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S.U.B.S.

Parent Newsletter

2011-2012

Supporters of Upward Bound Students

Updates at Upward Bound let me

Greetings!

It feels like spring is around the corner with the geese coming in from the south and the birds chirping in the morning waking all of us up for another great day! In the UB office, the weather has reminded us the summer is coming very soon! We are beginning to plan for the upcoming summer component (SC) and the summer trip!

There are only three more Saturday sessions left and we have many things planned! Students who are interested in creating a summer t-shirt design need to turn it into UB by March 31, 2012. The winning design will be given a \$50 cash prize! Summer class options will be given to students on April 28, 2012 and they will be able to choose what they would like to take during the SC on this date also.

In the past month, Upward Bound has also kept busy with events! On February 4, 2012 the Northwest UB program celebrated National TRIO Day by supporting Special Olympics basketball tournaments on the Northwest campus. During this day, the students were able to create signs and cheer on and support others. I was very proud of all the students and it was a great opportunity for our program to give back to the community. On February 12, 2012, Northwest hosted a FAFSA Frenzy event for all students needing to fill out their annual FAFSA. UB had four families attend this event, all seniors will need to complete the FAFSA before April 1, 2012 for their Bridge summer and to be eligible for Pell Grants. Upward Bound is also taking all Juniors and Seniors on college visits to campuses they are interested in attending after high school graduation. If you have a student that would like to visit a campus,

know. I would be more than happy to gather a group of students to go! This year we already have groups of students visiting Grace-land University, North Central Missouri College, University of Missouri-Kansas City, and Missouri State University. If there is another college your student is interested in, let me know, I enjoy getting out of the office and showing students what different campuses have to offer! College visits are very important. The more campus visits a student makes, the better choices he or she will make when planning their postsecondary education.

Lastly, the Upward Bound Central Staff wants to remind all students about completing their designated checklists in order to be eligible to attend the summer session. As a parent/guardian please ask your student about their checklist status. We want to see every UB student this summer! Please let me know if you have any questions about checklists and any other question you may have.



ACT Test Dates 2011-2012

The UB Code is :9713

Test Date	Registration Deadline	Late Fee Required
February 11, 2012	January 13, 2012	January 14-20, 2012
April 14, 2012	March 9, 2012	March 10-23, 2012
June 9, 2012	May 4, 2012	May 5-18, 2012

Helping Your Student Manage Stress

College can be stressful. Students are experiencing new surroundings, new people, and new demands. There is more reading, longer written assignments, harder exams and an entirely new kind of classroom settings. Fitting in, finding directions, and making sense of it all can bring upon stress to many college students.

While college is stressful, students experience stress in high school as well. As a parent or guardian, it is important to know that stress is normal and students do become stressed out at times. As a parent or guardian, you cannot protect your student from stress, but you can help them develop healthy ways to cope with stress and solve everyday problems.

A KidsHealth® KidsPoll showed that kids deal with stress in both healthy and unhealthy ways. It also revealed that while they may not initiate a conversation about what's bothering them, students do want their parents and/or guardians to reach out

and help them cope with their troubles. Below are a few ideas to use when your student seems to be under stress.

Provide support. Often time students just want someone to listen. As you listen, you can, make suggestions. For example, if your student is taking on too much, you can encourage him/her to drop or delay a few activities that are particularly stressful and time consuming. However, be aware that in most case, student's may not be looking for solutions from you. They may just want a sympathetic ear to talk to and work through their troubles.

Encourage. Once the support has been provided and the student has shared their concerns, encourage them to take a proactive approach. Students who are concerned about a class should be encouraged to see their teacher to talk about the coursework and create a plan to further with the class or if there is another class option to replace with the current one. If your student is deal-

ing with issues of anxiety, depression, or in the college setting/UB Summer Session — homesickness, encourage him/her to schedule an appointment with their counselor to discuss what they are feeling. Your student's counselor has an office full of resources ready to explore with each student they visit with.

Lastly, your student may need to find an activity or hobby that they enjoy doing to relieve stress. Encourage your student to think about what they enjoy doing, what brings them happiness, and what is peaceful to them. Encourage healthy foods, exercise, and breaks. No matter how much we wish we could take away all stress in our students' lives, we can't. What we can do is provide support, encourage activities, and provide suggestions to cope with their stress.

Information gathered from: http://kidshealth.org/parent/positive/talk/stress_coping.html and Farber, A. (2011). *College: what parents need to know*. Woodburn Press, Dayton, OH.

Summer Session Opt-out and Absences

While planning for the summer, the Upward Bound Central Staff has decided to make a change in attendance policy for the summer session. After some review of the program, we have noticed that a high percentage of the students that withdrew from Upward Bound did so because of the required attendance in the summer component (SC) of the program. We realize that some students have opportunities that they may not be able to participate in because they are required to attend the SC. Additionally, we realize that in these economic times it may be necessary for students to work a full-time job in the summer. Due to this, we are implementing the following change in our SC attendance

policy beginning this coming summer:

- Students may choose to opt out of their 2nd or 3rd summer.
- Students cannot opt out of both years, just one.
- Students are not required to opt out of either year. It is an option for those that choose to do so.
- If a student chooses to opt out, he/she will not be able to come to any part of the summer, including the trip.
- Students **cannot** opt out of your 1st summer or last summer (bridge year).
- If a student is going to choose to opt out, you he/she must let the staff know

no later than April 1st.

