

# S.U.B.S. Supporters of Upward Bound Students

## Guidance and Grub Scholarship Session a Success

On Wednesday, October 21st, Upward Bound hosted its first of three Guidance and Grub sessions that covered how to search for college scholarships and complete college applications.

Nine UB students and their families were in attendance and everyone walked away with valuable insight as to how they can come up with the appropriate funding for their college education. Folders were also distributed to parents which included a list of numerous websites to visit for scholarships, a tracking form

for applications and test scores, and other valuable information regarding scholarship scams and how to avoid them.

Those in attendance ranged from Sophomores to Seniors, but I really feel like ALL of our Upward Bound students can benefit from the information that was given.

If you or your student were unable to attend this session, you can still pick up the information or let me know and we can mail it directly to you. Students were given the opportunity to pick up one of these packets during our last Saturday session and many took advantage—so be looking for those at home!

**Our next Guidance and Grub session is planned for Wednesday, December 9th** so mark your calendars now! This next

session will cover financial aid and the FAFSA, a topic that in the past has been one of stress and confusion for our UB families. We will have a representative on hand from Northwest Missouri State's office of Financial Aid and Scholarships to answer any questions you may have.

I strongly encourage all of you to attend this event with or without your student. The FAFSA is one of the most important forms you will fill out for your student, and can lead to many scholarship and loan opportunities.

A letter will be sent home reminding you about the evening, but if you like to **RSVP now**, please do so **by calling our office at 660.562.1630** or emailing me at [brendaj@nwmissouri.edu](mailto:brendaj@nwmissouri.edu).

RSVP's are greatly appreciated!



## College Visits Being Scheduled NOW!

Every year Upward Bound provides Juniors and Seniors the opportunity to attend college visits to institutions they are interested in.

This year will be no exception as UB staff prepares to schedule this year's visits for students. Despite the high interest, we unfortunately cannot travel to far away destinations such as Hawaii, Chicago, or New York (sorry), but we usually manage

to travel within a 3 hour radius of Maryville to accommodate all of our students requests to see a wide variety of colleges and universities.

If you or your student have a college in mind that you would like to see, please let Brenda know. Students have already informed us of some of their intentions, but we welcome your feedback as well. As with any college visit, parents are invited

and encouraged to attend. Transportation is provided by Upward Bound and sign ups will begin at our next Saturday session.

Students are responsible for any missed school work while they are gone and all students will need both parent and school administration signatures before they are allowed to travel.

If you have any questions, please contact the Upward Bound office.

## Upward Bound Students

### Special points of interest:

- > December 9th—Next Guidance and Grub RSVP to 660.562.1630
- > January 5th is the deadline to register for the February 16th ACT test
- > Students with a G.P.A. of 3.5 or higher will receive notice from our office that they do NOT need to attend field tutoring. Students are still required to check in.

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### Letter from a fellow UB Parent, Rhonda Morriss:

## Parent Corner



**“Take advantage of the workshops UB offers...they are as informative and fun as the classes your child is taking.”**

To all returning UB parents— welcome back! To all NEW Parents joining us for their first year, welcome aboard! Sit back and relax. You are in for a fun year with your son/daughter/student.

Brenda and the other staff at UB had a great idea in adding this parent section to S.U.B.S. It not only enriches the knowledge of all parents both returning and new, but lets us be a part of UB, an inspiring program that lets our kids grow to responsible young adults and have fun while doing it!

My son, Micheal, is in his final year with UB and my daughter, Adrienne, graduates next year. As a parent of these students and a friend to many other students that call me mom, I have seen first hand the binding friendships and leadership that each child has in his/her own way seem to build with both area students and UB staff.

Phil, Brenda, Kori, and the rest of the staff have take our children under their wings and into their hearts and treat them as their own. They have enriched them with experiences that will last a lifetime. They have taught them the responsibility of education and college. I couldn't have asked for more than to have my children's high school years to be the best for them! I only wish we had such a program available when I was in high school.

I would like to take this opportunity and for once let the UB Crew take on the applause and recognition. 'Kudos' to you all for doing what you do with our children. A BIG THANK YOU!

