There are a lot of days when I feel very accomplished to have just made it through the day. I am sure that you all can share stories of daily survival as well! While the old adage “take things one day at a time” rings true on certain days, it is important for you to be able to look beyond today when planning for your future. I realize that for many of you envisioning yourself gainfully employed in a career that you enjoy seems like a million years away. Let me give you a word of advice—it will be here before you know it.

The steps you take today for planning for your future are very important. Enrolling in classes that challenge your mind, being involved in community/school organizations, assuming leadership roles and being involved in Upward Bound are just a few of the things you can be doing today to help set the stage for your future. Do not miss out on opportunities to positively position yourself. If you believe that a successful and enjoying career will simply appear when you are ready for it, then you will be in for a rude awakening down the road. You can never start too early developing the habits and motivation to fulfill your dreams.

I am completing my 28th year working in a profession that I have thoroughly enjoyed. My career has provided me with a comfortable lifestyle and many amazing memories and opportunities. None of these things would have been possible without a college education and a commitment to my goals. I also realize that my path down this road began in high school—a time when I first developed many of the skills I drew upon in college and as a professional. To this day, two of my biggest accomplishments in my life are the two degrees I earned from Northwest. Those two pieces of paper represent so much more than an education—they also are symbolic of my ability to complete goals despite the many barriers and challenges that confronted me during my journey.

If there is one thing that I want for each Upward Bound student it would be for each of you to achieve your educational and career goals. I know you can do it—I have seen you in action. All too often the biggest obstacle to one’s success is the person who looks back at you in the mirror each morning. Don’t fall victim to this trap.

Start today planning and executing for your future and don’t let anyone or anything stand in the way of your goals. You are strong; you are talented; you are driven.

Even though I am retiring soon—rest assured I will be cheering each of you on as you pursue your dreams.

Best of luck---Phil
It’s senior year, and your college days are just around the corner. Hopefully, you have begun the college application process, but don’t panic if you haven’t. There is still time, but you’ll have to move quickly. Here are a few steps to remember:

Good recommendations are important, for both college and scholarship applications. Colleges will have your grades, but they will be interested in knowing you personally. To ace this part of the application process, maintain relationships with your teachers, coaches, and volunteer directors. Pick out those who know you best, and ask them for a letter of recommendation. Be sure to give them sufficient time and to thank them when they have finished.

The submission of application materials is the most important part of the college application process. Pay close attention to your grammar and spelling as you complete the required forms. When writing your essay, personalize it to the school of your choice. Including reasons for your interest in each school shows that you have put forth an effort and have done your research. Deadlines for an early decision are usually in early November and December. Regular deadlines are generally between January and February. Applying early is your best bet. You stand a better chance of getting early scholarships and financial assistance packages. Near the cut-off dates, most admissions offices are swamped with entries. It is possible for things to get misplaced or lost, and having time to resend application materials is important. Please keep track of your applications in Missouri Connections.

Searching for scholarships, see what is available and what is coming up so you will have time to apply for those best suited to you and ramp-up your efforts, month after month. In January, you really need to be ready to begin applying for the scholarships that are best suited to you. Remember you have a minimum of 16 scholarship applications to be submitted for Upward Bound. Please keep track of your applications in Missouri Connections.

The deadline for completing the FAFSA is March 1. However, you should try to submit it as soon after January 1 as possible. You will need to have a copy of your parents’ and, if applicable, your own tax returns before beginning. It is easiest to submit your FAFSA form online (although a paper version is available).

This can be done at fafsa.ed.gov. Beware of sites that charge you for applying for financial aid. Remember, FAFSA is the FREE application for federal student aid, so if you have to pay, you’re on the wrong site.

Most colleges will let you know their decisions starting in March. Once you have received the results, consider your options. Take into considereation your financial need, the location, and the reputation of each college. Let each school know if you have accepted their offer as soon as you can. Now you can release a big sigh of relief. Admittedly, the application process can get a little tedious, but finishing feels great. Just sit back and relax.

This is in the bag!

