

# Expressions

*In All Things, Be Upward Bound!*

## Be Careful What You Ask For...

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I have had the good fortune to work with high school students for the past 25 years. While I would never attest to know everything about this age group, there are a few things I have learned about them that have not changed over time. One of the most prevalent behavioral trends of the teenage population resides in the group I like to call the “attention seekers.”

These individuals have always intrigued me. Through my formal education in the field of psychology I was introduced to many theories that attempted to explain why people behave the way they do. In short, most people continue to behave a certain way because others reinforce their behavior. The “attention seekers” were great fodder for any classroom discussion that related to various reinforcement models. Applying the Behavioral Model to the “attention seekers” made perfect sense—it simply states that if these people get positive reinforcement every time they seek attention, then they will continue to exhibit their attention seeking behaviors.

We have attention-seeking students in Upward Bound. Many of our students exhibit positive attention seeking behaviors—such as exerting maximum effort in the classroom, being an active contributor in community service/family group activities, etc. They are given the appropriate attention from their teachers/RA’s through verbal praise or being entrusted to leadership positions. Students who continue to exhibit these behaviors throughout their lifetime will undoubtedly position themselves for future success in their education and career. These students may not need others to give them attention—in other words, they have the ability to rely on intrinsic (within themselves) motivation to drive them—meaning the success they experience as a result of their behavior is enough to carry them to their next

challenge/pursuit. People who don’t have to rely on others to motivate them are the brightest stars in the galaxy—they may not purposely want attention, but if you look long enough, your eye is always drawn to them without trying to find them.

We also have a few students who are the other extreme of the attention-seeking spectrum—those students who seek attention as a result of exhibiting undesirable behavior. These students believe that if they are loud, obnoxious, humorous, etc. and can make others notice them, then they are essentially, “all that” and more. As with any behavior, if it is reinforced by others, then it will continue. If others laugh at these students’ behavior, or draw attention to it by responding to it, then they will be more likely to continue it.

But what are these students really asking for? Are they asking for the attention and affirmation of their peers? More than likely, the response to that question is “yes”—they want to be accepted, and the attention seeking approach has worked for them for years, so they continue. But, they should be careful what they could be asking for in the eyes of others.

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## Be Careful What You Ask For...

I am not the only UB employee who has been trained in the various behavioral models—the UB employees who will be surrounding you this summer are in tune with the reasons why the “attention seekers” continue to behave the way they do. They have been advised that if a student seeks attention for the wrong reasons to act accordingly—especially if their actions serve to impede another student’s positive participation in the program.

Some of the returning students who have been allowed to come back this summer have shown the negative attention-seeking behaviors in the past that I alluded to earlier. Your past history has indicated to the staff that you are clearly asking for something.....and we are going to provide it to you—that being, a chance to change your ways. I am not going to list names in this article, but the negative attention seekers are going to be given one week at the beginning of the summer to change their ways—to become positive contributors to the program and to their future. If their intent is to come to campus this summer to see what they can get away with or to draw attention to themselves through testing UB rules and policies, then they WILL be dismissed—returning students know the routine—there are no built in excuses for them. Returning students also serve as a model of behavior for new students. Positive models will persist, negative models will be dismissed.

New students—the rules and expectations for the UB summer program will be explained to you in an upcoming orientation—pay attention. Ignorance is not an excuse for breaking a rule or for not taking the academic portion of the program seriously. There may be a few rough patches along the road to begin with, but if you are committed to your future, then you should transition into the UB experience without too much trouble.

In conclusion, if you choose to draw attention to yourself in a non-productive fashion, then you may get what you ultimately are asking for—a one-way pass back to where you came from. We don’t want that to happen, and we hope for your sake, you don’t either. I am looking forward to a summer where the attention is properly focused on student success and I hope each of you plan to join me in my excitement.

—Phil

## SAC Article

Put a Smile On!

Ok so because it's my last SAC Article (ever) and because it's April, I'm here to make you smile and laugh. Everyone loves a good joke now and then, right? So here you go:

What do you get from a pampered cow? Spoiled milk  
Why do seagulls fly over the sea? Because if they flew over the bay they would be bagels!

What did the water say to the boat? Nothing, it just waved.

What did the ground say to the earthquake? You crack me up!

Why is basketball such a messy sport? Because you dribble on the court!

Did you hear the joke about the roof? Never mind, it's over your head

Hope you all enjoyed my last article because I sure enjoyed writing it!!!! :)

This is Jolene signing off! :)

# SAC Article

## “Summer Session”

Good things come in the spring. The flowers bloom, the trees bud, the animals are out, and most on everyone’s mind; the school year is almost over. For Upward Bounders the summer session is close at hand. People who have been to the summer session before or more than once know that it’s a fun and enjoyable way to spend the summer. With the fun though, there is work. Before you can move into a dorm you have to pick classes to take in the summer. These classes are almost always fun and interesting ways to transfer information like the math class that uses sports games as data. Other classes are just for enjoyment, like video editing or fencing. When the lists come around for you to sign up keep in the back of your mind that it would be good to take a class that is based on something core like math, science, English, literature, or history. Not every one of your classes has to be math and science; it’s the summer session have some fun and do something new!