For the new parents, I seriously suggest that you take advantage of the workshops that UB offers. They are as informative and fun as the classes your child is taking. Not only does UB prepare your child for that next stop after graduation, it also helps answer your questions you have regarding the choices that surround you as a parent. It may seem confusing and overwhelming, but UB makes the transition from High School student to full time college student (yikes, what a scary thought) look easy! Upward Bound will help you step by step. From choosing the college right for your child, to helping them pick the program they wish to enter. They are also there with help regarding the financial responsibility we have with helping our children achieve their goals!

Enjoy the upcoming year with all of the UB staff. Attend the workshops they offer—I know I will and you will like what you see! With all the changes you will see in your son/daughter/student this year, I wish you all the best!

I look forward to meeting you someday and I hope other parents out there will be encouraged to write S.U.B.S. with their own insight and knowledge they have taken from this program.

Welcome to Upward Bound!

R.L. Morriss



**If you would like to submit an article for the S.U.B.S. newsletter, please email it to Brenda at: [brendaj@nwmissouri.edu](mailto:brendaj@nwmissouri.edu)**

## College Applications...How Many?

Early senior year is a good time to make your final list of colleges. Given today's competitive admissions climate, experts suggest you apply to at least two colleges where you will almost certainly be admitted (i.e. "safety" or "probable" schools).

Selecting colleges and universities that appeal to you in all of the following three categories is a sound combination strategy to manage your risk and maintain your upside.

Reach schools are usually your top choice colleges, and those most difficult to get into. Match (or target) schools are those where you have a reasonable chance for admission. Safety schools are those where you typically are somewhat overqualified, where you

will almost certainly gain admission.

When categorizing your list of colleges, it's important to look candidly at your admissions profile and the selectivity of the college before assessing your odds. If the school's admissions rate is under 20%, it's probably not wise to consider it a "safety" school. Even then, don't be overconfident. Highly competitive colleges are known to turn down some exceptionally qualified applicants, including those with perfect ACT scores.

Experts will tell you that admissions officers are also focused on yield (percentage of students who accept their offer of admission) and generally prefer a well-qualified applicant they consider likely to attend over an exceptionally qualified candi-

date who would probably not choose to enroll.

Insiders advise you to beware of the "super stretch" – it's important to know the difference between a legitimate reach school that is a bit of a stretch, and a school where it is just about impossible for you to get in. They also advise you to make sure you like your safety (or probable) and match schools. Select them carefully as you may end up there.

You may have your heart set on attending a specific college, but the admissions officers may decide otherwise – make sure you have good back-up options. At the same time, don't be afraid to reach for the top and don't be shy about applying to a few additional schools – just in case.

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**"The school will teach children how to read, but the environment of the home must teach them what to read. The school can teach them how to think, but the home must teach them what to believe"**

**Charles A. Wells**

## Can Parents Help Improve ACT Scores?

The answer to this question is of course, YES! Parents definitely can have a huge impact on the success their student experiences with the ACT.

Although your student is responsible for preparing for and taking the test, there are a few things you can do as parents to help in the process.

The first suggestion I am offering is to talk to your child about taking the test in the first semester of their

junior year. Not only will it show your child what their strengths are, but it will also help both of you understand areas that can be improved.

If your student is apprehensive about taking the test, that is completely normal. However, taking the test early and often will take that anxiousness away so that future test experiences are a breeze!

No student LOVES to take the ACT, but it needs to be done. Raising your

score by even 2 points can mean thousands of more dollars in scholarship money for your student that you DON'T have to pay back!

Preparation is also key. UB offers ACT prep classes every Saturday and additional resources are also available. Showing up to the test without practice is not recommended and will only cause more stress. If you would like more information about the ACT test and what you can do to help, visit [www.act.org](http://www.act.org).

Go to [www.act.org](http://www.act.org) for more information on the ACT and to register for the test



*We are on the Web:*

<http://www.nwmissouri.edu/dept/upwardbound/>

**S.U.B.S.**  
**Supporters of Upward Bound**  
**Students**



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## **2009–2010 ACT Test Date Schedule**