcements!

Other changes will occur throughout the Academic Year Component and the Summer Component to match what the Central Staff has seen in the needs of our students and their families. We have added additional online resources including a blog, [http://upwardboundnw.blogspot.com/](http://upwardboundnw.blogspot.com/), which will take the place of the printed student newsletters. Please also take a look at the blog and start following us on Twitter, @NWUpwardBound for instant updates! The SUBS newsletter will still continue it’s printed form to families who have requested it and will be emailed to all others.

We look forward to what this year brings for our students, their families and the program. Please let us know if you have any questions and in all things, be Upward Bound!

---

**SPECIAL POINT OF INTEREST:**

Do you have a student who has recently been recognized for great accomplishments either academically or in their extracurricular activities? Please let us know and we’ll include them to our student newsletter blog.

We enjoy bragging about all of the awesome achievements our students have earned!
Upward Bound. In 1991, she transitioned the Academic Coordinator position with Northwest’s TRiO programs. She has over fifteen years of experience with our TRiO team as the new Upward Bound Coordinator. The UB central staff was sad to see such a great mentor leave our team; however, we know he isn’t too far away to visit. It was a pleasure to have Kori on our team and the positive effect he had on our students and the overall success of the program will always be appreciated.

It is now the pleasure of the UB central staff to announce that Kenna Johnson, a former Northwest TRiO staffer will be rejoining our TRiO team as the new Upward Bound Assistant Director and Academic Coordinator.

Kenna has over fifteen years of experience with Northwest’s TRiO programs. She started her career in 1989 when she assumed the Academic Coordinator position with Upward Bound. In 1991, she transitioned into the Counseling Coordinator position and held that role for over four years, at which point she became the UB Director. In 1997, she stepped across the TRiO aisle and took the position of Assistant Director for Student Support Services, a position she held until her family relocated to Colorado in 2004.

While in Colorado, she served as the Director of both the Stryker Institute for Leadership Development and The Women’s Resource Center at the University of Northern Colorado from 2004-2012. At UNC it was a high priority for Kenna to maintain a close relationship with TRiO. She was able to accomplish this through the establishment of a Big Sister/Little Sister mentoring program for Educational Talent Search students and by writing a successful grant application in 2006-07 to bring Upward Bound back to UNC after the program had been defunded during the previous competition. Throughout her positions in higher education she has shown motivation and a passion to provide numerous personal growth, empowerment and educational opportunities for students; focusing primarily on underprivileged and first generation students.

Kenna will be a great addition to the Upward Bound team and another excellent resource for you and your students. Her devotion to student success and advocacy will greatly lend to the Upward Bound program as well as the community as we continue to look for opportunities for collaboration and resource sharing.

Please give a warm welcome to Kenna as she begins her Assistant Director and Academic Coordinator duties with Upward Bound next month.

It’s that time of year once again-- college visits are in full effect around the nation! Whether your student is finishing up their first quarter as a high school student or completing college applications and scholarships for their postsecondary plans, it is a good time to discuss when and where college tours will fit into the family calendar.

While discussing possible colleges to visit with your student, check-out the college’s website. Looking at the website and degrees offered at the institution is the first step to find out if it would be a good prospective school to look more into. After you have done a bit of research, look into visiting the college in person. Visiting colleges in person is critical for students and their families to do as they reach the point of deciding upon which institution will be the best fit for the postsecondary goals they have created. With this in mind, Upward Bound juniors and seniors are required to complete at least one college visit during the academic year in order to complete their UB checklist.

After the college visit, you and your student should discuss and write down at least five impressions of the school. Considering the campus personality, diversity of the student body, the size of the lecture halls, teacher to student ratio, tuition costs, degrees offered among any other important factors that is important for your student.

If the family calendar seems to be overflowing with other events, please know Upward Bound is more than happy to take small groups to visit different college institutions in the area that students are interested in attending. If a parent wishes to attend as well, they are more than welcome to enjoy the trip with us. If anyone is interested in UB planning a college visit, please contact Jackie at jackiec@nwmissouri.edu or (660) 562-1638 and she will create a visit day for you!
Upward Bound Supporters,

Please help us in regards to your student’s attendance at field tutoring. Field tutoring is an important aspect of our program. It allows the students a chance to work on any homework they may have and it also provides a valuable line of communication when we need to contact them.