-Ethan Calfee

## 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	Tuesday—7:30am & Thurs—3pm	TBD
Tarkio	Wednesday—7am	Thursday—7am
West Nodaway	Tuesday—3:05pm	Tues & Wed—7:30am

## Meet Our 2012 Summer Staff

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<b>Name</b>	<b>Position</b>
Joe Barbosa	RA & Academic Assistant
Brandy Brady	Academic Assistant
Stacey Calfee	ACT Prep
Jamie Campbell	Teaching Assistant—Social Science
Madi Chambers	Counseling Assistant & Enrichment Instructor
Jeston Dulin	Teaching Assistant—English & Enrichment Instructor
Dan Ferguson	Science Teacher
Stacey Garnett	RA
Ellen Haley	RA & Spanish Teacher
Kale Hoffmann	Social Science Teacher
Grace Horvath	Enrichment Instructor
Greg Jensen	RA & Enrichment Instructor
Kelly Jones	Math Teacher
Jennifer McDowell	Counseling Assistant
Ben Miskle	Teaching Assistant—Science
Winter Owens	RA & Enrichment Instructor
Ben Schrag	Enrichment Instructor
Margaret Sebastian	RA
Dennis Vinzant	English Teacher
Melynda West	Teaching Assistant—Math

## SAC Article

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“The Last Leg”  
By: Corey Paulo

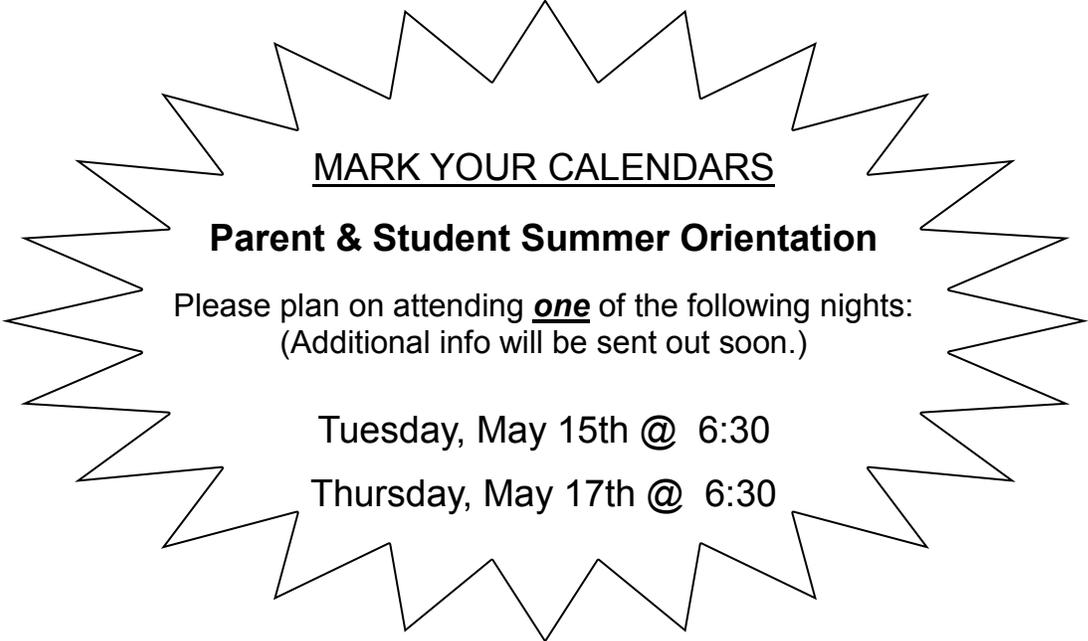
I know, I know. This is going to be ANOTHER article about the end of the year being here. But, being a senior, this has a little more significance than it ever has before. For you other UB’ers, next year is still in sight. But for us bridge students, after this summer, its nothing but real life. No more curfews, no more parents telling us what to do, and most of all, no more structure. College is supposed to be an experience all its own, quite unlike high school. So for you young’uns reading this, enjoy the structured high school times while you can, before they’re gone like mine are.

## Summer Absences

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If you know that you will be absent during any portion of the summer session, **June 3rd—July 12th**, please let the central staff know ASAP.

We are beginning to plan our summer activities and classes, and it’s important that we get an accurate head count of students.



### MARK YOUR CALENDARS

#### **Parent & Student Summer Orientation**

Please plan on attending ***one*** of the following nights:  
(Additional info will be sent out soon.)

Tuesday, May 15th @ 6:30

Thursday, May 17th @ 6:30

# Saturday Sessions

## Saturday Session Dates 2010-2011

*Upward Bound Saturday Sessions take place from 8:30 am - 12:00 pm on the 3rd floor of the Administration Building on the campus of Northwest Missouri State University.*

September 17	College Visit (Park Univ.)
October 8	Regular Session (Visitors Welcome)
October 29	Regular Session (Visitors Welcome) UB Parent Day
November 12	Regular Session (Visitors Welcome)
December 3	Regular Session (Visitors Welcome)

January 14	Regular Session (New Student & Parent Orientation)
February 4	Regular Session (TRiO Day)
February 25	Regular Session
March 10	Regular Session
March 31	Regular Session
April 28	Regular Session

## Saturday Bus Schedule

School	Pick Up Time	Drop Off Time	Location
King City	7:30 a.m.	1:40 p.m.	High School
Stanberry	7:45 a.m.	1:25 p.m.	High School
Northeast Nodaway	8:05 a.m.	1:05 p.m.	High School
Rock Port	7:30 a.m.	1:50 p.m.	High School
Tarkio	7:45 a.m.	1:35 p.m.	High School
West Nodaway	8:10 a.m.	1:10 p.m.	High School
<b>Arrive NWMSU</b>	8:30 a.m.		Administration Bldg.
<b>Leave NWMSU</b>	**12:15 p.m.		

**\*\* Busses typically stop at McDonald's/Taco Bell after session from 12:15-12:45 p.m.**

## Reminders...

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### Seniors:

- The deadline to apply to 2 different colleges was Dec. 1<sup>st</sup>. One of these schools should have been Northwest, since you need to apply there for your Bridge summer anyway. If you have not turned in copies of your 2 applications to colleges yet, then you need to contact Kori immediately.
- Please turn in a wallet sized copy of your senior picture when they become available. We will use them for our “Where Are They Now” Senior bulletin board in the office.

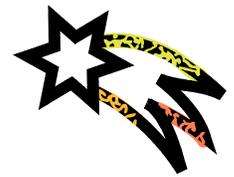
### Juniors & Seniors:

- If you have not taken the ACT and have not signed up to take it, please contact Jackie immediately to do so. Remember that UB can provide 2 fee waivers for the ACT test.

### Everyone:

- Make sure you are checking in with your field tutor if you have a 3.5 GPA or an excused absence from field tutoring. Failure to do this will result in an unexcused absence counted against you.
- Saturday, November 12th was the deadline to turn in your signed Participation Agreements. If you haven't turned them in yet, you need to do so immediately. You will continue to lose \$5 from your stipend at every Saturday Session until we receive this from you!
- Make sure you are completing the tasks assigned to you on your UB checklist. All of these tasks must be completed by **Saturday, April 28th** in order to attend the summer session.

## Students with 3.5 GPA or higher



### Maryville

Nick Collins  
Madison Driskell  
Devin Vinzant

### Northeast Nodaway

Dallas Davis

### Stanberry

Trevor Luke  
Rachel Summa  
Jessica Wilmes

### Rock Port

Corey Paulo

### Tarkio

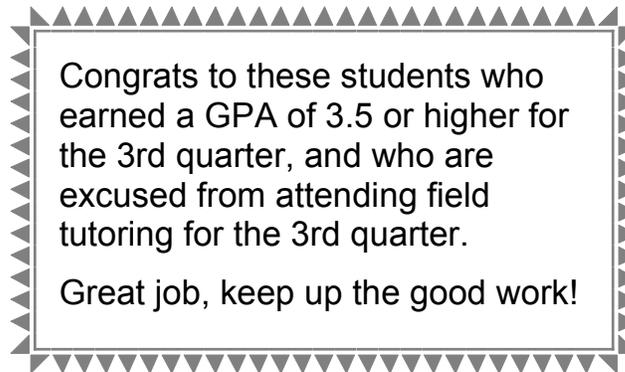
Nicole Blea  
Jolene Harbin  
Britnee Wolfe  
Laci Wooten

### King City

Kaitlyn Vang  
Zuri Vang

### West Nodaway

Kristen Dodge  
Tyler Greene  
Korbin Jones  
Chelsey Sisk



## Kudos!!

# Congratulations!!

- ★ Korbin Jones presented his STAR project “Bullying” at the FCCLA competition earning first place with a perfect score, and a \$1,000 scholarship. He will present at the national competition in Florida, and has even been asked to present his video at other schools.
- ★ Kylie Beggs’ STAR project also qualified her for the FCCLA national competition in Florida.

If anyone has recently been recognized for any accomplishments either academically or in their extracurricular activities, please let us know and we'll include them in the newsletter.

# UB Reminders & Announcements!!

## ACT® Test Dates

ACT Test Date 2011-2012	Registration Deadline (Late fee after this date)
September 10, 2011	August 12, 2011
October 22, 2011	September 16, 2011
December 10, 2011	November 4, 2011
February 11, 2012	January 13, 2012
April 14, 2012	March 9, 2012
June 9, 2012	May 4, 2012

**Always use the UB Code: 9713**

Remember: Each UB participant can utilize 2 ACT fee waivers. Forms are available by contacting the UB office.

## UB Contact Info

Upward Bound  
352 Administration Building  
800 University Drive  
Maryville, Missouri 64468

Office Phone: (660) 562-1630

Phil: pkenkel@nwmissouri.edu  
Jackie: jackiec@nwmissouri.edu  
Kori: khoff20@nwmissouri.edu  
Tori: tori@nwmissouri.edu

## Happy Birthday!!!

### January

Corey Paulo—2  
Margaret Bears—4  
Philip Merriett—8  
Trevor Luke—14  
Ashley Farnsworth—22  
Britnee Wolfe—24  
Shelby Gilliland—28  
Hayden Rainey—29

### February

Chelsey Sisk—4  
Dallas Sternberg—5  
Nicole Blea—13  
Nick Collins—18  
Joel Scroggie—25  
Tyler Greene—26  
Ethan Calfee—26  
Samantha Smith—29

### March

Maggie Schmidt—3  
Katrina Freemyer—7  
Paige Moore—10  
Cheyenne Polsgrove—15  
Shea Zion—19  
Ellice Mitchell—25  
Brandon Heath—27

### April

Holly Redden—4  
Kevin Xiong—11  
Taylor Porter—22  
Brianna Riley—26  
Dallas Davis—27

### May

Madison Driskell—11  
Laci Wooten—12  
Bryce Wiederholt—16  
Lily Xiong—17  
Lydia Rauch—17  
Jared Grimes—19  
Trevor Quick—26  
Devin Vinzant—29

### June

Andrea Muller—6  
Amanda Xiong—9  
Markee Steiner—17  
Cami Heath—19  
Samantha Wright—22

### July

Drake Johnson—6  
Mariah Patterson—8  
Morgan Porter—8  
Mikki Owens—9  
Kylie Beggs—10  
Sabrina Wright—12  
Elizabeth Bennett—30  
Mitchell Fanning—30

### August

Cody Henry—10  
Paige Wooten—13

### September

Kaitlyn Vang—7  
Tanner Rickabaugh—12

### October

Lucas Raymond—2  
Jolene Harbin—5  
Korbin Jones—10  
Zuri Vang—14

### November

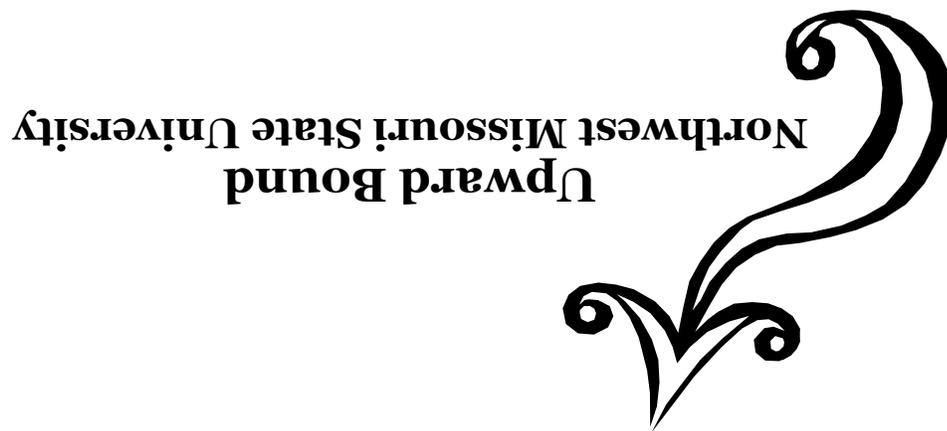
Megan Ebrecht—5  
Kimberly Sternberg—6  
Haley Conn—28  
Taylor Paulo—28  
Kabrina McClellan—29

### December

Jonathan Peters—3  
Christian Martinez—8  
Nick Smith—12  
Dominic Mattock—18  
Kristen Dodge—20  
Rachel Summa—29  
Jessica Wilmes—31

**OFFICIAL UB WEB SITE**

[www.nwmissouri.edu/dept/upwardbound](http://www.nwmissouri.edu/dept/upwardbound)



**UPWARD BOUND**  
**800 University Drive**  
**Maryville, MO 64468**