- Students who choose to opt out still must meet all of the attendance/participation requirements during the academic year to maintain good standing in the program.

We hope that these changes will help keep students in the program who have previously had to withdraw due to summer attendance. Please remember that students are not required to opt out of any summer and this is purely voluntary. If you have any questions in regards to this change in policy, please feel free to contact us.

Community Service

During the Summer Session there are various events scheduled weekly within the five-week stay on the Northwest campus. Last year, the Upward Bound Central Staff set Wednesday nights as the community service night. During these nights all of the UB students had the opportunity to travel to neighboring communities and volunteer their time by completing a project for the community. Projects completed last year

included painting fire hydrants and cleaning up the square in Burlington Junction, holding a food can drive for The Ministry Center in Maryville in which we gathered 587 pounds of food, and painting residential rooms on the Northwest campus.

This year we are in search for new community service projects and we are asking our supporters of Upward Bound students for

assistance. If you have an idea of a project the students can complete during the summer session, please let me know. We are open to traveling to all of our communities. It is our hope to give back to the people and communities that have supported the Upward Bound program and its students throughout our 25 years at Northwest. I look forward to hearing from you with any and all suggestions!

College Terms 101

As the thoughts of college and postsecondary education draws nearer, there comes a time where while reading a publication and there is a word or term that is used and it seems very foreign. As a counselor there are still terms in financial aid applications and college publications that I have to look up to understand the meaning. So, this article is dedicated to all of those tricky, yet popular, college terms that are used in many of the applications and publications postsecondary institutions send to us!

ACT– Students take this college entrance test during their junior and/or senior year. Students receive scores in English, Reading, Math, and Science, along with a Composite (average) score. The ACT also has an optional Writing Test. Many colleges use ACT scores to help them decide which students to accept.

Academic Advisor– All college students are assigned an advisor to help them select their courses, choose a major, and keep track of graduation requirements.

Associate's Degree– Student who complete a two-year program receive an associate's degree.

Bachelor's Degree– Students who complete a four-year degree receive a bachelor's degree.

Cooperative Education– Many colleges have co-op programs in which students alternate coursework with employment. When co-op students graduate, they not only have a degree, they also have valuable work experience in their field of study.

Elective– All college students must take a certain number of required courses. Elective course are those that students choose, or “elect,” to take.

Financial Aid– Financial aid is money that is given, earned, or lent to help students pay for their college education. Most financial aid is based on financial need. Financial aid often makes it possible for students to go to colleges they didn't think they could afford.

Honors/Scholars Programs– Many colleges have Honors or Scholars Programs for academically outstanding students. These programs offer a variety of opportunities for those who qualify (early class scheduling, access to honors courses, honors housing).

Liberal Arts– While some colleges and majors focus on preparing students for specific careers, a liberal arts education focuses on developing intellectual skills, general knowledge, and reasoning abilities.

Major– A major is the academic area that a college student studies in-depth.

Minor– A minor is a student's secondary area of study.

Out-of-state Tuition– If a student attends a public-college in a different state, they will probably have to pay the higher out-of-state tuition.

PLAN– This is a practice test for the ACT. Some high schools give this test to their sophomores.

PSAT/NMSQT– This is a practice test for the SAT Reasoning Test. It is given to sophomores and juniors in October.

Quarter/Semester/Trimester– These terms refer to the way in which colleges divide their academic year. Colleges that are on quarters have four academic terms (fall, winter, spring, summer). Colleges on semesters divide their school year into two equal parts. Colleges that are on trimesters have three academic terms (fall, spring, summer).

Registration– Before the beginning of each term, students must pay their fees and sign up (register) for classes.

Room and Board– This refers to the amount that students who live on campus must pay for housing (room) and meals (board).

SAT– High school students take this college entrance test during their junior and/or senior year. Students receive scores in Critical Reading, Math, and Writing. Like the ACT, colleges use the SAT scores to help them decide which students to accept.

Transcript– A transcript is a copy of a student's official academic record. It lists all of the courses a student has taken and all of the grades and credits he/she has earned.

Transfer of Credits– Students who attend an accredited college usually find that their credits will transfer to another college. The college to which the student is transferring decides which credits it will accept.

Tuition– Tuition is the amount a student has to pay for academic instruction.

Undecided/Undeclared– Students who haven't yet decided what they want to major in have an “undecided” or “undeclared” major.

Undergraduate– A student who has not yet received a bachelor's degree is considered an undergraduate.

Universities– Universities are very large colleges that offer advanced degrees (e.g., masters degree).

SPECIAL POINTS OF INTEREST:



Upward Bound will notify students of any cancellations due to potential bad weather the Friday before a Saturday Session.

UB Summer Session 2012

June 3rd - July 5th

Summer Trip 2012

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- 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 in the monthly student newsletter.
We love bragging about all of the awesome achievements!
- Do you have a topic that you would like covered in a SUBS article? Let us know! We are always looking for ideas from our parents and guardians!



ATTENTION ALL SENIORS!!!

The Free Application for Federal Student Aid (FAFSA) is available for you to fill out. This must be completed before April 1st for the Summer Component.

All seniors will need to complete the FAFSA for the Bridge Component this summer.

In order to be eligible for Pell Grants, seniors must complete before April 1, 2012!

Contact Jackie if you would like assistance completing the FAFSA at (660) 5621638 or jackiec@nwmissouri.edu