### 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.

- **November 8** — Reg. Session/Visitors Welcome
- **December 6** — Reg. Session/Visitors Welcome
- **January 17** — Reg. Session/Visitors Welcome
- **February 28** — Reg. Session/TRiO Day
- **March 14** — Reg. Session
- **April 11** — College Visit—TBD

### — 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>Elementary</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></td>
<td>Admin. Bldg.</td>
</tr>
<tr>
<td>Leave Northwest</td>
<td>*12:45 AM</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* Busses typically stop at McDonalds/Taco Bell after session from 12:45-1:15 PM.
Field Tutoring is NOT Spooky...It’s an Opportunity

As we finish up first quarter, it is important to remember that all UB students are required to participate in weekly field tutoring at their high school. Upward Bound is receiving first quarter grade reports and students will once again receive notification of personal field tutoring attendance status. There are three status types students may have received depending upon the grades received by UB.

(1) 3.5 GPA Waiver – students who earn a 3.5 GPA or above have the ability to attend field tutoring or check-in with the field tutor. Checking-in is required and the student will have an unexcused absence if check-in was not completed.

(2) Regular Field Tutoring – students who did not earn a 3.5 GPA attend one hour of field tutoring each week for the full hour.

(3) Supplemental Tutoring – students who earn a grade of C- or below or a GPA below a 2.5 on grade reports will attend supplemental tutoring, in addition to regular field tutoring.

Students’ field tutoring status will be updated each time grade reports are received (quarter mid-term and end of quarter).

Field tutoring is an opportunity for students to have one or two hours each week to focus on completing coursework and receive additional academic assistance. Upward Bound will continually check-in with the field tutors on the progress of each student and contact the students directly through phone, email, or letters if there is a concern or a kudos!

Now that the end of first quarter is upon (or soon will be) Upward Bound will once again receive grade reports for all current students and notify each student an update on their field tutoring attendance status.

### School | Field Tutor | Regular Tutoring | Supplemental Tutoring
---|---|---|---
King City | Ms. Breckinridge | Tuesdays 7:00 am | Mondays 7:00 am
Maryville | Mr. Vinzant | Thursday 3:10 pm | Monday 3:10 pm
Northeast Nodaway | Ms. Henry | Wednesday 3:15 pm | Tuesday 3:15 pm
Rock Port | Ms. Skillen | Tuesday 3:10 pm | Thursday 3:10 pm
Stanberry | Ms. McQueen | Wednesdays 7:30 am | Thursday 3:10 pm
Tarkio | Ms. Owens | Wednesday 7:00 am | Tuesday & Thursdays 7:00 am
West Nodaway | Ms. Babcock | Wednesdays 3:10 pm | Thursdays & Fridays 3:10 pm

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**Juniors**

It’s junior year, and the time has come for serious college planning. If you prepare for standardized tests now, you can avoid the frenzy of senior year. Time spent now will more than pay off next year. You will be able to keep up your grades and enjoy your final high school months while looking for free scholarship money!

It will be helpful to research potential majors this year. Identify your interests, and use them to create a list of possible college majors. If you are not ready to pin down your career, and most high school students aren't, consider taking a career assessment test. Some websites provide free assessment (Missouri Connections) tests that match your interests with possible careers. You may also want to speak with your guidance counselor to find out if these tests are offered at your school.

Once you have an idea of what you would like to do, taking the next step in your college search and creating a list of prospective colleges will become easier. Find schools which specialize in your areas of interest and which offer the majors you are considering. Consider the size, location, and educational reputation of schools when you are narrowing your search. Are you willing to live in a rural area or do you love the bustle of city life? Do you like the intimacy of a small school or would you prefer a large campus?

These are some questions to ask yourself when you conduct your research. Once you have narrowed your choices, make the time to visit these colleges. Plan a trip when school is in session to get a feel for what a regular day looks like. Check out the area, speak with a professor, and interview an admissions officer. Some schools may even allow you to sit in on a class of interest. All these steps will help you make the right college choice.

Many people think your senior year is the time to begin searching for scholarships. While senior year is certainly an important time to be searching for ways to fund your education and you certainly should be heavy into your scholarship search by then, you really should begin now. Not only as a means of doing research for next year, when many more scholarships will be available for you, but also because there are scholarships specifically for you, the high school junior.

Don’t forget to keep track of your research and goals in Missouri Connections. Get those items checked off your Upward Bound Junior Checklist. Some things you can be working on before our next Saturday Academy are taking the Career Cluster Inventory and the Interest Profiler.

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**Taylor Paulo**

Taylor spent time in California and visited both the Fullerton Campus as well as Cal Poly Pomona.

Please share your college visit photos and you could be the spotlight of the next issue of ubscop.
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.

ACT Test Dates 2014-2015
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

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