Below is the field tutoring schedule along with lists of excused and unexcused absences.

### 2012-2013 Field Tutoring Schedule

<table>
<thead>
<tr>
<th>School</th>
<th>Regular Tutoring</th>
<th>Supplemental Tutoring</th>
</tr>
</thead>
<tbody>
<tr>
<td>King City</td>
<td>Thursday—3pm</td>
<td>TBD</td>
</tr>
<tr>
<td>Maryville</td>
<td>Thursday—3:10pm</td>
<td>Tuesday—3:10pm</td>
</tr>
<tr>
<td>Northeast Nodaway</td>
<td>Wednesday—3:30pm</td>
<td>Tuesday—3:30pm</td>
</tr>
<tr>
<td>Rock Port</td>
<td>Tuesday—3:15pm</td>
<td>TBD</td>
</tr>
<tr>
<td>Stanberry</td>
<td>Tues/Thurs—7:30am &amp; Thurs—3pm</td>
<td>Tues/Thurs—7:30am &amp; Thurs—3pm</td>
</tr>
<tr>
<td>Tarkio</td>
<td>Wednesday—7am</td>
<td>Thursday—7am</td>
</tr>
<tr>
<td>West Nodaway</td>
<td>Tuesday—3:10pm</td>
<td>Wed/Thurs—7:30am</td>
</tr>
</tbody>
</table>

Excused absences for school activities include:
- Sports
- Band
- Music
- Academic Bowl and other such activities
- FBLA, FFA, etc.
- Church activities
- Doctor/Dentist

Students will not be excused for the following:
- Work
- Not having a ride
- School punishment (suspension, detention, etc)
- Babysitting (we understand there are some circumstances where this is necessary but it should not cause you to miss tutoring on a weekly basis)

Thank you for your help in supporting us on this!

### Saturday Session 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 a.m.</td>
<td>2:10 p.m.</td>
<td>High School</td>
</tr>
<tr>
<td>Stanberry</td>
<td>7:45 a.m.</td>
<td>1:55 p.m.</td>
<td>High School</td>
</tr>
<tr>
<td>Northeast Nodaway</td>
<td>8:05 a.m.</td>
<td>1:35 p.m.</td>
<td>High School</td>
</tr>
<tr>
<td>Rock Port</td>
<td>7:30 a.m.</td>
<td>2:20 p.m.</td>
<td>High School</td>
</tr>
<tr>
<td>Tarkio</td>
<td>7:45 a.m.</td>
<td>2:05 p.m.</td>
<td>High School</td>
</tr>
<tr>
<td><strong>Arrive NWMSU</strong></td>
<td><strong>8:30 a.m.</strong></td>
<td></td>
<td>Administration Building</td>
</tr>
<tr>
<td><strong>Leave NWMSU</strong></td>
<td><strong>12:45 p.m.</strong></td>
<td></td>
<td>Administration Building</td>
</tr>
</tbody>
</table>

** Busses typically stop at McDonald’s after session from 12:45-1:15 p.m.
Supporters of Upward Bound Students

Northwest Missouri State University
800 University Drive
Administration Building, 352
Maryville, MO 64468

Phone: 660-562-1630
Fax: 660-562-1631

E-mail: upbound@nwmissouri.edu

Saturday Academy Schedule 2012-2013
October 20
November 17
December 1
January 12– New Student & Parent Orientation
February 2– TRIO Day
March 16
April 20– College Visit

**All sessions begin at 8:30am and end at 12:30pm

ACT Dates
October 27, 2012
December 8, 2012
February 9, 2013
April 13, 2013
June 8, 2013

**Each student can use 2 fee waivers for the ACT. Please have your student include UB on their list for where to send their scores.

The UB code is: 9713

UB Summer Session 2013
June 2nd - July 5th

Summer Trip 2013
July 8th-12th

To the Parents(s)/Guardian(s) of: