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# S.U.B.S.

## Parent Newsletter

### 2011-2012

## Supporters of Upward Bound Students

### Updates at Upward Bound

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 Sessions at Northwest!

In mid-September, Kori and I traveled to each school district for recruitment. We showed a recruitment video made by a current UB student and were greeted by many interested and excited students! If you know of a student 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 and are due in the office by November 4th. The Central Staff looks forward to seeing a lot of applications from your school district!

This month we have some great events planned for you and your student(s). One of which is **UB Parent Day on Saturday,**

**October 29th!** During this day we will have plenty of snacks for those who can make it, but most importantly you will have the opportunity to experience UB as your student does. We encourage you to attend a Saturday session whenever you can, but especially want to extend the invitation for October 29th.

As the academic year proceeds, Upward Bound will have more events for you and your student to attend. If there is something you would like to hear more information about, please let me know. We are always looking for new ideas!

When you begin working with your student and planning for their future after high school there will be a lot of questions that will come up. Please let us know those questions. We are here to help the UB students in their college prep and we are also here to help their families become

an amazing support system, full of knowledge. We also just enjoy hearing from our UB parents and guardians!

If your student needs to know information about a specific college they are interested in attending, I may have the latest publications from that college to give to you and your student. Other great resources I am eager to share with you are resources for financial aid and financial planning. Again, if there is anything you would like further information on, just let me know and I will get it to you.

This is going to be a great year and the Upward Bound Central Staff and myself look forward to being a support team you can count on! In all things, be Upward Bound!

Best Regards,  
Jackie



### 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 in the monthly student newsletter.

We love bragging about all of the awesome achievements!

# Annual Paperwork

Each year, every Upward Bound student must fill out a Participation Contract Agreement form. The form must be signed by both the student and their parent(s)/guardian(s).

The purpose of this document is to ensure that the student and the parent/guardian

have read the handbook, and understand the rules and expectations of our program.

The form has been attached to this newsletter and the handbook and an electronic copy of the form can be found online at the UB website under the *Forms* page.

The UB Central Staff would like to have the forms turned in as soon as possible and no later than the November 12th Saturday session. If you or your student has any questions please don't hesitate to contact the UB office.

## Your Role in the Financial Aid Process

The transition from high school to college is not an easy one for most young people. Research has indicated that parental support has a critical role in successful college planning and a large part of college planning includes the financial aid process.

Although it is ultimately the responsibility of the student to apply for aid, there are things parents and guardians can do to make the process easier on their student.

For starters, parents and guardians can help complete the FAFSA and fill out their taxes early. FAFSA financial information is derived from the previous year's income tax return, and students are encouraged to complete the FAFSA as early as possible.

Keep an eye out for our Financial Aid night where Northwest Financial Assistance employees help families with this process.

It's never too early to begin talking about your student's post-secondary plans. Parents and guardians can sit down with their student and discuss the colleges they are interested in attending and look at the cost of each. Keep in mind that tuition is not the only cost to look at. When narrowing down possible colleges students should keep in mind the cost of room and board, books and school supplies, fees, equipment and room materials, as well as travel and miscellaneous expenses.

While talking about expenses, also discuss the financial resources that will be used for paying for college. Financial resources can come from scholarships, prepaid or college savings plans, personal savings, and money from work (summer, part-time, etc.). If additional money is still needed, turn to the federal government, and institutional and state aid. All of this information may sound

and be very overwhelming at first; however, once you sit down and create a plan the process begins to be much more clear. Don't forget, Upward Bound is here to help! Jackie has many resources to help you and your student plan for college. She also has a lot of updated information from many colleges around the area. Don't hesitate to contact her; students and parents are more than welcome to visit with her for any college planning needs.

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To assist with the financial aid process and your student's college planning, Upward Bound invites all junior and senior students and their families to attend **Guidance and Grub on Thursday, October 27th** from 6:30-7:30pm on the Northwest campus. Please see the invitation attached to this newsletter for more information.

## Helping with Career Exploration

Robert Frost (1874-1963) wrote, "Two roads diverged in a wood, and I—I chose the one less traveled by, and that has made all the difference." Unfortunately, when choosing a career, most young people aren't exposed to "the road less traveled" and are forced to choose the only one they know. Most often, students make career decisions based on options that have become *familiar* to them. Such as a career that a family member or a significant role-model is currently doing.

There are more than 20,000 existing occupations, making it very likely that there's an unknown career out there at which your student could become even more passion-

ate about versus a *familiar* occupation.

Parents and guardians can play a significant role in helping their student make informed decisions about their future. This begins with encouraging your student to begin early in seeking out ways to explore careers.

Internships and volunteering is an excellent way for your student to get involved in the community as well as develop an idea of what they are passionate about. They may also find after volunteering and internships that specific fields are not for them. Whatever they gather, allow your student to develop these ideas and help them process.

Fortunately, Upward Bound gives their students an opportunity to apply for Job Shadow and Work Study programs during the summer which allows student to explore different career occupations first hand!

A career is a very important part of one's life. Deciding this part is also a huge adventure. Encourage your student to become active in exploring careers before college and then continue during college.

Lastly, offer unconditional support as your student wrestles over one of life's major decisions.

Information gathered from "Helping Your Student Make Informed Career Decisions" By Robert Orndorff

# Field Tutoring Updates

Parents,

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.

## 2011-2012 Field Tutoring Schedule

School	Regular Tutoring	Supplemental Tutoring
King City	Thursday—3pm	TBD
Maryville	Thursday—3:10pm	Wednesday—3:10pm
Nodaway Holt	TBD	TBD
Northeast Nodaway	Wednesday—3:30pm	Tuesday—3:30pm
Rock Port	Tuesday—3pm	Wednesday—3pm
Stanberry	Tues/Thurs—7:30am & Thurs—3pm	Tues/Thurs—7:30am & Thurs—3pm
Tarkio	Wednesday—7am	Thursday—7am
West Nodaway	Tuesday—3:05pm	Tues/Wed—7:30am

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)

Additionally, we are going to encourage all field tutors to begin using Skype more frequently. Skype is a program that allows us to video-chat with students at their school when they are at field tutoring. Again, this is valuable to us to see the students on a weekly basis and to help them with any problems they may have.

Thank you for your help in supporting us on this!

Kori

• *Nervous about paying for college?*

• *Wondering where you can find scholarships?*

• *Confused with the financial aid process and strange terms?*



**DON'T WORRY...UPWARD BOUND IS HERE TO HELP!**

**Northwest Missouri State Upward Bound Invites You to:**

## **Guidance and Grub Session**

**Thursday, October 27, 2011**

**6:30—7:30 pm**

**3rd floor Administration Building**

It is already that time of year! Seniors have submitted applications to the colleges of their choice, NOW WHAT? Financial assistance won't find you...you need to get out and look for it!

Paying for college can be stressful for both students and their families. Upward Bound would like to invite you to attend our Guidance and Grub session covering the role of both the parents and students in funding post-secondary education on **Thursday, October 27th from 6:30—7:30 pm on the 3rd floor of the Administration Building**.

During this session you will receive handouts and helpful hints to get you more comfortable with financial aid terms and the process you are about to enter with your college-bound student. Along with financial aid, the FAFSA and scholarship opportunities will be discussed. A representative from Northwest's Financial Assistance office will also be on hand to answer any questions you may have.

We promise that this is an event you can't *afford* to miss! **All Senior Upward Bound students and their parent(s)/guardian(s) are encouraged to attend!** Juniors and their families are more than welcome to participate as well.

*\*\*\*If you wish to personalize the session, bring your 2010 tax return to complete the FAFSA4caster and sign up for a PIN number.*

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**If you plan on attending this event, please RSVP to the Upward Bound office in one of the following ways so we can be sure to have enough food for everyone:**

- **Call the Upward Bound office at 660.562.1630 or**
- **Email Jackie at [jackiec@nwmissouri.edu](mailto:jackiec@nwmissouri.edu)**

## Supporters of Upward Bound Students

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800 University Drive  
Administration Building, 352  
Maryville, MO 64468

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

E-mail: [upbound@nwmissouri.edu](mailto:upbound@nwmissouri.edu)



## Important UB Dates: Mark Your Calendars...

### Saturday Schedule 2011-2012

October 8  
October 29 - UB Parent Day  
November 12  
December 3  
January 14  
February 4  
February 25 - TRiO Day  
March 10  
March 31  
April 28

### ACT Dates

October 22, 2011  
December 10, 2011  
February 11, 2012  
April 14, 2012  
June 9, 2012

\*\*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 2012

June 3rd - July 5th

### Summer Trip 2012

July 9th-13th

\*\*All sessions begin at 8:30am  
and end at 12:00pm

